



KSD family CONNECTION

March 29, 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

Spring break is next week! In case you're looking for a few fun things to do with the family, WeAreTeachers.com has put together a pretty diverse [list of ideas](#). Here are a few:

- [25 Fascinating Wonders of the World You Can Visit From Home](#)
- [20 Famous Art Museums You Can Visit from Your Living Room](#)
- [Dive into the virtual ocean](#) with Google Earth



health & safety

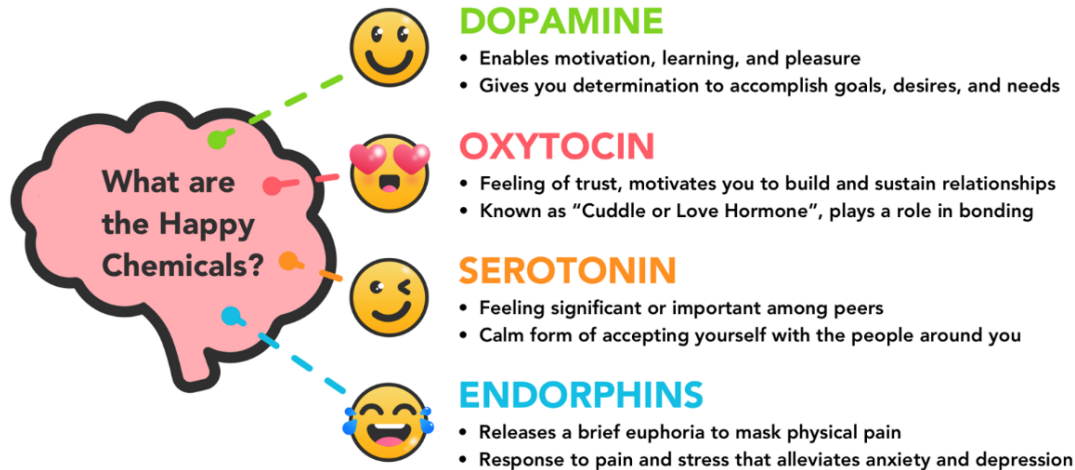
The health and safety of our students and staff is always a top priority. We continue to work closely with state and local health authorities and follow their guidance.

HAPPINESS CHEMICALS

If you saw the [Coping During COVID Town Hall](#), you may remember your brain produces chemicals that can increase feelings of happiness. Dr. Mauseth also shared how to know when you're deficient in those chemicals, and what to do to produce more of them. You can [watch the presentation here](#).

GET YOUR DAILY HAPPINESS CHEMICALS

The happy brain chemicals that make you feel good



How Deficiency Affects You

| | | | |
|--|---|---|--|
| <ul style="list-style-type: none">• procrastination• low self-esteem• lack of motivation• low energy or fatigue• inability to focus• feeling anxious• feeling hopeless• mood swings | <ul style="list-style-type: none">• feeling lonely• stressed• lack of motivation• low energy or fatigue• disconnect of relationships• feeling anxious• insomnia | <ul style="list-style-type: none">• low self-esteem• overly sensitive• anxiety/panic attacks• mood swings• feeling hopeless• social phobia• obsession/compulsion• insomnia | <ul style="list-style-type: none">• anxiety• depression• mood swings• aches and pains• insomnia• impulsive behavior |
| DOPAMINE | OXYTOCIN | SEROTONIN | ENDORPHINS |

How to Increase Happiness Levels

| | | | |
|---|---|--|--|
| <ul style="list-style-type: none">• meditate• daily to-do list• long term goals• food rich in L-Tyrosine• exercise regularly• create something: writing, music, or art | <ul style="list-style-type: none">• physical touch• socializing• massage• acupuncture• listening to music• exercise• cold shower• meditate | <ul style="list-style-type: none">• exercise• cold showers• sunlight• massage | <ul style="list-style-type: none">• laughter/crying• creating music/art• eat dark chocolate• eat spicy foods• exercise/stretching• massage• meditate |
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COVID TESTING

The **KSD Testing Center** will be closed during **Spring Break**. There are free COVID home test kits available at every school. You can pick up a couple of boxes (2 tests per box) during school hours.



We completed the third ThoughtExchange series of this year last week. The main question was:

- Based on research, when students feel a sense of belonging, they will achieve. Our goal in Kelso School District is for each and every student to have a sense of belonging and connection. In what ways can we enhance this experience?

Take a [look at the results here](#).



Congratulations to our Kelso High School Regional Art Show award winners!



REGIONAL AWARDS

These pieces received the highest average scores from the judges and will represent the Southwest region in the Annual State Superintendent of Public Instruction Art Show in Olympia.

Each Regional Award winner receives a \$5,000 Art Excellence Scholarship from Pacific Northwest College Of Art, renewable for 5 years.

- Isabel Lopez, "Tattered Bowl"
- Mei-lien Tanner, "Flétrie"

ESD 112 AWARDS

Each ESD 112 Award winner receives a \$3,000 Art Excellence Scholarship from Pacific Northwest College Of Art, renewable for 5 years.

- Isabel Lopez, "The Four Seasons of Franklin"
- Maggie Waddell, "Fern"
- Josie Settle, "24"
- Remy Frey, "Take Me Back To Wonderland"
- Kylana Hegnes, "Misfortune"
- Kylana Hegnes, "Fall's Vixen"

HONORABLE MENTIONS

Each Honorable Mention winner receives a \$1,000 Art Excellence Scholarship from Pacific Northwest College Of Art, renewable for 5 years.

- Remy Frey, "Bioactive"
- Kelsie Collins, "Dart Frog"
- Mia Nestaval, "The Best View"

CENTRAL WASHINGTON UNIVERSITY, DEPARTMENT OF ART + DESIGN SCHOLARSHIP AWARD

Scholarship in the amount of \$2,000.

- Remy Frey, "Take Me Back To Wonderland"

You can watch the Virtual Award Show, which includes this year's award-winning pieces, in addition to hearing from participating artists: [2022 Southwest Washington High School Art Show Presentation >](#)



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

Sincerely,

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