

RAM News

Ridgecrest Elementary * 16516 10th Ave NE, Shoreline, WA 98155 * 206.393.4272 * Principal: Elizabeth Nunes
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Resources Available During School Closure

Dear Ridgecrest Families,

I am thinking of you and hoping that you are well. Now that the first week of this school closure is over and we have more information, I want to connect with you so you know I am here, actively working to serve our school community and your needs. Please also watch for email updates from our district. You can find the most current information about the district's COVID-19 response efforts, as well as access to the FAQ (frequently asked questions) resource from our district at: <https://www.shorelineschools.org/Domain/1960>.

Reducing student anxiety at home: Each of us is trying to make meaning of all that is happening so quickly around us. The loss of control of so many things in our lives causes anxiety and stress, especially for our children who are used to routines that are now changing daily. Our children are looking to us for how to deal with all the change. It is our chance to model to our children strategies such as talking with them, taking care of ourselves mentally and physically, practicing gratitude, staying connected with family and friends (virtually), and by focusing on what we still have control and choice over. This is a great time to use Mr. Dom's strategies that we practice here at Ridgecrest (Kelso's Choice, Zones of Regulation, Upstanders). Setting up some structure and routines at home can help.

The state is collaborating with all Superintendents to put in place resources and systems to meet the needs of our community. This takes time. We spent last week working to take care of our students' basic needs first. If you need help or you can provide food resources, please visit this website: <https://www.shorelineschools.org/Page/1268>. Additionally, if you are concerned about access to health care or about loss of income, please go to the district webpage (link above) to access various resources the county has established.

Good news on school lunch pick-up: beginning tomorrow, Monday, March 23, Ridgecrest is one of the sites for you to pick up lunch for your children (ages 18 and under). Pick-up is in our bus loop Monday through Friday from 11:30 a.m. to 12:30 p.m. Please enter the bus loop from 165th St. and follow the signs.

Also, beginning on Monday, March 23, childcare will be provided, by the YMCA, at Ridgecrest from 7:30 a.m. to 5:30 p.m., any or all days. See the flyer on page 7

Shoreline Schools cares about your child's access to learning while at home, and plans are being made to provide for that. We will provide direction as soon as we are able. In the meantime, please reassure your

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children that their teachers and staff are thinking of them and missing them. I got teary walking through the halls this past week, seeing pictures of your beautiful children and samples of their school work. School is nothing without them here! Tell your children that you love them, as they most certainly feel the stress around them. Let them play and read. Our children will flourish if we listen and talk with them, ask their opinions, encourage their curiosity, and spend time just being with them. Your health and your family's health is most important.

At this time, only the building administrators and the custodians are permitted in the school buildings. Ridgecrest is closed to the public and to our teachers and support staff. I am working during this time and you can reach me by email (elizabeth.nunes@shorelineschools.org) or at 206-393-4274. If you are out and about and happen to walk by the building, give me a wave through my office window. It's been wonderful doing that with some of you!

Much love to all of our Ridgecrest Rams!

Elizabeth Nunes, Principal



Working To Stay Connected

Dear Ridgecrest Families,

What strange times we find ourselves in, friends, and even though we are not in our beloved Ridgecrest building currently, I want you all to know that we still love you, care about you, and are here for you and your families. As the dean at Ridgecrest one of the tasks I manage on a daily basis is helping students restore relationships that are damaged unfortunately, due to social media. During this time it is absolutely imperative that you stay engaged with what your child is doing socially on their phones and computers. Please remind them to think before they hit send and maintain high expectations for them that all of their communications are respectful, responsible, kind, safe, and appropriate. One of the tools we use at RC that connects us all every morning is our morning announcement. As soon as I work out the technical aspects of this with the district, I will be producing daily Ridgecrest announcements that you will be able to access on our website every morning. I am so excited to be sharing these with our families, students, and staff once again. I hope to post the first one Tuesday morning, and I am so happy that your child will again have that opportunity to connect with their community. Finally please remember that you are in our hearts each and every day. Thanks, and have a safe and productive week.

It Takes A Village!

Nathan Christian, Dean



Family Advocate Message

Dear Ridgecrest Families,

As your family advocate, I am here to help in any way I can. I have been thinking about all of you and would love to hear from you. You can contact me via e-mail, which I will be checking daily: evangelina.vederoff@shorelineschools.org. Even if you do not have a specific need, please stay in touch and let me know how you and your family are doing. Enjoy this precious gift of family time and stay safe!

Evangelina Vederoff, Family Advocate



Counselor's Corner

Staying In Touch With You

Hi Ridgecrest families,

We're in a challenging time together right now.

I wanted to reach out and let you know that, as we're away from school, I will be checking my email and responding. Please feel welcome to connect with me. I'm thinking of you all and still here for support.

In the case of any social-emotional crisis at home, I wanted to provide you the phone numbers to Children's Crisis Outreach Response System (CCORS - 206-461-3222) and a 24-Hour Crisis Line (866-427-4747).

On the following page, is a flyer detailing some family supports that are available when we're away (including lunch and breakfast services, gas/grocery cards, etc.).

Lastly, we know there's a myriad of media and constant conversation around COVID-19 right now. And, we know that, when it comes to supporting children in our community, how we respond and what we share is critical in reducing the anxiety/confusion kids are likely facing. That being said, attached is a great resource around how to help support your students emotionally, and communicate with them, during the COVID-19 outbreak. Also, [here's a graphic exploring the new coronavirus](#) that I think is kid-friendly and informative, as well as [a video](#) that I think does a really good job.

I'm grateful to be in this community with you.

In care,

Mr. Dom (Dominic Sickich), Counselor

Family Supports During Shoreline Schools Closure (page 4)
Support For Families During COVID-19 (pages 5 & 6)

Family Supports During Shoreline Schools Closure

Supports that are available:

- **Lunch & Breakfast** provided by the District (hot lunch and breakfast item) will be available for pickup each weekday from 11:30 a.m. - 12:30 p.m. at:
 - School District Central Kitchen (located inside Hamlin Park off of 15th Ave. NE, [directions HERE](#))
 - Shorewood High School (17300 Fremont Ave. N.)

***Note: A Shoreline student must be present to receive these meals.*
- **Other Food Items & Grocery/Gas Cards**
What: Grocery/gas gift cards & shelf stable food (e.g. rice, beans, pasta, peanut butter, cereal, granola bars, canned vegetables or fruit) provided by community donations.
Where: School District Central Kitchen (inside Hamlin Park off of 15th Ave. NE, [directions HERE](#))
When: 11:30 a.m. - 12:30 p.m., Tuesdays & Thursdays, March 17, 19, 24 & 26
- **Little Free Pantries** - *Give what you can, take what you need! Neighbors helping neighbors.*
 - Little Free Pantry Ridgecrest: 15815 11th Ave NE
 - Little Free Pantry Meridian Park: 18312 Corliss Ave N.
 - Little Free Pantry North City: 18009 12th Ave. NE
 - Little Free Shed: 14544 Evanston Ave. N.
 - MLT Little Free Pantry: On 58th Ave. West across from the library
- **Hopelink Food Bank** (pre-packaged food items)
17837 Aurora Ave. N.
Mondays, Tuesdays & Thursdays 1-4 p.m.
Wednesdays 3-7:30 p.m. (closed Fridays)
- **Can't get to a food pick-up site & need food delivered? Let us know here ([Delivery request](#)).**

Are you able to lend support?

Donate \$25 grocery store or gas gift cards. Also accepted are shelf stable food items (e.g. rice, beans, pasta, peanut butter, cereal, granola bars & canned vegetables or fruit).

Where: School District Central Kitchen (inside Hamlin Park off of 15th Ave. NE, [directions HERE](#))

When: Between 9-11 a.m., March 13, 16, 17, 19, 24 & 26

Or, drop off food donations at one of the Little Free Pantries listed above.

Questions: Please contact the Shoreline PTA Council
shorelineptapres@gmail.com or 206-361-7006



SUPPORT FOR FAMILIES DURING COVID-19

Tips for Helping Kids Handle Stress

During this time of uncertainty we need to be intentional about developing and practicing tools to self-regulate, be problem solvers and build resilience. Below are some tips on how you can show up for your kids and students in the best possible way!

Validate Emotions

Allow yourself and your kids/ students to sit with their feelings and know that all feelings are okay; it's what we say and do with them that is either helpful or not.

Keep Up Routines

Or create new ones! Kids (and adults too!) thrive on predictability and boundaries so work with them to create schedules that include down time, learning, movement, community action, art, etc. Allow them to lead in the creation of the routines so they have buy-in to the structure.



Supporting Our Children

There are many resources coming online daily and it can feel overwhelming to be online. We have found these to be high quality and from trusted national organizations based in research.

Talking to Your Kids About Covid-19 – *The National Association of School Psychologist*, Available in 7 languages

[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)





Use A Feel Good Plan

This is a list of things you and your kids can think, say or do to soothe your nervous system.

Three things that should be on everyone's FGP plan are:

- Helpful self-talk
- Deep breaths
- Some type of movement

Two things that shouldn't be on anyone's list are:

- Vices (that's mostly for the adults!)
- Screens

Everyone in your family can have one and once school returns to it's regularly scheduled programming, you can create them with your students and staff as well! Here's how:

1. As a class, staff or family, brainstorm things you think, say or do to calm down your brains and bodies
2. Spend 5-10 minutes creating a list from the brainstorming
3. See www.cheranderton.com/downloads for a PDF and video tutorial on implementing FGP's.

Parent/Caregiver Guide to Helping Families Cope With Coronavirus 2019 – *The National Child Traumatic Stress Network*

https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

How to Talk To Your Kids About Covid-19 – *University of Michigan*

<https://healthblog.uofmhealth.org/wellness-prevention/how-to-talk-to-your-kids-about-covid-19>

10 Tips for Talking with Your Kids About Covid-19 – *Public Broadcasting System*

<https://www.pbs.org/newshour/health/10-tips-for-talking-about-covid-19-with-your-kids>

How to Talk to Your Kids About Covid-19 - *Psychology Today*

<https://www.psychologytoday.com/us/blog/hope-resilience/202003/how-talk-your-kids-about-covid-19>

Continued Supports

In the next few weeks Sound Supports will be launching online learning and webinar services to support both families and teachers during this unique time. Check our website for news of upcoming online supports. www.soundsupportsk12.com



Childcare Information From the YMCA

Dear Shoreline School District Family,

The Y has been working in partnership with King County Public Health, Department of Children Youth and Families, and local school districts to find ways to support working families who need child care.

Beginning on Monday, March 23rd, the Y will begin offering full-day break camps at the Dale Turner Family YMCA and Ridgecrest Elementary School. We ask that you help us prioritize care for families of first responders, health care providers of direct services, and parents/guardians who need to work. If you need additional assistance, please let us know. We are here for you. There are limited number of slots available at each location.

TO REGISTER

Use the links below to register for programs by location:

- [Dale Turner Family YMCA](#)
- [Ridgecrest Elementary School](#)

Here's a link to [Visual Instructions](#) to assist you with registering. This is a NEW process to allow flexibility for families by providing daily options. If you have any questions, please email us at registration@seattleyymca.org.

FEE

Daily fee is \$45 and includes full-day programming, AM and PM snack and lunch, swimming (pending). Financial assistance is available. First payment is required at the time of registration.

First responders and health care providers of direct services will have \$0 fees for this program. Please send an email to registration@seattleyymca.org before registering to receive your special coupon code.

PREVENTATIVE HEALTH PRACTICES

We wanted to take a moment to share with you our preventative health practices because the well-being of staff, youth and families are our number one priority.

- Anyone who is exhibiting symptoms of COVID-19 will be required to remain home.
- Wellness check will be conducted for all staff and youth before attending program, including a temperature check. Anyone with 100.0F degree or higher will not be allowed to remain.
- Ongoing cleaning will be scheduled during the day, especially in common areas.
- Frequent handwashing and use of hand sanitizers.
- Nightly disinfectant cleaning will be done as an additional measure.
- During the program hours, youth will be organized in small groups (9 youth and 1 staff) and rotate for activities as part of social distancing and meet the developmental needs of youth.
- Parents/Guardians will be dropping off and picking up at the entrance and not allowed to access the program space.

We're in this together,

COURTNEY K WHITAKER | AVP Youth Development

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seattleyymca.org

The Y: We're for youth development, healthy living and social responsibility.