

RAM News

Ridgecrest Elementary * 16516 10th Ave NE, Shoreline, WA 98155 * 206.393.4272 * Principal: Elizabeth Nunes
2020 ISSUE 14 MARCH 10, 2020

The Coronavirus: Keep Calm, Stay Informed

The first of these phrases is not always easy, given the continual barrage of news, alerts, warnings, and stress-inducing posts seen on the news channels and social media. But the second is something we *can* do to educate ourselves and our precious children. I would like to share three resources that may help you navigate this uncharted territory. Click on the links or cut and paste into your browser to read/view these.

1) The first is an article from the New York Times: “*How to Stop Touching Your Face.*” While we all attempt to do this, it is so much harder to do than imagined! Please read it—there are some great ideas included.

<https://www.nytimes.com/2020/03/05/health/stop-touching-your-face-coronavirus.html>

The next two were part of a set of resources shared by Dr. Tanisha Brandon-Felder, our wonderful Shoreline Director of Equity and Family Engagement.

2) The first of these, “A Comic Explaining the New Coronavirus” is definitely kid-friendly, a fun and engaging comic that clearly explains the coronavirus: what it is, how it is transmitted, and a reminder that people of all ages and from all countries can get it. This would be a great item to sit and watch with your child. It shares the critical information young children need to learn and adds just enough humor to keep things light.

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

3) The last one comes from the National Association of School Psychologists, entitled “*Talking to Children About COVID-19.*” I think you will find the guidelines and suggestions most helpful.

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

Finally, I will repeat to you what I shared with the Ridgecrest staff in my weekly newsletter: “*I am respectfully asking that we continue to come to work, greet our children, and provide as much normalcy and consistency as we can. Children pick up on our emotional cues and we need them to know that they are safe and in good hands. And please continue to take diligent care of yourselves, following the guidelines for effective hygiene practices.*”

Children thrive with regular routines and consistent practices, both at school and at home. They need to feel safe, so consider waiting to watch the news until they have gone to bed, avoiding additional stress for the children. And yes, do take care of yourselves, too! Just like they say on airlines about those oxygen masks, “*Put the mask on your face first so you can then help your child.*” We need EVERYONE to stay healthy. Thank you for all you are doing for your families in this time of uncertainty. We care about each and every one of you!

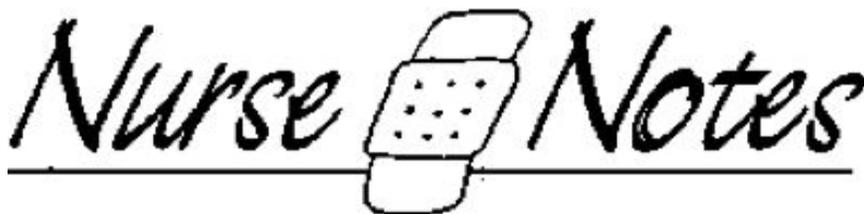
Elizabeth Nunes, Principal

Calendar of Events



MARCH

- 11 Early Release -- Students Dismissed @ **1:20pm**
- 14 **POSTPONED** RC Auction & Food Truck Rodeo **POSTPONED**
- 18 Early Release -- Students Dismissed @ **1:20pm**
- 25 5th Graders Visit Kellogg 9:30-11:30am
Early Release -- Students Dismissed @ **1:20pm**
- 30 **5th Grade** Middle School Registration Forms due to teacher



Too Sick for School?

Deciding when a child is too sick to go to school can be a difficult decision to make. When trying to decide, use these guidelines to help make the best decision.

- **General:** If your student seems ill and/or is too fatigued to participate in school, please keep them home and allow them to rest.
- **Fever:** Keep a child home if they have a temperature of 100 degrees Fahrenheit or higher. Students must be fever-free for 24 hours, without fever-reducing medicine (like Tylenol), before returning to school.***
- *****Added 3/9/20:** Based on [recent guidance](#) from Public Health agencies: if a student has a fever and cough or fever with shortness of breath, even without a known exposure to the novel coronavirus, they should stay home from school for **72 hours after** the fever is gone and symptoms get better.
- **Sore throat:** Be mindful of sore throats, especially those with a fever or swollen glands in the neck. If your child has strep throat, they can return to school after 24 hours of appropriate treatment.
- **Vomiting:** Keep a child home if they've thrown up two or more times in a 24-hour period. Students should stay home for 24 hours after the last time they vomited.
- **Diarrhea:** Two or more loose stools in a 24-hour period. Students should stay home for 24 hours after the last watery stool.
- **Nasal discharge/cough:** Extensive nasal drainage and/or coughing may prevent your child or other students from being able to concentrate. They may expose others to illness, especially if they cannot control their secretions.
- **Rash:** Widespread rashes with an unknown cause should be evaluated by a healthcare provider, especially if they come with a fever or other illness.
- **Eye Redness:** Eyes that have matted or crust on the eyelids after sleep, mucus or pus drainage, redness, and pain should be evaluated by a healthcare provider for possible "pink eye" or conjunctivitis.

If you would like to talk in more detail about a situation with your student, please contact your [school nurse](#).

If you have questions related to the novel corona virus, please contact the Nurse at the Shoreline School District Corona Virus Information Line 206.393.4687.

A Message From the Attendance Office

Please be sure to contact the attendance office ANY day that your student(s) will be absent or tardy. If we don't hear from you, we must make a phone call home to be sure all students are safe and accounted for. If your student will be out for multiple days, please let the attendance office know and that will help cut down on the necessity for daily contact. The following information is necessary for excusing an absence:

Student's first and last name

Teacher's name

A reason for the absence

How many days you expect the student to be out

Parent's first and last name

Parent's phone number (in case we have questions or need clarification)

Any absences that are not excused within FIVE days will remain unexcused on your student's permanent record.

A Message From the Registrar

Be on the lookout for enrollment information forms to come home for our first through fourth grade students. Please complete the form and return it no later than Friday, March 28th. These forms will help us to begin preparing for next year. Each grade level has a different colored form and we respectfully ask that you complete one form for EACH student.

First Grade - Orange

Second Grade - Pink

Third Grade - Yellow

Fourth Grade - Blue

If you do not see the form come home or have misplaced it, please stop in the front office for one.

Thank you!

Important Info to Note for 2020-2021

The first day of school for the 2020-2021 school year will be **Wednesday, September 2nd** (before Labor Day). Students that are not in attendance one of the first FOUR DAYS of school must be withdrawn from school. This makes it difficult to prepare classrooms for the year. Please be mindful of this first day of school when making end of the summer vacation plans. Thank you!

March Life Skill -- Kindness / Empathy

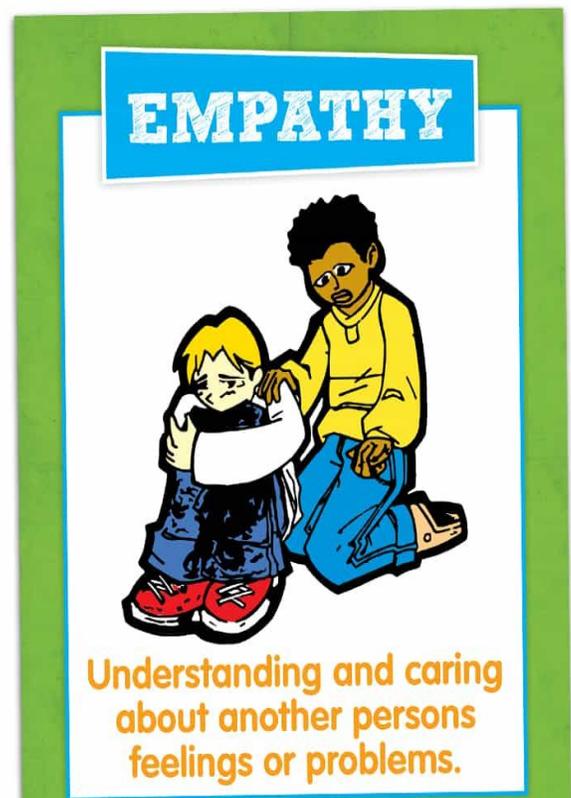
Our March Life Skill is Kindness / Empathy

Kindness *noun*

the quality of being friendly, generous, and considerate

Empathy *noun*

the ability to understand and share the feelings of another



SHORELINE PUBLIC SCHOOLS

PROCEDURES FOR EMERGENCY SCHEDULE CHANGES

In the event of a school delay or cancellation, families will be contacted by phone and/or email using our mass notification system. Please ensure that your contact information is up-to-date at your student's school.

You may find school delay/cancellation announcements on local television and radio stations, by calling our information line at 206.393.6111 or online at: www.shorelineschools.org,

www.facebook.com/shorelineschools

[Opens in New Window](#)

, or www.twitter.com/shorelinek12

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THE FOLLOWING OPTIONS MAY BE USED FOR EMERGENCY CONDITIONS:

1. SHORELINE SCHOOLS ARE CLOSED

1. All schools will be closed for the day. All meetings, field trips, after-school activities, etc. will be canceled for the day.

2. SHORELINE SCHOOLS OPEN - 2 HOURS LATE - BUSES OPERATING ON REGULAR or SNOW ROUTES

1. a. All zero period secondary classes will be canceled.
b. K-12 and Head Start classes will begin 2 HOURS LATE.
c. AM Early Childhood Program, STEP Preschool, and out-of-district transportation will be CANCELED.
d. PM Early Childhood will begin at REGULAR TIMES.
e. When schools open 2 hours late, the Shoreline Children's Center and Extended Day sites will open 2 hours late, at 8:30 a.m. instead of 6:30 a.m. Preschool classrooms scheduled to begin at 8:45, 9:00 am, or 1:00 pm will start at normal times.
f. Breakfast is not available at elementary schools. Breakfast service for secondary schools may be altered, please see the [Food and Nutrition Services webpage](#)
2. [Opens in New Window](#)
3. for more information.

SNOW ROUTES:

Snow routes have been designed to avoid areas where hazardous road conditions exist. [Click here](#)

[to learn about](#)

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to find the snow routes for your specific school. When snow routes are in effect, they will be used on both the morning and afternoon routes even if roads have cleared. There may be occasions when schools start at the regular times but "snow routes" will be utilized.

EMERGENCY DISMISSAL:

If it becomes necessary to close a school during the school day and send students home early, our mass notification system will be used to contact families by phone and/or email. A message will also be placed on the District homepage and social media accounts. Because a parent/guardian may not be at home if there is an emergency dismissal, they must make plans for an alternate place (neighbor/relative) for their child to go. Families should keep their emergency contacts up-to-date and discuss this alternate plan with their children so they know what to do in case of an emergency closure of schools. There will be no SPS after school daycare.

1. If someone other than the parent will be picking up the child, parents should have already provided the school with the names of the individuals who are authorized to pick up the child. Unless an approved person picks up the child, the child will remain at school until the announced dismissal time.
2. It may be necessary in some situations to close schools early and hold students at school until a parent (or authorized person) comes to the school to pick them up. In this case, there will be an announcement that students are being held at school and will not be sent home.

Hazardous Weather Delays on Early Release Wednesdays :

In cases of a hazardous weather delay on a scheduled Early Release Wednesday, schools will release at their normal early release time.

RIDGECREST SNOW ROUTES

2019 / 2020 SCHOOL YEAR



ROUTE 104

AM STOPS

8:20 AM NE 180TH ST @ 12th Ave NE
8:21 AM 17536/17538 12th AVE NE (POLARIS)

PM STOPS

3:08 PM 17536/17538 12th AVE NE (POLARIS)
3:09 PM 12th Ave NE @ NE 180TH ST
3:11 PM 15TH AVE NE @ FOREST PARK DR NE

ROUTE 122

AM STOPS

8:16 AM 5th Ave NE @ NE 178th St
8:16 AM 5th Ave NE @ NE 180TH ST
8:17 AM NE 180TH ST @ 8TH AVE NE
8:17 AM NE 180TH ST @ 10TH AVE NE
8:18 AM 10TH AVE NE @ NE 185TH ST
8:19 AM NE 190TH & 10TH AVE NE
8:21 AM 10TH AVE NE @ NE 177th PI

PM STOPS

3:08 PM 10TH AVE NE @ NE 177th PI
3:08 PM NE 180TH ST @ 10TH AVE NE
3:09 PM 10TH AVE NE @ NE 185TH ST
3:09 PM NE 190TH & 10TH AVE NE
3:16 PM 15TH AVE NE @ 14TH CT NE

ROUTE 128

AM STOPS

7:52 am NORTH CITY SCHOOL
7:56 am 15TH AVE NE @ FOREST PARK DR NE
7:58 am 15TH AVE NE @ 14TH CT NE
8:04 am LFP FRONT
8:08 am BROOKSIDE ES
8:16 am BRIARCREST FLAGPOLE CURBSIDE

PM STOPS

3:09 pm 5th Ave NE @ NE 178th St
3:09 pm 5th Ave NE @ NE 180TH ST
3:09 pm NE 180TH ST @ 8TH AVE NE
3:17 pm LFP REG LOAD ZONE
3:21 pm BROOKSIDE ES
3:32 pm 17th Ave NE @ NE 146th St