



LFP REPORTER



18500 37th Ave NE, LAKE FOREST PARK, WA 98155 PHONE 206-393-4130

April 14, 2020



News from the Principal

Dear Amazing LFP Families,

I want to reassure you that you are doing great. There is so much information coming at you as you juggle working from home, managing the online learning for your children, and dealing with the possibility or reality of illness and/or unemployment. Please know that the LFP staff supports all that you are doing and we are grateful for your partnership. Your relationship with your child and your health are the most important things to focus on right now. So, please give yourself grace as you decide the best schedule for online learning for your child. Whatever you are doing is enough. We do not expect you to teach all that your child would have learned this spring in school. We will take care of that next year and for years to come, but for now just focus on your children having good moments with you all at home.

This week, you will find first grade math lessons, fourth grade ELA lessons, and art lessons for all grades created by our LFP teachers. Grade level remote learning lessons are found here: <https://shorelineschools.instructure.com/courses/16405>. Learning paper packets are available Wednesday, Thursday, and Friday of this week at the meal distribution sites or can be mailed to you by contacting hanna.mazur@shorelineschools.org. There will be online lessons available next week during Spring Break to continue the learning. Our staff is going to take a screen break and will not be available by email next week during Spring Break. Meals will still be served at meal distribution sites daily during Spring Break. Starting May 4th, teachers will be creating Math, ELA, and Science lessons for their own classes each week and continue to check in with students. If you have any questions or need support, please contact your child's teacher, our dean, counselor or family advocate this week. I will be available during Spring Break if you need to reach someone about school. Technology help email: <https://www.shorelineschools.org/hometechhelp>

I am missing your wonderful children! -Principal Miner



Family Support Resources



Food Support

If your family is in need of food support, please contact our Family Advocate, Susie Moore, at susie.moore@shorelineschools.org. I have a limited supply of grocery and gas gift cards that can be mailed to homes.

For a good list of other food resources in our area, please take a look at the Shoreline PTA Council website: <http://www.shorelinepta.org/>

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

Rent and Utilities Support

Hopelink (<https://www.hopelink.org/need-help/financial-assistance>) and North Helpline (<http://www.northhelpline.org/get-help/>) offer assistance for rent and utilities.

Childcare

The YMCA is offering full-day break camps at the Dale Turner Family YMCA and Ridgecrest Elementary School (with prioritization for families of first responders, health care providers of direct services, and parents/guardians who need to work). For information on registration, go here: <https://www.shorelineschools.org/Page/7134>

The daily fee is \$45 and includes full-day programming, AM and PM snack and lunch, and swimming (pending). Financial assistance is available. 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.

Other

The United Way has compiled a good list of resources, including rent and utility assistance, as well as many other useful links.

<https://www.uwkc.org/need-help/covid-19-resources/>

Can you lend a hand?

Donate funds for the purchase of grocery or gas cards for families. To donate online, go to <https://embraceshorelineschools.org/>. If you have cards that you've already purchased and you'd like to donate them, please contact shorelineptapres@gmail.com to make arrangements.

Questions

If you have questions about any of the above information, or you cannot find what you need, please contact me - Susie Moore, susie.moore@shorelineschools.org.



Life Skills for April

CURIOSITY: A desire to investigate & seek understanding of one's world

INITIATIVE: To do something of one's own free will, because it needs to be done



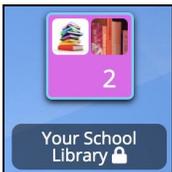
News From Your School Library

Library Book Return

Students are encouraged to read the library books they have checked out from the LFP School Library and then find a memorable, secure place to keep the books. When the time comes to return the books, I will be reaching out to all families. At some point this week, I will email each family the list of books that are currently checked out to their children.

K-6 Library At-Home Lessons In Classlink

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 lesson for students to enjoy. The lessons will often feature a read-aloud of a book.



Each week on the site, I will also be sharing a short video message/learning tip. This week, my message/learning tip shows students how to access Capstone eBooks to read online. There are unlimited copies of Capstone books. So, students never need to put a hold on a book and wait to read it. The site also features 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.” I encourage students to visit this site each week to complete their grade-level lesson and tune in to my message/learning tip. Our district librarians hope they enjoy the lessons. **Please email me at frank.kleyn@shorelineschools.org if your child needs help connecting to Classlink.**

Weekly Links For LFP Families During At-Home Learning

If you're feeling overwhelmed digging through emails to keep up with the ever-changing landscape of our new reality of at-home learning, the Lake Forest Park Elementary home page features a summary page that tracks and lists the important information that was sent home to families by the school or district. The page is updated daily as links are sent. Look under “Announcements” for the page.

[Click Here to View This Week's Links For LFP Families During At-Home Learning](#)

Stay safe and keep reading and learning!

Frank Kleyn
Librarian

FROM THE HEALTH OFFICE



Center For Disease Control Information:

For Parents

Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

Watch for behavior changes in your child

Not all children and teens respond to stress in the same way. Some common changes to watch for include

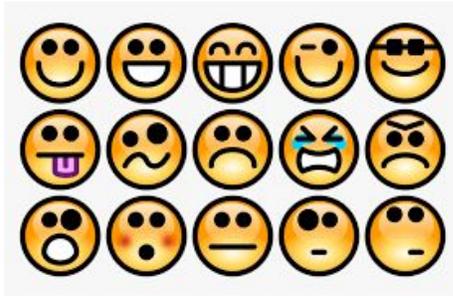
- Excessive crying or irritation in younger children
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and “acting out” behaviors in teens
- Poor school performance or avoiding online school work
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs

Ways to support your child

- [Take time to talk with your child or teen](#) about the COVID-19 outbreak.
- Answer questions and [share facts about COVID-19](#) in a way that your child or teen can understand.
- Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your family’s exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. While schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members while social distancing.

Related: [Caring for Children](#) and [Helping Children Cope](#)

Sue Hoverson RN
Lake Forest Park Elementary, School Nurse
sue.hoverson@shorelineschools.org



Counselor's Corner

Hello folks! I hope you are taking care of yourselves. Please feel free to reach out to me at thomas.doggett@shorelineschools.org about anything at all.

A few links for you:

Here are my ongoing [mindfulness recordings](#)

Here are our district's [social-emotional resources](#)

Here is a video I made about [coping with stress](#)

Here is a link to some [cyberbullying information and resources](#)

Mr. Miller and I will be hosting weekly drop-in zoom meetings for kids. We are going to start with Tuesdays (1st-3rd) and Thursdays (4th-6th) at 3pm. Here are the links:

1st – 3rd graders: Tuesdays at 3pm (first session April 14th)

<https://zoom.us/j/637327947?pwd=WHR1dG5NNjBwUGZLK3cvSDdCekw3Zz09>

4th – 6th graders: Thursdays at 3pm (first session April 16th)

<https://zoom.us/j/323719241?pwd=YUpHRjFVRUdrTHAwdDJxSTJFdFZZUT09>

For passwords, please refer to the messenger email I sent out on Sunday, 4/12

Finally, I hear sometimes from LFP parents that their kids sometimes have tantrums, “big” behaviors, yelling/screaming, throwing things, etc. I can only imagine that these issues might be increasing this spring. Here is a document that outlines some basic [principles of de-escalation](#), which can help manage those behaviors and keep you calm as well. They also may help discourage such behavior in the future.

Additionally, on the next page you will find a graphic with some easy and helpful tips on phrases to use during tough moments with your child.

YOUR WORDS

MATTER

| | INSTEAD OF... | TRY |
|---|---------------------------------------|--|
|  | Be quiet. | Can you use a softer voice? |
|  | What a mess! | It looks like you had fun! How can we clean up? |
|  | Do you need help? | I'm here to help if you need me. |
|  | I explained how to do this yesterday. | Maybe I can show you another way. |
|  | Do I need to separate you? | Could you use a break? |
|  | Stop crying. | It's okay to cry. |
|  | Do you have any questions? | What questions do you have? |
|  | You're OK. | How are you feeling? |
|  | It's not that hard. | You can do hard things. |
|  | We don't talk like that. | Please use kind words. |

WE ARE TEACHERS



The Dean Department!

Hello LFP Dolphins! Virtual spirit week was a great success and we look forward to doing it again after spring break. Remember to go see the pictures that your peers sent in at <https://www.shorelineschools.org/Page/6080>, and consider sending in your own pictures next time!

You can also email your ideas for our next *Splash Adventures!* song at lfpcommunity@k12.shorelineschools.org.

Spring has sprung! Remember to do your best to get outside in the sun. Remember your social distancing and take your lunch out for a private picnic or reading time!