

# Jackson T-Wolf News

HENRY M. JACKSON HIGH SCHOOL NEWSLETTER



JANUARY 2021

VOLUME 4, ISSUE 5

## Principal's Message

Happy New Year, T-Wolves!

I hope everyone enjoyed a well-deserved Winter Break. I am ringing in the year with a “new” face because during the ASB Executive virtual breakfast meeting I agreed to shave my beard during Spirit Week before Winter Break to end 2020 and start with a new look for 2021. My face is still getting used to the cold air, but I am truly excited to start fresh in 2021!

2020 was an historic year in terms of the challenges we all faced, and the impact on our education system was particularly significant. However, our students, staff, and parents did amazing work in adapting to the new reality and worked hard to overcome the barriers presented by distance learning. While there were persistent issues that caused us to constantly adjust our systems and practices, the resiliency of everyone was without a doubt one of the most inspiring aspects of this past year. As an administrator, I like to make sure I point out the accomplishments of our students and staff because they were not achieved alone but instead involved all of us working together. While we still face the prospect of figuring out how and when to transition to the next phase, it is still important for you to recognize the part you all played in helping ensure that teaching and learning continued even though it looked different than any time in history. Thanks to everyone for the roles they played, both large and small, to help us get to this point in our journey.

Here are just a few of the accomplishments from this school year. To kick off the year we had our first ever drive-up Freshman Orientation; as a community we had a successful Oktoberfest which had 400+ students in the community participate; we collected 5,000+ pounds of food for our local food bank; during the ASB toy drive we collected over 750 toys that we gave to our local elementary schools; we have had two Culture Corners celebrating the diverse cultures we have represented at Jackson; we held three virtual assemblies; and finally, our clubs continue to meet virtually as we try to make sure we connect all students to our Jackson community. These are true examples of the Pride, Excellence, and Character that our community embodies.

Our ASB has been doing amazing work promoting school culture and events, as well. Every morning at 7:00 a.m. Jason Gadek, our ASB advisor, has a Zoom

**Lance Balla**  
Principal

Henry M. Jackson High School  
1508 136th Street SE  
Mill Creek, WA 98012  
[www.everettsd.org/jacksonhs](http://www.everettsd.org/jacksonhs)

**January 4**

New Remote Learning Schedule Begins

**January 5, 6 & 7**

Class of 2020 Board Signing

**January 6 & 7**

Sno-Isle Information Sessions

**January 14**

Sno-Isle Virtual Open House

**January 18**

Martin Luther King, Jr Day – No School

**January 29**

End of Fall Semester (SEM1)

**January 31**

Senior Cap & Gown Orders Due

**February 1**

Teacher Work Day – No School for Students



meeting with the executive and class officers, during which everyone collaborates and engages to find ways to connect with students, staff, and the community and to support all 52 clubs. ASB approved six new clubs that students proposed. A new committee called Student Advocacy has been created to capture all the voices of the Jackson students. Our students have gone above and beyond to make sure students get the “regular” experience but in a socially distanced format. Thank you to our ASB and to Jason for all they have done to connect our students to our school and community.

Our counseling team started the year hard, working with students who had preregistered since the spring of 2020 and making sure that students had schedules in place, as well as working closely with our students in the Running Start program, confirming graduation requirements, transferring middle school credits, creating schedules for new students, uploading information into Naviance, connecting with students during High School & Beyond, and confirming credits for our 2021 seniors. Our counseling team also has been working with students during SnackChat Wednesdays, during which time they are available to talk with students who need additional emotional support, and most recently the team put together three Social Emotional Lessons.

I would like to thank everyone who was involved in getting materials in the students’ hands; having materials in students’ hands was an essential part in making remote learning a success. We have had 13 kit distribution days, and we have had 940 kits distributed for first semester alone. In addition, we have had six library pick-up dates; we currently have close to 6000 textbooks checked out to students, and we have 800 novels and library books that are in our students’ hands right now. For families unable to make it to Jackson, we have been scheduling home deliveries, making it our number one priority to provide ALL our students with the essential resources to be successful.

## Learning Improvement Wednesday (LIW)

On December 9, 2020, the district sent out an [e-mail to all secondary families](#) regarding the new [Remote Learning Schedule](#). The first LIW will be on January 6 and is scheduled as a teacher-directed (or asynchronous) independent learning day. This means there will be no required live instruction, although there may be some time scheduled at each teacher’s discretion. Asynchronous learning is a benefit to many students as it allows lessons to be accessible at any time and as often as needed. Students may benefit from revisiting concepts they struggle with and taking extra time on specific tasks. This schedule change is being made to allow students the extra time they need as well as providing time for teachers to plan, evaluate student work, and collaborate with colleagues. Fridays will be a regular full day.

### What does this mean?

- Beginning Wednesday, January 6, Wednesdays will be scheduled teacher-directed independent learning (or asynchronous).
- Teachers will use these Wednesdays to plan, evaluate student work, and collaborate with colleagues.
- Teachers may choose to check in live with students on Wednesdays, but it is not a scheduled requirement.
- There will be a period schedule in place to provide a predictable time for teachers and students to connect live if teachers choose to schedule a live activity; it will also provide structure for students to organize their teacher-directed independent learning throughout the day.
- All independent work assignments and expectations will be communicated by teachers.
- Student attendance will be taken and measured by participation in the task or assignment provided or logins to the learning management system (Canvas).
- As of January 6, Learning Improvement days, currently scheduled on Fridays, will move to Wednesdays for secondary students. The student day on Wednesdays will begin at 10:00 a.m. and end at 2:30 p.m.

## 2021 Senior Message

As we are ending first semester, I would like to highly encourage seniors to work closely with our instructors to ensure proper



attendance is taken for class participation and credit is assessed for assignments to avoid any last-minute revisions. Senior year is crucial and making sure our seniors are on track is a priority.

## SnackChat Continues

Even with the new remote learning schedule, [SnackChat](#) will continue every Wednesday, 11:45 a.m.–12:45 p.m. The objective is to have continuous regular hours for students to be able to connect with the JHS counseling team.

## Library Notices

On January 23, the library will be sending out notices to students who still have textbooks from first semester. Though the report will say the book is overdue, this is not a fine! It is simply a reminder that we will be collecting textbooks from any first semester classes that end at the end of first semester, during the week of January 25-29 in order to quarantine them before second semester checkout begins. Notices will be sent for semester-long classes including Government, Psychology, Sociology, Economics, and Sports Medicine, as well as for Pre-AP English I or II novels. More information is coming regarding the week-long drop-off period.

## Looking Ahead

We have an alternative schedule that is hyperlinked below to the days that “D” schedule will take place. I highly encourage you to check out the [JHS calendar](#) for updated information.

Monday, January 18 – No School: Martin Luther King, Jr Day

Tuesday, January 19 – [“D” schedule day](#)

Friday, January 29 – First Semester Ends

Monday, February 1 – No School for Students: Teacher Work Day

Tuesday, February 2 – [“D” schedule day](#)

## Mill Creek Rotary Student Recognition

*Musical Excellence & Innovation – Tanner Mohlman*

Tanner Mohlman is a current senior at Jackson High who has always been involved with music in and out of school. Throughout his high school career, he has been involved in the drumline/percussion ensemble, jazz choir, and symphonic choir, as well as the theater performing arts. Although he is unsure whether his future career will lead to music or elsewhere, he knows that it will certainly play a big role in his future. He hopes to be able to inspire others with his songs and teach others who are interested to grow a love for music.

## PTSA Message

Happy New Year, Timberwolves!

Your PTSA needs your help. Our membership numbers are the lowest they have been in 10 years. We have less than 300 members that renewed or joined. We normally have 400+ by January, and our goal for this year is at least 510. One of our biggest challenges this year is that we have to rely on digital communication to send out our requests—you don’t have those paper flyers sitting on your desks to remind you to join. Please visit our website to the [online](#) Membership page. This doesn’t mean you have to attend meetings or volunteer, it just means you support the work that the PTSA does at the school (examples: staff grants, meals, parent ed, and senior scholarships) and at the state and national legislative levels.

*Lance Balla, Principal*



## JHS Is a Curbside Meal Kit Pick-up Location

You may know that the USDA extended the free meal waiver until June 2021, so [school meals are free for ALL children ages 1-18](#), regardless of their eligibility status, and they do not need to attend Everett Public Schools to take advantage of these free meals.

During the remote learning period, we are offering meals through an electronic pre-order system. Orders will be placed for a 5-day period to be picked up on Wednesday. To place a weekly meal kit order [click here](#).

- Each meal kit will contain 5 breakfasts and 5 lunches.
- Meal kits are to be **pre-ordered weekly, by Monday at noon**, for pick-up on Wednesday.
- Pre-ordered meal kits will be available for pick-up once a week at the location selected in the order.
- Meal kits are free for all children ages 1-18. Persons over 18 years old who are physically or mentally disabled and participating in a public or nonprofit private school program established for children with these disabilities may also participate in this program.
- Submit one order, including all children in your household on the same order.
- We must limit the number of meals available for pick-up at sites due to volume. The site you choose might not be available when you go to place your order due to having reached its capacity. You will need to select a different site if this happens.

**Daily Meal Delivery:** For families that are unable to pick up meals on a weekly basis, a daily meal pick-up option is available at select apartment complexes. [Locations and times can be found by clicking here.](#)

## January Is School Board Appreciation Month

The month of January marks the annual observance of School Board Recognition—a time to salute the work of school board members and celebrate public education. You can learn more about [board members online](#). You can also [watch past school board meetings](#) on the district's YouTube channel.

## What To Do if Power Goes Out During Remote Learning

If you lose power or internet at home, please do the following, if possible:

- Contact your teacher or school to report the outage.
- Continue to work on previously assigned learning activities.
- Participate in on-demand activities if possible.



It is difficult when things happen that are out of our control, and we thank you in advance for your patience and flexibility.

## Upcoming “Let’s Connect” Opportunities

There are three “Let’s Connect” opportunities in January. More information on how to register will be coming soon.

- January 21, Budgeting Process and Finances
- January 25 and 28, Strategic Plan





## Delayed Start or Closed Schools

If weather and road conditions call for closing school buildings, all learning will be cancelled, including remote learning. Remote learning must be cancelled because students who may be learning in the building may not have their devices at home, and teachers who have been working in the building may not have the equipment or resources to teach from home.

If we must cancel school or delay the start of school, we will use our parent communication system to call in the morning, typically around 5:30 a.m., with a brief message about the reason for closure or delay. We will also use local media and post the message on our website.

**If there is no announcement about Everett Public Schools, school is on the regular schedule.** [Click for more information and resources on school closures or delays.](#)

In cases of inclement weather or other emergencies, please:

- check your email or phone for district messages
- listen for media announcements
- view the district's website at [www.everettsd.org](http://www.everettsd.org)
- watch district [Facebook](#), [Twitter](#), or [Instagram](#) accounts

## Is Your Family Prepared?

[Snohomish County Emergency Management](#) has helpful online resources to help you create and practice emergency response plans with your family and neighborhood in preparation for bad weather.

## Social & Emotional Health

The outbreak of COVID-19 may be stressful for people and communities. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children.

Everyone reacts differently to stressful situations. The emotional impact of an emergency on a person can depend on the person's characteristics and experiences, the social and economic circumstances of the person and their community, and the availability of local resources. People can become more distressed if they see repeated images or hear repeated reports about the outbreak in the media.

Children react, in part, on what they see from the adults around them. When parents and caregivers deal with COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared. Please visit the district's [social & emotional health webpage](#) for more information.

## Family Resources

Could you or a family you know use some help? Find information and links to helpful resources on the district's [Parent Tools webpage](#):

- Washington State Library – local and regional information about services and agencies offering help to families in a variety of ways including food, shelter, clothing, childcare, legal services, employment opportunities, and counseling
- Everett Public Schools [Kids In Transition \(KIT\) program](#) – supports homeless children and youth to continue their education
- Snohomish Health District for Snohomish County community dental resources for children and adults



- United Way of Snohomish County – 2-1-1 is a free telephone number that is your best “first call” to quickly find the right source of help. The information line is staffed by trained operators from Volunteers of America Western Washington who can connect you to a wide range of community services.

## The Gift of Attendance

Absences spike in the weeks before and after the winter holiday as families squeeze in a few more vacation days. Just a few missed days here and there, even excused absences, can add up to too much lost learning time and put your child behind in school. This is as true in kindergarten as it is in high school. Put simply, too many absences at any age can affect a student’s chances for academic success and eventually for graduation. This holiday season give your children the gift of an education and the habit of attendance.

## Did You Miss a Call from Us?

If you missed a call from your school, please first check your voice mail, email, or mobile app for the message rather than calling the school. Schools are often inundated with phone calls from parents after they send an automated call and cannot answer all of the calls.

## Stay Connected

With the increase of communications due to remote learning, it is very important the district has an updated phone number and email address in the communication system. Everett Public Schools believes communication with parents and the community is important and recently published a new resource called “[Stay Connected](#),” which shows the different ways you can regularly keep informed. Visit the communications overview page on the district’s website for details.

## Is Your Contact Information Up-to-date at School?

If your contact information has changed, please let your school know so we can reach you. For JHS, send an email to DeeAnn Williamson at [DWilliamson@everettsd.org](mailto:DWilliamson@everettsd.org).



## Social Media Directory

Follow our social media sites including school pages, district pages, teachers, clubs, and student groups. Stay connected to learn all the latest news!

Not sure your school has social media? Visit our [social media directory](#) for a list of accounts.

## Parent University

Everett Public Schools Parent University is available 24/7, online and mobile, for you to access important resources to help support your student’s remote learning. You can find details on how to access and log in to Canvas, how to view your student’s schedule, where to get meals, and much more. Resources will continue to be added throughout the year. You will find Parent University, and all other information related to remote learning, at [www.everettsd.org/COVID2020-21](http://www.everettsd.org/COVID2020-21).





## Mobile App

Families can [download the district mobile app](#) to easily access student information, grades, attendance, lunch balances, borrowed library books, calendars, and more! Translate notifications and app functions into the language you prefer.

## Safety Tip Line

Do you or your student have a concern about someone experiencing bullying or harassment? **Report it!** You can talk directly with your school's office or you can call, text, or email your concern.

If there is reason for concern about safety on a designated walkway to school, call 9-1-1 immediately for authorized, quick help. We have strong partnerships with local law enforcement who share our interest in safe schools and neighborhoods. Student safety is a priority for all of us. Working together, we can help make our neighborhoods and schools nurturing places for students to safely learn and grow.

**3 easy ways**

Text or call  
855-637-2095

1350@alert1.us

<https://everett-wa.safeschoolsalert.com>

FOR  
EMERGENCIES,  
PLEASE CALL  
**911!**

## Upcoming Dates of Interest

For up-to-date info on activities, events, deadlines, etc., please periodically check the online calendars on the JHS and EPS websites. NOTE: To view the online calendars, you will need to use a browser other than Internet Explorer (such as Chrome, Firefox, Opera, Safari, Edge).

- Dec. 19–Jan. 3..... Winter Break – NO SCHOOL
- Mon., Jan. 4..... [New Remote Learning Schedule](#) Begins
- Jan. 5–7..... Class of 2020 Board Signing
- Wed., Jan. 6..... 3 p.m. & 7 p.m. | [Sno-Isle Tech Information Sessions](#)
- Thurs., Jan. 7..... 3 p.m. & 7 p.m. | [Sno-Isle Tech Information Sessions](#)
- Thurs., Jan. 14..... 5:30–7:30 p.m. | [Sno-Isle Tech Virtual Open House](#) (pre-registration required)
- Jan. 14–Feb. 5..... [Sno-Isle Tech Application Window](#)
- Mon., Jan. 18..... Martin Luther King, Jr. Day – NO SCHOOL
- Jan. 19–22..... [Short Week Remote Learning Schedule](#)
- Fri., Jan. 29..... End of Fall Semester (SEM1)
- Sun., Jan. 31..... Seniors: Cap & Gown Orders Due
- Mon., Feb. 1..... Teacher Work Day – No School for Students
- Feb. 2–5..... [Short Week Remote Learning Schedule](#)
- Tues., Feb. 2..... Beginning of Spring Semester (SEM2)
- Feb. 13–16..... Mid-Winter Break – NO SCHOOL
- Feb. 24 & 25..... [Sno-Isle Tech Virtual Student Interviews for 2021-22](#)
- Fri., March 5..... [Sno-Isle Tech Virtual Student Make-up Interviews](#)
- Wed., March 3..... Free SAT for Juniors (subject to change/cancellation)
- Sun., March 14..... Daylight Saving Time Begins (2 a.m. PST)
- Fri., March 19..... [Sno-Isle Tech Virtual Student Make-up Interviews](#)
- Thurs., April 1..... [Sno-Isle Tech Notification of 2021-22 Student Status](#)



April 3–11..... Spring Break – NO SCHOOL  
Thurs., April 15 ..... End of 3rd Quarter  
May 3–7 & 10–14 ..... AP Exams  
Tues., May 18 ..... SBA ELA CAT Testing for all 10th and select 11th & 12th (date subject to change)  
Thurs., May 20 ..... SBA ELA PT Testing for all 10th and select 11th & 12th (date subject to change)  
Wed., May 26..... SBA Math Testing for all 10th and select 11th & 12th (date subject to change)  
Thurs., May 27 ..... WCAS (Science) Testing for all 11th (date subject to change)  
Mon., May 31..... Memorial Day – NO SCHOOL  
Fri., June 11 ..... Early Release for Students (2½ hours)  
Sat., June 19 ..... JHS Class of 2021 Graduation  
Mon., June 21..... End of Spring Semester (SEM2)  
Mon., June 21..... Early Release (2½ hours) – Last Day of School (subject to change in case of inclement weather)

## School News & Information Sources

JHS website: Scrolling items of interest, link to daily announcements, posts on homepage

Henry M. Jackson High School: [Homepage](#) | [Twitter](#) | [twolves\\_library](#)

Everett Public Schools: [Homepage](#) | [Facebook](#) | [Twitter](#) | [Instagram](#)

JHS PTSA: [Homepage](#) | [Wolf Tracks Newsletter](#) | [Email](#) | [Facebook](#) | [Instagram](#) | [Twitter](#)

[InTouch](#)

[Peachjar flyers](#)

## Helpful Links & Resources

- Check Jackson’s [home page](#) for links to our most current **athletic events, club meeting times, daily announcements, activities calendar**, and more.
- Parents, keep up with your student’s academic progress, assignments, attendance, and more via [LMS](#) (click the “Grades & More” icon at the top of any district or school webpage, then the blue “Info” button). If you don’t know your LMS login ID/password, contact [LMS@everettsd.org](mailto:LMS@everettsd.org).
- For **Naviance help**, any student or parent can contact Sarah Pewitt, High School & Beyond Facilitator, at [Naviance@everettsd.org](mailto:Naviance@everettsd.org) or 425-385-4183 (email is preferred).
- Follow these JHS Twitter accounts: [@HMJacksonHS](#), [@announceJHS](#), [@jhswolfpack](#), [@DrIanBSaltzman](#), [@EverettSchools](#)
- Follow these accounts on Instagram: [hmjacksonhs](#), [jhsasb2021](#), [jhsasb2023](#), [jhs.den](#)
- Go to the district [communications webpage](#) for information about Everett Public Schools’ [FREE mobile app](#) for parents, students, and staff, or download the “Everett Public Schools” app from your phone’s app store.
- Follow Everett Public Schools on [Facebook](#), [Twitter](#), and [Instagram](#).
- Access [Parent University](#) for resources to help parents partner with the district in students’ education.
- Visit the Everett Public Schools [Communications](#) page for information on the district’s various [communication resources](#).
- Subscribe to [InTouch](#), a district email newsletter sent about twice a month.

AP Capstone: [College Board AP Capstone Overview](#)

AP Capstone: [Program Brochure](#)

AP Capstone: [Student Brochure](#)

[Bullying Prevention](#) (*free resources at stopbullying.gov*)



Calendar: Student Calendar for 2020-21 in [English](#) | [Spanish](#)

District High School Course Catalog: [2020-2021](#)

PTSA: [Membership](#)

PTSA: [Wolf Tracks newsletter](#), current school year issues

PTSA: [Wolf Tracks newsletter archives](#)

School Day Schedules: High School Remote Student Schedule in [English](#) | [Spanish](#) | [Arabic](#) | [Russian](#) | [Vietnamese](#)

Student Handbook: Everett Public Schools Student Rights and Responsibilities Handbook, 2020-21 in [English](#) | [Spanish](#) | [Arabic](#) | [Russian](#) | [Vietnamese](#)

Student Handbook: [Henry M. Jackson High School Student Handbook, 2020-21](#)

[Transcripts](#)

[Volunteer Application Online](#)

[Transcripts](#)

[Volunteer Application Online](#)



3900 Broadway  
Everett, WA 98201  
425-385-4000  
[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:**

• Mary O'Brien  
• 425-385-4106  
• [MO'brien@everettsd.org](mailto:MO'brien@everettsd.org)  
• PO Box 2098  
• Everett, WA 98213

**Section 504 Coordinator:**

Dave Peters  
425-385-4063  
[DPeters@everettsd.org](mailto:DPeters@everettsd.org)  
PO Box 2098  
Everett, WA 98213

**ADA Coordinator:**

Randi Seaberg  
425-385-4104  
[RSeaberg@everettsd.org](mailto:RSeaberg@everettsd.org)  
PO Box 2098  
Everett, WA 98213



## Enero es el mes de apreciación de la Junta Escolar

El mes de enero marca el periodo anual de Reconocimiento de la Junta Escolar- este es un tiempo para honrar el trabajo de los miembros de la junta escolar y celebrar la educación pública. Puede enterarse más acerca de [los miembros de la junta escolar en línea](#). También puede [ver las juntas pasadas de la junta escolar](#) en el canal de YouTube del distrito.

## Inicio tardío de clases o cierres escolares

Si el clima o las condiciones de los caminos están para cerrar los planteles escolares, todo el aprendizaje será cancelado, incluyendo el aprendizaje remoto. El aprendizaje remoto debe ser cancelado debido a que puede haber estudiantes aprendiendo presencialmente en los planteles que no tienen dispositivos en sus hogares, y los maestros que han estado trabajando desde los planteles puede que no cuenten con el equipo o con los recursos para impartir su enseñanza desde casa.

Si debemos cancelar la escuela o retrasar el inicio de las clases, utilizaremos nuestro sistema de comunicación para padres para comunicarnos en la mañana, típicamente alrededor de las 5:00 a.m. con un breve mensaje indicando la razón del cierre o retraso de clases. También utilizaremos medios locales y publicaremos el mensaje en nuestro sitio web. **Si no hay ningún anuncio de las Escuelas Públicas de Everett, significa que las escuelas estarán funcionando en su horario regular de clases.** [Haga clic para más información y recursos sobre los cierres o retrasos escolares.](#)

En los casos de condiciones inclementes del clima u otro tipo de emergencias, por favor haga lo siguiente:

- Verifique si ha recibido mensajes del distrito en su email o teléfono
- Este al pendiente de escuchar anuncios por los medios de comunicación
- Visite el sitio web del distrito en [www.everettsd.org](http://www.everettsd.org)
- Vea las cuentas del distrito de [Facebook](#), [Twitter](#) o de [Instagram](#)

## Línea de informantes para reportes de seguridad

¿Usted o su estudiante están preocupados de que alguien esté siendo víctima de bullying o acoso? **¡Repórtelo!** Usted puede hablar directamente con su oficina escolar o puede llamar, mandar un texto o un email con su reporte.

Si existe una razón de preocuparse por la seguridad en las áreas designadas para caminar a la escuela, llame inmediatamente al 9-1-1 para recibir ayuda rápida y autorizada. Tenemos una fuerte relación con la seguridad pública

local quien comparte con nosotros el interés de tener escuelas y vecindarios seguros. La seguridad de los estudiantes es una prioridad para todos nosotros. Trabajando juntos, podemos ayudar hacer que nuestros vecindarios y escuelas sean lugares que promuevan el aprendizaje y crecimiento seguro de los estudiantes.

## Qué hacer cuando se corta la energía durante el aprendizaje a distancia

Si pierde energía o internet en casa, por favor haga lo siguiente si es posible:

- Contacte a su maestro o escuela para reporta el corte
- Continúe trabajando en actividades de aprendizaje previamente asignadas.
- Participe en actividades por solicitud (on demand) si es posible.

**3 maneras sencillas**

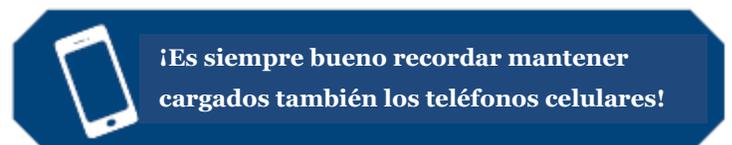
Por texto o llame al

 855-637-2095

 1350@alert1.us

 <https://everett-wa.safeschoolsalert.com>

FOR EMERGENCIES,  
PLEASE CALL  
**911!**  
Para  
emergencias





Es difícil cuando suceden eventos que están fuera de nuestro control. Por eso le agradecemos de antemano por su paciencia y flexibilidad.

## Próximas oportunidades de “Let’s Connect”

Habrán en enero tres oportunidades de “Let’s Connect”. Publicaremos más información sobre cómo registrarse pronto.

- 21 de enero, Proceso de Presupuestos y Finanzas
- 25 y 28 de enero, Planeación Estratégica



## Salud Socioemocional

El brote de la pandemia del COVID-19 puede ser muy estresante para la gente y sus comunidades. El temor y la ansiedad sobre una enfermedad pueden ser abrumador y causar emociones fuertes en los adultos y los niños.

Todos reaccionamos diferente ante las situaciones de estrés. El impacto emocional de una emergencia en una persona puede depender de las características de la persona y sus experiencias, sus circunstancias sociales y económicas y su comunidad y disponibilidad de recursos locales. Las personas pueden llegar a tener más estrés si ven o escuchan repetidamente imágenes y reportes sobre la pandemia en los medios de comunicación.



Los niños reaccionan, en parte, en lo que ven de los adultos que los rodean. Cuando los padres o encargados de su cuidado están enfrentando el COVID-19 con calma y confianza, pueden proveer le mejor soporte para sus hijos. Los padres pueden ser las personas que traen más tranquilidad alrededor de ellos, especialmente en los niños, si están mejor preparados. Por favor visite [la página web de salud socioemocional](#) para más información.



3900 Broadway  
Everett, WA 98201  
425-385-4000  
[www.everettsd.org](http://www.everettsd.org)

• Las escuelas públicas de Everett no discriminan en ninguno de sus programas o actividades por sexo, raza, credo, religión, color, país de origen, edad, estado veterano o militar, orientación sexual, expresión de género o identidad, discapacidad, o el uso de perros guía entrenados o animales de servicio, y provee con acceso equitativo a los Boy Scouts y a otros grupos juveniles designados. Los siguientes empleados han sido designados para gestionar las preguntas y quejas de presuntos actos de discriminación.

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