Dear Forest View Community –

It is so good to say hi to you – I miss seeing all of my students and families and want you to know that I am here for you to support and encourage you. We are in an unprecedented time of change and uncertainty, and I wanted to share with you that I am thinking of all of you and hope that you are all staying healthy and safe. To any families that are dealing with illness, especially related to the Covid-19 pandemic, I wish you and your family a speedy recovery. I have been thinking a lot about the toll that stress, anxiety, fear, and worry are placing on all of our hearts and minds and want to encourage you to put your family’s emotional health and well being at the top of your list. I am sure you are all doing your best to work with your children and support their learning during this time. This is a time of crisis and we need to care for each other’s emotions and stress levels first.

You may want to consider how you are talking to your children about the school closure and the pandemic. Here are some thinking and prep points to consider from the Child Mind Institute:

- **Don’t be afraid to discuss the coronavirus.** Most children will have already heard about the virus or seen people wearing face masks, so parents shouldn’t avoid talking about it. Not talking about something can actually make kids worry more. Look at the conversation as an opportunity to convey the facts and set the emotional tone. “You take on the news and you’re the person who filters the news to your kid,” explains Janine Domingues, PhD, a child psychologist at the Child Mind Institute. Your goal is to help your children feel informed and get fact-based information that is likely more reassuring than whatever they’re hearing from their friends or on the news.

- **Be developmentally appropriate.** Don’t volunteer too much information, as this may be overwhelming. Instead, try to answer your child’s questions. Do your best to answer honestly and clearly. It’s okay if you can’t answer everything; being available to your child is what matters.

- **Take your cues from your child.** Invite your child to tell you anything they may have heard about the coronavirus, and how they feel. Give them ample opportunity to ask questions. You want to be prepared to answer (but not prompt) questions. Your goal is to avoid encouraging frightening fantasies.

- **Deal with your own anxiety.** “When you’re feeling most anxious or panicked, that isn’t the time to talk to your kids about what’s happening with the coronavirus,” warns Dr. Domingues. If you notice that you are feeling anxious, take some time to calm down before trying to have a conversation or answer your child’s questions.

- **Be reassuring.** Children are very egocentric, so hearing about the coronavirus on the news may be enough to make them seriously worry that they’ll catch it. It’s helpful to reassure your child about how rare the coronavirus actually is (the flu is much more common) and that kids actually seem to have milder symptoms.

- **Focus on what you’re doing to stay safe.** An important way to reassure kids is to emphasize the safety precautions that you are taking. Jamie Howard, PhD, a child psychologist at the Child Mind Institute, notes, “Kids feel empowered when they know what to do to keep themselves safe.” We know that the coronavirus is
transmitted mostly by coughing and touching surfaces. The [CDC recommends](https://www.cdc.gov) thoroughly washing your hands as the primary means of staying healthy. So remind kids that they are taking care of themselves by washing their hands with soap and water for 20 seconds (or the length of two “Happy Birthday” songs) when they come in from outside, before they eat, and after blowing their nose, coughing, sneezing or using the bathroom. If kids ask about face masks, explain that the experts at the CDC say they aren’t necessary for most people. If kids see people wearing face masks, explain that those people are being extra cautious.

- **Stick to routine.** “We don’t like uncertainty, so staying rooted in routines and predictability is going to be helpful right now,” advises Dr. Domingues. This is particularly important if your child’s school or daycare shuts down. Make sure you are taking care of the basics just like you would during a spring break or [summer vacation](https://www.everettsd.org). Structured days with regular mealtimes and bedtimes are an essential part of keeping kids happy and healthy.

- **Keep talking.** Tell kids that you will continue to keep them updated as you learn more. “Let them know that the lines of communication are going to be open,” says Dr. Domingues. “You can say, ‘Even though we don’t have the answers to everything right now, know that once we know more, mom or dad will let you know, too.’”

We also want the time during school closure to be a time of teaching and learning. We began the closure working on how to facilitate engagement in academic activities, and are now pivoting into teaching from a distance. I want to thank all of our teachers for their hard work, in a short time, to prepare for distance teaching and learning. Each of your classroom teachers, specialists, and additional teachers like our counsellor Mrs Sample have prepared multiple resources through their webpage, Google Classroom, SeeSaw accounts, etc... for your children to engage in. They have begun to provide instruction – moving our students learning forward following the Common Core standards and our curriculum maps – and will continue to do this after Spring Break. I want to encourage you to have your children engage in these learning opportunities: attend Zoom class meetings, log in and participate in Google Classroom activities, respond via Flipgrid and SeeSaw, etc... I have asked that teachers work on making connections between each of their activities for your sake – so that you (our ‘boots on the ground’) can answer your children’s questions and guide their learning forward. Please feel free to reach out and collaborate with your teachers so you can support your children.

If you haven’t seen our new organizational structure for accessing teacher pages, please visit our website and click on Students. Each grade level has a new landing page, with links to each of our specialists sites as well.

I want to give a quick “shout out” to our specialists too who are working to provide lessons and activities for your children to participate in to help add some variation to your school day.

During your school day please make sure that you are taking fun breaks. Make this time as stress free as you can. In addition to any ‘brain break’ resources that teachers have sent you, you can find a lot of free resources online. Do these activities with them. Stressed adults cannot teach stressed children well. Focus on connections and support feelings of calm and safety.

In this truly unprecedented time of ‘stay home’ orders, nationwide school closures, global pandemic – please take it easy on yourselves when it comes to providing ‘school at home’. Know when it is time to close the Chromebook lids and go outside, or do a puzzle, play a game, or watch a cartoon. I know that you are all doing your best for your children – I am too! There are two professional educators in my household, providing 1:1 ‘home schooling’ to our two elementary aged girls – and it’s hard! Please do take care of yourselves.
Next week is Spring Break – which feels very weird to announce! I am encouraging all staff members to unplug completely during the week to take care of their families and selves, relax and let the stress recede. I’d like to encourage you all to do the same, as best as you can. “School” will resume on Monday April 13th, and we are coming back after Spring Break with the hope that we get to see our students face to face very soon afterwards.

Take care, Forest View Community! I’m thinking of you all during this closure. Please don’t hesitate to reach out with any questions.

Thank you,
Darren Larama
Principal, Forest View

A note from Ms Sternberg, Assistant Principal
Dear Families,
First, I would like to acknowledge the health crisis we are all facing and remind you that you are doing a great job parenting and teaching your own child/ren. You are not alone in learning a whole new approach to parenting and learning. Our teachers have also done an amazing job collaborating with grade level teams, learning new strategies of engagement and trying to reach every single child at Forest View, virtually. As we engage in this new experience together, please try to keep in mind this is an opportunity to try new things, take your time and enjoy what is most important to you.

We are here for you, please reach out if there is anything we can do for you.
All my best,
Annette
asternberg@everettsd.org

A note from Mrs Sample, School Counsellor
Mrs. Sample here - I sure miss seeing your smiling faces at school everyday! I know that things have been very unexpected lately and we have all been having to use our flexible brains and follow the group plan. I hope that each and every one of you are able to find something that brings you joy and happiness each day! I am attaching some resources for families that may be experiencing some financial hardships due to COVID. If you need any assistance you can send an email to msample@everettsd.org or look on the school website under the Counseling tab. Hope you all have a wonderful spring break!
-Mrs Sample

Financial Resources:
https://dfi.wa.gov/coronavirus/financial-resources
Food Bank:
https://hopecreekcf.org/events/mill-creek-community-food-bank/
Unemployment:
https://esd.wa.gov/unemployment

Spring Break – Resources/Activities – Optional
Student learning packets for spring break: There is now a pre-K through 5th grade spring break optional “packet” comprised of math, English Language Arts and science activities available. The math and science activities are in both English and Spanish. The packet has been posted to the district website under “pre-K to 5th grade packets” tile on student engagement web page. Packets are not being mailed.
Meal Access during Spring Break
Emergency meals will be served during spring break (using the current schedule). Click link for more information on locations and times. (Pickup spots close to Forest View are Cedar Wood and Silver Lake Elementary schools.

School closure resources
Watch for all Coronavirus updates at www.everettsd.org/COVID-19.

Kindergarten registration happening now
During the current school closure, you can register for kindergarten in 3 ways:
1. Online!
2. Download and print the paper forms.*
3. Pick up a pre-printed registration packet from the reception desk at the Community Resource Center, located at 3900 Broadway in Everett, during business hours.*

*For options 2 and 3, please complete the paper registration materials and gather the required documents listed here. Once school reopens, please take the completed forms and required documents to your neighborhood elementary school to complete your student’s enrollment.

If you have questions, please email the Early Learning Department at EarlyLearning@everettsd.org. Thank you!

Easy access with district app
Download and log into the district app to quickly and easily access your student’s info. Pay lunch balances, see books checked out from the library, and find the staff directory, school websites, calendars and more.

The free mobile app is available in the online iTunes® and Google Play® app stores. Search for “Everett Public Schools.”

Once you’ve downloaded the app, log in to “student info” with your LMS password to see student-specific information for each of your children. Choose to read content in one of many languages in the settings.

Thank you, volunteers!
April 20-24 is Public Schools Volunteer Appreciation Week. We are grateful for the many volunteers who support students and staff, many of them each and every school day. With activities ranging from reading with students, to playground supervision support, Watch D.O.G.S, and chaperoning field trips, your help matters. Our volunteers contribute to making school the best part of a student’s day. Thank you!

ECEAP preschool accepting applications for 2020-21
Everett Public Schools Early Childhood Education & Assistance Program (ECEAP) is a FREE preschool program for three- and four-year-old children from families with limited income. ECEAP prepares children for kindergarten and provides family support and health and nutrition services. It is funded by the Washington State Department of Early Learning.

The five ECEAP sites within our school district are Garfield, Hawthorne, Lowell, Madison and Silver Lake elementary schools. Space is limited – apply early! For an application or more information, please call 425-385-4628 or visit the district ECEAP website.
Everett Public Schools does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups.

Designated to handle inquiries about nondiscrimination policies are:

- Title IX Officer/Civil Rights Compliance Officer – Mary O’Brien, MO’Brien@everettsd.org, 425-385-4100
- 504 Coordinator – Becky Ballbach, rballbach@everettsd.org, 425-385-4083
- ADA Coordinator – Randi Seaberg, rseaberg@everettsd.org, 425-385-4104