

Pinewood Panther School News



Pinewood Elementary
8600 52nd Ave NE
Marysville, WA 98270
Phone: (360)965-1300
Attendance: (360)965-1301



Happy Thanksgiving!

November 2020

From the Principal:

Dear Pinewood Panther Families,

I would like to wish you and yours a very happy Thanksgiving and a terrific holiday season. Over the next six weeks, I am sure many of you will be busy preparing for the holidays and as the season progresses, it is important to keep in mind how the excitement and interruptions of the holidays impact our students. We would ask that you take some extra moments to help your child focus and stay on task with schoolwork. This year, even more so than others, student focus is even more important as, not only do we have the holidays, but we are also in the midst of elections, COVID and distance learning.

This year, in particular as well, an attitude of gratitude can be a powerful contributor to a happy life. Some researchers believe that an attitude of gratitude may be the single most effective way to increase happiness in life. I asked myself the question, what is gratitude? Gratitude is expressing thanks for anything we have received. The word gratitude comes from the Latin words: *Gratia*, meaning favor, charm, and thanks; and *Gratus*, meaning pleasing and grateful. The power of gratitude is undeniable. People who take the time to notice and appreciate the good things that come their way through grace, or luck, or the goodness of others are happier and more peaceful. There is research consistent with the thought that people who demonstrate high levels of gratitude do better on cognitive tests and tests of problem-solving skills. They practice healthier habits, have better relationships, are more optimistic and live longer. Gratitude is one powerful emotion. So, how do we cultivate gratitude in ourselves and our children? Developing gratitude is surprisingly easy.

Here are 4 ways: 1) Keep a gratitude journal. Every day or so, write about the good things that happened to you, including the little things. 2) Write a letter of appreciation to someone who has helped you or express your gratitude verbally to others. 3) Make a gratitude list. This can often be a quick pick-me-up. Set a goal of listing 100 things you have to be grateful for, and then keep adding to your list until you reach that number. 4) Take a gratitude walk. This method works a little like the list in that you have a set time period of the walk to focus on deepening your gratitude. The movement of a walk can help the brain and heart to work better. This is a great exercise for students to do during their break and a wonderful way to connect with your child by doing it together. Whatever method you choose to incorporate, we are fortunate that this powerhouse of happiness and success is so easy to get.

We are grateful for you, our families and students, and always available to assist as needed. Thank you for partnering with us and keeping our attendance rates around 94% each day! Our students need the opportunity to learn and we are thankful you help us to provide that!

Warmly,

M. L. Harasek

Mica Harasek

Pinewood Principal



Veterans Day November 11, 2020

"Every day is a good day to thank a **veteran** for their service."

Veterans Day is intended to honor and thank all military personnel who served the United States in all wars, particularly living **veterans**.

November is Native American Heritage Month

Our MSD is neighbors of the Tulip Tribes. We have students from different Native Nations all over the country that attend our schools. This is a wonderful time to celebrate these rich cultures, traditions and learn and acknowledge the history of the Indigenous peoples of this country.

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

Message from the Assistant Principal

Parent Technology Support Workshops

Dear Pinewood Families:

Pinewood is offering a series of parent support technology workshops through November to help you and your students navigate the ins and outs of online learning. The session will be designed around your needs, including questions about ZOOM, Google Classroom, specialist classrooms, Freckle, and other learning platforms and programs. The sessions will be open each Monday and Tuesday. Monday sign ups are 3:00 and 5:00. Tuesday sign up is for 3:00.

We're using SignUp.com (the leading online SignUp and reminder tool) to organize our upcoming Signups.

Here's how it works in 3 easy steps:

1) Click this link to see our SignUp on SignUp.com: <https://signup.com/go/CZhyybH>

2) Review the options listed and choose the spot(s) you like.

3) Sign up! It's Easy - you will NOT need to register an account or keep a password on SignUp.com. Note: SignUp.com does not share your email address with anyone. If you prefer not to use your email address, please contact me and I can sign you up manually.

You can also email Assistant Principal, Marian Gonzales, with a description of your specific needs ahead of time. Her email is marian_gonzales@msvl.k12.wa.us.



Let's talk about **ATTENDANCE!**

We understand that remote learning may cause some challenges and we are here to help.

Attendance is taken daily and is based upon daily interactions with the teacher (which includes messages, emails, phone calls, and zoom lessons) and daily logins to Google Classroom. Attendance can also be verified by participation or completion in learning task or assignment.

If your child is going to be out please call the 24-hour attendance line at:

360-965-1301 or email Mrs. Liukko at lynda_liukko@msd25.org.

Keep up the good work Pinewood Panthers! Our attendance rate is averaging between 94-96%.

How do you monitor students work in Google Classroom?

There is a link on the students Google Classroom that says "**VIEW YOUR WORK**". The students/families can use this to get a list of assignments and their status. It links to the assignment, so they can go straight to it to finish it too.

Thank you to Ms. Nielson, for the helpful information!



Technology contact information from Mr. Ballew

1. **Jason Ballew, Pinewood Technology Specialist:** 360-965-1326. Jason offers tech help for Pinewood families and staff between the hours of 8:40 to 9:40, and 1:30 to 2:55. This should be the first option that staff and families use.
2. **Marysville School District Tech Help:** 360-965-0190 operates between the hours 7 am - 1 pm.
3. **Chromebook Helpline:** 360-965-0200 is for assistance after 1 pm.

Health Room News and 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, we will document the results, and you will 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.



Counselor Corner November 2020

November is here! You've done another month of distance education. I honor all of the hard work your family is doing.

I am still serving students through Lunch Bunch, open office hours, and small groups. Links to all of these can be found on [my LinkTree](#).

There are still great resources available in the community to help families.

- The Marysville Food Bank Toy Store is operating a drive through event with preselected gifts for kids up to 17 years old. This is happening on December 9 & 10 from 10am - 6pm at the Grove Church. **In order to participate you must register at this link.** <https://tinyurl.com/mcfbtoystore> **They are not accepting drop ins.**
- Operation School Bell provides a bag of new clothing for children. Your family can apply if you qualify for free/reduced lunch. Contact martha_porteous@msd25.org or call 360-965-1366 to get an application.

Speaking to families I am hearing that our initial stores of resilience and grit are running thin. This is entirely natural! Mine are too! Humans naturally get a big surge of energy when a crisis is new, then we run through our supply of energy. I don't know what you do to refill your tank, but I encourage you to make time for things that bring you joy and energy. I like [this infographic](#) from Washington State.

Here are some more everyday ideas that can help replenish your energy.

Nurture your health:

Make sleep a priority.
Stay in a routine as much as possible.
Get exercise. Simple is great: host a dance party right in the house.
Spend time outside everyday.

Foster creativity:

Draw, build, sing, journal, color, read, share jokes, tell stories.

Invite hopefulness:

Make a list or fantasize about the things in your future that you're looking forward to. These don't have to be extravagant or post pandemic. You can look forward to Friday night pizza, sleeping in on a weekend, or planting a bulb that will bloom in Spring.

Connect:

Call friends and family.
Attend a religious or spiritual service.
Let people know when you're struggling.
Let people know what you're doing to cope.

Just a reminder...



Don't forget to pick up your yearbook and class picture from last year. You can stop by the main office between 8:00am-4:00pm.

Grade 3-5 students are receiving a Panorama survey via email.

This survey helps us determine next steps in supporting our students based on their responses. Please have your student take ten minutes to complete the survey. It is open from November 4 through November 20. A parent survey will be sent out soon as well and we would appreciate your input so we can better support you as well.



Pinewood's Values:

- Kindness
- Learning
- Passion
- Respect
- Teamwork



Pinewood's Vision Statement:

Pinewood embraces having a growth mindset and taking risks to learn from our successes, challenges, and mistakes. We believe anything is possible and look for solutions with an adventurous spirit through strong teamwork.

Pinewood's Mission Statement:

The Pinewood Elementary staff guides and inspires each student to grow into knowledgeable, responsible, compassionate, and resilient individuals.

Quality Service Standards:

Pinewood has adopted and adheres to our District's [Quality Service Standards](#).