

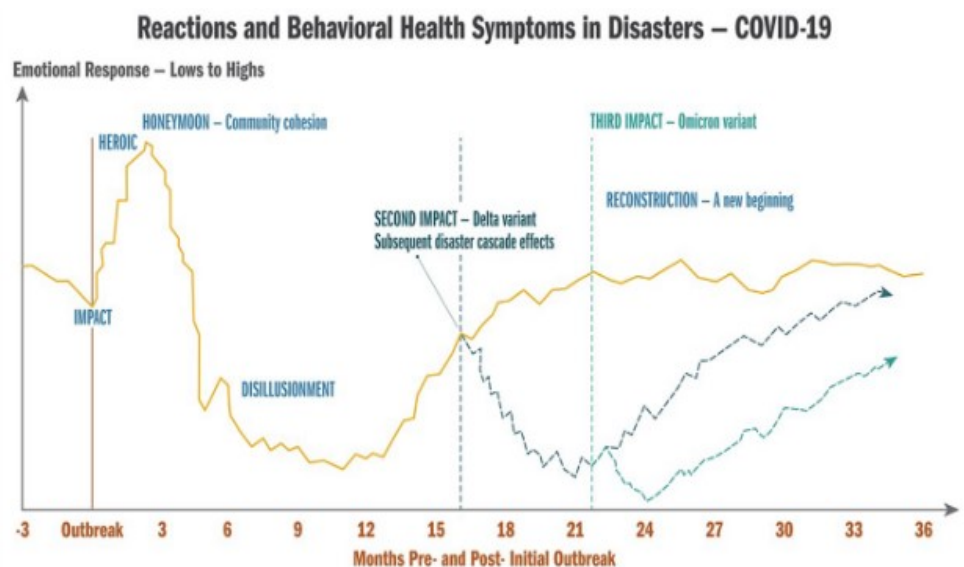


## Special Services - September 2022

Welcome to the 2022-23 School Year!! Hope you and yours have adjusted a bit to being back to school. I have had the opportunity to be in many schools this last week and am so impressed with how all staff and families have prepared for a new beginning. I am hopeful that this year will be better than ever!! We have learned how to cope with the pandemic effects, the best we can, it truly has changed the world.

To that end I wanted to share some information that was given during the Leadership Institute for administrators in early August. It completely changed my mindset of why we are seeing more acting out than usual. Dr.

Kira Mauseth, with the Washington State Department of Health, spent a couple of hours with us discussing the physical, emotional, and psychological ramifications of the pandemic trauma on adults and students. She began her presentation asking us if the students, staff, and families seem more fragile and reactive than in the past. Did we feel more fragile and reactive to stress? She reported that it takes about **two years** from a trauma to feel "back to normal". The repeated surges of Covid have caused additional stress and our coping skills have been severely shaken. See illustrated the graph :



To that end here are some ways to cope with stress and trauma. Stress symptoms are linked to neurotransmitters in the brain that can get depleted during trauma. Listed below are ways to increase these in our brains to calm our systems down. I hope these ideas will help all of us be easier on **ourselves**, our students, our children, and our colleagues.

### How Deficiency Affects You

• procrastination  
• low self-esteem  
• lack of motivation  
• low energy or fatigue  
• inability to focus  
• feeling anxious  
• feeling hopeless  
• mood swings

• feeling lonely  
• stressed  
• lack of motivation  
• low energy or fatigue  
• disconnect of relationships  
• feeling anxious  
• insomnia

• low self-esteem  
• overly sensitive  
• anxiety/panic attacks  
• mood swings  
• feeling hopeless  
• social phobia  
• obsession/compulsion  
• insomnia

• anxiety  
• depression  
• mood swings  
• aches and pains  
• insomnia  
• impulsive behavior

### DOPAMINE

### OXYTOCIN

### SEROTONIN

### ENDORPHINS

### How to Increase Happiness Levels

• meditate  
• daily to-do list  
• long term goals  
• food rich in L-Tyrosine  
• exercise regularly  
• create something:  
writing, music, or art

• physical touch  
• socializing  
• massage  
• acupuncture  
• listening to music  
• exercise  
• cold shower  
• meditate

• exercise  
• cold showers  
• sunlight  
• massage

• laughter/crying  
• creating music/art  
• eat dark chocolate  
• eat spicy foods  
• exercise/stretching  
• massage  
• meditate

Have a great September!

~ Kelley Clevenger



## ***“I’M PROUD OF...” SHOUT OUT!***

All of our staff are working so hard and need to take a second to celebrate the good work happening every day in our classrooms! Parents and Staff, please share with us some good work happening in your classrooms so we can all celebrate together! These highlights will be shared periodically in ongoing newsletters for all of us to enjoy, so please remove names. All staff that submit a **SHOUT OUT** will be entered into a drawing to win an Amazon Gift Card!

You can send your **SHOUT OUT** to

[specialservices@everettsd.org](mailto:specialservices@everettsd.org)

**Thank you and looking forward to our collective celebrating!**

## ***MEET OUR NEW STAFF!!!***



**Aneesa Shaikh** is the district’s new BCBA providing behavioral support for students across the district. She has been working in the Skagit Valley area schools for the last three years and is excited for the opportunity to serve the students of Everett. In her time outside of work she loves to play boardgames with family, travel, scuba dive, birdwatch, and read!

**Pam Stever** comes to us from Shoreline School District where she taught in Special Education for 15 years (2 in a middle school behavior program, 10 in an elementary resource room and 3 years in preschool). She also has in-depth experience with writing compliant IEPs as she reviewed and supported staff with SafetyNet IEPs for the past 3 years. Pam has two adult children, two dogs and a husband who teaches Science in the Seattle School District. In her free time, she enjoys reading and traveling with her family.



***JOIN US IN WELCOMING OUR NEW  
STAFF TO EVERETT PUBLIC  
SCHOOLS!***

## Looking for training on Inclusion? Need STEM clock hours for your renewal?

WEA's Inclusionary Practices Project (IPP) is providing 24 professional development courses with up to 318 clock hours possible including 60 hours of STEM. There are fifteen new courses including eight courses designed for coaches and mentors. The courses are free, provide clock hours, and available to all, regardless of union status or job title! The list of courses is below. For more information including descriptions and registration links, please visit the [Asynchronous Courses | Washington Education Association \(washingtonnea.org\)](https://www.washingtoneducation.org/courses)

These courses were created with flexibility in mind, and there are no due dates for discussions or assignments, except for the final deadlines each year. You will move through the course at your own pace. Think of the course like a book with some interaction. While there are no due dates, there are some important deadlines listed below.

### Important Deadlines

Monday, May 29th, 2023 | Last day to register for a course

Monday, June 5th, 2023 | Last day to complete courses and submit assignments

### Courses

Behavior Intervention Strategies to Support Students through Inclusive Practices

Coaching and Mentoring for Equitable Educational Outcomes

Coaching and Mentoring for Specially Designed Instruction in Inclusive Classrooms

### Continuation of Courses

Coaching and Mentoring for the Successful Inclusion of Students with Significant Disabilities

Coaching and Mentoring of Inclusionary Behavioral Strategies

Coaching and Mentoring Universal Design for Learning

Data Collection in the Inclusive Classroom

Data Driven Instruction for Coaches and Mentors

De-Escalation and Behavior Modifications  
Effective Co-teaching Strategies for Inclusion

Empowering Educators - Using Explicit Instruction in the Inclusive Classroom

Facilitating Co-Teaching: Supporting Mentors and Coaches w/Inclusive Practices

Facilitating Explicit Instruction for Coaches and Mentors

Foundations for Equitable Inclusive Education

High Leverage Practices for Inclusive Classrooms

Intelligent Lives: An Inclusionary Practices Journey

Programming for Specially Designed Instruction (SDI) in Inclusive Classroom

Standards-Based Grading that Promotes Equity and Inclusion

STEM for Primary (K-6) Educators

STEM for Secondary (6-12) Educators

STEM Integration and Inclusionary Practices

STEMizing your Instruction

Successful Inclusion of Students with Significant Disabilities

Universal Design for Learning



## Special Education PTSA

Everett Special Education PTSA (Parent, Teacher, Student Association) is a community of parents, staff and students who work together to enrich the learning environment and provide resources to students and their families through advocacy, information, training for educators and students receiving special education services.

### Want to become a member?

<https://mp.gg/eaec8>

### Other contact info links:

Website: <http://www.everettptsacouncil.org/esd-special-ed-ptsa.html>

Facebook: <https://www.facebook.com/EverettSpecialEducationPtasa>

Instagram: <https://www.instagram.com/everettspecialeducationptsa/>



3900 Broadway  
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[www.everettsd.org](http://www.everettsd.org)

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. The following employees have been designated to handle questions and complaints of alleged discrimination:

**Title IX/Civil Rights Compliance Officer**, Kevin Allen, 425-385-4100, [KAllen@everettsd.org](mailto:KAllen@everettsd.org)

**Section 504 Coordinator**, Dave Peters, 425-385-4063, [DPeters@everettsd.org](mailto:DPeters@everettsd.org)

**ADA Coordinator**, Randi Seaberg, 425-385-4104, [RSeaberg@everettsd.org](mailto:RSeaberg@everettsd.org)