



HIGHLAND TERRACE ELEMENTARY

Orca Spout Out Newsletter

Dear Highland Terrace Families and Students,

We are hoping your families are continuing to stay safe during this time. We are thinking of you all and missing being together with our community. Here is a link to part two of a slideshow with photos you shared of your activities and passions outside of school. [HT ORCAS Passions at Home \(Part 2\)](https://tinyurl.com/hthomeimages) : <https://tinyurl.com/hthomeimages>

New for students - Weekly Zoom Connections with Mr. Hoskins and Ms. Osborn: Mr. Hoskins and Ms. Osborn want to see and hear from you! Do you need a little encouragement to help you get through the day? Would you like a chance to share, listen, laugh and play games together? Join Mr. Hoskins and Ms. Osborn on Wednesday mornings!

- **When:** Wednesday mornings, starting 5/20
- **Who:** Any and all HT students!
 - K-1: 9-9:20am
 - 2-3: 9:20-9:40
 - 4-6: 9:4-10am
- **Why:** To give everyone a chance to talk, listen and have fun together!
- **How:**
 - **Zoom:**
<https://zoom.us/j/97536670223?pwd=L3l2OGVlc3ZUUnQ0NTk2aEU1WEMydz09>
 - **Meeting ID:** 975 3667 0223
 - **Password:** 853370

Social-Emotional Health from Ms. Osborn: This week's focus is **Mindfulness**. Mindfulness is *paying attention* to what's happening in this moment with kindness and compassion. These lessons also are shared with students through classroom plans teachers. Here are this week's lessons on mindfulness and our weekly yoga installation:

- **Mindfulness SEL Lesson PPT:** <https://tinyurl.com/htmindfulness>
- **Kid Yoga with Kristen Stevens:** <https://tinyurl.com/htkidyoga>

- **Physical Health:** Hi HT Families! Looking for some ideas to get your body movin' and groovin'? Then go grab a ball, snag your water bottle, and join Mr. Hoskins for another round of jokes, inspiration, and fitness fun! [Med Ball Madness!](https://tinyurl.com/hp2020):
<https://tinyurl.com/hp2020>

Community Corner: In an ongoing effort to maintain connections and build relationships we are including a "Community Corner" to our newsletter so that staff may share personalized messages and other content with families. You can find it here [Community Corner 5.19.2020](https://tinyurl.com/y92drjsu) :

<https://tinyurl.com/y92drjsu>

Spotlight on Equity: Equity in the Midst of COVID-19 with Dr. Tanisha Brandon-Felder

In this video, Dr. Tanisha Brandon-Felder, Director of Equity and Family Engagement, discusses and answers questions on equity in Shoreline Schools, how it is being impacted by school closures and more.

<https://vimeo.com/418191100?fbclid=IwAR3rReeyphIaY69dxYtJkPIHEqx4SfL3bgHApGhlc5FnpDPMKLVxeUbBERM>

Please reach out if there is anything you need or would like to talk about.

Sincerely,

Lara Drew

Principal | Highland Terrace

lara.drew@shorelineschools.org