

RAM News

Ridgecrest Elementary * 16516 10th Ave NE, Shoreline, WA 98155 * 206.393.4272 * Principal: Elizabeth Nunes
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Checking in on Phase Four: How Are We Doing?

Flexible: *"Able to bend without breaking"*

We have all been challenged to be flexible thinkers and responders during this time. And I commit that we won't break here at Ridgecrest! I want you to know that we are still here to serve you, even from a distance. Here are some regular resources I hope you are using to support your children:

- Communication from and to your child's classroom teacher
- Weekly Zoom classroom meetings with your child's teacher and other Ridgecrest staff members
- Classroom links to Seesaw, Google Classroom and ClassLink
- Ridgecrest website (<https://www.shorelineschools.org/ridgecrest>)
- Daily free lunch pick-up for ALL: 11:30-12:30 in the Ridgecrest bus loop
- Access to district computers and iPads
- Paper packets for those who are not engaging online

It is important to all of us at Ridgecrest that you have what you need in the remaining six weeks of this school year. Please reach out to the people below if we can help with any of your school or home needs:

- Elizabeth Nunes, Principal—family belongings, registration, other concerns or questions during this time
- Nathan Christian, Dean—connecting with students, Morning Announcements, Paper Packets
- Dom Sickich, Counselor—social/emotional needs, other personal concerns
- Evangelina Vederoff, Family Advocate—home needs (food, shelter, clothing, computer/iPad, return of remaining student belongings)
- Sheryl Lundahl, ELL teacher—communication via your home language
- Ashley Norris—Special Education questions or concerns

To contact us, you can go to the Ridgecrest website, click on "About Us," click on "Staff Directory," and all staff names and e-mail addresses are there for you.

Please know, as you so often hear from staff at Ridgecrest, that you are loved, missed, and we are still connected to keep everyone safe, healthy, and learning!

Elizabeth Nunes, Principal
(206) 393-4274
elizabeth.nunes@shorelineschools.org

Motor Activity Calendars

The Shoreline School District Occupational Therapists and Physical Therapists made these fun activity calendars for gross motor skills (this page) and fine motor skills (next page) that they have been sending out to their students. They thought others may find them useful and/or fun to do.



MAY GROSS MOTOR CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 SIDEWALK CHALK PATH Draw an obstacle course path outside and do it over the week whenever you need a break! Use tape inside if you don't have chalk. 1. Obstacle Path Ideas 2. Obstacle Path Picture & Video	5 GO FOR A WALK Run up and down a hill. Run up, walk slow-motion down. Take 10 giant steps forward, then backward, and sideways. Try jumping and hopping over the cracks in the sidewalk. Repeat. 	6 RIVER JUMP Place tape on floor in shape of V. Place stuffies inside and jump over the "river animals", starting at the smallest space and ending at the largest space.	7 PLAY BALL Use different objects: beach ball, balloon, crumpled newspaper into a ball, socks tied together. Play Monkey in the Middle: Monkey in the Middle Play Four Square: How to Play Four Square	8 ANIMAL WALK RACES Map out a race course, then go through it the following ways: Crabwalk: forward, backward, sideways Frog Jump, Bunny Hop Bear Walk Penguin Walk Race a friend or the clock
11 YOGA Pick 5 poses: Yoga Poses Roll a ball under body "tunnel" for Bridge or Dog pose. OR Do the Yoga Alphabet: Yoga Alphabet OR Do a Yoga Video: Cosmic Kids Yoga	12 PLAY RED LIGHT GREEN LIGHT: Red Light, Green Light Play it running, on a bike, jumping, hopping, or doing animal walks	13 BALLOON TENNIS FOOT or RACQUET Count how many times you can hit a balloon with your foot or with a fly swatter as a racquet before it touches the ground. 	14 BUBBLE BALANCE Pop bubbles with your foot. If you don't have bubbles, use 1 foot to scoop a bean bag or stuffie onto your other foot, drop it in a bucket without using your hands: Bean Bag Balance	15 SCAVENGER HUNT Hide favorite toys in places that encourage climbing, reaching high and down low, walking around trees etc. Do animal walks while searching or create clues to make it more difficult.
18 BUCKET TOSS Use balls or rolled up socks and throw them into a box, bucket, or laundry basket. How far away can you stand and still make it into the bucket? If you have colored paper, get 2 sheets of each color. Tape different colors to each bucket; crumple up the other papers and throw in the bucket with the matching color.	19 JUMP ROPE No rope? Do pretend jump rope. Or tie string around the legs of 2 chairs and jump over the string: face forward or sideways, feet together. Leap over it. Hop over it. Raise it and squat under it. Can you think of another way to move over/under the rope?	20 PLAY POSES Do schoolwork, puzzle, play your favorite game, or color/draw in different poses (tall kneel, half-kneel, on your stomach, standing on pillow): Tools to Grow - Get Out of That Chair	21 TREASURE HUNT Hide small objects (cars, dinosaurs, marbles) in a bin of rice or lentils. Stand in the bin. Find the treasure with your foot then pick it up with your toes and drop it outside the bin. Try not to use your hands!	22 DRIBBLE AWAY How many different ways can you bounce and catch a tennis ball? -Bounce-catch with 1 or 2 hands -Bounce-catch alternating hands -Bounce-clap hands then catch -Bounce-spin around then catch
25 JUMPING JACK MOVES Do 20 regular jumping jacks. Try 20 soldier jacks: right leg and arm in front; left leg and arm in back. Jump up and switch. Make it harder by starting with right leg in front and right arm in back. Make up your own jumping jacks. What's your favorite?	26 GET STRONG Have a contest. See how many sit ups and push ups you can do. How long can you hold a wall sit and superman pose? OR Pick a fun workout video: 1. Little Sports Workouts 2. Move to Learn - Workouts by Grade 3. Exercises to Get Stronger	27 SOCCER DRIBBLE Keep the ball between your feet as you kick it with control around the house or in the yard. Practice stopping the ball by putting your foot on top of it. Switch feet. How long can you hold your foot there without falling over? 	28 DANCE PARTY! Play your favorite music and dance. When the music is paused or someone says "freeze," hold that pose, OR do one of these: KIDZ BOP Daily Dance Break Go Noodle Zumba	29 MAKE A YARN MAZE through your house or throughout your yard. Tie yarn or string to doorknobs, tables, and tape it on the ground. Follow the path by crawling under, jumping over, etc.



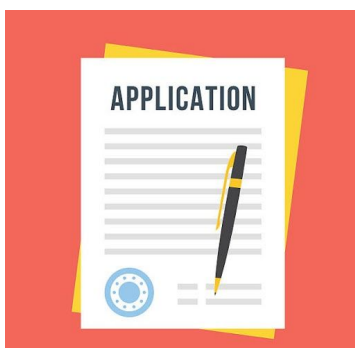
MAY FINE MOTOR CALENDAR B



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Crawl through an obstacle course you make Do a paper and pencil maze Printable Mazes Tie your sibling's or parent's shoes	5 Read a book or do a puzzle while lying on your stomach Tear strips of colored paper to make a rainbow collage Finger paint the letters of the alphabet	6 Do 10 wall push-ups Practice folding paper by first folding washcloths and towels (make sure corners meet) Plant a flower or pull weeds	7 Tear up old newspapers or magazines, crumple the paper, and toss into a bucket Write out your telephone number including your area code	8 Do 1 or more animal walks Animal & Bug Walks Fold and make a card for someone Help an adult make dinner
11 Practice writing words that rhyme Make Playdoh letters Play dress up with dress up clothes or clothes from an older sibling or parent	12 Have a race while balancing a tennis ball on large spoon Scoop items with one hand and place into a container held with the opposite hand Make your bed	13 Draw a picture outside with sidewalk chalk Build a blanket fort Write numbers 1-10 in shaving cream	14 Do 10 sit-ups Dribble a tennis ball with alternating hands (or just 1 hand) Sort silverware when emptying the dishwasher	15 Do 1 or more animal walks Animal & Bug Walks Do a paper and pencil dot-to-dot sheet Animal Dot to Dots Tie your shoes
18 Write your name with your eyes closed Stack cups Write a letter in chalk outside and make it disappear with a paint brush and water	19 Practice dribbling a ball outside Make a list of your favorite foods Pick a dog pattern to cut out Printable Dog Patterns for Cutting	20 Play in the sink, filling and pouring water into different-sized containers Make letters out of sticks or straws Empty dishwasher	21 Try to do 1-5 push-ups Make up a word find Cut up a straw into small pieces and string them onto yarn, or pipe cleaner, etc..	22 Do 1 or more animal walks Animal & Bug Walks Write a letter to your favorite superhero Sweep the floor
25 Play catch with someone Make a list of things that begin with the first letter of your name Put on an adult's shirt and button it	26 Have someone draw a letter on your back and you try to guess the letter Write the letters using a wet Q-tip Vacuum a room in the house	27 Play balloon volleyball with someone at home Color a picture and write a note on back and give it to someone Make your bed	28 Walk while balancing a book on your head Use tweezers or tongs to pick up and sort small objects (eg: Cheerios, raisins, choc chips, etc)	29 Do 1 or more animal walks Animal & Bug Walks Mist indoor or outdoor plants with a spray bottle Set the table for dinner

Safety Patrol for 2020-2021 School Year

Will your child be in 4th or 5th grade next school year? The application for Safety Patrol is now open for the 2020-2021 school year. Please contact your teacher to get the application information. Applications are due May 29th.





RIDGECREST LIFE SKILLS

The Life Skill for May is:

Global Citizens

Here is the definition of being Global Citizens:

A global citizen is someone who identifies with being part of an emerging world community and whose actions contribute to building this community's values and practices.



WITH THIS GIFT OF TIME, HOW CAN YOU
CONTRIBUTE TO OUR WORLD?

ELL Learning Packets

Grade Level Learning Packets are being handed out during lunches on Monday, May 11th - Wednesday, May 13th from 11:30am-12:30pm.

There will be an additional Learning Packet for English Language Learners. We will have 3 ELL packets available for pick-up:

Packet 1: grades 1-2

Packet 2: grades 3-4

Packet 3: grades 5-6

These ELL packets will also be available to download from the district website. If families need an ELL packet mailed to them, please contact Sheryl Lundahl: sheryl.lundahl@shorelineschools.org

A Message From the Registrar

It's still not too late to get this information to the office: Enrollment information forms came home for our first through fourth grade students prior to school closure. If you were able to return your student's form before schools closed -- thank you. If you were not able to return your form, there are three ways that you can do it:

1. Complete the form, take a picture of it, and email to the registrar at janina.pacunski@shorelineschools.org

2. Email the information by providing the following:

Student Name: _____

Current Grade Level: _____

☐ Shoreline resident that WILL be returning to RIDGECREST Elementary next fall

☐ Non-Resident Transfer (boundary exception) that WILL be returning to RIDGECREST Elementary next fall

☐ Shoreline resident that will be attending another Shoreline School District school due to change of address:

Name of school: _____

If unsure of school, please give the expected address where you will be living in September

☐ Will be moving out of the Shoreline School District. Where?: _____

3. Call the registrar (206-393-1493) and provide the information

This information will help us to begin preparing for next year. If you have any questions, please either email or call Janina - Thank you!

Nurse Notes



Greeting Ridgecrest Families,

We hope you are healthy and enjoying the sunny weather!

Schedule Well Child Visits Now

Delaying well-child checkups and vaccinations because of worry about Covid-19 exposure? The Centers for Disease Control and Prevention and The American Academy of Pediatrics are stressing the importance of continuing child well-care and vaccinations in order to protect children's health and safeguard against vaccine preventable diseases. American Academy of Pediatrics states, "Since the onset of the pandemic, a significant drop in well-child visits has resulted in delays in vaccinations, delays in appropriate screenings and referrals and delays in anticipatory guidance to assure optimal health." "Concern exists that delays in vaccinations may result in secondary outbreaks with vaccine-preventable illnesses." Seems long ago, but just last year Washington had an outbreak of measles, a highly contagious vaccine preventable disease causing suffering and potentially life altering issues. By maintaining check-up and vaccination schedules, your physician can screen for any concerns and provide the care needed to help keep your child healthy and growing strong.

To protect against infection many health clinics have altered the timing or location of well-child care. One local clinic, North Seattle Pediatrics is scheduling well-child checkups in the morning and seeing sick kids in the afternoon providing space and time to disinfect overnight to prevent exposures. Call your student's clinic and ask about infection prevention if you are concerned. By scheduling appointments now, you can avoid scrambling in the fall and possibly delaying school entry if vaccinations are not up-to-date.

School Vaccination Law Changes Coming August 2020

The three immunization changes include:

1. Immunization records need to be medically verified for school and child care entry.

Medically verified records include one of the following:

- Certificate of Immunization Status (CIS) printed from the Washington (or other state's) Immunization Information System(IIS)
- A physical copy of the CIS with a healthcare provider signature
- A handwritten CIS including medical immunization records from a healthcare provider

2. Tdap immunization requirement change to 7th grade (from 6th grade)

3. Children may begin school only if they have received all of the required immunizations they are due to receive and submitted medically verified records on or before the first day of attendance. If a child is catching-up on immunizations, children must receive all immunizations they are eligible to receive before starting school and stay on schedule with additional doses to remain in school.

If you have questions please email rc.nurse@shorelineschools.org

Take care!

Ridgecrest Nurses

<https://www.cdc.gov/mmwr/volumes/69/wr/mm6919e2.htm>

<https://www.cdc.gov/measles/index.html>

<https://www.nytimes.com/2020/04/23/health/coronavirus-measles-vaccines.html>

<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/guidance-on-providing-pediatric-well-care-during-covid-19/>

<https://www.doh.wa.gov/YouandYourFamily/Immunization/SchoolandChildCare/RuleChanges>

COVID-19 Resource Guides and Links

Support for Shoreline residents for utility, rent, food and gas. Residents can call 206-496-3116 to schedule a phone interview. No eviction notice or utility shut off required. See attached. Includes funds from City of Shoreline grant as well as other funds from churches and individuals.

Bill Bear, www.Shorelinecommunitycare.org

King County Resources:

- [COVID-19 Resource Guide: www.kingcounty.gov/covid/guide](http://www.kingcounty.gov/covid/guide)
- Stay Home Stay Health [PSA Videos in 14+ languages](#)
- Contact Khanh Ho khho@kingcounty.gov for voice recordings in 8 languages, below is the general script:

“To slow the spread of COVID-19 and save lives, everyone young and old should stay home and avoid all non-essential contact. When you must go out, stay six feet apart from others.

Stay home and slow the spread.

Thank you. “

- Please reach out to esjlanguages@kingcounty.gov for any questions on Language Access.
- In-language posters for [grocery stores and restaurants](#), food establishments can contact their Environmental Health Inspectors for additional guidance/technical assistance
- Register with the [King County Regional Donations Connector](#) to make any donation requests or offer your group/organization's resources.
- Weekly King County Public Health Community Partners Call of community organizations and faith leaders is held Mondays at 4pm-4:45pm to hear updates and ask questions. [Join via Skype](#). Attached are slides from the last call.

[Eastside for All – COVID Resources](#) – Specifically geared towards communities who have been historically marginalized and who continue to experience the biggest barriers when it comes to accessing information, resources, and public assistance.

[DSHS Office of Refugee and Immigrant Assistance](#) (ORIA) COVID-19 Translated Resources Directory

Directory of COVID-19 resources (fact sheets, flyers, posters, audio recordings, videos, etc.) in 73 languages, organized in alphabetical order by language. The translated materials are from government entities, international non-government agencies, and community based organizations. This directory is not inclusive of all the translated materials available and will be updated on a regular basis. Please contact the DSHS, Office of Refugee and Immigrant Assistance – Refugee Health and Wellness Program Manager, Cathy Vue (vuec@dshs.wa.gov) with questions or to add resources to the directory.

Shoreline Supplemental Weekend Food Support

If your family needs additional food that you are unable to access elsewhere, some weekend food bags are available for home delivery. Food bags will not have all ingredients for complete meals, but will include non-perishable items for the weekend, such as pasta, canned foods, jar of peanut butter, box of cereal, or similar items.

Call 206-385-9385 by 5pm on Wednesdays to request a delivery. The phone line is available Monday through Friday, 8am – 5pm. Requests made after 5pm on Wednesdays will be scheduled for the following weekend. Food will be delivered Friday afternoons between 12:30 and 4:00 pm. We hope to provide one bag per household member, but supply is limited so not all requests may be met.

This service is being provided in partnership with Sound Generations, Hunger Intervention Program (HIP), Hopelink, PTSA Council, and the City of Shoreline.