



One town  
One school  
One family

Mustangs  
PRIDE

Did you know?

**Monday - school hours:  
9:25-12:30**

**Tuesday - Friday school  
hours:  
8:25 - 12:30**

**Students are  
expected to continue  
assignments and  
learning at home in  
the afternoons!**

Don't  
FORGET

If your child  
is sick -  
stay home!  
A fever is  
100.4  
degrees.

**Mask and Face-Shield Policy**



According to the guidelines set forth by the DOH and OSPI, all students 5 years old and older, staff, volunteers, and guests must wear face coverings in K-12 settings.

If a cloth mask can not be worn, an alternative face shield may be worn instead. If the alternative cannot be worn, students will need to remain home and continue distance learning.



**ATTENDANCE**



**On days your students ARE scheduled** to be on campus, students are TARDY at 9:25 am on Mondays, and 8:25 am Tuesday - Friday.

**On days your students are not scheduled** to be on campus, please remember teachers will be communicating how your child(ren) are to check in to be counted present. If your child(ren) do not follow the steps presented to be counted present, the teacher will call. If the teacher can not reach the student/parent, it is noted and the school attendance secretary will call.

If at any time your child is not attending school (virtually or in person) please contact the school office.

**Student Engagement (doing and turning in work on a daily basis) is also part of attendance procedures - if your child is only checking in and not turning in work, it is considered an UNEXCUSED absence until the work is turned in. Students must remain engaged at home during this time of hybrid learning!**

## Strategies to help your child(ren) with Reading at home!

1. Read to them! Model good reading!
2. Have them tell you a story!
3. Listen to them read.
4. Ask questions about what they have read.
5. Turn on the closed captions on the TV.
6. Visit the library.
7. Read current news articles together.
8. Keep things real - make connections with their future options!
9. Allow them to read whatever they find engaging.
10. Have your child follow along with a book in hand and a book on tape!



## Help your student develop a growth mindset!

1. Read books with your child about characters who face challenges and develop strategies to overcome them.
2. Discuss differences in a fixed mindset and a growth mindset by finding alternative phrases - instead of "I'm no good at this," say "What else can I do?", or, "It may take me some time to figure this out!"
3. Instead of saying "Good job!" ask questions like "What made you think to do it that way?" "What could you do differently next time?"

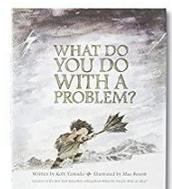
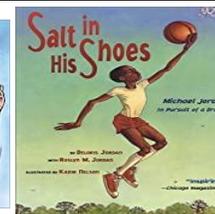
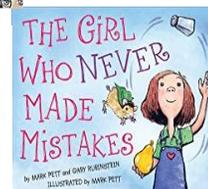
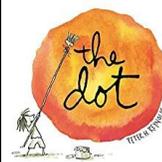
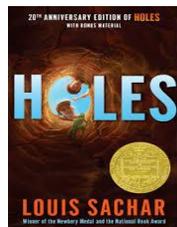
<https://www.lexialearning.com/blog/6-tips-help-students-develop-growth-mindset-classroom>

## Ways to help your child cope with stress as a student during COVID-19.

1. Validate their feelings of anxiety, sadness, and uncertainty. These feelings are normal.
2. Practice Self-Care. Get enough sleep, exercise, eat well...dance! Do puzzles! Hot baths and fragrant candles!
3. Don't judge yourself - do the best you can. Establish routines...take breaks...create separate work spaces. Recognize these circumstances are hard for everyone.
4. Help others - let them know they are not alone.
5. Find ways to manage disappointment - important events may not happen. It's ok to grieve those losses, but focus on honoring achievements! Celebrate!
6. Limit Social Media.
7. Focus on things within your control. Remember you can't control what others do.....focus on solving immediate problems.

Taken from "Coping with COVID-19-related stress as a student." article can be found at <https://www.apa.org/topics/covid-19/student-stress>

**LOUIS SACHAR**  
SMALL STEPS



## SELF-SUFFICIENT KIDS GROWTH MINDSET AFFIRMATIONS

- I can do hard things.
- I haven't figured it out yet. Nothing starts out easy.
- I can learn from hard things.
- It's OK if something takes time and effort.
- Trying new things is exciting.
- Mistakes are opportunities.
- It's OK to take risks.
- Effort helps me grow.
- Others' success shows possibilities for me.
- Questions help me learn.
- It can take time to improve.
- Lots of practice helps me improve.
- I try different strategies when challenged.
- I can learn anything.
- It's OK to ask for help.
- Struggling makes me stronger.
- I'm not afraid of challenges.

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