

One town
One school
One family

Mustangs
PRIDE

A note from the principal

Stress - I don't know about you, but stress levels are high...and they have been since this time last year. After all, our lives were turned upside down and all around when the COVID-19 aka "Rona" hit and shut down everything we knew to be "normal". So, as I reflect on the past year, I cannot help but ask others how they coped with life! Of course, I get various answers. Answers like - "I didn't! I'm stressed all the time." "I took one day at a time." "I drank alot...I slept alot...I worried..." Truth be told, I worried. ALOT. Coping has become easier over time and will continue to be as we learn to accept our "new normal." But, can we say we are using **healthy** coping skills? If we are not keeping ourselves healthy (physically and mentally) can we emulate healthy ways of coping to our children? Our children look to us for those examples. Our children are stressed. They worry. They are depressed. They miss their friends, and their lives "before the virus." Being a parent during this time is tough.....no doubt. I know you are doing the very best you can and know how to do....and the teachers and staff here at school are too. We are trying daily to be the example and teach alongside you healthy coping skills. Thank you for entrusting your children to us - for trusting us to do the best we can do to educate your students - and to help maintain a "norm". YOU ARE APPRECIATED, YOU ARE LOVED, & YOU ARE AMAZING! ~ Dr. Hunt



ATTENDANCE

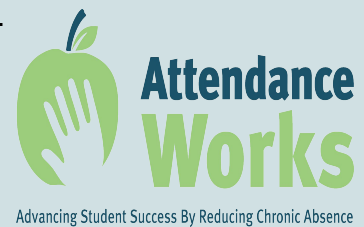


Facts

- Participation in early education programs, like preschool and Head Start, lead to better attendance in kindergarten.
- Starting in kindergarten, missing 10% of school (or just 2 days every month) can make it harder to learn to read and cause children to fall behind in school.
- Good attendance, whether class is held in person or remotely, can help children do well in school, and eventually in the workplace and in college.



February attendance stats:
Elementary - 92%
High School - 87%



Strategies to help parents cope with stress.

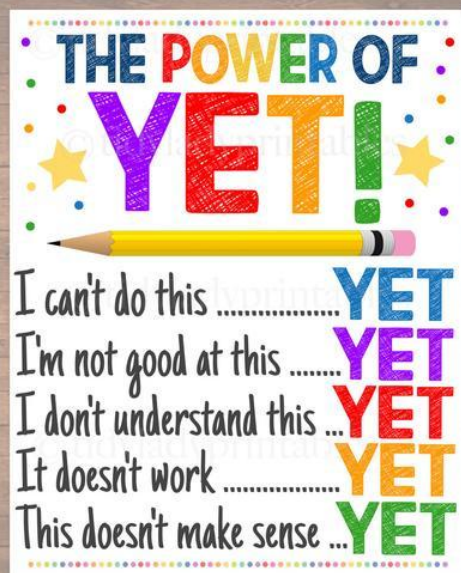
- Take care of yourself. Eat healthy, exercise, get plenty of sleep, and give yourself a break if you feel stressed out.
- Talk to others. Share your problems and how you are feeling and coping with a parent, friend, counselor, doctor, or pastor.
- Avoid drugs and alcohol. These may seem to help, but they can create additional problems and increase the stress you are already feeling.
- Take a break. If news events are causing your stress, take a break from listening or watching the news.
- Recognize when you need more help. If problems continue or you are thinking about suicide, talk to a psychologist, social worker, or professional counselor.

Strategies to help your children cope with stress.

It is natural for children to worry when scary or stressful events happen in their lives. Talking to your children about these events can help put frightening information into a more balanced setting. Monitor what children see and hear about stressful events happening in their lives. Here are some suggestions to help children cope:

- Maintain a normal routine. Helping children wake up, go to sleep, and eat meals at regular times provide them a sense of stability.
- Talk, listen, and encourage expression. Listen to your child's thoughts and feelings and share some of yours. After a traumatic event, it is important for children to feel they can share their feelings and that you understand their fears and worries.
- Watch and listen. Be alert for any change in behavior. Any changes in behavior may be signs that your child is having trouble and may need support.
- Reassure. Stressful events can challenge a child's sense of safety and security. Reassure your child about his or her safety and well-being. Discuss ways that you, the school, and the community are taking steps to keep them safe.
- Connect with others. Talk to other parents and your child's teachers about ways to help your child cope. It is often helpful for parents, schools, and health professionals to work together for the well-being of all children in stressful times.

Help your student develop a growth mindset!



REMINDERS

★ ★ ★
March

Did you know?

MARCH 8TH - SCHOOL HOURS ARE EXTENDED UNTIL 3:00 PM.

Pandemic EBT is in the works! Look for information from Mrs. Corcoran regarding the changes this year.

The end of the 2nd Trimester is Friday, March 5th.

Parent/Teacher/Student led conferences are March 12th.

Volleyball games:
3/2/21 @ Selkirk
3/5/21 @ Cusick
3/6/21 @ home vs Republic
3/9/21 @ Curlew
3/11/21 @ home vs. Inchellium



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.

Season 2 Sports practices begin March 15.
Baseball/Softball and Track!

Archery Club (Elementary) - Awards ceremony mid-March! Look for more information.

Our current school day times are:

Monday's - 9:25-1:00

Tuesday - Friday - 8:25-1:00

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

The Northport School District plans to extend the school day to 3:00 pm on Monday, March 8, 2021. This is the first day of the 3rd Trimester. Please make a note of it!