

eNews 09-17-2019

**Spruce Elementary facility; Superintendent search; Health Services**



**Edmonds**  
SCHOOL DISTRICT

**NEWS**

**Serving Brier, Edmonds, Lynnwood, Mountlake Terrace, Woodway, and portions of Snohomish County**

## **Spruce Elementary opens phase one facility**

Spruce Elementary opened its phase one facility on the first day of school. Students were eager to use the new building that includes a gym, cafeteria, music room and learning support space.



## **Superintendent search update from the School Board**

In August, Superintendent Kris McDuffy announced her intent to retire in June 2020. The Edmonds School District Board of Directors has started the process of finding a new Edmonds School District superintendent.

The School Board plans to complete the superintendent search by April 2020. The first step is to hire a consultant to manage the search process. A request for proposals has been sent out asking for consulting firms to submit proposals by Tuesday, Sept. 24, 2019. Consultant firms chosen to move forward in the selection process will be scheduled for presentations to the Board of Directors the evening of Tuesday, Oct. 1, 2019.

We will continue to share updates as the process unfolds through this school year.

## **Student immunizations update**

This week, Health Services is sending home letters to families who have students not compliant with all vaccinations required to attend school. In addition, identified families should also expect to receive emails and voice messages this week.

According to Washington state law (246-105 WAC), students who are not compliant on all vaccinations are given conditional immunization status to attend school until all missing vaccinations or Certificate of Exemptions are in place.

This year there is a change to the state's personal exemptions. Personal exemptions are no longer accepted for Measles, Mumps and Rubella (MMR).

## **Health Services resources for families**

### **Everyone experiences stress**

Learning healthy ways to cope and getting the right care and support can help reduce stressful feelings and symptoms. The Edmonds School District is working on increasing messaging related to mental health resources on school campuses. We all have a part in making this work.

### **Helping youth cope with stress**

Children and adolescents often struggle with how to cope with stress. Youth can be particularly overwhelmed when their stress is connected to a traumatic event – like a natural disaster, family loss, student loss or community violence. Parents and educators can take steps to provide stability and support that help young people feel better. Tips for school staff include:

- **Reach out and talk.** Create opportunities to have students talk, but do not force them. Try asking questions like, what do you think about these events, or how do you think these things happen? You can be a model by sharing some of your own thoughts as well as correcting misinformation. When students talk about their feelings, it can help them cope and know that different feelings are normal.
- **Watch and listen.** Be alert for any change in behavior. Are students withdrawing from friends? Acting out? These changes may be early signs they could be struggling and need extra support. Symptoms may be physical or emotional. Common reactions to a stressful event can include:
  - disbelief, shock, and numbness
  - feeling sad, frustrated, and helpless
  - difficulty concentrating and making decisions
  - headaches, back pains, and stomach problems
  - smoking or use of alcohol or drugs
- **Maintain normal routines.** A regular routine at home, in the classroom and school schedule can provide a sense of stability and safety. Encourage students to keep up with their schoolwork and extracurricular activities, but do not push them if they seem overwhelmed.
- **Provide resources and support.** Edmonds School District has created stickers that will be given to students in our secondary schools with local resources where students can reach out for help. There will also be posters in schools with resource information.
 

**Crisis Chat [www.imhurting.org](http://www.imhurting.org) TEXT “LISTEN” TO 741-741**

**Crisis Care Line: 1-800-584-3578**

**Suicide Prevention Hotline 1-800-273-8255**

**Crisis Line 425-258-4357**

**Domestic Violence Services 425-252-2873**
- **Take care of yourself.** You are better able to support your child or student if you are healthy, coping and taking care of yourself first.
  - Eat healthy, well-balanced meals
  - Exercise on a regular basis
  - Get plenty of sleep
  - Give yourself a break if you feel stressed out

## Flu information and flu vaccine clinics scheduled

Influenza, more commonly called the flu, is a highly contagious respiratory illness. Flu season is upon us and can be unpredictable and severe. Hospitalizations and deaths related to flu occur every year in Snohomish County, yet less than half of all adults get vaccinated yearly as recommended.

Different viruses cause the flu and the common cold, but they can be very similar. The flu tends to be worse than the common cold, with more intense symptoms including:

- Body aches
- Cough
- Fatigue (tiredness)
- Fever
- Headache
- Runny or stuffy nose
- Sore throat
- Vomiting or diarrhea (more common in kids than adults)

Resource: [Cold vs. Flu Symptoms \(PDF\)](#)

New flu viruses continue to develop and affect the health of our community. You can help protect yourself and your family from the flu by getting vaccinated, washing hands frequently, covering coughs, and staying home when sick.

If you are sick with the flu, you may be ill for a week or longer. Things to remember:

- Please stay home if you are feeling ill, except if you need medical care or other necessities.
- If you leave the house to seek medical care, wear a facemask.
- Cover your coughs and sneezes with a tissue, or the sleeve of your elbow.
- Drink plenty of fluids and rest as much as possible.
- Wash your hands frequently with warm water and soap or use a hand sanitizer.
- Do not return to work or school until your fever is gone for at least 24 hours.

### Flu clinic information for 2019-20:

Getting an annual flu vaccine is the first and best way to protect yourself and your family from the flu. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations. We have a few flu clinics scheduled for school families and staff. Please note below:

- 3-7 p.m. Monday, Sept. 30. Lynnwood High School.
- 3-7 p.m. Wednesday, Oct. 2. Edmonds-Woodway High School.
- 3-7 p.m. Tuesday, Oct. 8. Meadowdale High School.

- 3-7 p.m. Tuesday, Oct. 15. Mountlake Terrace High School.
- 7- 11 a.m. Wednesday, Oct. 30. Educational Services Center.
- 11 a.m.- 1 p.m. Thursday, Oct. 31. Educational Services Center.

For more information, contact Mara Marano-Bianco RN, BSN, CPH, Health Services Program Manager at (425) 431-7174 or [maranobiancom233@edmonds.wednet.edu](mailto:maranobiancom233@edmonds.wednet.edu).

## **Adult English classes begin Sept. 17 at Mountlake Terrace High School**

*This year marks the 15th year of Adult ESL classes in the Edmonds School District!*

English classes for parents of children in the Edmonds School District begin at 7 p.m. Tuesday, Sept. 17, at Mountlake Terrace High School, [21801 44th Avenue West](#). This first series will run from Sept. 17 through Nov. 21 every Tuesday and Thursday.

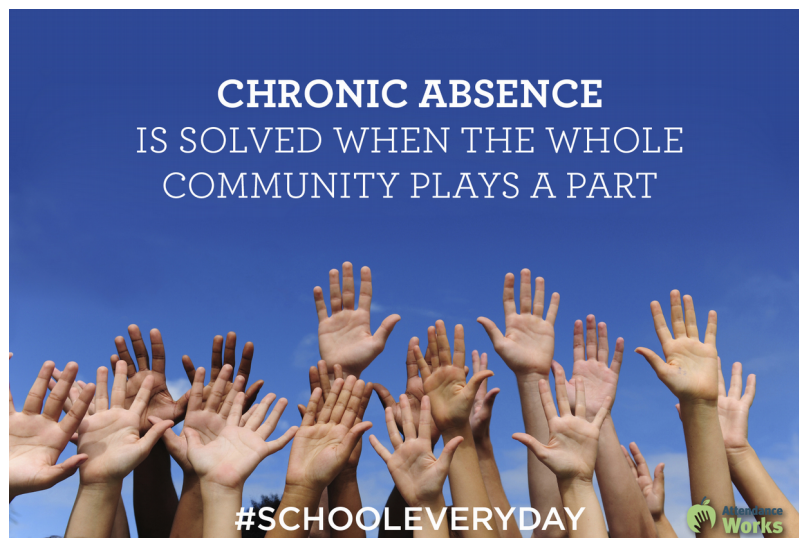
We have free extending learning time for children 3 to 10 years. Children need to be out of diapers.

We have beginning and intermediate level classes. Please come and enjoy meeting other parents and learning English.

Clases de inglés para padres de niños en el distrito escolar de Edmonds comienzan el martes, 17 de septiembre, a las 7:00 de la tarde en la cafetería de la escuela secundaria Mountlake Terrace, 21801 – 44 Avenue West (avenida oeste). Por favor, regístrese para la clase a las 7:00 de la tarde, el 17 de septiembre, en la cafetería de la escuela. Tenemos tiempo de aprendizaje extendido gratis para niños de 3 a 10 años. Por favor, anote que solamente aceptamos niños que ya no usan pañales. Gracias.

Tenemos clases de principiante y de nivel intermedio. Por favor venga y disfrute de conocer a otros padres y aprender inglés. ¡Esperamos verlos ahí!

## **Attendance is important**



Reducing chronic absence takes commitment, collaboration and tailored approaches. Will you help?

Learn how you can support the Edmonds School District by participating on the [Edmonds School District Community Truancy Board](#).

## **Equity Alliance for Achievement (EAACH) kicks off school year with first meeting Sept. 23**

All are invited to the first Equity Alliance for Achievement (EAACH) meeting this year on Sept. 23, from 6:30-8 p.m. at the Educational Services Center, [20420 68th Ave W in Lynnwood](#).

Learn about how we can, as a community, work on creating equity in the district:

- What does diversity and inclusion look like in your school each and every day?
- What holidays are being acknowledged?
- Do you feel seen and celebrated at your school as a student/family?
- How are we greeting students?
- What books are available to students?
- How are we inviting families/community into our school?
- Do our classrooms reflect our community?

### **What is EAACH?**

Equity Alliance for Achievement is a district-level community meeting with a race and equity focus.

### **What are we about?**

Community-Action-Accountability

### **Who should attend meetings?**

Students, families, community and staff of the Edmonds School District

If you would like more information please contact the Diversity, Equity, and Outreach Department at [EAACHinfo@edmonds.wednet.edu](mailto:EAACHinfo@edmonds.wednet.edu) or call 425-431-1597.

### **¿Qué es EAACH?**

Alianza para la Equidad Escolar es una reunión comunitaria a nivel del distrito con un enfoque en raza y equidad

### **¿De qué tratamos?**

Comunidad-Acción- Responsabilidad

### **¿Quién debe asistir a las reuniones?**

Estudiantes, familias, comunidad y personal del distrito escolar de Edmonds

Si desea obtener más información, comuníquese con el Departamento de Diversidad,



Equidad y Enlace al [EAACHinfo@edmonds.wednet.edu](mailto:EAACHinfo@edmonds.wednet.edu) o llame al 425-431-1597.

### **[2029-20 EAACH meeting schedule](#)**

## **Edmonds Center for the Arts – a community and education resource**

If you've never been to Edmonds Center for the Arts (ECA), be sure to put the events below on your school year to-do list!

### **[Education Matinees](#)**

ECA presents a diverse selection of theatre, music and science performances for students from Pre-K through 12th grade and provides curricular materials to connect what students see on the stage to Washington State EALRs and Common Core State Standards. In addition to performances, ECA organizes free Artist Residencies & Workshops in the schools and throughout the community. For questions and Education Matinee Reservations, please contact Katie Newbaum at [katie@ec4arts.org](mailto:katie@ec4arts.org) or (425) 275-9485.

### **[Arts for Everyone and Aunt Bette's Bus Fund](#)**

Launched in 2014, Arts for Everyone is ECA's \$2 ticket program for low-income school groups, families and older adults. Eligibility for these reduced-price tickets to Education Matinees is based on a school's overall percentage of students on Free and Reduced-Price Meal programs. Families can request Arts for Everyone tickets to our [Saturday Matinees](#) by contacting the ECA Box Office at 425-275-9595.

New in 2019 – Aunt Bette's Bus Fund: One of the challenges many schools face in attending an Education Matinee is transportation costs. Thanks to the ECA's generous funder, the Elizabeth Ruth Wallace Living Trust, aka "Aunt Bette," ECA is now able to help schools face that challenge.

ECA will provide transportation funding during the 2019-2020 academic year for applicants on a first-come, first-served basis for schools demonstrating need. Teachers will be notified of their award amount two months prior to the performance and reimbursed after attendance based on final receipts. To apply for Aunt Bette's Bus Fund, please contact Katie Newbaum at [katie@ec4arts.org](mailto:katie@ec4arts.org) or (425) 275-9485.

## **SEAC meeting to feature Student Services Director**

Director of Student Services Dana Geaslen will join department administrators from 6:30 to 8:30 p.m. Wednesday, Oct. 2 in the Educational Service Center board rooms for the first meeting of the Special Education Advisory Council (SEAC). Childcare and language interpretation services will be provided.

## Welcome Back to School/Celebrating Native American Indian Day/PowWow on Sept. 28

Everyone is invited to the Welcome Back to School/Celebrating Native American Indian Day/PowWow.

**When:** Noon to 4 p.m. Saturday, Sept. 28.

**Where:** Mountlake Terrace Elementary Gymnasium, [22001 52nd Ave W, Mountlake Terrace, WA 98043](#)

Activities:

- 12th Frybread Indian Taco Catering event
- Arts and crafts activities
- Bake Walk to native music

## Washington Library Association to honor Superintendent McDuffy



The Washington Library Association Awards Committee and the School Library Division have chosen Superintendent Kristine McDuffy to receive the 2019 Washington Library Association Superintendent of the Year Award! Edmonds School District librarians wrote a nomination letter that the committee said speaks volumes about Dr. McDuffy's commitment to building a strong library program that supports every student.



Dr. McDuffy will be honored at the upcoming WLA Awards Reception on Saturday, Oct. 5 in Wenatchee.

## eFliers

The Edmonds School District supports non-profit community organizations by providing information about program offerings. You may access the latest fliers approved for distribution to our families by clicking on this [community efliers](#) link.

## Save the date



- 7-9 a.m. Wednesday, Sept. 18: District K-6 reading adoption review at the Educational Services Center.
- Friday, Sept. 20: Early release – all grades.
- 6:30-8 p.m. Monday, Sept. 23: Equity Alliance for Achievement meeting at the Educational Services Center.
- 6:30 p.m. Tuesday, Sept. 24: School Board meeting at the Educational Services Center.
- Noon-4 p.m. Saturday, Sept. 28: Indian Education – 4th Annual PowWow Celebrating Native American Indian Day at Mountlake Terrace Elementary.
- 3-7 p.m. Monday, Sept. 30: Flu clinic at Lynnwood High.
- 3-7 p.m. Wednesday, Oct. 2: Flu clinic at Edmonds-Woodway High.
- 6:30 p.m. Wednesday, Oct. 2: SEAC (Special Education Advisory Council) Presentation for All at the Educational Services Center.
- Friday, Oct. 4: Early release – all grades.