

HIGHLAND TERRACE ELEMENTARY



June 2, 2020

Orca Spout Out Newsletter

Dear Highland Terrace Families and Students,

Lessons and Resources about Racial Injustices: Below are additional resources to support families with talking about issues of equity and racial injustices. These resources are being shared equity leaders and counselors.

- [K-8 Distance Learning Activities for Justice for George Floyd](#)
- [Read Aloud of Something Happened in Our Town by Marianne Celano](#)
- [Speaking of Psychology - "Something Happened in Our Town" with Marianne Celano, PhD](#)
- [31 Children's books to support conversations on race, racism and resistance | EmbraceRace](#)
- [How Kids Learn About Race | EmbraceRace](#)
- [Overview of the Development of Ethnic, Gender, Disability, and Class Identity and Attitudes in Children and Youth](#)
- [Talking with Children & Youth About Race](#)
- [Resources for Talking about Race, Racism and Racialized Violence with Kids](#)
- [Your Kids Aren't Too Young To Talk About Race](#)
- [21-Day Racial Equity Challenge](#)
- [Help the Helpers 2.0](#) - Resource curated by Kelly Jacobson, Highland Terrace parent, Paraeducator, and Equity Team member.

Weekly Lessons in June: Our staff are continuing to plan lessons and thinking about ways to keep students engaged during these weeks before summer. Teachers will be preparing lessons for the weeks of June 1st, 8th, and 15th. Teachers are also thinking about the end of the year and classrooms are generating ideas for how to bring closure to this school year.

With the Governor's message on Friday, we are seeking guidance from the district about what that means for any sort of final pick of materials or send off for our 5th and 6th grade students. We will communicate about that as soon as we get the information.

June 19th Save the Date: We are looking at having the last day of school be another opportunity to pick-up student materials, distribute reports cards and yearbooks, and certificates. **Families who have a district device will need to return them on this day or trade them for a new device.** We will be getting more information out about this next week.

Social-Emotional Health from Ms. Osborn: Many of us are feeling overwhelmed by the racial and political uprisings and violence, COVID-19 and the disproportionate harm and deaths impacting communities of color. Feelings of overwhelm often send us into fight, flight or freeze responses. Pay attention to your response. Acknowledge it and take steps to calm and regulate yourself. Consider taking purposeful action to serve the greater good in the face of injustice. Seize the opportunity to talk with your child about these upsetting current events that have roots in hundreds of years of injustice. Change and growth comes by way of discomfort and you may take comfort in that. Stay engaged. These ways of responding are key to your mental health and the overall health of our communities.

I hope this week's lesson will help your student and family use healthy strategies to cope with these challenging times and emotions.

- **This week's theme:** Sad/Blue Feelings
- **SEL PPT - [What do you do when you feel blue?](#)**
- **Included in the PPT:**
 - Mindfulness activities/videos
 - Video from Ms. Osborn
 - Strategies for what to do when you are blue, including an option for students to check-in with Ms. Osborn on-line
 - Read aloud books
 - Discussion questions for families and students

[Kid Yoga with Kristen Stevens](#) - Don't miss this latest yoga session!

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
- **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=L3I2OGVlc3ZUUnQ0NTk2aEU1WEMydz09>
 - **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. Zoom in and tune in for weekly mindfulness:

- **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

Physical Health: Wall-sits and Pushups and Burpees OH MY! Join Mr. Hoskins for a quick cardio warmup and some Dad Jokes. If you are feeling a bit blue from the weather and recent events, please take the time to gather your thoughts and settle your heart. Turn that frown upside down and get to movin' and jumpin' around! Be great today! [Mr. Hoskins Healthy Hype!](#)

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 6.2.2020](#)

Please reach out if you have any questions.

Sincerely,

Lara Drew

Principal | Highland Terrace

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