



KSD family CONNECTION

January 11, 2022

Dear KSD Community,

This is our twice monthly communication, KSD Family Connection. Each edition includes:

- Relevant and timely information based on the month's theme
- A health and safety section
- A brief spotlight on one of our district programs, clubs, services, etc.



this month

Happy New Year! In this month of new beginnings, we have two wishes for you, and one request.

We wish you health and joy. And, our students need your help! **We're looking for 10 to 20 caring individuals to support our students as paraprofessionals and substitute teachers.** Both play an integral role in providing instructional, behavioral, and other support to students in and outside of the classroom. Paraprofessionals often work one-on-one with students who receive special education and related services or those who have a 504 plan. If you or someone you know would like to make a BIG difference in the life of a Kelso student, please visit our [jobs page \(bit.ly/ksd-jobs\)](https://bit.ly/ksd-jobs) to learn more.

We are at a critical point with staffing and the necessity for a strong substitute pool for both classified and certificated positions. WE NEED YOUR HELP.

Please join our Kelso team by calling our Human Resources department (360.501.1900) to begin the application process.

This month is host to:

- Louis Braille invented the tactile code using six raised dots known as braille. In honor of his birthday on the 4th, January is recognized as [National Braille Literacy Month](#) to raise awareness about the significance of braille literacy among people with visual disabilities.
- [Martin Luther King Jr. Day of Service](#) is observed annually on the third Monday of January to enact Dr. King's dream of a Beloved Community by serving together. Organized by AmericCorps and The King Center in partnership with countless local, state, and national groups, Americans honor Dr. King's legacy by volunteering in their communities.
- The nonprofit organization MENTOR facilitates [National Mentoring Month](#) every January to promote the positive impact of mentors on young people and raise awareness about the power of relationships.



The health and safety of our students and staff is always a top priority. We continue to work closely with state and local health authorities, such as Washington Department of Health (WDOH) and Cowlitz County Health & Human Services department (CCHHS) to ensure our mitigation strategies are strong and effective. CCHHS publishes their report every 4 weeks. The next report is scheduled for January 12. More frequent data updates can be found on [their Facebook page](#) and [COVID-19 Data webpage](#).

FREE COVID-19 Testing

Kelso School District students and their immediate family members may receive [free COVID testing](#) if they:

- are showing [symptoms](#), or
- may have been exposed to someone with COVID-19

Testing is available at the **KSD Family Community Resource Center** (2001 Allen Street, directly across from the KHS/CMS parking lot entrances) from **8 AM to 4 PM on weekdays**.

When possible, please preregister for your test. Doing so will save you approximately 15 minutes of wait time before you test. If you are unable to preregister, staff will be available to assist you when you arrive. Preregister at:

- [Rapid Testing](#): 15 min results
- [PCR Testing](#): results from lab

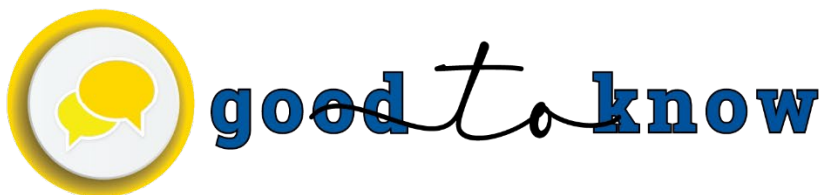
Information on COVID testing from the Washington State Department of Health can be found [here](#).

UPDATED QUARANTINE AND ISOLATION GUIDANCE

You may have heard that the CDC recently updated their guidance for schools to allow for a shorter isolation and quarantine time period. We sent a separate email summarizing the changes to all families this morning.

- **Isolation and quarantine were shortened to 5 days in many cases**
- **Testing recommendations were updated and the Test to Stay testing program has been expanded to include staff and extracurricular activities**
- **The new guidance applies to both vaccinated and unvaccinated individuals**

You can [read a .pdf of the full letter here](#).



The mental and emotional health of our Kelso community is equally as important to us as their physical health. Which is why we're working with Dr. Kira Mauseth and the Washington State Department of Health to offer an informative and practical virtual town hall event for Kelso teens and their families.



K COPING DURING COVID

BUILDING TEEN RESILIENCE

JOIN US FOR A VIRTUAL TOWN HALL EVENT
FOR KELSO TEENS AND THEIR FAMILIES
WITH DR. KIRA MAUSETH

This Zoom will cover:

- Emotional impacts of the pandemic
- What's happening in your brain as a result
- Strategies for coping
- How resilience develops
- Resources for support
- Q&A: managing and caring for your behavioral and emotional health

Dr. Mauseth is a practicing clinical psychologist at Snohomish Psychology Associates, a Senior Instructor at Seattle University, and a co-lead for the Behavioral Health Strike Team for WA State DOH. Her work and research interests focus on resilience and recovery from trauma as well as disaster behavioral health.



Tuesday
January 25
6:00 - 7:00 PM

Join via Zoom:
bit.ly/ksd-btr



As always, if you have any questions, feel free to email me.

Sincerely,

Mary Beth Tack, Superintendent
Kelso School District
Marybeth.tack@kelsosd.org