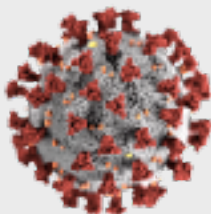


SMS Newsletter



COVID-19 Closure Memo #4

- MS Continuous Learning Plan
- Grade Level Specific Resources
- Two-Way Communication
- Counselors Notes



Stay Home...Stay Safe
Save Lives

COVID-19 Closure Phone
509.993.6886

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www.marywalker.org/sms

Today is the one month mark of our COVID-19 Closure. It is exciting to witness the success that our social distancing has had on decreasing the spread of COVID-19. Governor Inslee recently announced that all schools in Washington State must remain closed for the rest of the school year. This announcement did not end school but challenged us to develop distance learning opportunities for our students. This closure is our best chance to keep our community safe.

As a school, we believe families are our partners in supporting students to live happy, healthy, and fulfilled lives. The teachers and staff members have done an excellent job preparing a continuous learning plan to help guide our students and parents/guardians to the end of school. Below are the two primary options for our students:

Option 1: Summit Learning Platform (Online Access)

- Middle school teachers will continue to utilize and maintain the current online learning platform projects.
- Students are encouraged to complete mini-lessons(Power Focus Areas), content assessments, and projects online.
- Teachers will manage a feedback loop via the built-in tool of the learning platform app.
- Community hotspots(library, coffee shop, school parking lot) are available to help students access the Internet.

Option 2: Pencil/Paper Projects (Offline Use)

- Teachers will modify online projects or create new projects for students to complete at home.
- Each week, additional resources and activities to support the projects will be mailed home via US Postal Service and email to all students.
- Completed work can be texted, emailed, or dropped off at the district office for teachers.

It is our hope that all students will continue to make progress by complete the online or pencil/paper projects. Student online learning will continue to be monitored on the online learning platform at summitlearning.org. Additionally, we will continue to make weekly calls to students and parents. This reflects the school's focus on prioritizing lasting learning and the socio-emotional well-being of your child.

We are confident in the power of parents and caregivers to rally together to support students, even under the most challenging circumstances. During this time of uncertainty, we are here for all families as you look for ways to support student learning beyond the walls of the classroom. Please do not hesitate to call or text any of the middle school staff members. We are here to help support both students and parents.

Best Wishes,

Mr. Joachim

Brett Joachim, Principal

This is Mrs. J your school counselor! Before spring break you received a packet called a conflict management toolkit the last time packets were sent out. Sometimes when our regular schedules and routines are caught off balance we can get agitated or restless. It seems to be a great time to work on your social and emotional skills. This week I have attached a worksheet that discusses your most recent anger episode. I would like for you to write it down and walk yourself through this anger episode. After that I would like you to look at the last question and pick some of those tools that you can use in your last anger episode. I want to remind you to make sure you are taking care of yourself and your family around you. Also remember to continue doing school work if you can because it exercises your brain! I have been using duolingo(a language learning app) and reading to keep my brain in good shape! If you have any questions about this worksheet remember you can email me at jmedenwaldt@marywalker.org or text/call during school hours Monday-Thursday 509-598-1428.

I hope you have an awesome week!

Mrs. J, School Counselor

PS:

If you or anyone you know is going to harm themselves make sure you call 911.

National Suicide Prevention Lifeline: 1-800-273-8255

Supportive listening line: 1-877-266-1818



Anger Exploration Worksheet

Use this worksheet to explore and discuss a recent anger episode.

What happened that made me feel angry?

What other feelings did I experience?

- Sad
- Annoyed
- Guilty
- Stressed
- Jealous
- Scared
- Lonely
- Embarrassed
- Worried
- Other: _____

What thoughts went through my head?

How Did I Respond?

- Yelling
- Hitting or Kicking
- Throwing objects
- Name Calling
- Cursing
- Running away
- Slamming Doors
- Threatening
- Crying
- Other: _____

What ended up happening?

What was my consequence?

What Can I do differently next time this situation happens again?

- Use an I Feel Message
- Deep Breathing
- Walk away
- Tell an adult
- Count to ten
- Distract myself
- Other: _____

Hi everyone, I hope this newsletter finds you all safe and healthy. As the Mary Walker family continues through this difficult and challenging time, please remember we are here for you. Now that school is closed for the remainder of the school year, you may have some extra time to spend. Rather than ticking the days off on the calendar as they evaporate, how about learning something new? I'm not just talking about your schoolwork but a new hobby that you've always wanted to try. How about cleaning and organizing your space? These are things that often get pushed aside or away because there's never enough time in the day. Well, how about now? Using time in productive ways helps each of us feel a sense of accomplishment in reaching a goal. This is an essential concept in our mental health. Using time productively goes a long way in warding off depression, anxiety, and other stressors, it keeps our minds busy and thinking in forward motion even if it's a small or simple task. Remember that this time is temporary, and wouldn't it be great to start out the new school year with a clean slate, or room? Organized and in charge? Here are a few ideas to get you started.

- 1) Clean and wash the car.
- 2) Learn how to make friendship bracelets; kits are available to get you started.
- 3) Learn how to paint or complete that coloring page that's been sitting around your room.
- 4) Write a short story about how you're handling this time at home, good or bad.
- 5) Read, read, read.
- 6) Plant a garden/flowers.
- 7) Organize your craft, tool, or tackle box.
- 8) Search and apply for scholarships. Now that's time-consuming.

Regardless of what your future goals are, it's a good time to reflect on what they are and how you're going to complete them. Remember, it doesn't have to be life-changing goals, just ones that get you to the finish so you can tick them off your list instead of the days on the calendar.

I'm hoping you are all doing well and staying healthy! If you feel like it would be helpful to talk, I am here for you. My cell phone is 509-540-7554, please feel free to text or call, and we can set up a time to visit. You may also email me at sstephens-wilson@marywalker.org.

Springdale Middle School Tidbits

"Stay at Home, Stay Healthy"

District Phones and COVID-19 Line

The district phone system has been offline due to a technical issue. It looks like this situation may not be repaired until the end of this month; therefore, we have set up a district cellular phone as our temporary COVID-19 Closure phone line. Please call **509.993.6886**. Use this line to continue to reach out to the District with your questions, comments, or needs during this COVID-19 Closure! We are here for you and your family.

Meal Delivery

We are continuing to support our meal delivery program. This week, we serve 315 meal packets for a total of 3150 meals. Thank you to all the wonderful staff members who continue to help make this program possible.

Summit Learning

As of April 16th, 75% of the middle school students used the online platform in the last two weeks. Additionally, 43% of the students had taken a content assessment. This is an excellent example of our middle school student's engagement. Keep up the superb work. Please continue to logon to summitlearning.org to work on focus areas, checkpoints, and projects. Teachers are monitoring student work and using email and phone calls to help guide student progress.

Google Voice

The middle school teaching and support team have all been assigned Google Voice numbers. These numbers operate via a web-based app and work just like a cell phone. Please feel free to text or email any of the middle school staff with questions.

We hope to see you soon!

Springdale Middle School
Mary Walker School District #207
500 N 4th St, Springdale, WA 99173

Address: