



Calendar

November 11th
NO SCHOOL
Veteran's Day

November 12th
School Board
Meeting

November 16th
First day of
Hybrid Learning

November 25th
Early Release

November 25th
Elementary
End of 1st
Trimester

**November 26th-
27th**
NO SCHOOL
Thanksgiving
Holiday

November 30th
NO SCHOOL



Immunization Compliance

In order to return to school in person, all students must have their vaccinations in compliance with the state law. To check your child's vaccination status, please call the school office.

Paper Packets

If you have not picked up your student's paper packets yet, please stop by the school office Monday-Friday from 9:00-3:00.

School Pictures

Due to remote learning our school pictures have been rescheduled for January. More information will come later in the school year.

Holiday Assistance

A variety of community organizations and individual donors have offered to support families in the Mount Baker School District this holiday season.

If you are interested in receiving holiday support this year, please fill out a Request for Holiday Assistance form at

<https://www.mtbaker.wednet.edu/article/317994?org=mount-baker>

For more information please contact Maryann Welch, Family Services Coordinator at 360-685-6777 or mwelch@mtbaker.wednet.edu



Sasquatch Challenge!

Who: This is an optional opportunity for ALL 4th-6th grade students

What: Sasquatch Reading Challenge culminating with a TBD celebration!

When: Students have until May 1st to complete the reading challenge.

Why: To promote reading, increase comprehension, expose students to a variety of books, help students set and attain goals, feel proud of their hard work and celebrate their success.

How it Works:

- Students read and pass 10 AR quizzes from the Sasquatch, Young Readers Choice, or Otter (4th grade only) award book lists.
- 4th grade students may read 4 Otter books towards their 10 books.
- Students who complete the challenge will be celebrated for their accomplishment.

I encourage you to help your child with this challenge at home by reading aloud at least one of the titles. Students are also encouraged to check out copies from the public library (print, audio and digital). <https://www.wcls.org/>

Please visit the [Kendall Library website](#) to get a list of all award nominated books. If you have any questions please let me or your school's library paraeducator know.

Anne Skelton
Elementary Librarian

Kendall Admin (360) 383-2055

Principal
Nick Perigo
nperigo@mtbaker.wednet.edu
Assistant Principal
Erica Rasmussen
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Secretaries
Karen Brown
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kendallsec@mtbaker.wednet.edu

Kendall PTA Board Officers

Presidents
Cindy Johnson
Christine LoPresti

Vice President
Sasha Lewis

Treasurer
Raylene Colyer

Secretary
Victoria Anderson

We are here to help!

Counselor
Jane Beckel
360-383-2055
jbeckel@mtbaker.wednet.edu

Family Resource Specialist
Maryann Welch
360-617-4406
mwelch@mtbaker.wednet.edu

Language Line (Spanish and Russian)
360-383-2065
language@mtbaker.wednet.edu

School Counseling Corner

November is bringing lots of changes, in our nation and the world, as well as at Kendall Elementary as we move toward hybrid or all virtual classrooms for your children. During this time, your child may find that classmates are moving around, with new students coming, and others going from their class.

In some class meetings, one lesson I've been teaching, in the midst of these changes, is called Strength Shields. This lesson helps students to recognize the skills, personal characteristics, and ideas unique to themselves that can help them face challenges in their lives. I also remind them that they each have trusted adults at school and in their home lives to turn to when times are hard. This helps them to understand that they already have resources and strengths within themselves, their family, and their communities to help them deal successfully with changes, and help them continue to feel safe.

At Kendall we strive to create a school culture in which every student, family, and staff member feels safe, welcome, connected, and included. I encourage you to talk with your child(ren) about their emotions, and what makes them feel safe and comfortable.

I love getting to work with you and your children at Kendall. Take care.

Sincerely,
Jane Beckel, Kendall School Counselor
(360) 617-4404 jbeckel@mtbaker.wednet.edu
<https://us02web.zoom.us/j/6836222505>

Winter Pantry

The Winter Pantry Program provides families with breakfast and lunch foods that children can prepare for themselves during winter break. Families of students at all Mount Baker Schools may sign-up.

How does it work? On Thursday, December 17th, a box of nutritious breakfast and lunch foods will be delivered to participating families. You do not need to be home to accept delivery.

How do I sign up? [Complete this form](#) or contact Maryann Welch, Family Services Coordinator at 360-685-6777 or mwelch@mtbaker.wednet.edu by Thursday, December 3rd.

Brought to you by the Foothills Food Bank, the Mount Baker School District and is generously supported by donations from Saturna Capital Employee-directed Charitable Giving Program.

The Mount Baker School District does not discriminate on the basis of race, religion, creed, color, national origin, age, honorably-discharged veteran or military status, sex, sexual orientation, gender expression or identity, marital status, the presence of any sensory, mental or physical disability, or the use of a trained dog guide or service animal by a person with a disability in its programs or activities and provides equal access to school facilities to the Boy Scouts of America and all other designated youth groups. District programs and activities will be free from sexual harassment. The following employee has been designated to handle questions and complaints of alleged discrimination: Mary Sewright, Superintendent. PO Box 95, Deming WA 98244 (360) 383-2000.

Kendall News Continued...

Coalition Meetings

Mt. Baker Community Coalition is a formal arrangement for cooperation and collaboration between groups and residents in the Mt. Baker Community, all agreeing to work toward the common goal of building a safe, healthy, and drug free community. We welcome you to attend our monthly Coalition meetings by registering through the link below or connecting with us on Facebook to learn more.

<https://us02web.zoom.us/meeting/register/tZckduigpi0vHdzDIN47pZzKyL8mhXNwBz5s>

After registering, you will receive a confirmation email containing information about joining the meeting. You may also reach out to our Coordinator, Wa'Lynn Sheridan for more information at mbcoalition@wfcn.org

Lock Up Your Meds

Protect loved ones from opioid misuse

Whether you realize it or not, the pain reliever medications sitting on your shelf or countertop could be putting your family and friends at risk of opioid misuse.

Many of today's household medicine cabinets contain prescription opioid medications. Legal prescription opioids commonly prescribed by doctors to reduce pain after surgery or injury include oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine and morphine.¹

While opioid pain medications are generally safe when taken for a short time and as prescribed by a doctor¹, the highly addictive drugs are being misused at a shocking rate. In fact, opioids are now one of the leading causes of injury-related deaths in Washington state. More people die from overdose than from car crashes.²

Opioid misuse affects people of all ages, but it is an increasingly concerning problem among Washington's

young people. According to the Healthy Youth Survey, almost 11 percent of teens surveyed reported using a painkiller to get high in the past 30 days.³ This is one of the highest rates in the country.

These teens are likely getting the drugs from someone they know — 75 percent of opioid misuse starts with people using medication that wasn't prescribed for them, usually taken from a friend or family member.⁴

It's an alarming fact. But one simple step — such as locking up medications — could help stop your prescription opioid pills from being misused by a family member or home visitor.

Protect your loved ones and lock up the opioids in a safe, locked cabinet, medicine lockbox or other secure container. Be sure to keep pills in the original packaging to prevent confusion with other medications. And, finally, never share your prescription medication with others.

When you're no longer taking the medication, promptly remove unused opioid prescriptions from your home and safely dispose of the leftover pills at a permanent take back location. Find one near you at:

Med-project.org - National

TakeBackYourMeds.org - State

Whatcomhope.org - Whatcom County

Opioid misuse is a statewide problem, but we all can play a role in the solution. Lock up your medications to help protect your teens and other loved ones from opioid misuse. Visit GetTheFactsRx.com for more information.

To request a free medication lock bag, contact Wa'Lynn Sheridan at mbcoalition@wfcn.org

Sources: ¹ National Institute on Drug Abuse,

² Washington State Department of Health, ³ Healthy Youth Survey (2016), ⁴ Substance Abuse and Mental Health Services Administration