

Emerson Falcon News

EMERSON ELEMENTARY SCHOOL NEWSLETTER



November 1st 2020

VOLUME 4, ISSUE 3

From the Principal

Emerson Families,

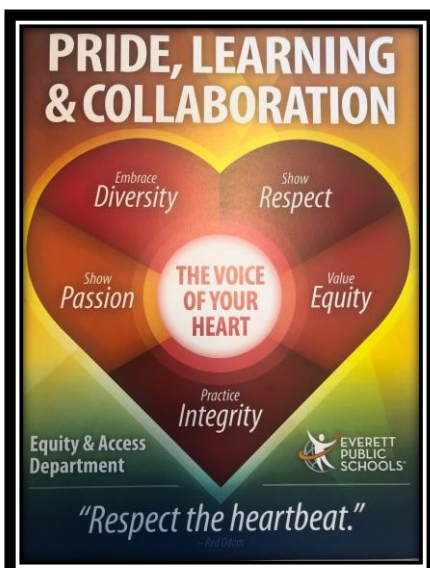
Happy November! This month we are planning to bring back our youngest learners into our preschool program! We are excited about this opportunity to serve these students in our building. Though we currently remain in a remote system for other students, we are committed to do our very best every day for our students to progress and learn. Thank you for your partnership during this difficult time.

One of the ways you can help us from home is to have your student work on their i-Ready program. This program gives your student personalized lessons and games to help fill in any gaps and support teacher instruction. [Learn more about i-Ready \(i-Ready guia para familia\)](#). Remember that 45 minutes per subject, per week will maximize their growth!

Emerson is devoted to equity, inclusion, and belonging. Each month we will highlight a piece of our commitment to equity. This month we will focus on *Show Respect*. We are committed to deep listening and affirmation. We are kind, polite, and thankful. We value differences among people and treat one another with respect. To show respect we allow others to express their opinions, we listen to them, we acknowledge their presence, we are courteous, and we take turns.

We wish everyone a wonderful Thanksgiving!

Blythe Young, Principal



Blythe Young
Principal
Kelly Bell
Assistant Principal

Emerson Elementary School
8702 7th Ave. SE
Everett, WA 98208
www.everettsd.org/emerson
425-385-6200

Nov. 11th

No School/ Veterans Day

Nov. 13th

1:30-3:30 pm/ Student supply pick-up

Nov. 25th

Early Release/ 1:00 pm

Nov. 26-27th

No School/ Thanksgiving Break

Veterans Day Assembly Information

We will be having a zoom Veterans day Assembly on Friday Nov. 13th at 1:00. Please invite any of your family that has served or is serving in the military to join, we want to make sure we are able to honor them all. We will send out the zoom link and password via a Blackboard message/email when it is available. Also keep an eye out for it on your teachers' canvas page. It will be posted when it is available. Thank you

From the Gym

Gary Niegemann

NOVEMBER OFFENSE AND DEFENSE						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>PE IS NOT CROPPED PEEPS</i>			Ask a parent to stand with legs apart 6' away. Can you kick a rolled-up sock through his or her legs? How many times can you kick through in 1 minute?	Face a partner in a push-up position with a tennis ball in between. From the push-up position, try to slap the ball between your partner's hands for a goal. Play a game to 20.	Place an 18" strip of cloth on each hip. Face partners across a field & take turns trying to strip each other's flags as you run to the opposite side.	<i>Practice throwing a ball upward & catching above and below your waist.</i>
Find a balloon. Can you bump it 20 times in a row using only your forearms?	Place a marker (penny) between you & a partner & try to move it by bouncing a ball back and forth.	Practice alternating toe taps on the top of a soccer ball or basketball.	Play a giant game of marbles using 2 tennis balls.	Place an old necktie or strip of cloth in your back pocket & try running passed a partner without losing it.	In groups of 3, throw 3 balls in the air and catch a different one each time.	Race a friend on a series of short backward & sideways sprints. Try not to cross your legs.
Practice dribbling a ball with 2 people guarding you.	Play a shadow game where you chase someone staying just close enough to touch every 3 seconds.	<i>Find a safe sidewalk & practice dribbling a ball without going off the court.</i>	Place a partner with a ball. Take turns passing the ball back & forth, taking a step back after each successful catch.	Challenge someone to a "Who Can Go the Longest" contest each time a TV commercial comes on. Who can sit with arms & legs raised or stand on one foot the longest?	Practice tossing a small ball upward. Can you catch it above your head? When jumping? While running AND jumping?	Work on dribbling with your opposite hand & foot.
Find a basketball and goal, & work on setting a new personal record for consecutive baskets.	<i>See if you can match yesterday's basketball record when someone is guarding you.</i>	Find a tennis ball & some stairs. Work on throwing against the stairs and catching the rebound.	Practice throwing & catching with a partner while both of you are moving.	Find someone your own size & an open space. Stand back to back, interlock arms & try to push your opponent backward.	How HIGH can you throw a Frisbee™ or small rubber ball & still catch it?	Place a mark on a wall 24"-30" above your head. How many times can you jump & touch the target in 60 seconds?
In an open space, practice SLIDE steps to your left & right. How fast can you move without crossing your feet?	Use a variety of body parts to keep a balloon off the ground.	Support your body weight on 3 different parts for 5 or more seconds.	Practice throwing a ball off a wall with: opposite side to target, opposite foot forward & elbow leading the ball.	Face a partner 15' away & see how many exchanges the two of you can make with a small ball in 1 minute. 2 minutes.	Organize a family game.	

Calendar callisthenics is a voluntary daily fitness supplement conducted outside of school. As homework is completed, parents put a check in the corner box for the day. Small doses of creative exercises can move students toward more consistent exercise patterns. Students will find some mind and muscle activities to provide links between the classroom and gymnasium.

From the Library

Falcons, thank you for joining us at our Specialist Assembly! It was our best turn out EVER! I am sorry if you were not able to join us or get in because it was full. We are working on being able to have more people on zoom and that will help solve the problem. ❤️

If your student would like to try a free break-dancing class with Jeromeskee, here is his information



Maggie Doud, Librarian

Counselor's Corner

Falcon Flyer Counselor's Corner:

Hi Falcon Families! As counselors, we are so thankful you are here with us.

Did you know that practicing gratitude, or focusing on what you are thankful for, can actually change your brain? Researches all over the world are finding this to be true! Thinking grateful thoughts can create positive emotions and feelings of long-lasting happiness, it can improve our health, improve our quality of sleep, helps us regulate stress, and even reduce anxiety and depression!

One way to practice gratitude at home is a daily gratitude ritual. In my house, at dinner, we take a turn saying 1-3 things we are grateful for that day. This could be things someone else did, a thing we did for ourselves, or gratitude for life. For example, last night during family dinner I told my family I was grateful for the beautiful sunset, helpful work colleagues, and that it was not my evening to clean up from dinner. My daughter was grateful for the dinner I had prepared, and that she had completed all her online assignments that day. Try it in your home and see the benefits for yourself!

Hannah Sands and Briana Smith, Counselors

Engaging Students while Remote in I-Ready

One of the ways you can help us from home is to have your student work on their i-Ready program. This program gives your student personalized lessons and games to help fill in any gaps and support teacher instruction. [Learn more about i-Ready \(i-Ready guía para familia\)](#). Remember that 45 minutes per subject, per week will maximize their growth!

Please see this link **Fridge Tips for families** to help support your students at home.

https://i-readycentral.com/download/?res=37810&view_pdf=1&utm_campaign=IRE-666177-NATL-201027-Engaging%20Students%20Remotely-LEADER-ptxt&utm_medium=email&utm_source=Eloqua

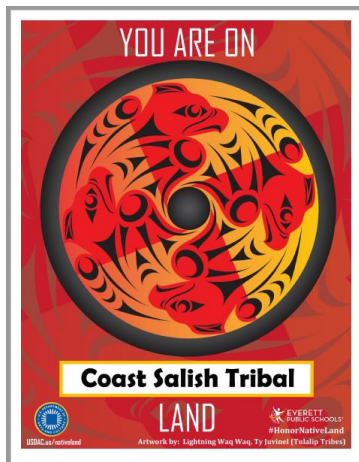
Important Attendance Information

- Teachers take their classes daily attendance, they are not responsible for reporting your student's absence to the office.
- Teachers will update the student's attendance twice. They take attendance once in the morning during the zoom class. Then again, the next day in the morning they will update all the students that missed the zoom but logged in and did other class work that day.
- Please report your student's absence by calling the attendance line or by sending it to the attendance email.
- We are taking a 24hr attendance during remote learning. What this means is that your student has all day to login for zooming with their teacher, to login with their specialist and login to do schoolwork.
- If your student will not be doing remote learning for the 24hr. time frame (**not getting on the computer at all**) that is when you need to report the absence to the attendance line.
- Please report if your student is ill and will not be online all day.
- Please report if you will be on vacation and they will not be on the computer all day.
- Please report if they do not have internet access all day.
- Attendance line 425-385-6205
- Attendance email emeattendance@everettsd.org
- Thank you, Monique Juarez, OA/Attendance

Native American History Month

November is Native American History Month. What started at the turn of the century as an effort to gain a day of recognition for the significant contributions the first Americans made to the establishment and growth of the U.S., has resulted in a whole month being designated for that purpose.

Land acknowledgement



In the district's sustained work to build a culture of inclusive belonging for students, teachers, staff and the community, we join local, state, national and international efforts to acknowledge Native land.

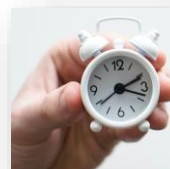
According to the U.S. Department of Arts and Culture, "In countries such as Canada, New Zealand and Australia, it is commonplace, even policy, to open events and gatherings by acknowledging the traditional Indigenous inhabitants of that land." Our Equity & Access Department encourages opening school and district events with this impactful Native land acknowledgment:

"We respectfully acknowledge that we gather today on the traditional lands of the Coast Salish Peoples, who have lived in the Salish Sea basin, the San Juan Islands, and the North Cascades watershed since time immemorial. You are on Coast Salish Tribal Land."

Learn more at Everett Public Schools Equity & Access [webpage](#) or at www.usdac.us/nativeland.

Daylight Saving Time Ends

November 1, 2020, Daylight Savings Time Ends and we "fall back" one hour.



Remember to vote Nov. 3

Remember to deliver your ballot to a ballot drop box near you or put it in the mail by Nov. 3 – postage is not required for ballots.



School performance report

Our school's performance report is available online on each school's website. More information is available on the [Office of Superintendent of Public Instruction website](#). Click on "State Report Card" and select Everett from the list of districts.

Let's Connect

You are invited to connect with district leaders and engage in conversation on November 16 from 5-6 p.m. (topic to be determined). We want to hear from you and hope you can attend a zoom meeting to share your thoughts. Please check your email for an invitation to connect with your school's regional superintendent and other district leaders. Be sure to check your email, RSVP required to receive the link for the zoom meeting. Let's Connect!

Childcare Support

Snohomish County is offsetting a portion of childcare costs, in partnership with two nonprofits through the Coronavirus Aid, Relief, and Economic Security (CARES) Act.

In cooperation with the Boys & Girls Clubs of Snohomish County and YMCA – Snohomish County, please [share this information](#) and visit their [FAQs](#) page and [Child Care Locator Map](#).



Is your family prepared?



[Snohomish County Emergency Management](#) has helpful online resources to help you create, and practice emergency response plans with your family and neighborhood in preparation for bad weather.

Social Media Directory

Follow our social media sites including school pages, district pages, teachers, clubs, and student groups. Stay connected to learn all the latest news!

Not sure your school has social media? Visit our [social media directory](#) for a list of accounts.



Online safety tips

- Keep the computer in a busy area of your home.
- Use an app to keep an eye on your child's online activity on their device.
- Talking about cyberbullying; ask if someone they know has been a victim. Ask if they have been victimized.
- Set up email and social media accounts with your children. Know their screen names and passwords and explain the reasons for not including any personal information in profiles.

Know who is in the “buddy lists.” Get to know the cyberfriends as well as you do those who visit your home. Parents and guardians may find the following resources helpful to begin a conversation about the dangers of engaging in cyberbullying and how to stay safe online:

- [Stop Bullying Now](#)
- [Ms. Parry’s Guide to Correct Online Etiquette](#)
- [Common Sense Media](#)



Find out what Everett Public Schools students learn about digital citizenship on the district [Learning Management Services website](#).

FAFSA season has begun!

Free Application for Federal Student Aid (FAFSA) is an office of the U.S. Department of Education. FAFSA coordinates with postsecondary schools and financial institutions to help students and families pay for college. Watch for FAFSA completion events happening around the district. Find more information at www.fafsa.ed.gov.



3900 Broadway
Everett, WA 98201
425-385-4000
www.everettsd.org

- Everett Public Schools does not discriminate in any programs or activities on the basis of
- sex, race, creed, religion, color, national origin, age, veteran or military status, sexual
- orientation, gender expression or identity, disability, or the use of a trained dog guide or
- service animal and provides equal access to the Boy Scouts and other designated youth
- groups. The following employees have been designated to handle questions and complaints
- of alleged discrimination:

- **Title IX/Civil Rights**
- **Compliance Officer:**
- Mary O'Brien
- 425-385-4106
- MO'brien@everettsd.org
- PO Box 2098
- Everett, WA 98213

Section 504 Coordinator:

Dave Peters
425-385-4063
DPeters@everettsd.org
PO Box 2098
Everett, WA 98213

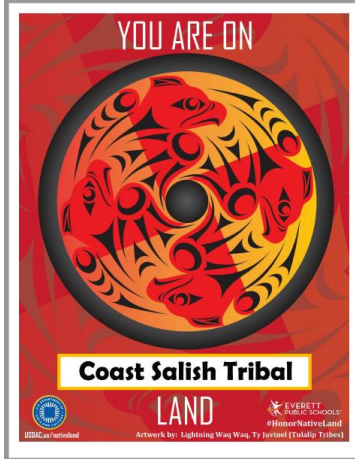
ADA Coordinator:

Randi Seaberg
425-385-4104
RSeaberg@everettsd.org
PO Box 2098
Everett, WA 98213

Mes de la Historia de los Indígenas Americanos

El mes de noviembre es el mes de la historia de los indígenas americanos. Lo que inició al inicio del siglo como un esfuerzo para obtener un día de reconocimiento por las significantes contribuciones hechas por los pueblos originarios americanos al establecimiento del crecimiento de los Estados Unidos, ha resultado en un mes completo designado para ese propósito.

Reconocimiento territorial



En el trabajo sostenido del distrito para construir una cultura de pertenencia inclusiva para los estudiantes, maestros, personal y la comunidad, nos unimos a los esfuerzos locales, estatales, nacionales e internacionales para reconocer las tierras indígenas.

De acuerdo al departamento de artes y cultura de los Estados Unidos, “En países como Canadá, Nueva Zelanda y Australia, es habitual, incluso una política, el abrir eventos y reuniones para reconocer a los habitantes tradicionales indígenas de esa tierra”. Nuestro departamento de Equidad y Acceso exhorta abrir los eventos escolares y del distrito con este reconocimiento de tierra indígena poderoso:

“Reconocemos respetuosamente que estamos reunidos el día de hoy en las tierras tradicionales de las Personas de la Costa Salish, que han vivido en la Cuenca del Mar

Salish, las Islas San Juan y la Cuenca de las Cascadas del Norte desde tiempos inmemorables. Usted está en territorio de la Tribu de la Costa Salish (Coast Salish Tribal Land).”

Entérese más en [página web](#) de Equidad y Acceso de las Escuelas Públicas de Everett o en www.usdac.us/nativeland.

Se termina el horario de verano

El 1 de noviembre de 2020, el horario de verano se termina y retrasamos el reloj una hora.



Recuerde votar el 3 de noviembre

Recuerde entregar su boleta en una urna buzón para boletas de votos cerca de usted o enviarla por correo antes del 3 de noviembre. No se requiere de estampillas postales para enviar las boletas.



Reporte de desempeño escolar

Nuestro reporte de desempeño escolar está disponible en línea en cada uno de los sitios web escolares. Para más información visite [El sitio web de la oficina del Superintendente de Instrucción Pública](#). Haga clic en “State Report Card” y seleccione “Everett” de la lista de distritos.

Conectémonos

Está invitado a conectarse con los líderes del distrito y participar en una conversación el 16 de noviembre de 5-6pm (el tema está por definirse). Queremos escuchar de ustedes y esperamos que pueda asistir a esta reunión vía Zoom para que comparta sus opinione

ideas. Por favor revise recibir una invitación en su e-mail para que se conecte con el superintendente escolar regional y otros líderes escolares. Asegúrese de verificar su e-mail. Se requiere que confirme su asistencia para que reciba la liga a la junta en Zoom. ¡Conectémonos!

Apoyo al cuidado infantil

El condado de Snohomish está compensando una parte de los costos del cuidado infantil en conjunto con dos organizaciones sin fines de lucro a través del paquete de estímulo económico por el Coronavirus conocido como “la ley CARES”

En cooperación con los clubs de “Boys & Girl” del condado de Snohomish y el YMCA del condado de Snohomish, por favor [comparta esta información](#) y visite sus página de [preguntas comunes](#) y el [mapa localizador de cuidados infantiles](#).



¿Está su familia preparada?



[El departamento de manejo de emergencias del condado de Snohomish](#) (Snohomish County Emergency Management) tiene recursos de mucha ayuda para crear y practicar planes de respuesta de emergencia con su familia y sus vecinos en preparación al mal estado del clima.

Directorio de redes sociales

Siga nuestros sitios de redes sociales incluyendo páginas escolares y distritales, maestros, clubs y grupos estudiantiles. ¡Permanezca conectado para enterarse de todas las últimas noticias!

¿No está seguro si su escuela tiene redes sociales? Visite nuestro [directorio de redes sociales](#) para consultar la lista de cuentas.



Consejos de seguridad en línea

Mantenga la computadora en un área ocupada de su hogar.

- Use una aplicación para vigilar las actividades de su hijo/a en línea en su dispositivo.

- Platiquen sobre el ciberbullying. Pregúnteles si conocen a alguien que haya sido víctima. Pregúnteles si han ellos sido víctimas.
- Establezca cuentas de email y redes sociales con sus hijos. Conozca los nombres en sus pantallas y contraseñas y explique las razones de no incluir información personal en sus perfiles.

Conozca quién está en la “lista de amigos”. Conozca a los amigos cibernéticos de sus hijos, así como los que visitan su hogar. Los padres y tutores legales pueden encontrar de gran ayuda los siguientes recursos para iniciar una conversación sobre los peligros de participar en un bullying cibernético y cómo permanecer seguros en línea.

- [Detenga el bullying ahora](#)
- [Guía de etiqueta correcta en línea de Ms. Parry](#)
- [Sentido común en las redes](#)



Averigüe lo que los alumnos de las Escuelas Públicas de Everett aprenden sobre el civismo digital en el sitio web del distrito de [Servicios de Gestión del Aprendizaje](#).

¡La temporada de FAFSA ha comenzado!

La oficina de solicitud gratuita para la ayuda federal de estudiantes “*Free Application for Federal Student Aid*” (FAFSA) es una oficina que coordina a las escuelas de educación superior y a las instituciones financieras para ayudar a los estudiantes y sus familias a que paguen la universidad. Estén atentos a los eventos de finalización del FAFSA que ocurren en todo el distrito. Encuentre más información en www.fafsa.ed.gov.



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Las escuelas públicas de Everett no discriminan en ninguno de sus programas o actividades por sexo, raza, credo, religión, color, país de origen, edad, estado veterano o militar, orientación sexual, expresión de género o identidad, discapacidad, o el uso de perros guía entrenados o animales de servicio, y provee con acceso equitativo a los Boy Scouts y a otros grupos juveniles designados. Los siguientes empleados han sido designados para gestionar las preguntas y quejas de presuntos actos de discriminación.

**Title IX/Civil Rights
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