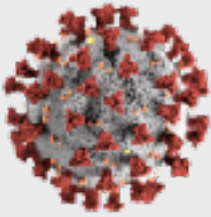


SMS Newsletter



COVID-19 Closure Memo #8

- Safe Start
- Continuous Learning
- Grade Level Specific Resources



Stay Home...Stay Safe
Save Lives

SMS CONTACT

Brett Joachim, Principal
wk. cell. 509.919.0538
bjoachim@marywalker.org

Jocelynn Medenwaldt, Counselor
wk. cell. 509-598-1428
jmedenwaldt@marywalker.org

Mary Sulgrove, Special Education
Google Voice: 786.383.0268
mlsulgrove@marywalker.org

Jo Moss, Math Teacher
Google Voice: 509.557.0423
jmoss@marywalker.org

Mark Edwards, History Teacher
Google Voice: 509.577.0216
medwards@marywalker.org

Heidi Smith, English Teacher
Google Voice: 509.557.0262
hsmith@marywalker.org

Jeff Boyd, Science Teacher
Google Voice: 509.557.0443
jboyd@marywalker.org

www.marywalker.org/sms

This week it is exciting to see that our country and state are starting to open back up. Governor Inslee just approved Stevens County for Phase 2 of the 'Safe Start' plan. This phase permits nonessential travel and allows businesses to start to reopen; this includes restaurants and retailers, nail salons, real estate, office-based businesses, and more. From the school's perspective, we are beginning to have some employees return to work on projects around the school and campus.

The middle school teachers and paras continue to connect with our students and families. They are actively monitoring Summit Learning, sending weekly materials home, and making phone calls to students. Please be sure to reach out to your child's teachers at any time.

Continuous learning can look different for our middle school students, as some students continue to work online, and others are completing the paper packets. We see that 63% of our students continue to work online at Summit Learning. Great job! Please keep up the excellent work. Students need to work on the checkpoints associated with their projects in each class, as the project is the primary evidence of their learning. I also want to encourage students to work on their power and additional focus areas. Students will notice that there is a new set of focus areas labeled as 'exempt.' The word 'exempt' is really the wrong word; these focus areas are the ones that the teachers would have taught during this COVID-19 closure. Please be sure to work to complete those focus areas too. Their due date is exempt; however, the content in these focus areas will significantly help you prepare for the next grade level. **Please complete all focus areas labeled as exempt.**

Last week was Teacher Appreciation week. Thank you to everyone who drove by the school for the parade. Both students and teachers enjoyed seeing each other as a safe social distance.

This is the 8th week of our COVID-19 Closure. I can assure you that every single teacher is greatly missing our students and classrooms. Hang in there, continue to do a great job

with your distance learning, and know that we are working hard to develop the best plans for next fall. Please be sure to reach out with any questions or comments.



See you soon,

Hi Everyone! I hope you are all enjoying the breaks of sunshine that we've been having lately. So, have you been "brain dumping" in your journals as suggested? I wonder, have you noticed any patterns yet? If not, don't worry; it takes time and practice. This week, I'm going to elaborate on a list from the Harvard Business Review on anxiety. Anxiety is not all bad. There are times when anxiety can be a good emotion and, of course, times when anxiety can be crippling. Here are a few ideas to think and talk your way to a better outlook when it comes to experiencing anxiety in any situation.

- **Walk Your Talk:** What would you tell your friend going through a situation that was highly anxious for them. What is your advice? Try following your own advice and see how your thinking changes about the anxious situation.
- **Tell More Stories:** We all tell ourselves stories. When presented with an anxious situation, we tend to believe our own version of the story, but we believe the most negative and extreme versions of them. Instead, try composing three different stories about the situation. Notice how your first story is usually the one with bias, lack of evidence, and offers the most tragic outcome. Now, try a story from the other person's viewpoint and look at all the evidence realistically, positive and critical feedback... remember to be honest with yourself. The last story should focus on the possible positive outcomes that might result from the anxious situation. Only positive wording should be included in the last story, including ways that you could learn from the situation.

Now, what you have just accomplished by doing these little exercises is called 'Taking a Pause.' Often when we slow down and take the time to re-think an anxious situation, we are able to calm our anxious brains down a bit. With practice, like anything else, this will become more of an automatic system that will serve you well in all situations you find yourself in.

That's my tip for this week. I hope you are all well and taking time to notice the beauty in Spring. Remember, I am here to talk with you, please text, email or call. I miss you all and would love to have a conversation.

Warmly, Miss Stefanie.

Springdale Middle School Tidbits

"Stay at Home, Stay Healthy"

The COVID-19 phone number is **509.258.4798**. Please use this line to share how we can continue to support your family.

Summit Learning

Be sure to log onto summitlearning.org to work on checkpoints, projects, and focus areas. Watch for classroom messages from teachers; this is a new feature within the learning platform. Remember, when working on a focus area, always take notes while you study the various resources. Also, be sure to use the check your understanding resource.

8th Grade Promotion

8th grade families and friends, please share some photos for the promotion video. We are looking for a baby picture, a few photos from your early childhood and middle school years. Upload them to the shared photo folder at:

tinyurl.com/8thPromotion2020

Slow Start!

Keep it safe and go slow as things start to open back up! We have done a wonderful job maintaining a safe community and want to be sure to keep it that way.

Need Resources?

Please reach out to anyone of the middle school staff for additional resources. We have various supplies, books and activities to share.

We hope to see you soon!