

# Tambark Creek News

TAMBARK CREEK ELEMENTARY SCHOOL NEWSLETTER

November 2020

VOLUME 1, ISSUE 17

## From the Principal

Dear Tambark Creek Parents and Guardians,

This time of year brings crisp days, pumpkin lattes, beautiful full moons, and sitting by the fire with family. We are entering November with several accomplishments at TCE which include but not limited to great attendance from our students, engagement with iReady lessons, several student material deployments, and our first PTSA fundraiser which was a success.

Once again, I can not thank you enough for your support, kind feedback and appreciation for all the hours of work that each teacher is putting forth to engage students in learning remotely. Your support is paramount in making on-line learning a success. We are stronger together.

We are excited to announce TCE's mascot name-Leo the Mountain Lion. Leo received the most votes, but Mouny was just a few votes behind. Please participate in PTSA's Winter Flower Fundraiser beginning November 2 through November 19. The link is on the PTSA website and in their newsletter. Thank you to the PTSA board for organizing the TCE's mascorade parade last Friday. It was great to see the students in costumes. This was one of my favorites.



i-Ready family information:

- Fridge Tips for families to support students when they're working on their i-Ready lessons at home.
- [i-Ready.com/FamiliesSupportLearning](https://www.i-ready.com/families-support-learning) to support families as they help their students. You can also include this in your own communication to families.

[Family COVID-19 Handbook](#) that contains information on how they will be keeping students safe, and things parents should know. For further information and updates, please visit [everettsd.org/covid2020-21](https://www.everettsd.org/covid2020-21).

Best Wishes,

Mrs. O'Connor-Weaver

## From the Counselor

**For All Students: Did you know that during school closure that all children ages 1-18 can receive free lunches?** Each week you just fill out the order form and then pick up the lunches on Wednesday from the School you selected. To order lunches you

**Celia O'Connor-Weaver**  
Principal

**Shelby Leising**  
Assistant Principal

**Tambark Creek Elementary School**  
4419 180th St. SE,  
Bothell, WA 98012  
425-302-9200  
[www.everettsd.org/tambarkcreek](http://www.everettsd.org/tambarkcreek)

**November 11**  
No school-Veterans Day observed  
**November 25**  
Early release-1:00  
**November 25 & 26**  
No school-Thanksgiving break

must do it between Wednesdays and Monday at 12pm each week. If you need help with this or have questions please contact Julia Hehn, school counselor at [jhehn@everettsd.org](mailto:jhehn@everettsd.org)

Page to order lunches: <https://www.everettsd.org/Page/37760>

### Do you qualify for FREE & REDUCED LUNCH?

- EBT Food Benefits: IF you do, did you know that right now you also qualify for EBT (a card that is loaded each month with \$200-\$300 that you can use at any grocery store). If you need help or have questions please email me. The application page is linked below:

<https://www.dshs.wa.gov/esa/community-services-offices/basic-food>

- **School Clothes through Operation School Bell:** please contact Julia Hehn, school counselor at [jhehn@everettsd.org](mailto:jhehn@everettsd.org) to fill out OSB order form
- **School supplies:** Does your child need school supplies? Please contact Julia Hehn, school counselor at [jhehn@everettsd.org](mailto:jhehn@everettsd.org)
- If there are any resources your family needs, please do not hesitate to reach and we will try to connect you with community resources.

I am attaching a wonderful article titled – “*Why Self-Compassion and Emotional Regulation are key to Coping with COVID-19*”.

We are living in difficult times, there is no question. We need to be kind to ourselves as this journey continues. Having strategies to support us can be helpful.

*“The strategies we can use to regulate emotions are limitless, depending on the situation and the emotions involved. But just like your emotional responses vary, the strategies that work for you today might not work for you tomorrow. And the strategies that work for you might not work for your partner or child.”*

If learning more about emotional strategies seems like something that would be helpful for you and your family, the link to the article is below.

<https://www.edsurge.com/news/2020-08-03-why-self-compassion-and-emotion-regulation-are-key-to-coping-with-covid-19>

I am here to help in anyway I can. Please call (425)302-9210 or email at [jhehn@everettsd.org](mailto:jhehn@everettsd.org)

### Messages from Mango the Service Dog

As many of you know, Mango is Ms. Hehn’s service dog. He comes to school with her daily and is an important part of the culture at Tambark Creek Elementary. With our change to a remote teaching platform, students are not able to see Mango daily. Ms. Hehn and Mango thought of a way to make that possible remotely and started sending weekly messages out to students in March of 2020. These can all be found in the Tambark Creek Elementary School website, under Counseling and then “Messages from Mango the Service Dog”.

This year’s weekly messages started in October and show a cartoon Mango sharing important lessons on Social-Emotional Learning. The links will take you to a YouTube channel – “*Messages from Mango the Service Dog*”. These links will not work on District Chromebooks as YouTube has been disabled on those devices. It will work on computers / smartphones other than the District Chromebooks.

Here are the links for the ones shared in October. Remember to check the website to see Mango’s messages that come out every Monday!

### October 5, 2020 - Welcome back to Tambark Creek

<https://youtu.be/bsVM5dlySJA>

### October 12, 2020 - Listening skills

<https://youtu.be/-z8aBKvnw9M>

**October 19, 2020 - Focusing your attention**

<https://youtu.be/DabVa8Ucq8Y>

**October 26, 2020 - Following Directions**

<https://youtu.be/ARSCd5o-yBc>

Be Kind to Yourself and Others,  
Ms. Hehn & Mango

## Tech Tips

Below you will see a link to a short two minute video. This video helps guide students, and parents, in accessing documents that may come up as “unable to access”. Since many students have chosen to use their own device, or share devices with another family member, we have noticed that previous users have not logged out of their Google Suite, or Google account, which makes students unable to access student work or work that teachers are posting onto CANVAS. This video will help you guide you on how to make sure all users are logged into the correct accounts to access these valuable documents.

<https://drive.google.com/file/d/13xnOnU2G3GkjFWzuuzFO2mNp8WZMynw9/view?usp=sharing>

## From the Office

Please remember that if your child is going to miss class please email your teacher AND the attendance line at [teattendance@everettsd.org](mailto:teattendance@everettsd.org) During remote learning we still need to have accurate attendance. We are very proud of our students for showing up each day and having great attendance. Keep up the great work mountain lions!

If you need to reach the office staff for any reason you can email Mrs. Patty the office manager at [tetrault@everettsd.org](mailto:tetrault@everettsd.org) or Mrs. Angie the office assistant at [ajames2@everettsd.org](mailto:ajames2@everettsd.org) or call 425-302-9200.

## From the PTSA

**Thank you** so much to everyone who participated in our first virtual read-a-thon fundraiser! We logged almost 32,000 minutes of reading and raised \$13,456! While we did not reach our goal of \$20,000, we are so grateful to everyone who donated!

### **PTSA Membership Meeting**

Please join us at our next membership meeting on **November 12<sup>th</sup> at 7pm** to have a voice in how we will adjust our budget based on the shortfall. If you are already a member or receive our eBlast, you will get a link to the meeting in your email. If not, please email us at [president@tambarkcreekptsa.org](mailto:president@tambarkcreekptsa.org) to get the link.

### **PTA Reflections Art Contest**

Please consider having your child enter our **Reflections Art Contest!** Entries are due on **November 9<sup>th</sup>** and entries are only accepted virtually this year! Here is how to do it:

1. Have your child create an original piece of artwork based on the theme “I matter because...” This could be a visual art piece, a dance, a photograph, a piece of literature (like a story or a poem), a film, or a song.
2. Make sure you have an electronic version of your artwork, since art is collected virtually this year. This means that if your child drew a picture, you will need to photograph it in order to enter. If your child wrote a story, you would need to put it in

something like a word document (or you could take a picture of that as well).

3. Fill out the entry form found at [reflections.tambarkcreekptsa.org](https://reflections.tambarkcreekptsa.org) and either save it as a pdf or print it out and take a picture of it. Be sure to include your child's artist statement, which is an important part of the judging.
4. Submit everything at [tinyurl.com/tambarkcreekreflections](https://tinyurl.com/tambarkcreekreflections)

If you would like to enter but are confused about the instructions, please email our Reflections chair Gayathri at [reflections@tambarkcreekptsa.org](mailto:reflections@tambarkcreekptsa.org). She is fantastic and will be happy to help you! You can find instructions for each category and entry forms at [reflections.tambarkcreekptsa.org](https://reflections.tambarkcreekptsa.org)

### **Flower Fundraiser**

We will be having a flower fundraiser between November 2<sup>nd</sup> and November 19<sup>th</sup>. You can order beautiful, locally-grown plants and flowers to help raise money for PTSA and the school at [tceptsa.growingsmilesfundraising.com](https://tceptsa.growingsmilesfundraising.com)! Please check out the gorgeous options! Email [president@tambarkcreekptsa.org](mailto:president@tambarkcreekptsa.org) with any questions.

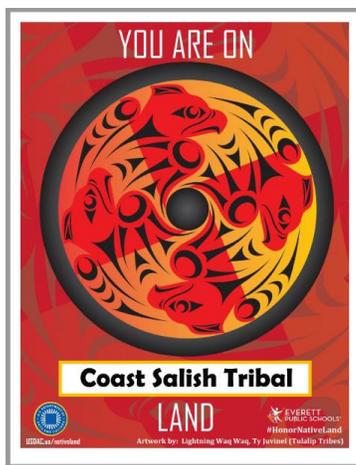
For more information on all things PTSA, check out our website [tambarkcreekptsa.org](https://tambarkcreekptsa.org), our Facebook page [facebook.com/TambarkCreekPTSA](https://facebook.com/TambarkCreekPTSA), or you can email us at anytime with questions, comments, concerns, or just to say hi! We can be reached at [president@tambarkcreekptsa.org](mailto:president@tambarkcreekptsa.org).

Alisha Crawley-Davis & Heather Morgan  
co-Presidents, Tambark Creek PTSA 7.3.12

## **Native American History Month**

November is Native American History Month. What started at the turn of the century as an effort to gain a day of recognition for the significant contributions the first Americans made to the establishment and growth of the U.S., has resulted in a whole month being designated for that purpose.

### **Land acknowledgement**



In the district's sustained work to build a culture of inclusive belonging for students, teachers, staff and the community, we join local, state, national and international efforts to acknowledge Native land.

According to the U.S. Department of Arts and Culture, "In countries such as Canada, New Zealand and Australia, it is commonplace, even policy, to open events and gatherings by acknowledging the traditional Indigenous inhabitants of that land." Our Equity & Access Department encourages opening school and district events with this impactful Native land acknowledgment:

*"We respectfully acknowledge that we gather today on the traditional lands of the Coast Salish Peoples, who have lived in the Salish Sea basin, the San Juan Islands, and the North Cascades watershed since time immemorial. You are on Coast Salish Tribal Land."*

Learn more at Everett Public Schools Equity & Access [webpage](#) or at [www.usdac.us/nativeland](http://www.usdac.us/nativeland).

# Daylight Saving Time Ends

November 1, 2020, Daylight Savings Time Ends and we “fall back” one hour.



# Remember to vote Nov. 3

Remember to deliver your ballot to a ballot drop box near you or put it in the mail by Nov. 3 – postage is not required for ballots.



# School performance report

Our school’s performance report is available online on each school’s website. More information is available on the [Office of Superintendent of Public Instruction website](#). Click on “State Report Card” and select Everett from the list of districts.

# Let’s Connect

You are invited to connect with district leaders and engage in conversation on November 16 from 5-6 p.m. (topic to be determined). We want to hear from you and hope you can attend a zoom meeting to share your thoughts. Please check your email for an invitation to connect with your school’s regional superintendent and other district leaders. Be sure to check your email, RSVP required to receive the link for the zoom meeting. Let’s Connect!

# Childcare Support

Snohomish County is offsetting a portion of childcare costs, in partnership with two nonprofits through the Coronavirus Aid, Relief, and Economic Security (CARES) Act.

In cooperation with the Boys & Girls Clubs of Snohomish County and YMCA – Snohomish County, please [share this information](#) and visit their [FAQs](#) page and [Child Care Locator Map](#).



# 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 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.



## Online safety tips

- Keep the computer in a busy area of your home.
- Use an app to keep an eye on your child's online activity on their device.
- Talking about cyberbullying; ask if someone they know has been a victim. Ask if they have been victimized.
- Set up email and social media accounts with your children. Know their screen names and passwords and explain the reasons for not including any personal information in profiles.

Know who is in the "buddy lists." Get to know the cyberfriends as well as you do those who visit your home. Parents and guardians may find the following resources helpful to begin a conversation about the dangers of engaging in cyberbullying and how to stay safe online:

- [Stop Bullying Now](#)
- [Ms. Parry's Guide to Correct Online Etiquette](#)
- [Common Sense Media](#)

Find out what Everett Public Schools students learn about digital citizenship on the district [Learning Management Services website](#).



# FAFSA season has begun!

Free Application for Federal Student Aid (FAFSA) is an office of the U.S. Department of Education. FAFSA coordinates with postsecondary schools and financial institutions to help students and families pay for college. Watch for FAFSA completion events happening around the district. Find more information at [www.fafsa.ed.gov](http://www.fafsa.ed.gov).



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