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

As always, we are thinking of you here at Newport. I say "here" even though our building sits vacant. I think of Newport as our learning community; the building just gives us a place to meet. We will meet there again soon. Meanwhile, the Newport staff wishes you and your family good health and an enjoyable time together next week for Spring Break. --Dion Yahoudy

Just a Few Notes Before Break!
Our state’s education leadership has directed us to keep our school building shuttered through the end of the school year. Now we know and we can plan to move forward.

We all tiptoed around the possibility for weeks, hoping that we would see our students again this year. We didn’t want to even think about our seniors losing treasured opportunities and celebrations that come with one of life’s biggest milestones.

Like you, our hearts ache with disappointment. We miss our students terribly. We miss everything about them: the noise, the chatter and laughter, the constant activity, the unexpected and uncomfortable questions, the keen insights, their humor, the antics, the insights, the breakthroughs, the chaffing for independence, the fresh creativity, and on and on endlessly.

You can read more about the state announcement here.

Now We Know
Now that we know, we have specific challenges to meet. I’ve detailed a few below NOT because these are most important. These are the places where I can offer you either inspiration or information that you might use during break.

Here’s What I’ve Been Told
With the state closure announcement, our Bellevue School District released a statement (find full statement). Right now, I don’t know much more than this. What I do know is below.

Bellevue School District remains firm on these points:

- Refining and improving our learning plan knowing that we will finish the current school year with home learning.
- Supporting academic success of all our students so that no one is left behind, including student-by-student outreach as necessary. This includes our graduating seniors as they make the transition to their next steps in life. We will find appropriate ways to celebrate this milestone in their lives. If your student needs help, start with your teacher and then contact your counselor if you still need help. Support staff throughout the district have been
reassigned to contact students directly to ensure that they are accessing lessons and progressing with learning.

- Providing critical support to families, including meals and technology support. We want our families to be nourished both nutritionally and educationally.
- Working collaboratively with our labor partners, including the Bellevue Education Association in designing and implementing learning changes in response to COVID-19.
- Awaiting information from state authorities on whether school facilities will be open to provide summer school.

**Learning After Break**
A week from Sunday, I'll send news about learning for the week of April 20. I expect it to be much the same as this past week:

- Teachers will use assignments and interaction with students to determine 4th-quarter grades. We will have a decision soon from the state superintendent of schools about the nature of those grades. Many colleges and public schools across the country already have decided on pass/fail grades. Our Bellevue grades will follow any guidelines issued by Washington State.
- Students will receive outlines and lesson information before 8 AM each day.
- The weekly schedule should be similar. I will send that in our next edition (a day or two before break ends).

**Take Action at Home; Help Your Teen Acknowledge Losses**
While every family and culture follows its own pattern in grieving losses, I want to be sure that you talk about grief with your teens this week.

It's painful, but pushing grief away won't work. It will just bubble up somewhere unexpected and likely more hurtful. Teens need to express how they think and feel about what has been taken from them. What they need most from us is patient listening. We don't have to know what comes next.

The global pandemic has left behind a world-wide wave of grief. Many of us have lost loved ones. Those wounds cut deepest. But all of us have lost something.

Our teens need to recognize their losses so that they can move past them to rebuild. Your teens may be lucky enough to avoid the worst consequences of the Covid-19 crisis, but grief is relative for each of us. A loss is a loss.

I’ve attached a short, but excellent, article on grief, “That Discomfort You Are Feeling is Grief,” that I encourage you to read and share with your teen. I also attached slides that we shared with our staff that may provide additional insight into processing grief.

If we help our teens to acknowledge the grief that comes with their losses, the recovery process can begin and your teen can bounce back stronger. As I describe below the work before us, you will see the role your teen must play in the best outcomes for them and their peers. Help them be energized and ready for these challenges.

Grief will take longer than our nine-day break, but helping your teen acknowledge what they have lost will get them started on the road to recovery.
If you need help, please contact one of our district resources:

- Newport High School Counselors
- Youth Eastside Services YES
- Nursing & Mental Health Helplines
- BSD's Senior Question & Answer page, “Your Health” section
- Therapy Referrals from your private insurance

Building Creative Celebrations
When we wrote the vision, “To affirm and inspire each and every student to learn and thrive as creators of their future world” in our strategic plan, we envisioned pursuit of careers, relationships, families, and a fulfilling adult life.

That goal for each of our students has taken on new meaning. School and graduation will come out of this crisis forever changed. In a town hall meeting with seniors and their families this week, Dr. Duran invited our students to step actively into creating that change.

“Following Spring Break each building will engage seniors in brainstorming and planning, allowing them to be Creators of Their Future World. Graduations at each building may look different, based on the needs and desires of the seniors and their families,” Dr. Duran said.

Senior Town Hall Notes-Click here for a Questions & Answers page that covers all the material addressed in the town hall meeting this week. Click here for the video on U-tube. Health, grades, ceremonies, athletics, clubs, graduation requirements are some of the topics discussed.

Save the Date for Newport-Specific Event
Save the date for Newport’s senior class town hall meeting. Invitations will be coming soon for the Tuesday, 04/21/2020, virtual meeting from 3 to 4 PM.

At the meeting seniors will begin creating new ways to celebrate at Newport their academic and personal accomplishments at this milestone in their lives. While responsibility was offered to seniors, I invite all our students to listen in.

It is my hope that the collective creativity of our community can inspire new celebrations that we would never have imagined before. Watch the recording (at 18:34 minutes) of Dr. Duran’s town hall to see some of the ideas generated around the globe—from robots bearing the faces of graduates to drive-in theater gatherings with drive-through congratulations for each teen.

Graduation traditions have changed little for decades. Now, they may change forever with ideas from our bright and inventive Knights.
Check out what our seniors launched this week:

**Latest AP Exam Updates from College Board**
I’ve attached the latest news from the College Board about this year’s AP exams.

Students can contact studenthelp@bsd405.org for tech assistance. Students and families can e-mail questions to api@bsd405.org

We also learned that AP Calculus students will not need to use a calculator and if they choose to use calculator they can use any device.
ASB Elections Delayed Until after Break
We decided to reschedule the ASB Exec Board Elections until the week following Spring Break. Campaign week and elections will take place the week of April 20 – 24. See details below.
NHS Counseling Website Updated With Resources
Check our Newport website for a new posting of resources and connections for families and students.

Look Around to be Sure Every One of Our Families Has Support
Please check around among your student’s friends and classmates to be sure everyone has food and other essentials.

In households where the virus has hit or others where jobs were lost, we want to help. These families need our support and our teens need to know that our community looks after its own.

While I believe that helping others is simply the right thing to do, the truth is that research shows that the giver of aid benefits tremendously from the gesture. Teens especially can feel a sense of control and safety when they tend to those around them.

Your teens will benefit if they find a way to check on neighbors and friends. Perhaps they can knock on the door and then stand back ten feet with a, "We just want to be sure that you and your family are okay. If you need help, can I call someone for you."

Another lesson they will learn is that it is okay to rely on the kindness of others when you need help.

If you aren’t comfortable checking directly with a family that may need help, please let our Counseling department secretary, Ah Sim Aldridge, know who may need help so that she can follow up.

Here’s a quick summary of some of the services available:

- Meals for kids & teens
- Limited home delivery by Jubilee Reach is possible for families that cannot pick up these meals. Contact Ah Sim Aldridge.
- Check the district resources page.
- See repeated below more resources from previous issues.
- Learn more about how our community has stepped up support for families and students on the district’s “Helping Our School Community” webpage.

Feedback Please
Whether your feedback is positive or disappointed, please let us know so that we can continue to improve. Take five-minutes for the district’s most recent survey.

We learned from the Week 1 survey, which indicated a rating of 3.47 stars out of 5. Please help hold us accountable for the best support possible for our students.

Survey details attached in English, traditional Chinese, Spanish, and simplified Chinese.
Showing gratitude for our outstanding community and all those who are stepping up.

Questions about how people can help? [https://bsd405.org/how-can-i-help/](https://bsd405.org/how-can-i-help/)

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<th><strong>$5,500</strong> of art and school supplies for students who need them at home</th>
<th><strong>Over 1,100</strong> hygiene essentials kits</th>
<th><strong>Priceless!</strong> Recognition of our frontline workers</th>
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New Mental Health Resource Offered
A new Coronavirus Online Therapy [website](#) was created to match essential workers (listed below) with licensed therapists. The therapists are offering a minimum of four teletherapy sessions either free or low-fee (up to $50/session).

**Essential workers served by Coronavirus Online Therapy:**
- Nurses
- Doctors
- Hospital & urgent care staff (medical & administrative)
- Birth doulas
- Providers of home health services
- Hospital clergy, whether paid or not
- Staff members of shelters (homeless, DV, etc)
- Truck drivers
- Employees of grocery stores
- USPS, UPS, FedEx and other parcel delivery employees
- Garbage collection employees
- News & media employees
- Employees of grocery stores
- Gas station attendants
- Mass transit & airline employees
- EMTs
- Firefighters
- Paramedics
- Law enforcement
- Military
- Social workers and therapists in residential treatment centers or hospitals
- Workers in child welfare agencies
- Pharmacy employees
- Utilities and telecommunications workers

**RESOURCES for FAMILIES & STUDENTS**
(Repeated from previous editions.)

**Bellevue Schools Foundation Supported Mental Health Support for Students**
Learn more about the Signs of Suicide program and the related high school mental health curriculum through the [Mindwise parent portal](#).

**Help Our Students Succeed; Foundation Move Spring for Schools Event Online**
In order to help protect the health and well-being of our community, the Bellevue Schools Foundation has made the difficult decision to cancel the annual Spring for Schools luncheon on May 1st. Our Spring for Schools is now an [online campaign](#).

In addition, Angel Donors have stepped up to offer a matching pool for donations of $1,000 and above. Your $1,000 contributions will be doubled thanks to their generosity.

[Learn more](#) on the Foundation website.
The developments around COVID-19 have put our most vulnerable students and families at risk. The Bellevue Schools Foundation has been asked to release $50,000 for emergency food for 3,500 students who normally rely on their school for nutritious meals.

Additionally, the Foundation is paying for counselors that are providing virtual and phone counseling to secondary students facing anxiety and depression. Please donate in any amount today at [http://www.bellevueschoolsfoundation.org/donate/](http://www.bellevueschoolsfoundation.org/donate/). Thank you in advance for your support!

**District’s Nursing Hotline Available Now 425-456-4444**
(available in English, Spanish and Chinese)
Get answers from Bellevue School District Nurses

- Information on Covid-19
- Finding health resources
- How does it work?
  - Call 425-456-4444
  - Talk to a nurse Monday through Friday from 9 AM to noon. You can leave message too.
  - After hours messages will be returned within one business day

Nurses are here to help as we "Stand Together, Stay Apart."

**District Updates Food Service Support**
See attached flyer for all the details on meals available to students under the age of 18. Parents/guardians can pick up these meals for their students.

**Hot Jobs! State Resource Lists Current Opportunities**
See the attached resource from Washington State's Work Source for employment opportunities in these uncertain times.

**Library Offering Learning Resources & Activities**
Click here to learn about the support that our King County Library System is offering to families.

**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.

**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.

**Help Your Teen Weather Physical Distancing**
The Chair of Seattle Pacific University’s Department of Clinical Psychology belongs to our Newport Learning Community. As a **clinical psychologist specializing in adolescent mental health**, (especially depression, anxiety, self-injury, and suicidality), she offers the **attached summary** of **ways to support your teen** through the **feelings of isolation** that accompany Stay at Home & Stay Safe.

[Click here for the Uplift website](#), where the guide was developed.

Bellevue School District 405 would like to continue connecting with you via email. If you prefer to be removed from our list, please contact Bellevue School District 405 directly. To stop receiving all email messages distributed through our SchoolMessenger service, follow this link and confirm: [Unsubscribe](#)

SchoolMessenger is a notification service used by the nation's leading school systems to connect with parents, students and staff through voice, SMS text, email, and social media.