

PORT ANGELES SCHOOL DISTRICT NEWS AND NOTES

May 27, 2022

Employee Newsletter
Martin Brewer, Superintendent

STRONG SCHOOLS. STRONG COMMUNITY.

Our Mission: PASD creates learning communities that prepare each student to live, work and learn successfully in a changing world.

MARTY'S MINUTE

The end of the school year can be an emotional time for anyone. Pack on all of the heavy things going on in the world right now, it's no wonder things are feeling difficult. As educators and leaders, we have to take the best care of ourselves right now, more than ever, so we can help our students get through this tough time too. I wish you all a restorative and healing Memorial Day. Take a moment to reflect on what this day means to you. I wish you well.

MAY IS MENTAL HEALTH AWARENESS MONTH!

SmartHealth is an online wellness program that supports your whole-person well-being. It is included in your SEBB benefits at no cost to you.

Join activities that support all of you, such as managing stress, building resiliency, and adapting to change. Learn more about SmartHealth on [HCA's website](#) and then visit [SmartHealth](#) to get started!



A SPECIAL THANKS TO FRONT-LINE WORKERS (YOU!)

The Clallam Resilience Project held a meeting this month and wants to recognize front-line workers, such as educators.

Check out this video sharing a word of thanks for all our hard work. Woo hoo!

PAHS SPIRIT WEEK FUN!

Joseph Shideler, CTE Construction Trades Instructor at PAHS went all-in at lunch for "grill dad day" during spirit week. He smoked around 40lbs of pork shoulder for all of his students and made some potato mac salad too. Kids brought in buns/rolls, drinks, and sites. Way to go "Grill Dad"! We are sure the students loved it!



JFFA VIRTUAL INTERACTIVE CONCERTS FOR PASD

Featuring Singer
Songwriter:
Maiah Wynne

Port Angeles and Lincoln
High School
Wed, May 25th from
10:10am to 11:10am

Stevens Middle School
Fri, May 27th from
2:20pm to 3pm

Teacher registration is required.
Email cgeyer@portangelesschools.org for link.

Made Possible and Sponsored by:



Photo by Michaela Higginson

We are excited to partner again with Juan de Fuca Foundation for the Arts (JFFA) to offer musical programming for students in our District. This year's offerings include a virtual workshop concert for our secondary students facilitated by singer-songwriter Maiah Wynne. Maiah is currently the lead singer in Envy of None, a project including former Rush guitarist Alex Lifeson.

This program is made possible with grant funding from the Port Angeles Education Foundation (PAEF), and we are very grateful for their support!

Maiah will touch on how music can help students' mental health and teach some everyday tools she learned from firstaidarts.org. This workshop touches upon:

- Songwriting
- Mental Health and Music
- How to channel your own stories in your art
- Self-expression

Maiah is also hosting a songwriting workshop this Saturday, May 23rd, during the JFFA festival! Family and community are invited to attend, space is limited!

MUSIC TO OUR EARS!

Please join the district in congratulating Nathan Rødahl, PAHS Orchestra Director and Arts Department Chair on unanimously being reelected to the National Council for Orchestra Curriculum and Pedagogy, as decided by the executive board of the National Association for Music Educators (NAfME). This means Nathan will continue into a second term as the Northwest

Representative on the National Council, with constituents from Hawaii, Alaska, Washington, Oregon, Idaho, Montana, and Wyoming. Congrats, Nathan! Thank you for your hard work and dedication to music and our students!



Thank you to those who supported the Rummage Sale for the graduation party! It went so amazingly well, and the NJROTC helpers who assisted with the setup and clean-up were invaluable! Parent organizers raised \$4,415 in a day and a half! Many people got great deals on things they needed, and a lot of people donated generously to the cause. The committee was able to donate a trailer-load of clothes, bedding, and leftover furniture to TAFY. Way to go, everyone!

CLALLAM RESILIENCE PROJECT PRESENTS: TAKE CARE & BE WELL TINY VIDEO FEATURING JENNY HOUSTON, A LOCAL YOGA TEACHER



**This tiny video promotes
the idea of allowing success
and failure into your life.
Check it out!**



COLLEGE SIGNING DAY

The College Success Foundation is excited to bring back College Signing Day for the first time since 2019! The event held on Wednesday, May 25th celebrated seniors from Seaview Academy, Running Start, and Port Angeles High School. Seniors signed their names on the banner that matched their future plans, with multiple colleges, military branches, and workforce options available. Five lucky seniors won \$25 e-gift cards in a raffle, and many others enjoyed taking pictures in the photo booth. By far the most popular attraction was an overflowing candy buffet and free college swag. We are so proud of our seniors and wish them abundant success in their futures! #CollegeSigningDay

Shoutout to Bailey Signs (Lincoln and 1st in Port Angeles) for coming through with the signs and doing a wonderful job. Thank you!!



HOST FAMILIES NEEDED!

Leftie's Baseball is urgently seeking host families for players and interns. They cannot have a season without the support of our community and the team is in immediate need of placements! If you or anyone you know has extra space in your home please reach out immediately!

When athletes are playing or practicing in town, host families can support the players and become part of the team family during the summer months.

Perks include season tickets for your entire household and the experience of getting to know aspiring young baseball players! [Click here to learn more!](#)

If you're interested in supporting your local team contact: amy@leftiesbaseball.com



MYTHS ABOUT SELF-CARE

❌ Self-care is an indulgence

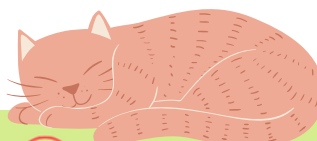
✅ Meaningful self-care includes making mindful changes in patterns of thoughts and behaviours that do not contribute to your wellbeing.

❌ Self-care is selfish

✅ When you make time for yourself and get sufficient rest & exercise, you feel more energetic and will be able to do more - for yourself as well as for those around you.



ZZZ



❌ Self-care is a one-time experience

✅ Looking after yourself is an ongoing practice in building resilience to face hardships and in preventing burnout.

❌ Self-care is time consuming

✅ Self-care does not require you to take out a huge chunk of time from your busy day.

PAHS SCIENCE CLUB ATTENDS NEIL DEGRASSE TYSON'S LECTURE AT THE PARAMOUNT



After a two-year hiatus, Science Club is back! Thanks to support from the Port Angeles Education Foundation and the Americorps program, 22 PAHS students and one alumnus attended Dr. Neil deGrasse Tyson's lecture "Cosmic Perspectives" at the Paramount Theater in Seattle on May 17. Dr. Tyson seemed to have thoroughly enjoyed himself as he talked for more than 2 hours about our place in the cosmos. **Click here to read** Teacher John Gallagher's highlights from the evening!

Smart[]Health

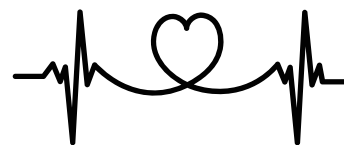
The World Health Organization's **World No Tobacco Day** is celebrated around the world on May 31. The annual campaign is an opportunity to raise awareness of the harmful effects of tobacco use and second-hand smoke exposure. This year's campaign aims to raise public awareness about the environmental impact of the entire tobacco cycle.

Help and support

If you or a loved one have been trying to quit tobacco and needs support, your SEBB health plan can help. Select your medical plan below to learn about the tobacco cessation benefits available to you and your family members:

- [Kaiser Permanente NW](#)
- [Kaiser Permanente WA](#)
- [Premera Blue Cross](#)
- [UMP Regence](#)

You don't have to stop smoking in one day. Start with day one.



News and Notes, our PASD staff newsletter, is emailed out each week on Friday during the school year to all staff and is archived on the District's website under Departments, then Communications. Do you have a news item for the staff newsletter? Send an e-mail to Carmen Geyer, Communications & Community Relations Coordinator, at cgeyer@portangelesschools.org by the Wednesday before.

Port Angeles School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination: Title IX Coordinators, Civil Rights Compliance Coordinators: Scott Harker, 905 W 9th St.

Port Angeles, WA 98363, (360) 457-8575, sharker@portangelesschools.org, and for Section 504/ADA Coordinator, Pam Sanford, 905 W 9th St. Port Angeles, WA 98363, (360) 457-8575, psanford@portangelesschools.org.