




FAMILY BULLETIN #3.30

April 12, 2020

www.nsd.org/northcreek

northcreekptsa.com/

Running Calendar (please note - this is the best info we have but dates do change on occasion)

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
12	13 * Return to Online Learning (Periods 1, 2, 3)	14 *Teacher Office Hours	15 * Periods 4, 5	16 *Teacher Office Hours	17 * Periods 6, 7	18
19	20	21	22	23	24	25
26	27	28	29	30	May 1	2
3	4 	5	6	7	8	9

NEWS and INFORMATION

1. Welcome Back from Spring Break!

When we return from Spring Break next week, it will be with the understanding that school buildings will be closed for the remainder of the 2019-20 school year. Clearly, these are unprecedented times in our community, nation, and across the world. Our families are facing a number of challenges that impact our physical, social, emotional, and economic health. Our team at North Creek is deeply aware of this and are firmly committed to supporting our students and families in any way that we can. *We will get through this together.*

In her *Thursday Thoughts* last week, Dr. Reid shared that "We have received hundreds of questions and ideas about what the rest of our school year should and will look like. We continue to await clear guidance on these issues." Looking ahead, I can share with you what we are currently doing, and suggest ways that families can continue to support students as they learn from home. This is our path until we have further guidance:

- As we continue with Northshore Learns 2.0, our teachers have teamed together to identify the key learning objectives in their course content for the remainder of the school year. The lessons they're giving students are focusing on the big ideas and concepts in each of their classes as opposed to trying to replicate what would happen in a brick-and-mortar setting. **Students are strongly advised to fully participate so they can maximize their understanding of essential concepts.**
- Staff will be working on what content for their courses will look like in the fall. They recognize that every student will have experienced a narrowed focus of learning this spring. To accommodate that, courses will begin this fall with content that meets students where they are as a result of what was learned this spring.
- *There is no expectation that families need to seek additional tutoring or curriculum to compensate for topics not covered this spring.* Our teachers will move forward this fall with the understanding that all students have the foundational blocks that were taught this spring, and nothing more.
- We recognize that some students and families may want to be more engaged with learning than what our educational program offers this spring. To meet this desire, our district has compiled the [Northshore Learns](#) website as a resource. These resources are offered for the joy of learning and not as a curricular expectation (unless assigned by a teacher). There is no grade involved, just the independent opportunity to learn for the sake of personal growth.

How can families support students as we continue with Northshore Learns 2.0? We recognize that you have already been supporting your student in this new learning environment. The suggestions below are offered to facilitate your focus:

- Structuring the Day - Routine is essential for adolescents. Having the same time each week-day to get up, engage in activities, and go to bed helps to engage their Circadian rhythms. This may contribute to health on many levels, and provide a sense of security through routine. Consider working with your student to create a daily calendar for activities. **This should also include the daily school calendar so that students log into their classes at the assigned time.** For the joy of learning and engagement, discuss with your student adding time to their calendar for independent creative, athletic/movement, musical and reading pursuits.
- Managing Online Learning - Organization of online materials and navigation of the Internet are key skills for online learning. Just as you might help your student organize their notebook for school, consider helping them develop a system for storing and managing their online work so that it is easily accessible. Having seen the desktops of many adults, some of us could use help in organizing too! :-)
- Reach Out If You Have Questions - Our team is here to support you and your student. Don't hesitate to email teachers, counselors, our nurse, school psychologist, librarian, office and support staff, or our admin team with any questions you may have. If we don't have the answer, we will do our best to get you to someone who can help you or your student. We are also here to help families locate essential resources in our community. <https://northcreek.nsd.org/connect>

Our team is looking forward to seeing students again on Monday! Together, we will carve the very best out of this new reality to pave their way into the future.

2. NCHS Staff Appreciation - From a Distance! We need your help!!

Please join us in celebrating our wonderful North Creek teachers, staff, and Admins - from a distance - by submitting your own favorite memory, milestone, or inspiration on the form below. Pick from the ideas below, or choose to write your own. *** Both student and parent input is welcome! ***

NCHS PTSA will then compile all the submissions into an online "magazine" that will be sent to all NCHS staff to let them know just how much we appreciate them.

NOTE: NCHS PTSA won't edit submissions, so please review them for content and make sure all submissions are PG-rated.

Click below to have you or your student make a submission in our **North Creek PTSA - Staff Appreciation - Memories and Milestones Magazine - 2019-2020**.

<https://forms.gle/3g6YAnvaWhbYoH8DA>

3. NCHS Family Tech Support Update

North Creek High School and North Creek PTSA are partnering to form an NCHS Family Tech Support Network. The idea is that we would have our own group of Tech Support volunteers to help NCHS students and parents resolve their tech issues. By doing this, we'll not only be strengthening our Jaguar community, but we'll hopefully also be able to help our families resolve their tech issues more quickly. **We already have over 10 volunteers signed up**, and we're hoping to have our support program up and running by April 20th. More details coming soon!

If you have any questions, or you would like to sign up to be an NCHS Family Tech Support Network Volunteer, please email me at: laurenlewis77@gmail.com.

READINGS & OTHER INTERESTING MEDIA

1. [Rethinking Our Self-Care During the Pandemic](#)
2. [Blood Donation Is An Essential Activity and Encouraged Activity](#)

RECURRING ITEMS (info in the links changes weekly)

1. **This Week's PTSA Newsletter**
Click [HERE](#) for the latest PTSA newsletter!
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