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. You also will find many links at the end of this newsletter.

Welcome Back from Spring Break
At least the sun was on our side. We enjoyed some lovely weather last week. I hope you and your students were able to enjoy the cheery warmth. Most importantly, I hope everyone stayed well.

Our teachers and students took a break last week, but that didn’t stop the education world from turning.

As promised, below is a quick rundown of the news from this week, starting with learning plans and schedules for this coming week.

Learning plans for our Knights this week
See attached a condensed copy of the information Dr. Duran sent Thursday. It details the schedule, grading plans, attendance, etc. Students will still receive information directly from teachers that details learning plans and expectations for the day or week.

Have You Taken the First Step Toward Helping Your Student Tap the Upside of Stress
If you haven’t had a chance to see the Upside of Stress video with Stanford professor Kelly McGonigal, I urge you to take 15 minutes to watch it with your student.

I think you’ll agree that our students can tap this new science for an edge in their endeavors. Even more, with this new mindset about stress, your student can learn to enjoy challenges without the downside of stress.

We can teach our students how to convert stress from a debilitating drain to a new mix of biochemistry that literally makes us stronger physically and mentally.

Knight Senior Class Meeting Tuesday
Planning begins Tuesday, 04/21/2020 for the activities that will celebrate the class of 2020’s accomplishments. Click here to find complete details for the meeting, including how seniors and their families can submit questions.

Everyone is welcome, but seniors in particular should see the details of Dr. Ivan Duran’s town hall meeting with senior families last week. He answers many of the questions on everyone’s mind.
Now, with Tuesdays senior class meeting at 3 PM Tuesday (click here for the Teams meeting link), our students will share ideas about how they would like to celebrate.

**Graduation Requirement Decisions from our State**
Click here for a Seattle Times article that details the State Board of Education’s decisions on limited waivers of graduation requirements for the class of 2020.

**Spring Sports Fee Refunds**
Now that we are certain that the spring sports season has been cancelled, we will refund all spring sport participation and transportation fees to families. Families do not need to contact anyone to initiate the refund, but it may take several weeks to process all refunds. Thank you for your patience.

**We Need Family Feedback on Home Learning**
Attached is the family survey information that we sent last week. We need input from families. You are the ones witnessing the learning at home.

**Which Student Elections Will Occur**
Elections for ASB officers will take place this week (see schedule below). We must have those in place to plan for next year. Those students also must oversee the ASB funds.

Club elections must wait until the new school year. No electronic elections will be allowed for clubs because it may exclude some students from the opportunities. Students can learn more from the athletics and activity advisors.

**Senior Families Must Submit Diploma Decision**
No later than Wednesday, 04/22/2020, senior families must contact Newport Office Manager Shelley Anderson if they wish to change how their student name appears on their diploma. Families received a detailed email about this last Tuesday.

**College Board Announces Testing Details**
The College Board plans to provide weekend SAT exams every month through the end of the calendar year, beginning in August, BUT ONLY when public health officials announce that these gatherings are safe.

The plans include a new administration in September and the previously scheduled 2020 tests on August 29, October 3, November 7, and December 5.
Students will be able to register for these exams beginning in May 2020. The College Board will communicate directly with students when the exact date for registration is available.

Eligible students will be able to take the exam with a fee waiver. Fee waiver information will be available from the College Board or your Newport counselor.

Students who were registered for June 2020 and those in the class of 2021 who do NOT have SAT scores will have early access to registration for the August, September, and October 2020 exams.

You can learn more on the College Board website. Remember that all SAT exam decisions are made by the College Board. Newport administers these exams on behalf of the College Board as a service to students.
RESOURCES for FAMILIES & STUDENTS

(Repeated from previous editions.)

NHS Counseling Website Updated With Resources
Check our Newport website for a new posting of resources and connections for families and students.

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/. 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.

**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

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