

# Pinewood Panther School News

October 2020

Pinewood Elementary  
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Marysville, WA 98270  
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## From the Principal:

Hello Pinewood Families,

Happy October! It's hard to believe that fall is truly here, and as we move into the second month of school, I am seeing signs of us all falling into a new school routine. What has kept me going is all the positive messages I am receiving from many of you, about how dedicated our staff is to student learning. I'm amazed at the thought, collaboration, and the number of hours each staff member here is dedicating to make sure distance learning is engaging and our students are successful. I am extremely proud to be working and learning with each of them.

I also appreciate your efforts in making sure our kiddos are logged into their daily Zoom learning sessions and assisting with school work. I can only imagine the obstacles you are facing and the effort each of you are putting in. If we can help in any way, please do reach out to us.

Our partnership is imperative for student success. I've included ways you can make sure your student is successful (see Mental & Physical Habits for Success below). We do realize that in a sense we are coming into your home. School is now a "grey area" for our kiddos. What will really help them is to separate school expectations from home expectations. Yes, it is okay to lie in bed, watch T.V., eat breakfast, and talk to their family in "home mode" but not during "class mode."

Our attendance is very high. For example, this week we are averaging 96%! This is largely due to your efforts! Thank you! It is up to us all to keep our students engaged. Let's make it a great year working together. Thank you for your grace and flexibility, and mostly for your trust in us!

Kind Regards,

Mica Harasek

## Mental & Physical Habits for Success in the 2020-2021 School Year:

- Getting enough sleep
- Keeping a schedule
- Eating before class
- Being physical during your breaks
- Having a quiet work space, with adult monitoring (if possible), in a space that is associated with "school mode" as research shows our mind follows our body. In other words, sitting at a desk tells our brain we are ready to learn!
- Dressing for success
- Having supplies set up and ready in the work space
- Limiting distractions
- Food and drink only on breaks

Adults assisting as needed: except on assessments. We use these to determine next steps and if you assist then we are determining next steps for you; not your child and that will leave holes in your child's learning



## October is National Bullying Prevention Month

*Unity Day, October 21, 2020*

### What does Unity Day mean?

The purpose of Unity Day is to demonstrate that we are all together against bullying. We are united for kindness, acceptance and inclusion. Unity Day is meant to be a reminder that students should always feel safe in school.

### Why do we wear orange on Unity Day?

The color orange shows that we are together against bullying, and united for kindness. Make it orange and make it end!



## Health Room News & Information



As required by the Snohomish Health District, each person coming into the building must fill out a Health Screening form. Please complete the form prior to entry by going to this website:

<https://docs.google.com/forms/d/e/1FAIpQLScN2eOg9hX8SF6WUqy2SdLLTaL5IVnT>



Or scan this QR Code:

Upon arrival at the school, you will be expected to have your temperature checked and document the results and attest to the fact that you have completed the required health screen on the sign in form.

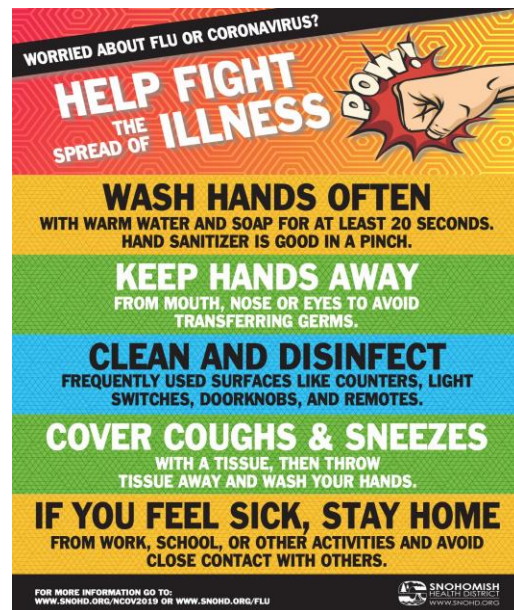
Please follow all COVID-19 safety procedures which includes wearing your mask and maintaining social distancing.

When students return to school from distance learning please remember the following:

- Be sure to write the student's name in coats, gloves, lunch boxes and any items that might end up in the lost and found.
- Send spare clothes in the child's backpack.
- Any over the counter or prescription medication that need to be taken at school must be accompanied by doctor's orders and in their original container.



**Report It!** SafeSchools Alert reporting system lets students, staff & parents confidentially report safety concerns, including bullying, weapons & threats of violence. **Email: 1248@alert1.us**  
**Text or Phone: 360 799-5414**  
**Online: <http://1248.alert1.us>** For Emergencies call 911



### Fall Counselor Corner 2020

Dear Pinewood Families,

My name is Martha Porteous, and I am the school counselor here at Pinewood. I wanted to let you know that students and families can connect with me during virtual learning.

- **Lunch Bunch** is a program that allows students to have unstructured time together: attendance is optional and any number of students may join.
- I host **daily office hours** for drop in support from 3:00 - 3:30. Both students and their families are welcome at this time.
- Students may use a digital referral system called **counselor cards** to set up a time to meet with me individually.

**Details on all of these programs can be found on your student's Google Classroom under the heading Counselor Corner.**

Some students will also be offered **small groups to support**. Topics include family transitions and daily focus. Teachers have been nominating students who they believe will benefit from these programs. I will reach out to families of nominated students before any groups begin.

At home, I know you are working overtime: supporting your students has been added to your already full schedule. Here are some resources you may find helpful as you cope with some life's big feelings.

- **The Imagine Neighborhood** is a fun; free podcast kids really enjoy. Listening to this podcast *together* can prompt some helpful conversations about feelings and how we all cope. <https://www.imagineneighborhood.org/>
- **Mind Yeti** is a collection of free videos on YouTube that can help kids practice calming their bodies and focus their attention. Practicing these skills regularly can boost kids' ability to deal with tough situations. <https://www.mindyeti.com/>

I honor the hard work you all put in to make your child's education the best it can be. Like we say here at Pinewood: we're better together, even at a distance.

If there is anything I can do to assist your student(s), please feel free to get in touch.

360.965.1366

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