

Welcome to Concurrent Learning at ICS

Your counselors are here for you whether you are remote or in-person!

We wanted to keep you in the loop of our hours changing now that our schedule has shifted to accommodate in-person instruction.

Student drop-ins during class time are limited to emergency situations such as mental health struggles, panic attacks, etc. For all other appointments pertaining to academic and college/career planning, please utilize the [Bookings link](#) or email your counselor to schedule a virtual appointment (even if you are an in-person student.)

Availability for supporting counselors:

- **Ms. Christiansen – 6th-9th grade:** M, T, Th, F 1pm-3pm, Wednesday 10am-2pm
 - **Ms. Schwarz – 10th-12th grade:** Tuesday 1pm-3pm, Wednesday 10am-12pm, and Friday 1pm-3pm
 - **Ms. Goss-Grubbs (YES):** In-person availability on Thursdays at ICS. For telehealth, please leave a message at 425-747-4937, ext 2719. She will get back to you within 24 hours on weekdays.
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- **Parents are still requested to email individual counselors for parent appointments, as our Bookings slots are reserved for students 😊.**



Tools For Transition

Below are a few quick tips that may help your mental health routine. These are just suggestions and not another “to do list.”

- **Progress, not perfection:** You are under an unprecedented amount of stress and dealing with parameters most students won't face again in their lifetime. Consider measuring success in terms of progress instead of perfection.
- **Breathe:** It's likely that tons of stress hormones are flooding your body right now. That is normal when dealing with difficult circumstances. One of the best ways to tell our body that “it's okay” is to practice deep breathing throughout the day.
- **Self-Talk:** We can be our own worst enemy when it comes to our internal monologue. Take a moment to create a mantra or phrase to establish the mindset you'd like to have throughout the day.
- **Relationships:** Lean on your classmates, friends, and family when you are stressed out. Talking and sharing in our mutual challenges will help!
- **Laugh:** Try to find humor where you can. If you can't, put on a funny YouTube video and take a minute to laugh it out!
- **Find Joy:** Everyday take a minute to reflect on one thing, however small, that brought you joy.

Tips and Helpful Reads

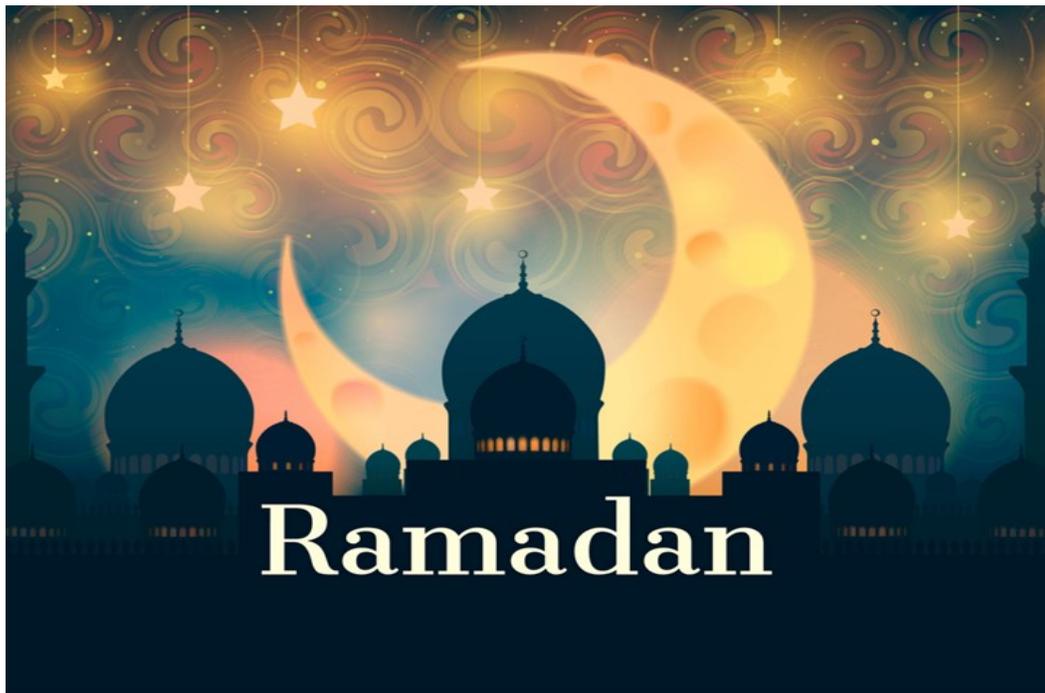
Psychologists' Tips: Preparing Children for Return to School: Returning to school in a pandemic is uncharted territory and unsettling at the very least for children. Learn ways to support your student.

COVID-19: Checklists to Guide Parents, Guardians, and Caregivers: Whatever the situation, these checklists are intended to help parents, guardians, and caregivers, plan and prepare for the rest of the school year.

Less Can Be More: Actionable advice for parents and teachers—based on science. In this piece, read about the overlooked power of subtraction.

Decoding Emotions: Don't let your emotions fool you. They may seem inevitable and unchangeable. They may seem like direct responses to your situation. In fact, emotions come from thoughts—not your situation but how you interpret your situation.

Have a peaceful and happy Ramadan!



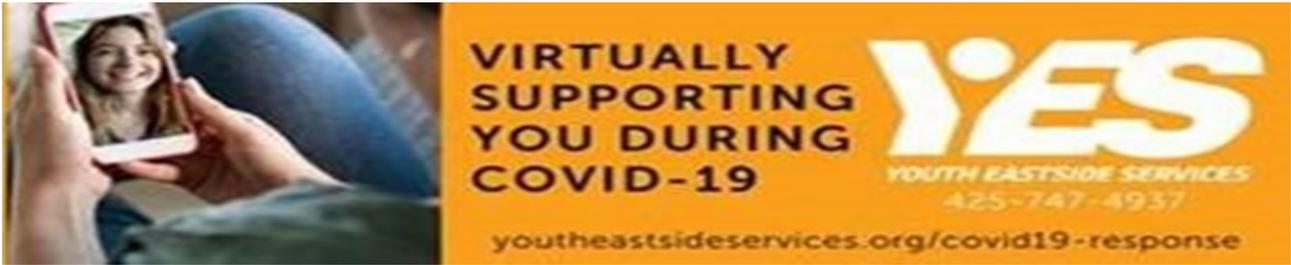
Happy Earth Day!



“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever has.”

Margaret Mead

YES: Youth Eastside Services



FREE Educational Resource for Parents/Caregivers and Students, brought to you by Youth Eastside Services

Held on one Saturday of each month from 9:30am-12:30pm is our virtual Alcohol Drug Education Class. This is a great way for parents and students (12-19 y.o.) to attend together to gain information on the dangers of current substance abuse trends, effects of substances on the developing body and brain (including the dangers of mixing substances), along with where to turn for help with substance abuse & mental health issues. Students will also gain tools and skills to make more informed decisions for their futures. Click [here](#) to register for this **FREE** educational opportunity for parents and students to attend together. **Next class dates are April 24, May 22 & June 19.** Questions? Contact Andrea Frost at 425-747-4937 x2721 or andrea@youtheastsideservices.org.

Click [here](#) for a list of YES Community Resources



WA Graduation Pathway Options District Survey

SBE invites you to provide your valuable feedback by completing the [Graduation Pathway Options Follow Up Survey](#) (5 minutes or less). The survey is intended to collect feedback from high school and district staff, current high school students, and families of current high school students.



Announcements



Unofficial Transcripts

Unofficial transcripts are now available for grades 9-12 in Student Access and Family Access. They can be found in Attachments under Portfolio and will be updated again after year-end grades are posted.