



## Learning Communities Foundation Supporters:

As we move back to school, PSESD's 5,000+ early learning students and their families are facing a more stable and affordable year thanks to the passage of the Fair Start Act for Kids. We at the Learning Communities Foundation join many others in expressing deep appreciation and thanks to Senator Wilson and Representative Senn for their vision and leadership in introducing and passing this landmark legislation. We are proud that members of PSESD's Parent Ambassadors Program provided testimony and support that helped with the Act's passage. Our families and programs are already feeling the benefits of expanded support for the cost of child care.

This fall ushers in a new five year Head Start Grant, an increase in the number ECEAP slots, and the co-location of **Heritage Head Start** with Educare Seattle. This long-established program brings a preschool that focuses on supporting cultural heritage and dual language instruction into the Educare Seattle building. Heritage Head Start will operate with two Spanish-English classrooms, and it is looking to add a layer of cultural/language immersion to the existing third classroom. We look forward to working with **Shariffa Sabrie**, the Site Manager for Heritage for the past 11 years, who will now be the site leader for Educare Seattle and Heritage Head Start.



The opportunities for world class early learning experiences that are available through Educare Seattle and PSESD's other early learning programs are a source of strength and resilience. With your sustained support, we can continue to provide these opportunities and share our successes with the broader early learning community. We hope that you can join us in celebration of the work we've done and the work to come at our annual breakfast, *Legends to Legacy*, on Friday, December 10, from 7:00 a.m.–8:30 a.m.

Sincerely,

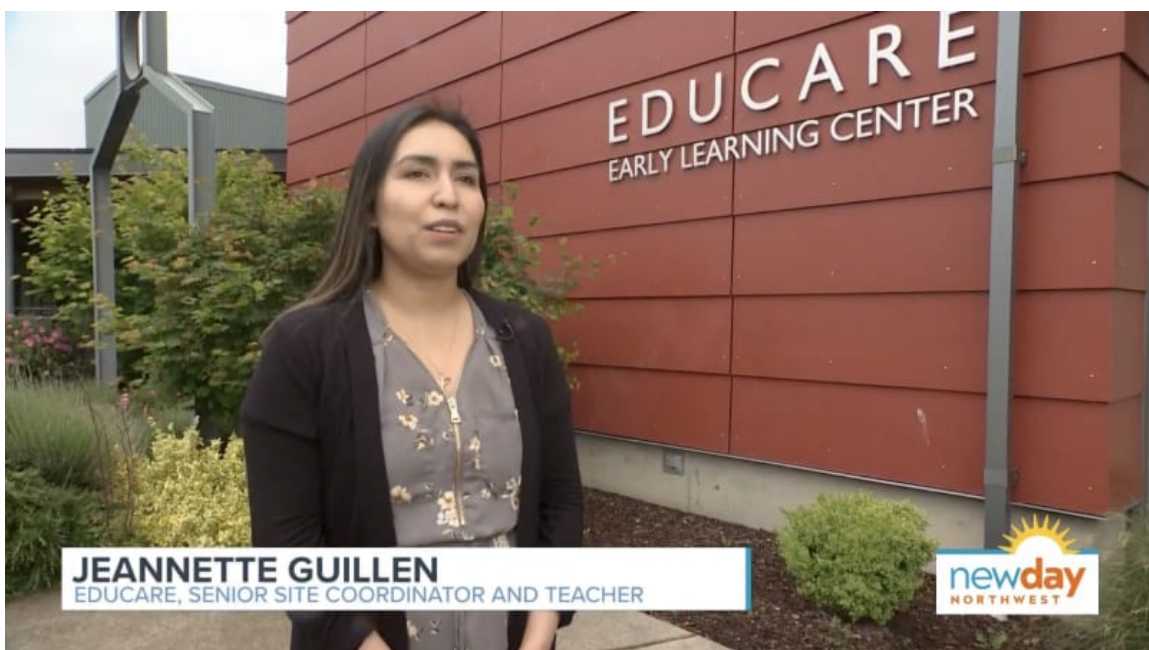
**Rob Beem**  
Board Chair



## Teacher's Corner: "Educare is Still My Rock"

In this edition of *Teacher's Corner*, we hear about the transformative value of Educare Seattle from the perspective of a parent and educator. **April Savage** is currently a teacher at Educare Head Start in White Center, and she recently celebrated her tenth year teaching at Educare. For Savage, the role is more than just a job. "Being a part of Educare brings a sense of purpose and belonging," she says.

[Click here to learn more about the journey that led April Savage and her family to Educare Seattle.](#)



**JEANNETTE GUILLEN**  
EDUCARE, SENIOR SITE COORDINATOR AND TEACHER

## Educare Seattle Featured on King 5 for Red Nose Day

In the month of May, Educare Seattle Early Learning Center was featured on

King 5 for [Red Nose Day](#), sharing the work they've been doing in their community during the pandemic to support children and families facing barriers to educational opportunities.

Juggling childcare and virtual learning has been a difficult aspect of the pandemic for parents, but [Educare Seattle](#) is one place that is helping children as young as babies to age 5 who face barriers in access to high-quality early learning. When the critical work of Educare is amplified by giving efforts through Red Nose Day, more services are able to be sustained that can close opportunity gaps for children, increase professional development for educators, and provide continuity of care to families in need.

Over seven years, more than \$270 million has been raised by Red Nose Day to support programs that address both the immediate needs of children in poverty while fostering long-term change.

[Click here to watch the King 5 news segment and learn more about Educare's impact.](#)

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## Innovation at Educare: Mindfulness and Mastery

In our last newsletter, we shared about the innovative program *Parent Ambassadors in the Educare Learning Network*. In this month's edition of The Leaf, we're sharing about the work behind another innovation grant: Mindfulness and Mastery: Support for Social Emotional Skills and Executive Functioning in Children, Teachers, and Families.

Educare Seattle is in the third year of an innovation grant to support and test mindfulness practices that increase social-emotional skills and executive functions of children, staff, and families in Educare. This work is funded by an innovation grant from the Buffett Early Childhood Fund, and coordinated by evaluators from Educare Lincoln and the University of Nebraska Medical Center.

Together with 12 other Educare schools, Educare Seattle launched initiatives to address the needs of children, staff, parents, and administrators. In partnership with the UW [Center for Child and Family Well-Being](#), Educare Seattle provided programming to support the resilience of [parents](#) and [educators](#). Collectively, all sites measure process and impact, sharing training



and learning among and beyond Educare schools.

The grant funded the following activities at Educare Seattle:

- School-wide training in **Conscious Discipline** a trauma-informed curriculum advancing language and practices to support social-emotional learning
- Training 2 teacher cohorts in Brain Games, a program to increase self-regulation skills in preschoolers, toddlers, and infants
- Implementation of activities from **Second Step** (Brain Builder Games) and **Creative Curriculum** (Mighty Minutes) to promote self-regulation in PreK and Toddler classrooms
- Teacher implementation of relaxation exercises and yoga in the classroom
- Implementation of **REAL Pro**, a program to reduce stress and increase resilience and knowledge of trauma-informed practice among early learning staff
- Administrators received 3-session REAL Pro training in school-wide support for mindfulness initiatives
- Parenting groups on resilience delivered to 3 cohorts at Seattle Educare

Findings to date:

- Teacher outcomes showed reduced levels of emotional exhaustion related to job stress from year 1 to year 2, and increased feelings of personal accomplishment.
- Cross-site level data showed increased mean child executive function (EF) scores from fall to spring, 2018-19.
- Child EF scores in fall, 2019-20 showed that more Seattle Educare children met age expectations following EF classroom practices than in the previous year.

Interested in diving deeper into the data of Educare Seattle? [Click here and select the "Evaluation at Educare" tab to learn more about the innovation and evaluation taking place at Educare.](#)



## Educator Appreciation at Educare Seattle

Teacher Appreciation Week was May 3–7, 2021, and the Educare Seattle community put together a video to show their appreciation for our Educare educators. Watch the video below to see just how much our educators mean

to our community!

[Click here to watch the video.](#)

Know someone who might be interested in the most recent news and highlights from The PSESD Learning Communities Foundation? Forward this email so they can subscribe to The Leaf!

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