

Emerson Falcon News

EMERSON ELEMENTARY SCHOOL NEWSLETTER



January 1, 2021

VOLUME 4, ISSUE 5

From the Principal

Emerson Families,

Happy New Year! We are excited about the possibilities that 2021 has in store for us!

Academic Goals

Emerson is committed to the educational goals for our students. This year, especially with much of our year in a remote setting, we are working hard on ensuring our students access the powerful i-Ready program. This online tool for reading and math determines your student's level, personalizes their instruction, and adapts each ongoing lesson to meet their needs. Our teachers monitor their progress and intervene with instructional support to keep students progressing.

How does this work? Each item a student sees is individualized based on their answer to the previous question. For example, a series of correct answers will result in slightly harder questions, while a series of incorrect answers will yield slightly easier questions. i-Ready

Personalized Instruction provides students with lessons based on their individual skill level and needs, so your student can learn at a pace that is just right for them and the program will help to fill in gaps in learning. These lessons are fun and interactive to keep your student engaged as they learn.

In the fall, your student completed a diagnostic. This measured two goals for your student, one is the Typical Growth measure which is how much each student is expected to grow this year. The second goal is the Stretch Growth measure, which is how much growth is needed to ensure the student is proficient at their grade level.

The Emerson school wide goal for this year is to increase the percentage of students who are meeting their typical growth measure in i-Ready math. Below is a graph outlining where we are as a school in grades 3-5 on i-Ready math and where we set our goals for the year.

Continued on next page

Blythe Young

Principal

Kelly Bell

Assistant Principal

Emerson Elementary School

8702 7th Ave. SE

Everett, WA 98208

www.everettsd.org/emerson

425-385-6200

Jan. 4

Grades 1-5 I-Ready Zoom
Assembly 9:45 am

Jan. 13

PTA MOD pizza fundraiser flyer
coming soon

Jan. 15

Dr. MLK Jr. Day

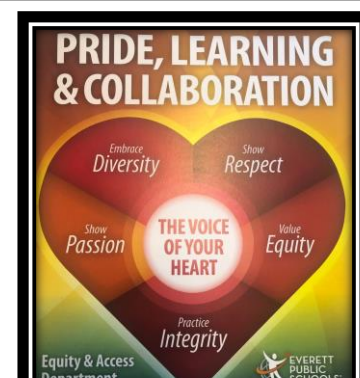
Zoom Assembly 1:00 pm

Jan. 18

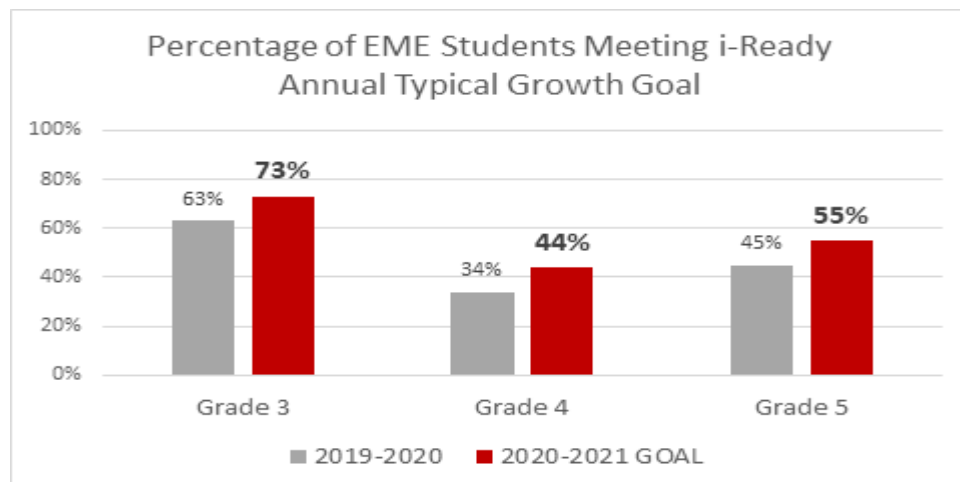
No School/Martin Luther King
Day

Jan. 29

End of semester



Continued from page 1



We need your support at home to help us reach our goal. Here are some things you can do to support your student!

- Monitor your student's progress in the program by clicking on the "My Progress" bar at the bottom of their screen.
- Set goals with your student around i-Ready lesson completion and time on task using helpful resources from i-Ready found by clicking: [HERE](#)
- Ensure that your student is spending time carefully and actively completing lessons in i-Ready.
- Ensure that your student is spending 45 minutes on i-Ready reading and 45 minutes on i-Ready math each week or approximately two lessons in each.
- Encourage your student to do their best on their Winter and Spring i-Ready diagnostic assessments.

We will begin our Winter diagnostic the first week of January to determine our progress and to continue our strategic efforts with students to maximize their learning. Please reach out to your student's teacher if you have questions!

Emerson Equity






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 ***Diversity***. We consciously work to be inclusive and to embrace diversity. We approach the world with generous open hearts. We see people as people and not just as demographic groups. We know that not everyone is the same and we are thankful for that.

Blythe Young, Principal

From the Gym
Gary Niegemann

JANUARY

HEART HEALTHY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
I don't have time to exercise. WRONG! You don't have time NOT to exercise.		UNEEDPE	 ONE ARM PUSH UP	 TOWEL RACE	 Make a fitness resolution for the New Year.	
J og up & down the stairs 10 times.	T ry to do 25 push-ups with your hands on the edge of your kitchen counter.	H ow long does it take to do 100 jumping jacks?	<i>With the help of a parent, find out the number of fat grams you consumed today.</i>	Take your resting pulse 3 times today. Morning: _____ Afternoon: _____ Evening: _____	I nline skate or ride your bike for 20 minutes.	S kip a block, gallop a block, jog a block.
P actice stretching each time a commercial comes on TV. 	R ecord your heart rate before exercise: _____ 5 minutes after exercise: _____	<i>Find some stairs & work on different (safe) ways to move up & down.</i>	B low up a balloon & tap it into every room in the house. Can you do this 5 times in 2 minutes?	G rab hands with a partner & see who can touch the other partner's foot 10 times first.	J og around the block while raising & lowering soup cans in each hand.	K ick a rolling ball while running (jogging) for 5 minutes.
T ake a 30-minute walk with your family.	P lay a high-speed tag game in a safe place.	L ay a broomstick on the floor. How many times can you jump over it in 2 minutes?	<i>Find a partner. Use an empty plastic bottle as a pin & agree on a challenge, like 10 jumping jacks. See who can beat the challenge & knock down the pin first.</i>	<i>With a red or an imaginary jump rope, jump in place for 3 minutes.</i>	S how your family something you learned in P.E.	<i>Beat your block run time from last week.</i>
J og in place for 3 minutes.	D ance to 3 fast songs on the radio.	M easure off 100 feet. Practice sprinting this distance 10 times.	W ho in your family can do the most jumping jacks in 60 seconds?	G o cross-country skiing across your floor using towels.	P actice a sport you can play when you become an adult.	L ist three foods you consumed today that are heart healthy like orange juice, vegetables, etc.
F ind an exercise to do during your favorite TV show.	S et a record for running around the block.					

HOLIDAY HELP 2020

(Please read the directions carefully, you must apply and qualify for these services. These are not Everett school district services.)

Volunteers of America (VOA)

The VOA provides extra help for the holidays to low-income residents in the 98012, 98087, 98201, 98203, 98204, and 98208 area codes. To see if you would qualify and to apply see the website. <https://www.voaww.org/holiday-giving-program-2020>

The Northwest Salvation Army

The Salvation Army has an "angel" program where they gift clothes and toys to kids. Go to the website for more information and to fill out an application.

<https://saangeltree.org/>

Toys for Tots

Toys for Tots provides two toys/items for all kids. Those who receive TANF benefits should go through their DSHS office/social worker for guarantee. However, families can fill out the application online and they will know within 48/72 hours of their status but may be denied. Applications are open now and close 12/15. Go to the website for more information and the application at

<https://everett-wa.toysfortots.org/local-coordinator-sites/lco-sites/default.aspx?nPageID=100&nPreviewInd=200>

Dear Community Members,

Volunteers of America in partnership with community members, groups and churches would like to offer your family the opportunity to apply for the 2020 Holiday Giving Program. Holiday Giving has been a long standing tradition in Snohomish County and we hope that we will be able to help your family throughout the holiday season.

This year we will be accepting applications online at www.voaww.org or by phone (425)212-5342 beginning Friday, October 9th continuing until full.

Eligibility is based on income, family size and residing zip code. Currently we are only able to serve 98012, 98087, 98201, 98203, 98204 or 98208 based on our sponsors.

Depending on sponsorship, your family *may* receive a Christmas food basket, Christmas gifts for children, or a combination of items. Please be aware that *there is no guarantee that your family will receive sponsorship* even though we will make our best effort to find a sponsor match for your family.

Counseling Corner

Briana Smith and Hannah Sands

Hello Falcon Families!

Have you ever heard of a Feel Good Plan? A Feel Good Plan is something you can create so that each member of your family has a quick reference for when they are feeling out of sorts, escalated, or need to calm down! It is 3-5 strategies that work for each person. In my house, we post the feel good plans on the fridge for easy reference.

A good place to start a Feel Good Plan is with Breathing, and Positive Self-Talk.

Intentional breathing is one of the best tools we can use to calm our nervous systems in moments of stress. This could be counting, box breathing, rocket ship breathing, etc. Find the breath pattern you like best!

Positive self-talk could be tailored to the situation like, "This math problem may be tricky, but I have learned how to solve math problems before and can do it again!" You could also use a personal mantra for this like, "I am brave, strong, and kind."

Other things that could be included on your feel good plan include taking a walk, cuddling with mom or a pet, playing my favorite game, singing a song. Anything that personally calms you down!

Feel free to visit the "Falcon's Break Space" in the Emerson Student Body canvas page for more instructions on a feel good plan, videos of breathing techniques and more.

Welcome to Everett Public Schools

Virtual Play and Learn!

Children ages 0-5 and their caregivers can enjoy a story, sing along with fun songs and more! Pick up a monthly activity kit at your local library! Watch new weekly videos on your own schedule!

[P-3 Early Learning / Play & Learn \(everettsd.org\)](https://www.everettsd.org)



Supporting Students Learning at Home

The “Supporting Student Learning at Home” session is designed to provide Everett Public Schools families with an understanding of the i-Ready Personalized Instruction for Reading and Mathematics.

Families will learn:

- how the i-Ready Diagnostic is used to create a personalized pathway of instruction for every student
- ideas for motivating learners, monitoring progress, and supporting children when they need assistance
- tips and resources will be shared to support families in preparing for the next i-Ready Diagnostic assessment



When:

Wednesday, January 6

6-7pm PST

Register Here:

<https://bit.ly/3glB56V>

After registering you will receive a confirmation email containing information about joining the webinar.

Curriculum Associates

January is School Board Appreciation Month

The month of January marks the annual observance of School Board Recognition – a time to salute the work of school board members and celebrate public education. You can learn more about [board members online](#). You can also [watch past school board meetings](#) on the district's YouTube channel.

Delayed start or closed schools

If weather and road conditions call for closing school buildings, all learning will be cancelled, including remote learning. Remote learning must be cancelled because students who may be learning in the building may not have their devices at home, and teachers who have been working in the building may not have the equipment or resources to teach from home.

If we must cancel school or delay the start of school, we will use our parent communication system to call in the morning, typically around 5:00 a.m., with a brief message about the reason for closure or delay. We will also use local media and post the message on our website. **If there is no announcement about Everett Public Schools, school is on the regular schedule.** [Click for more information and resources on school closures or delays.](#)

In cases of inclement weather or other emergencies, please:

- check your email or phone for district messages
- listen for media announcements
- view the district's website at www.everettsd.org
- watch district [Facebook](#), [Twitter](#) or [Instagram](#) accounts


Safety tip line


Do you or your student have a concern about someone experiencing bullying or harassment? **Report it!** You can talk directly with your school's office or you can call, text or email your concern.


If there is reason for concern about safety on a designated walkway to school, call 9-1-1 immediately for authorized, quick help. We have strong partnerships with local law enforcement who share our interest in safe schools and neighborhoods. Student safety is a priority for all of us. Working together, we can help make our neighborhoods and schools nurturing places for students to safely learn and grow.

3 easy ways

Text or call

 855-637-2095

 1350@alert1.us

 <https://everett-wa.safeschoolsalert.com>

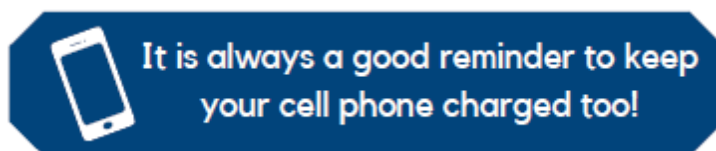
FOR
EMERGENCIES,
PLEASE CALL
911!

What to do if power goes out during remote learning

If you lose power or internet at home, please do the following, if possible:

- Contact your teacher or school to report the outage
- Continue to work on previously assigned learning activities
- Participate in on-demand activities if possible

It is difficult when things happen that are out of our control, and we thank you in advance for your patience and flexibility.



Upcoming “Let’s Connect” opportunities

There are three “Let’s Connect” opportunities in January, with more information on how to register coming soon.

- January 21, Budgeting Process and Finances
- January 25 and 28, Strategic Plan



Social & emotional health

The outbreak of COVID-19 may be stressful for people and communities. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children.

Everyone reacts differently to stressful situations. The emotional impact of an emergency on a person can depend on the person’s characteristics and experiences, the social and economic circumstances of the person and their community, and the availability of local resources. People can become more distressed if they see repeated images or hear repeated reports about the outbreak in the media.



Children react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared. Please visit the district’s [social & emotional health webpage](#) for more information.



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

Enero es el mes de apreciación de la Junta Escolar

El mes de enero marca el periodo anual de Reconocimiento de la Junta Escolar- este es un tiempo para honrar el trabajo de los miembros de la junta escolar y celebrar la educación pública. Puede enterarse más acerca de [los miembros de la junta escolar en línea](#). También puede [ver las juntas pasadas de la junta escolar](#) en el canal de YouTube del distrito.

Inicio tardío de clases o cierres escolares

Si el clima o las condiciones de los caminos están para cerrar los planteles escolares, todo el aprendizaje será cancelado, incluyendo el aprendizaje remoto. El aprendizaje remoto debe ser cancelado debido a que puede haber estudiantes aprendiendo presencialmente en los planteles que no tienen dispositivos en sus hogares, y los maestros que han estado trabajando desde los planteles puede que no cuenten con el equipo o con los recursos para impartir su enseñanza desde casa.

Si debemos cancelar la escuela o retrasar el inicio de las clases, utilizaremos nuestro sistema de comunicación para padres para comunicarnos en la mañana, típicamente alrededor de las 5:00 a.m. con un breve mensaje indicando la razón del cierre o retraso de clases. También utilizaremos medios locales y publicaremos el mensaje en nuestro sitio web. **Si no hay ningún anuncio de las Escuelas Públicas de Everett, significa que las escuelas estarán funcionando en su horario regular de clases.** [Haga clic para más información y recursos sobre los cierres o retrasos escolares.](#)

En los casos de condiciones inclementes del clima u otro tipo de emergencias, por favor haga lo siguiente:

- Verifique si ha recibido mensajes del distrito en su email o teléfono
- Este al pendiente de escuchar anuncios por los medios de comunicación
- Visite el sitio web del distrito en www.everettsd.org
- Vea las cuentas del distrito de [Facebook](#), [Twitter](#) o de [Instagram](#)

Línea de informantes para reportes de seguridad

¿Usted o su estudiante están preocupados de que alguien esté siendo víctima de bullying o acoso? **¡Repórtelo!** Usted puede hablar directamente con su oficina escolar o puede llamar, mandar un texto o un email con su reporte.

Si existe una razón de preocuparse por la seguridad en las áreas designadas para caminar a la escuela, llame inmediatamente al 9-1-1 para recibir ayuda rápida y autorizada. Tenemos una fuerte relación con la seguridad pública

local quien comparte con nosotros el interés de tener escuelas y vecindarios seguros. La seguridad de los estudiantes es una prioridad para todos nosotros. Trabajando juntos, podemos ayudar hacer que nuestros vecindarios y escuelas sean lugares que promuevan el aprendizaje y crecimiento seguro de los estudiantes.

3 maneras sencillas

Por texto o llame al

 855-637-2095

 1350@alert1.us

 <https://everett-wa.safeschoolsalert.com>

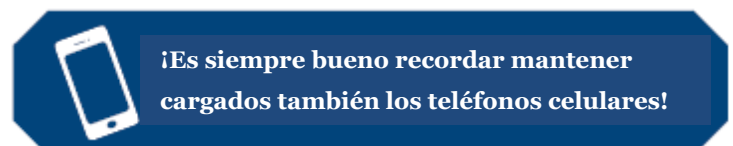
FOR EMERGENCIES, PLEASE CALL

911!

Para emergencias

Qué hacer cuando se corta la energía durante el aprendizaje a distancia

Si pierde energía o internet en casa, por favor haga lo siguiente si



Es difícil cuando suceden eventos que están fuera de nuestro control. Por eso le agradecemos de antemano por su paciencia y flexibilidad.

Próximas oportunidades de “Let’s Connect”

Habrà en enero tres oportunidades de “Let’s Connect”. Publicaremos más información sobre cómo registrarse pronto.

- 21 de enero, Proceso de Presupuestos y Finanzas
- 25 y 28 de enero, Planeación Estratégica



Salud Socioemocional

El brote de la pandemia del COVID-19 puede ser muy estresante para la gente y sus comunidades. El temor y la ansiedad sobre una enfermedad pueden ser abrumador y causar emociones fuertes en los adultos y los niños.

Todos reaccionamos diferente ante las situaciones de estrés. El impacto emocional de una emergencia en una persona puede depender de las características de la persona y sus experiencias, sus circunstancias sociales y económicas y su comunidad y disponibilidad de recursos locales. Las personas pueden llegar a tener más estrés si ven o escuchan repetidamente imágenes y reportes sobre la pandemia en los medios de comunicación.



Los niños reaccionan, en parte, en lo que ven de los adultos que los rodean. Cuando los padres o encargados de su cuidado están enfrentando el COVID-19 con calma y confianza, pueden proveer le mejor soporte para sus hijos. Los padres pueden ser las personas que traen más tranquilidad alrededor de ellos, especialmente en los niños, si están mejor preparados. Por favor visite [la página web de salud socioemocional](#) para más información.



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425-385-4000
www.everettsd.org

• 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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