

October 2, 2020 Edition

Happy Friday to all our Leota families!

It's been another great week full of learning at Leota. We are so proud of students as they connect and engage with their classes, teachers, and each other. It feels as though routines are beginning to set in and access to content is stabilizing. Thank you for all you are doing at home to help your child engage in their learning. We appreciate the partnership in encouraging students to engage. The more they can do so (especially live), the better. We are finding that virtual learning truly does take a village and we are so grateful for ours.

I've included the items below in order to keep you apprised of the many things going on around Leota-land:

Library Books: Book checkout is here! Don't worry if you missed last week's pick-up date, we'll be here each Wednesday from 11-2 p.m. to get books out to students. If you can't make the Wednesday pick up, Book Bus Delivery will begin next Friday, October 9. Please take a look at the FAQs, Book Bus Delivery info, and the Book Request form by scrolling further in this newsletter for all the details. Questions? Please contact Mrs. Repp at krepp@nsd.org.

National Alliance of Mental Illness (October 10th at 10:00am): NSD's Student Services has teamed up with NAMI (National Alliance of Mental Illness) to bring a presentation to our parents, caregivers and community regarding mental health. All are welcome and may register by accessing this link: https://www.eventbrite.com/e/nami-national-alliance-of-mental-illness-ending-the-silence-presentation-tickets-123411080865
Some of the mental health topics to be covered include:

- Warning signs
- Facts and statistics
- Suicide
- How to talk with your student
- How to work with school staff

October is National Bullying Prevention Awareness Month: Bullying is an important topic, one in which all schools, including Leota, work hard to prevent. Below are the focus weeks throughout the month:

- Week of October 5th (World Day of Bullying Prevention is 10-5-2020) wear blue to support the cause, help students make friends with someone they didn't know before, challenge others to be kind.
- Week of October 12th Stand Up for Others Week
- Week of October 19th Week of Inclusion
- Week of October 26th Talk with Peers About How to Make a Difference

Rights & Responsibilities/Leota Expectations Attestation: Mr. McNiel emailed each student on September 24th that had not yet completed the mandatory task of watching and attesting to the district R&Rs and the LMS Expectations. Any who have not yet completed these by next week will again be contacted by Mr. McNiel to watch the video via Zoom with him during office hours. Please check with your child to see if they have completed theirs and if not, please have them complete it ASAP. Thank you!

Wednesday, October 7th: Next Wednesday is an early release day. Students should check in with their 4th period teacher from 8:30-8:50. Attendance on all Wednesdays is required and will be taken either live during the 8:30 check-in or asynchronously by verifying each student's Working Wednesday plan, which they complete each Wednesday via Google Form. Students will complete their individualized learning plan with support from their teacher. The school day for students will end at 1:35. For all WEB leaders and 6th grade students, please plan to attend the WEB Social on Wednesday at 12:55. Be watching for a Zoom link to come to you soon. Don't miss out on all the fun!

In closing, as we navigate this new virtual world we find ourselves, I'd like to share a quote that a teacher sent to me recently as we discussed the challenges we all are facing learning in a virtual setting. I think it's poignant and so fitting. It comes from the book, *To Kill a Mockingbird* and says, "You never really understand a person until you consider things from his point of view...Until you climb inside of his skin and walk around in it." It's a good reminder for us all. Thank you for helping us continue to practice patience, kindness, and understanding with each other. We appreciate you!

Warmly,

Audee Gregor Principal Happy Friday to you! In this weekly bulletin, you will see:

- Next Week at Leota
- Library Books Curbside Checkout System

The following information was previously published but is still current:

- New district Clever Badge log-in system
- Volunteer Updates
- Leota Counseling Department News
- Notice from the School Nurse
- Tech Devices
- Financial Assistance for Bothell Families
- Leota Office Contact Info
- PTSA Newsletter September 18 Edition



Next Week at Leota

- Oct. 5 Periods 1, 2, 3
- Oct. 6 Periods 4, 5, 6
- Oct. 7 Period 4 Check-in & Students Complete Working Wednesday Plan Library Book Check out 11-2pm (see info below under Library) WEB Social 12:55pm via Zoom
- Oct. 8 Periods 1, 2, 3
- Oct. 9 Periods 4, 5, 6

Book Bus Delivery/Pick-Up Begins (see info below under Library)



Book checkout is here! Don't worry if you missed last week's pick-up date, we'll be here each Wednesday from 11-2 p.m. to get books out to students. If you can't make the Wednesday pick up, Book Bus Delivery will begin next Friday, October 9. Please take a look at the FAQs, Book Bus Delivery info, and the Book Request form. (FAQs, Book Request Form, and Book Bus Delivery Info

Questions? Please contact Mrs. Repp at krepp@nsd.org.

The following information was previously published but is still current:

Clever Badging

Northshore SD is launching a new way for students to easily get to the resources in Clever. This new method will use a "Badge", which is a QR code unique to each student. Clever Badges allow for students to log in using their device's onboard camera and an image, rather than typing their Northshore account information.

Clever Badges are an image-based method for students to use to login to Clever without having to type their NSD email address and password. To log in with a badge:

- 1. Student obtains their badge from their school or from a parent with access to the Clever family portal.
- 2. Student navigates to my.nsd.org and clicks the badge icon.
- If prompted, student should allow Chrome access to use the camera on the device.



4. Student holds badge up to the camera and Clever scans the badge and logs the student in.

Here is an article that shows students how to use badge logins.

Here is an article for parents that explains more about badges.

Beginning the week of September 21, Northshore will be implementing Clever Badges to allow students with district-assigned Chromebooks to log into the Chromebook with a Clever Badge,

which is a unique picture-based code that helps students log in without having to type in their credentials. This will produce a different login screen for students on those devices.

Students will see a screen that gives the student the option to Sign in with a different account. In that screen, click **Next** to use the Clever Badge login or click **Sign in with a different account** to log in with the student's email address and password.

If your student has trouble logging into their Chromebook, please contact your student's Teacher or contact the Family Technology Support Line at 425-408-7669.

Volunteer Updates for 2020-21

All volunteers in the Northshore School District will be able to complete an online volunteer application and background check.. Family members of students and community members who volunteer at more than one school will only need to complete the application once a year. Once approved, your application will be available for all school office staff to access districtwide. To learn more and complete your online application click here. Volunteer opportunities may be limited during distance learning.

Leota School Counseling News:

Welcome Back!



School Counseling in a Virtual World:

Our team is excited to partner with students and families this school year to help everyone feel connected and successful, despite our physical distance! At LMS, school counselors work with students through classroom lessons, small groups and individual services. We help students and families with academic, social-emotional and career and college readiness support. We offer brief counseling services and will refer families to outside agencies when appropriate. School counselors also connect families with financial resources as they become available.

We are available to virtually meet with you or your student if they are struggling with academic, social, or emotional issues. For example, your student might be feeling lost or disconnected in the online learning environment, and we can be a resource for them. In the coming weeks, we look forward to offering small groups on Wednesdays.

You or your student can schedule time directly with their school counselor through email. Please refer to our website to find out more about our program and contact information.

LMS Counseling Team:

Angela Waggoner (Tuesday - Friday) 6th Grade (A-L)

awaggoner@nsd.org

425.408.6520

Taryn Bakkane 7th Grade

tbakkane@nsd.org

425.408.6513

James Kim (Monday - Wednesday) 6th Grade (M-Z)

jkim@nsd.org 425.408.6588

Erin Palmer 8th Grade

epalmer@nsd.org 425.408.6521

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THIS WEEK'S **TOP STORIES**



Northshore School District's Virtual Calming Room

Did you know our school district has a new Virtual Calming Room? If not, please check it out! It has great videos, games, and resources to help reduce stress and anxiety. This goes right along with our Suicide Prevention focus this month. Click on the picture above to take you to our Virtual Calming Room.

September is Suicide Prevention Month

Please look below for steps that you can take to keep your family healthy, tips and tools for your teens, and virtual well-being mindfulness workshops.

SUICIDE PREVENTION MONTH 2020 SAFETY STEPS TO KEEP YOUR FAMILY HEALTHY TODAY

Take these steps today to help keep your family emotionally healthy during this challenging time. Using these steps will also reduce any chance of suicide. Suicide Prevention Month is a valuable time to prepare yourself, especially during this time of COVID-19.

Check in with your children every day

- Checking in with your child for even 15 minutes every day will do wonders for your relationship with them and will let them know you're there forthem.
- · Listen carefully to them.

2. Seek support

- If your child's level of isolation or other behaviors concern you, call your school counselor and/or doctor to discuss mental health support.
- If you have concerns about possible suicide risk, go to <u>LEARN</u> by Forefront Suicide Prevention at the University of Washington.

3. Put these crisis lines in your phone

- National Suicide Prevention Lifeline: 800-273-8255 or text 'Heal' to 741741.24/7
- WASHINGTON LISTENS: 1-833-681-0211 Mon-Fri 9 a.m. 9 p.m. Sat-Sun 9 a.m. 6 p.m. For COVID-19 related stresses.
- Find your County Crisis Line here.

4. Lock up medications

 Secure ALL medications in a lock box or home safe—including over-the-counter medications and anything beyond a one-week supply. This can help prevent overdoses and suicides.

5. If you own firearms

- If your family owns firearms, make sure your children do not have unauthorized, unsupervised
 access to them. Be aware: kids often know where the keys are hidden.
- Lock your firearms in a safe or lockbox. Use a fast-access lock for home defense firearms.

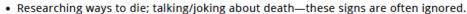
Learn more about how to prevent suicide in your home, family and community at https://intheforefront.org/learn



LEARN® SAVES LIVES - SUICIDE PREVENTION TIPS FOR TEENS

USING THESE STEPS AND YOUR VOICE CAN TRULY HELP CHANGE LIVES. WE CAN ALL DO THIS!

LOOK FOR SIGNS



- · Feeling hopeless, angry, depressed, ashamed, or like a burden to others.
- Changes in personality, outlook on life; sleep issues, withdrawing from friends/activities.
- · Alcohol/other drug use, reckless behavior, self-harm/cutting, giving away possessions.

EMPATHIZE & LISTEN

- · Listen with compassion. Show them you care by giving your full attention.
- · Acknowledge their pain and accept their feelings so they don't feel judged.
- · Repeat back what they tell you, then say, "I'm really sorry you're going through this."
- Just listen. Those who are really struggling say this helped them the most.

ASK DIRECTLY

- · Experts agree. Asking about suicide will NOT plant the idea in someone's mind, so...
- Ask in a way that invites an honest answer. Mention any signs you've noticed.
- Be calm, courageous and direct. Say the word "suicide." Be prepared to hear a "yes."
 i.e., "Sometimes when people feel hopeless and alone, they are thinking about suicide.
 Are you thinking about suicide? Or...are you thinking about killing yourself?"

REDUCE THE DANGERS

- · Turn to trusted adults if you're concerned about someone—never keep this a secret.
- Regret is real. Better to have an angry friend who is safer because you told an adult.
- Parents/caregivers, teachers, counselors, coaches, elders, spiritual leaders can help.
- · Let trusted adults know about access to lethal means; i.e., alcohol, firearms, drugs, medicines.
- Report concerning posts on social media. Support on Social Media—Lifeline.

NEXT STEPS

- Always ask a trusted adult to help. Be prepared to give them critical information.
- If an adult is not available, help connect this person to 24-hr crisis resources.
- · Some people don't feel safe calling 911 so keep these resources nearby. Share with friends.
- It's OK to ask questions or just try out these resources so you know how they work.

Suicide Prevention Lifeline **800.273.8255**Teen Link (6-10 pm) **866.833.6546**Crisis Text Line text **'HEAL' to 741741**

Addiction Helpline **866.789.1511**Trans Lifeline **877.565.8860**Trevor Project - LGBTQ **866.488.7386**or text 'START' to 678678

intheforefront.org/LEARN









Tools for Teens

an 8-part virtual series for adolescents ages 14-18

- Are you an adolescent looking for tools to deal with stress and anxiety?
- Are you searching for strategies to manage the difficult emotions moving from childhood to adulthood?
- Do you wish sometimes that school and relationships were a bit easier?
- Are you feeling frustrated and isolated with the current pandemic, racism, and other social justice issues?



Based on the evidenced-based curriculum, Mindful Self Compassion, this 8-week experiential program for teens provides practices and tools to manage stress, increase feelings of happiness and well-being, and promote emotional resilience. In each weekly session, we will discuss concepts related to well-being and do a variety of practices, including seated mindfulness meditations as well as intentional movement and creative projects.

Instructors: Blair Carleton (of <u>Cultivating Self-Compassion</u>) and Kim Armstrong, MA Psy (of <u>Space Between</u>)

Sunday afternoons, 4:00 - 5:45 PT

October 4 - November 22, 2020, via Zoom

Follow this <u>link</u> to learn more and register: bit.ly/ToolsForTeensFall2020



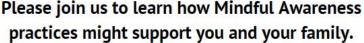
Teens who have participated say: "I am more in tune with myself."

"I started to handle difficult situations in my personal life more maturely, by calming myself down."

"I just wanted to say thank you; to Blair and Kim for being so understanding, nice, and compassionate with my problems and interests."

Families of Adolescents ...

- Are you looking to support your adolescent to reduce stress and anxiety and increase their well-being?
- Are you hoping to foster deeper connections and listening with your child, especially when times are tough?
- Do you want to build more pause into your personal and family routines?





Supporting Well-Being With Mindfulness

a 3-part virtual series for parents, guardians, caregivers of teens

Knowledge, mindfulness practices and resources for families to understand the teen brain and how to promote learning and support well-being through mindful awareness practices.

Tuesday evenings, 6:30 - 8:00 PST

October 6, November 3, and December 1, 2020

Via Zoom

Click here to learn more and register

What really resonated with me is the idea of focusing/practicing on our own practice as parents...and the impact of this on our kids." - Parent

"I learned a lot about our bodies and brains and also a lot about ways to improve self-kindness, self-compassion, or mindfulness" - HS Student



www.spacebetween.community



<u>Drive-through Flu Shot Clinic</u> The Northshore School District and the Seattle Visiting Nurse Association are providing a Drive-Through Flu Shot Clinic for staff, students and families Oct. 5 - 9 at the Northshore School District Administrative Center (<u>3330 Monte Villa Pkwy, Bothell, WA 98021</u>). All family and household members are welcome to attend. If you plan to bring other participants, please schedule for the same time slot. Anyone ages 4 and older can participate. Children ages 17 and younger require consent from their legal guardian in order to participate.

Click on the link below for more information/sign-ups:

Drive Through Flu Shot Clinic

From the School Nurse

Hello Leota families!

I would like to inform you of some requirements for students who have life threatening conditions, or those who require health care plans or medication during the school day - when on campus.

Although we have a remote start to this school year, we are still required to collect all health care planning documents, do all emergency care planning and individual health plans and collect medication authorizations and treatment orders at the start of the school year, as with any other school year. Obviously, we are not collecting medications at school until your student will attend on campus. https://app.leg.wa.gov/RCW/default.aspx?cite=28A.210.320

The reason for this is, at the point transitions occur from online to on campus learning, we anticipate there to be a very short turn around with not enough time to complete health care planning or for you to receive treatment orders and medication authorization forms in a timely manner in order for your student to start school on campus.

At the end of last year, you were given a packet of forms to complete for this school year if your student had medications at school. These can be mailed to Leota Middle School (attention: nurse); or you or your health care provider can fax or email any forms or medication authorizations. See contact info below. If you need any documents, or can't find yours, they are

on the Leota website under resources, health room, and then under health forms. Here is a link to the Authorization for Medication form.

I will have intermittent office hours on campus and can be reached at the number below. Or for the quickest response, please email me with any questions. Thanks for your help and understanding,

Debbie Park RN
Leota Middle School Nurse
425-408-6506 (health room office)
425-408-6502 (fax)
dpark@nsd.org
Leota Middle School
19301 168th Ave NE,
Woodinville, WA 98072



Tech Devices are available

For those students who need to check out technology for this school year, please complete this form (https://form.jotform.com/202085825509053) in order to receive a device, exchange a device that is either not working or is one of the old white Chromebooks, or obtain a hotspot. You will need a device if:

- You have a newly enrolled Leota student who doesn't have access to a device at home
- Your currently enrolled student's needs have changed and your student now needs a device
- Your student has an older white Chromebook and will need to exchange for a newer black Chromebook device for best connectivity and operation
- You do not have internet service at home. Hotspots are available. Please do not request a hotspot if you do have internet at home that is slow. The hotspot will not help with that.

Financial Assistance for Bothell families (Northshore Senior Center)

We know many of our families have been financially impacted due to COVID-19. Due to this unforeseen circumstance, your families may be eligible for an emergency grant funds!

-Only Bothell residents can apply.

- -They do not need to be a US citizen or have citizenship to apply.
- -Families can apply online at https://tinyurl.com/bothellhelp or contact Northshore Senior Center for assistance @ (425) 487-2441.

Applications will be accepted through October 8th, 2020.

If you need additional assistance completing the application please contact Elizabeth Meza emeza@nsd.org.



Leota Office Contact Info

Office Manager Felicia Casolary: fcasolary@nsd.org
ASB Secretary Melanie Spencer: mspencer@nsd.org

Attendance Secretaries: Barb Roetcisoender: broetcisoender@nsd.org;

Patricia Bong: pbong@nsd.org

Attendance Email: Lmsattendance@nsd.org
School Registrar Mary Hayes: mhayes@nsd.org

School Nurse Deb Park: dpark@nsd.org
Principal Audee Gregor: agregor@nsd.org

Assistant Principal Bryan McNiel: bmcniel@nsd.org



Upcoming Events

10/09	Complete the Leota PTSA Advocacy Survey
10/14	Leota PTSA General Meeting – Registration Link
10/19-11/6	Pave The Way Together Annual Giving Fund
10/24-25	WA State PTA Legislative Assembly (Virtual) – Includes Classes and Meeting with Legislators just for Students (\$25) – Register Today

Sign Up for Staff Appreciation: staffappreciaiton@leotaptsa.com
Sign Up for Science Olympiad: scienceolympiad@leotaptsa.com
Participate in Reflections Art Program (See Below)

Leota PTSA General Meeting: October 14 @ 7pm

PTSA members are able to provide input into the activities that we will be offering this year, have an opportunity to meet with Leota staff and often we try to get a guest speaker. And we also try to have a lot of fun! No one wants to attend a boring meeting...including us! If you are new or experienced, please attend because we would like to meet you.

Register to have the meeting details emailed to you: https://zoom.us/meeting/register/tJEqcOytrj0sEtW4whiX8fl0QIDYHJTUz5-W

Take the Leota PTSA Advocacy Survey by October 9

Member voice matters — please take a few minutes and complete our Leota PTSA esurvey. There's a wide range of advocacy issues and we need your voice to help our PTSA delegates vote on the Top 5 issues that are most important to us. The survey also includes other proposed positions that delegates will vote on to develop the WSPTA platform. The issues all support the health, education, and welfare of children and youth but the proposed platform covers a wide spectrum of advocacy positions and legislative policies from increasing access to mental health to preventing gun violence and suicide to closing the digital divide. There are also eight resolutions with topics ranging from access to recess and unstructured play to improving outcomes in special education to dismantling institutional and systemic racism. Plus one new principle against racism, discrimination, and oppression. Take the e-survey and let us know what's important to you.

There's also a <u>WSPTA Voters' Guide</u> to give you more information on all the issues as the survey just has the titles. Take a few moments to review that information as you take the <u>e-survey</u>.

Your replies will help guide our Leota PTSA's delegates when they vote at the upcoming WSPTA Legislative Assembly in late October where the new 2020-2021 Platform will be set.

Take a few moments to learn more about the proposed positions and share your priorities with us with the <u>e-survey</u> But don't delay the <u>e-survey</u> closes on October 9.

Staff Appreciation: Sign Up to get notified!

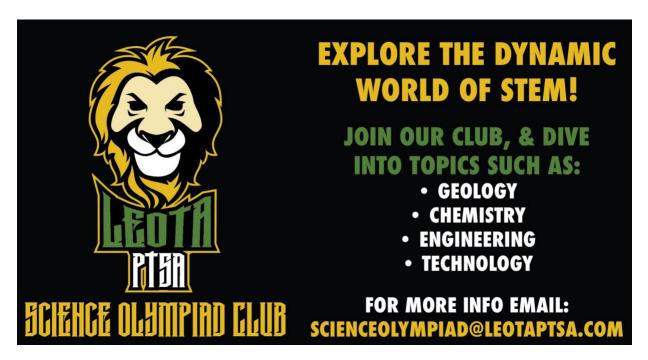
Each month the PTSA provides a meal or treat for our staff as a way of saying thank you for taking such care of our kids. It is a great way to volunteer and become involved in our Leota

community! It is truly beautiful to watch so many people get involved and see all the little details come together to make a big impact.

Our 2020-21 staff appreciation efforts will take a different form this year and we need all the creative ideas and helpers we can get to make staff appreciation successful. Please sign up to get event notifications if you are interested in participating.

Email <u>STAFFAPPRECIATION@LEOTAPTSA.COM</u> to be added to the notification list or ask any questions you may have.

Science Olympiad: Sign Up



Explore a variety of topics and have fun while learning about science by joining the Science Olympiad! Become a disease detective and solve medical mysteries by examining the details. Apply STEM skills to help build a robust boomilever. Craft a battery buggy that defies speed yet can run precisely to the millimeter. Try missions like these and more by participating in the 2020-2021 Science Olympiad! With almost 25 different topics included in the curriculum, participants will delve deeply into a variety of scientific topics and learn to develop and apply creative and innovative ideas. This is a great opportunity for students to apply book learning to hands-on experiments and see scientific lessons in action. Learn more at: https://www.soinc.org/

The Science Olympiad is not classroom or a teacher-led activity. It is a student-directed, parent-mentored activity. Parents should be prepared to assist with their child's participation. Possible activities include: scheduling study time, finding new/enriching resources, purchasing supplies, perfecting designs, arranging meetings with local experts or hosting build parties. Coordinating efforts between similar events is encouraged and at the parent's discretion. Parents and

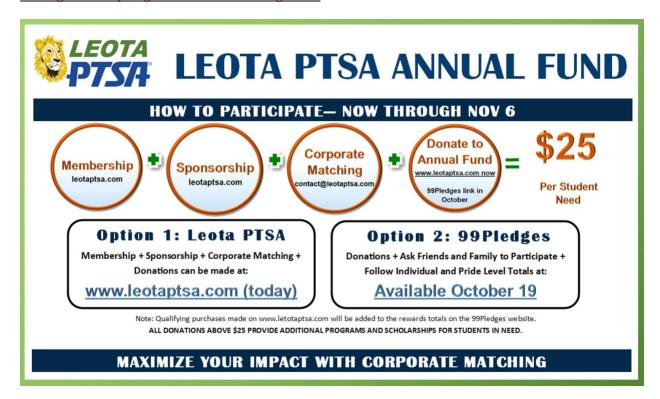
students will be asked to agree to a Code of Conduct to participate.

Any parents interested in volunteering as coach, please reach out to me at your earliest convenience at scienceolympiad@letoaptsa.com. A science background is not necessary to coach.

HAVE YOUR PTSA MEMBERSHIP?

We invite you to become a member of the Leota PTSA at www.leotaptsa.com.





Participate in This Year's Reflections Program

PTA Reflections is a nationally acclaimed student recognition program to encourage artistic creativity in the classroom and at home. It helps students explore their own thoughts, feelings, and ideas; develop artistic literacy; increase confidence; and find a love for learning that will help them become more successful not only in school but in life.

Enter your art this year! The theme for this year is "I Matter Because..." and categories for submissions include: Visual Arts, Literature, Photography, Music Composition, Film/Video, and Choreography/Dance.

Student winners from our school have the opportunity to move up through their school, district, region council and state PTA programs to the national level. National Reflections winners are announced in May and celebrated annual at the National PTA's Convention and Expo in June. National PTA then collects and curates the traveling exhibit for the next year. The deadline for submissions this year is mid-November.

More information at: http://www.northshorecouncilptsa.org/reflections.html

Make your volunteers hours count!

Did You Know Your Company May Donate When You Volunteer?

Many companies will donate for hours volunteered in addition to matching financial donations. Please check with your company to see if you have a dollars for doers or similar volunteer hours

matching program and take a few minutes to register your hours towards a Leota Middle School PTSA donation.

Amazon Smile is Also A Great Way to Donate

Visit https://smile.amazon.com/ all year long, every time you are making purchases with Amazon. Whenever a purchase is made with Leota PTSA as the beneficiary, Amazon will send us a donation. Be sure to select Leota PTSA as your beneficiary.

Join the Leota PTSA Volunteer and Info Facebook Group

Join our Leota PTSA Volunteers and Info closed Facebook group if you would like to hear more about volunteer opportunities:

https://www.facebook.com/groups/LeotaPTSAVolunteers/.

There is no requirement to volunteer. By joining, we hope you feel part of the Leota parent community and are better informed about what is happening at our school.