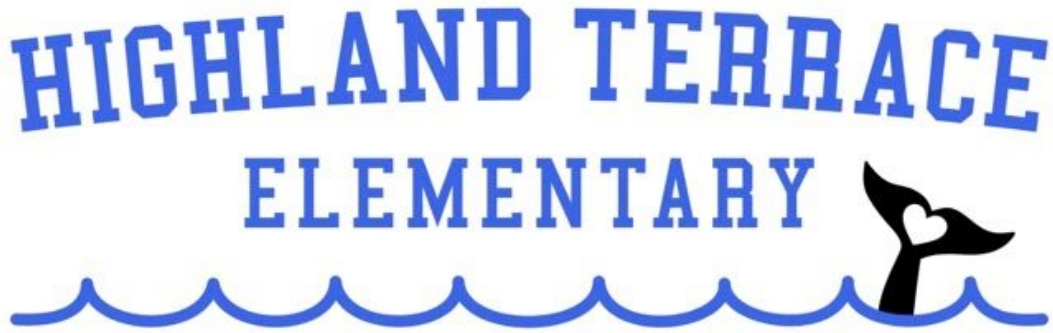


HIGHLAND TERRACE ELEMENTARY



Orca Spout Out Newsletter

Dear Highland Terrace Families and Students,

We hope your family enjoyed the long weekend and were able to engage in activities that bring you happiness. I know this continues to be a challenging time with so many emotions and unknowns. For our family, knowing that we are missing many fun traditions brings sadness and an eagerness to be back with our school community. We also are wondering what next year will bring and how a transition to middle school will look. I know our HT families are experiencing some similar and different feelings and emotions during this time. On behalf of our entire staff, please know we continue to be available to listen and provide support to students and families.

As we head into June, our staff are continuing to plan lessons and think about ways to keep students engaged during these weeks before summer. We are also thinking about the end of the year and classrooms are generating ideas for how to bring closure to this school year. We will be listening and learning about state and district plans for the future and will communicate what we learn with our entire community.

Below is information we continue to want to share with both families and students across all grade levels.

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!

- **Why:** To give everyone a chance to talk, listen and have fun together!
- **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
- **How:**
 - **Zoom:**
<https://zoom.us/j/97536670223?pwd=L3l2OGVlc3ZUUnQ0NTk2aEU1WEMydz09>

- **Meeting ID:** 975 3667 0223
- **Password:** 853370

New Mindfulness Offering with Ms. Osborn: One of my deep beliefs is that Mindfulness can change hearts, minds, and lives. I would like to invite our school community to learn and practice mindfulness together each week using lessons based on the Mindful Schools curriculum that is accessible to people of all ages and all levels of experience.

- **When:** Thursdays, 9:00-9:30am
- **Who:** Anyone in the Highland Terrace community: Students, staff, and families
- **Why:** To increase your sense of well-being and connection to our community through mindfulness
- **How:**
 - [Join Zoom Meeting](#)
 - **Meeting ID:** 954 9869 6167
 - **Password:** 992040

Social-Emotional Health from Ms. Osborn: This week the focus is on *problem-solving*. Problems are a part of life and can be welcomed as opportunities to grow and learn. **Parents:** Try focusing on solutions. Here's a brief article from [Positive Discipline: Focus on Solutions](#)

Here are this week's lessons on problem-solving and a new yoga session with Kristen:

- [Problem-Solving SEL PPT](#)
- [Kid Yoga with Kristen Stevens](#)

Physical Health: Get fit and go ALL OUT with Mr. Hoskins! If you can, set aside a few minutes to get active. Give 100% effort through a quick series of high-intensity exercises. Grab some socks, a broom, and a solid platform and get ready to quack, jump, and sweat it out! [Get Fit Video](#)

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 5.26.2020](#)

Please reach out if you have any questions or ideas you want to share. I value hearing from you and working in partnership with our HT community.

Sincerely,

Lara Drew

Principal | Highland Terrace

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