Learning at Home Special Edition
We continue in these extraordinary times to wish you and your family well. The two things we feel we can do to help your family most is to stay connected and to make learning at home effective for your student.

Please continue to check our Bellevue School District Resources webpage for additional services and community resources to help your family through this challenging time.

HIGHLIGHTS of the DETAILED NOTES BELOW

Make Stress an Ally—Our students can turn much of their stress from a Fear Response that can derail their learning to a Challenge Response that can boost their learning. Learn below how to help them make that transition.

New Learning Begins at Home—This week we move our home learning from establishing connections to engagement in learning, evaluating how students respond to content and approaches, and measuring outcomes from lessons. Learn more below.

Attendance Plans for Next Week—Ensuring that all students are connecting to lessons will continue next week. See details below.

YES Continues Mental Health Support—Our community mental health partner, YES, continues to support students. Learn below how to access support.

Newport Renovation Planning Kicks Off—See details below of our first planning meeting for the expansion and remodeling at Newport and what you can expect in the coming weeks. Thank you for supporting the School Bond measure that will fund this project. See more below.

KCLS Expanding Collection—Our county library system is expanding digital services. Check out their plans below.

Brief NOTES & NEWS

Next Week’s Schedule Remains the Same
Class sessions will follow the schedule below during the week of March 30 to April 3.

- **Learning opportunities** for the day will be **available by 8 a.m.** so that families **know when they can expect access** to these resources (this could mean posting in OneNote or Teams, copied and mailed to students, sent via email, etc.).
- Learning Opportunities for this week may include new materials and learning for students, beyond review of previous learning.
- Students are expected to contact their teachers and to begin completing the learning opportunities that are provided.

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<th>Monday</th>
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<tr>
<td>9:00 – 10:00am</td>
<td>1st Period Resources</td>
<td>3rd Period Resources</td>
<td>Look for any additional Resources from Periods 1-4</td>
<td>5th Period Resources</td>
<td>7th Period Resources</td>
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<td>10:00 – 11:00am</td>
<td>2nd Period Resources</td>
<td>4th Period Resources</td>
<td>Look for any additional Resources from Periods 5-0</td>
<td>6th Period Resources</td>
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**AP Review Sessions Online**
Use this link to access online classes and review sessions for AP exams. Students can access this YouTube channel on their district devices. These are a resource for students. Some Newport teachers may use these for assignments, but students also may access them on their own.

Learn more about how the College Board will adapt this year’s testing in response to the Covid-19 outbreak.

Also, attached is a summary from Bellevue Schools of guidance for AP students.

**Technology Details Coming**
Our district technology team plans to communicate directly to families next week about how we connect with students for their well-being and learning.

The team message, which includes a video that explains the technology, will discuss what tools and features students can access (including new ones opening up now) and how we are working to build connection and learning at home.

Watch for their email communication directly to you, which will contain the video link.

**Shared Tip for Using Cell Phone Alarms to Help Students Connect**
A family in our community shared this week their strategy for turning cell phones into learning resources. To help students establish new routines for learning at home, the family set up phone alarms with the following cues:
1. Check Teams.
2. Check OneNote.
3. Check for emails from teachers.
4. If anything is assigned / suggested by teacher then work on that.
5. If not, ask parent for a research/activity idea (Ted Talks, Science/History videos, Duolingo, etc). This last step was designed to establish the routine for a learning block-of-time for when the teachers begin sharing lessons.

**Assistance for Families**
Ah-Sim Aldridge, our Counseling secretary, continues to organize food, clothing, and other supports for daily living for Newport families that need help. Contact her directly to access services from our Family Connections Center contacts and resources.

We will send food vouchers this week to families who previously asked for help during school breaks. If you know of any Newport families that cannot leave their homes (are quarantined) and can't afford food, please send their names to Ms. Aldridge.

**Free Food Service Now Available for Pickup at Sammamish or 31 Neighborhood Locations**
See attached flyer for details of food pickup options for any families that need food support. The Sammamish curbside pickup will continue. Now we will add buses that will deliver food to 31 neighborhood locations. See the attached flyer for details in English and Spanish. Children do not need to be enrolled in regular district food support programs, but students must be 18 years or younger.

**Connect Now through Knightlife, Our Student Newspaper**
The Knightlife newspaper staff is hoping you and your loved ones are doing well.

Please check out Knightlife newspaper's March edition on the school's website.

Also, if you have any ideas for our upcoming April or May edition, please do not hesitate to email them to any of our editors or newspaper staff or our faculty advisor, Mr. Glowacki.

**Wi-Fi Hotspots & Laptops Available**
Laptops and internet hotspots can be checked out from the district's Technology Office at Sammamish High School. Students also can receive tech support at the Technology Office or, via email and phone, from our help desk at parentsupport@bsd405.org or in person at Sammamish High School.
Can You Transform Stress into a Learning Ally? Can Your Student?

Ask yourself a simple question: “Which statements do I believe?”

**Stress is Harmful:**

- Experiencing stress depletes my health and vitality.
- Experiencing stress debilitates my performance and productivity.
- Experiencing stress inhibits my learning and growth.
- The effects of stress are negative and should be avoided.

**Stress is Enhancing:**

- Experiencing stress enhances my performance and productivity.
- Experiencing stress improves my health and vitality.
- Experiencing stress facilitate my learning and growth.
- The effects of stress are positive and should be utilized.

Decide what you think, and then ask your student the same question.

What you and your student **believe about stress determines which of the mindsets above is true** in your life.

For more than 40 years, health experts have warned that stress harms our health. Recently science has uncovered a difference between the stress caused by **responding to fear** and the physical changes our bodies go through when we **prepare for a situation that we expect to challenge** our abilities.

Using this science and a simple reset of our beliefs about stress, we can transform much of our students’ daily stress into sharpened mental and physical abilities that help them succeed.

Take a few moments this week to **talk about stress with your family**. Assess what you and your students currently believe. There isn't a wrong answer. It's just **important to think about what you now know and believe**.

Over the coming weeks, we’ll detail the **science that supports challenge stress as a genuine asset** and how your family can **transform this basic evolutionary skill into a 21st Century asset**.
Get Ready to Learn; Content Switches This Week to New Material
Learning at home will transform this week from establishing connections to engagement, response, and outcomes.

Our call to action shifts this week. We will continue to reach out to any students not connecting effectively. Teachers also will move to new content and adjusting their learning strategies.

At the same time, teachers will move into determining how we will know if students are learning. We want our students not simply showing up. We will continue to hone our approaches, tools, and skills to ensure that students are directly engaging with the learning materials and growing their knowledge and abilities.

We also will collect feedback from families and students through surveys that the district will conduct.

Establishing a New Classroom Environment
One of the keys to learning remotely remains the same as classroom learning. It’s the expectations that students have of one another’s behavior that frees them to fully participate in learning. Your conversations with your student can help them to understand that these behaviors still matter:

- how we ask questions and engage in discussions,
- how we deepen learning through demonstrating our knowledge to others, and
- how we work in smaller groups.

Attendance Plans for Next Week
In the coming week, teachers will take attendance in Synergy (the student record database). Students will have until the end of the day AFTER the class period that was announced in our schedule.

Our staff will follow up via email and phone with students and families that do not connect within that time. If we do not reach the student or family, we will forward names to counselors and administration for additional outreach.

This attendance is NOT an accountability measure. We will use it to identify students we haven’t been able to connect with through Microsoft Teams. We must figure out what support they need to connect.

If family constraints or access limitation keep students from connecting with the lessons according to our schedule, please discuss your schedule with the teacher. Our goal is to connect with EVERY student.

Three key connections will tell us if students are engaging:

- **Live Interaction**—Microsoft Teams
- **Work Completion**—OneNote, Forms, Padlet, Kahoot, etc.
- **Direct Communication**—Email (copied to parents), one-on-one Teams calls (Teams can dial a phone as well as reach your student's laptop)

![Bar chart showing communication methods](chart.png)

We surveyed staff this week to assess how connections with students happen. You can see the results above, which show that Teams, OneNote and Email dominate.

**Mental Health Partner Continues Services Remotely**

During this crisis **YES will continue critical programs and services in responsible, creative and flexible ways** to serve children, youth and families struggling with mental health and substance use challenges.

- On March 17, YES **closed their physical office locations**.
- The week before closing locations, clinical executives and staff set up **TeleHealth, a confidential, web-based video technology**, to deliver evidence-based mental health and substance use services and programs to clients virtually.
- Using this technology, young people and families can **attend appointments using a phone or tablet** from the safety of their own home.
- YES also uses this technology to reach young participants in community-based education and prevention programs.

These services are more critical now than ever as young people in our community are experiencing isolation, anxiety and other challenges related to the virus outbreak.
Planning for Newport Renovations Begins

Despite the challenges of our current situation, the core advisory group of 15 members met online this week to begin planning the expansion and renovation of Newport High School. This group will give general direction to the architects, who also will reach out to our broader learning community on specific issues and areas of the building.

“This group establishes the narrative for what we want to accomplish with this project—what ingredients do we need, what do we want the building to feel and look like,” says Kevin Flanagan, the project’s lead architect from NAC Architecture. “From the big spaces to the micro spaces, all the way to the furniture, the science of learning—neuroscience and education science—will guide how we design the space.

“We know so much more about how teens learn since the time when we attended high school. Lecture and reading no longer dominate learning,” he says.

We know that educating students for the 21st Century workforce requires less content knowledge. Employers want students to acquire a set of skills and a basic knowledge that allows them to work together, solve problems, and create.

We will create spaces for students to work in groups, practice skills, and demonstrate their knowledge as they learn and practice these workforce skills:

- Analytical thinking and innovation
- Active learning and learning strategies
- Creativity, originality, and initiative
- Technology design and programming
- Critical thinking and analysis
- Complex problem solving
- Leadership and social influence
- Emotional intelligence
- Reasoning, problem solving
- Systems analysis and evaluation

Watch for more news as we move forward. We will keep our community posted through each step of the design and construction.

VISIT YOUR LIBRARY ONLINE!
Library Offering New Learning Materials

The King County Library System (KCLS) is increasing its investment in eBooks and audiobooks in response to the COVID-19 crisis. The increase allows greater choices and online access to items at a time when residents are confined to their homes due to public health mandates.

KCLS already was ranked second in the nation and third in the world in circulation of digital materials. New investment in more digital items will cost an estimated $350,000 beyond what is already budgeted, reflects KCLS' continuing commitment to offering universal access to library resources and materials.

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