

RAM News

Ridgecrest Elementary * 16516 10th Ave NE, Shoreline, WA 98155 * 206.393.4272 * Principal: Elizabeth Nunes
2020 ISSUE 16 APRIL 14, 2020



A New Way To Teach & Learn

Dear Ridgecrest Families,

While I would typically during this month be sharing information about our upcoming State testing and reminding you of the critical components of supporting your child at home, we are in a very different place this year. As you know, all State assessments have been cancelled, but of course we continue to care about your child's progress and we know that you do, too.

This week you will see some exciting new teacher-created videos, online lesson plans, and packets available to you and your child. I cannot thank our extremely hard-working and dedicated teachers enough for their time and energy into learning a new way to teach remotely and then making it happen in record time!

There is much left to navigate, figure out, resolve, and know that we are working through all of these logistics in priority order. Until then, I thought I'd share a portion of the weekly newsletter Ridgecrest staff received over the weekend. This applies to each and every one of us, and I appreciate **your** grace as we continue to serve you, your children, and our collective school community at this time.

Grace Explained

The term "grace" has been used so much during this pandemic. It has always been one of my favorite words, and my favorite definition of "grace" is "*generosity of spirit*." I love playing with words and created an acrostic poem using the letters from the word grace, considering all that it encompasses. Since Creativity is our April life skill, I thought I'd tap into it—below is the result. If we can continue to do all of these actions, we will make it together through this tough time and beyond:

G: Give: "Freely transfer the possession of something to someone"

R: Receive: "Be given, presented with, or paid something"

A: Accept: "Tolerate or submit to"

C: Care: "To feel interest or concern"

E: Envision: "Imagine as a future possibility"

I especially like that last definition and the phrase "future possibility." We *are* going to get through this crisis, we *are* going to keep working and learning and sharing, and our future remains bright—always!

Elizabeth Nunes, Principal



RIDGECREST LIFE SKILLS

The Life Skill for April is:

Creativity

Here is the definition of Creativity:

noun

the use of the imagination or original ideas, especially in the production of an artistic work.



Here is the link to the padlet if you would like to share your creativity with everyone through the daily Ridgecrest Ram Radio: https://padlet.com/nathan_christian/30g6k1bw3wj6jvcl



Hello Ridgecrest Families!

I hope your family is healthy, learning and enjoying one another!

Scientists are researching methods to prevent and treat infections of the novel coronavirus. In the near future, we may have a vaccine to boost our immune systems keeping us from harm. As the research continues, we do have tried-and-true ways to help us stay healthy. Let's use the methods currently known to help prevent infection.

Hand washing

Washing hands removes dirt and germs. Wash for 20 seconds with soap and water while scrubbing palms, back of hands, between fingers and each digit followed by rinsing well and drying hands completely. Use a disposable paper towel or cloth towel to thoroughly dry hands. Wet hands can cause chapping or cracked skin which germs can use as pathways to enter the body. If using a cloth towel at home, allow it to completely dry between use and if someone is sick, launder towels separately after use. If 20 seconds seems too long, try singing a song or setting a timer to get that scrubbing and rinsing time in for effective results.

Social distancing

Keeping our distance from one another prevents breathing air or touching surfaces that may be contaminated. Six feet is the recommended space to provide for safety.

Wearing homemade masks while in public

Coughing and sneezing can spread germs into the air or onto surfaces. Unexpectedly coughing happens to all of us, and having a mask to prevent this spread into the environment protects others. Masks, depending upon type, may keep germs away from us too, but unless they are specially made, most help keep our germs to ourselves. Wearing masks can remind us to keep hands out of our nose, mouth, and eyes which are ways germs enter our bodies and spread infection. Masks can be created from scarves, bandanas, and sewn with fabric. Patterns and ideas are available online (see Sources below). Mask designs should cover the nose, mouth and provide a tight fit around the mask edge yet allow for adequate breathing.

Staying home

Staying at home helps limit your exposure and potential spreading of germs. Maintaining a clean environment and disinfecting often touched surfaces will help keep your family healthy too.

Stay strong!

Eat a nutritious diet, get plenty of rest, exercise and relax so your body can be strong.

Keep washing hands, maintain distance from others, stay home to prevent exposure and possible spread of germs, and consider wearing a homemade mask if venturing out. This will help limit the spread of the novel corona virus.

Stay Healthy Ridgecrest Families!

Nurse Joan

Sources:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

This website has disinfection information for home, a simple bleach disinfecting solution recipe and links to a variety of questions.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

This website discusses mask types, when and what to wear, cleaning and do-it-yourself mask details.

<https://kingcounty.gov/depts/health/communicable-diseases/disease-control/novel-coronavirus.aspx> - This King County website has novel corona virus information in different languages, testing information, local updates and links. Scroll down the right side for language selection.

A Message From the Registrar

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:

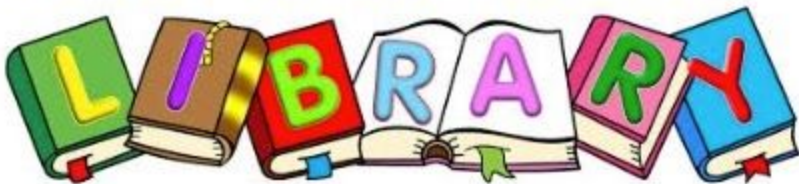
If unsure of school, please give the expected address where you will be living in September

Will be moving out of 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!

News from the RC



Shoreline Elementary Librarians are collaborating each week to post K-6 library lessons to a website that students access through ClassLink. Every Monday morning, there will be a new grade-level specific online library lessons for students to enjoy. The lessons will often feature a read-aloud of a book.

In addition, each school's librarian will be sharing a weekly short video message/learning tip. You will also find a page dedicated to online reading sites.

To find the site in ClassLink, students should look for the app titled "Your School Library" and select "K-6 At-Home." We encourage students to visit this site each week to explore their grade-level lesson and tune in to the librarian's message/learning tip.

The direct link is: <https://sites.google.com/k12.shorelineschools.org/athomelibrary/>

Joanna Freeman
Ridgecrest Librarian



Breakfast and Lunch During Spring Break Week

Shoreline Food Services will distribute FREE bagged meals to ALL children 18 and younger, while school is closed (including during the week of Spring Break - April 20-24). This includes a hot bagged lunch and a cold bagged breakfast (for the next morning). Each day, you can visit the district food service page to check the menu: <https://www.shorelineschools.org/menus>

Meal Drive-thru Distribution is provided each weekday from 11:30-12:30 outside the following locations:

Aldercrest Campus

Echo Lake Elementary

Meridian Park Elementary

North City Elementary

Parkwood Elementary

Ridgecrest Elementary

Shorecrest High School

Shorewood High School

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.

 Call for help!

One-Time 4-Hour Food Drive **URGENT NEED**

Unable to purchase the quantity of food needed for distribution, Hopelink requests specific donations from the community.

A one-day, four-hour, drive-through community drop-off is scheduled for Hopelink Kirkland on April 18. More details are below and here.

Saturday, April 18th 12-4 p.m. ONLY

Hopelink Kirkland/Northshore Center ONLY
11011 120th Ave. NE, Kirkland

For the safety and health of our staff, volunteers, and clients, we can only take donations on Saturday, April 18th from noon to 4 p.m. at our Kirkland/Northshore center.

Four-hour food drive set for April 18

Hopelink is committed to ensuring access to food for our most vulnerable neighbors. During the COVID-19 crisis, many who have never before needed to ask for help are turning to us for support; facing fear, uncertainty and a sudden lack of income.

While Hopelink centers have been closed to the public, we have continued to provide food; transitioning from grocery store-style shopping to pre-packed boxes for all clients. To ensure that all food provided to the public is as safe as possible, we made the decision in early March to temporarily suspend food donations and instead purchase all food directly from vendors.

Supply chain challenges may significantly impact our ability to get food to our foodbanks in the coming months. To help ensure we are able to continue providing food, Hopelink will hold a 4-hour drive-through food drive at our Kirkland center on Saturday, April 18. From noon to 4 p.m. on that day only, community members are invited to drive through and drop off the following items: instant oatmeal (packets only), mac and cheese, canned tuna or chicken, canned chili or stew, canned fruit, rice (1-2 pounds, white or brown), peanut butter.

We are able to accept **ONLY** the following:

- ➔ Instant oatmeal (packets only)
- ➔ Mac and cheese
- ➔ Canned tuna or chicken
- ➔ Canned chili or stew
- ➔ Canned fruit
- ➔ Rice (1-2 pounds, white or brown)
- ➔ Peanut butter

During the drive-thru drop-off, donors will unload their food into bins on site, and there will be no physical interaction with staff.

Food donations will be stored in bins for one week as a virus transmission prevention strategy, and will then be packed in boxes and distributed through Hopelink food banks.

For health and safety reasons, food donations will be accepted **ONLY** at Hopelink Kirkland (11011 120th Ave NE, Kirkland) and **ONLY** from Noon to 4pm on April 18.

Ensuring that we are able to provide food to our community at this time is essential. It is also essential that each of us continues to follow Gov. Inslee's "Stay Home, Stay Healthy" order, and stay safe. For that reason, please do not make an extra trip to a grocery store in order to purchase food to donate. Instead, please consider picking up a few of the requested items during a regular shopping trip, or adding them to your delivery order.

You also can make a donation of groceries using the [Hopelink Amazon wishlist](#).

Over the past few weeks, so many Hopelink supporters have reached out to offer support for those we serve every day, and for those who never imagined they would need our help. During this challenging time, the generosity of this community continues to sustain and inspire us. Thank you. For more information on the 4-hour food drive: drives@hopelink.org.