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.

Our Teens at a Crossroad; How We Can Set Their Path
These first months of the pandemic produced a whirlwind of practical concerns that kept our minds busy and our emotions set aside. Now, even the most optimistic of us feel the heaviness of loss settling on us—most of all, our students. The weight makes it impossible to avoid grief any longer.

We sent you off to spring break with a brief overview of the grief process so that you could watch for the signs in your teens.

I want to wish for the magic to deliver teens quickly through the denial, anger, bargaining, and sadness for their losses. I can’t do that. Neither should you try.

We need to help our teens acknowledge what they have lost and how they feel about it. That’s the only way that they will put the shadow of this time in human history behind them.

How We Can Grief Meaning for Our Students
I do believe I can do one thing to help you and your students in another way.

The final stage of grief—calm that comes from acceptance that this will pass and that there are many things in life that we can’t change—brings our teens to a crossroads that will shape the rest of their lives.

I know that students must have the learning and credits that they earn in high school. I’m working hard every day to see that your students get as much as possible from these final weeks of the school year. I don’t want to belittle that in any way.

The One Lesson Teens Must Learn
There is something, though, that I know will have a bigger impact on their future. We must teach our students that the world throws challenges at us throughout life, but we should not—no, cannot—feel like hapless victims.

I think of resilience as our internal sea captain:

- She’s knowledgeable—she understands sailing, the seas and the weather.
- He’s informed—he watches for changes and signs of danger.
- She’s a problem-solver—she navigates around obstacles, changing course as necessary.
- He’s a leader—coaching and supporting those around him.
With resilience and vision, our teens can **come through this challenge ready to take on roles as leaders, first-responders, teachers, and citizens who know how to navigate challenge.**

**Rethink Stress: What Brings Meaning to Your Life?**
I hope you will join me in our extra-curricular efforts to give our teens a gift. In years to come, I want them to look back on this year as a time that life changed. They lost many of the high school experiences that they looked forward to enjoying with you, us and their friends. At the same time, they **gained the knowledge and confidence in their own ability to navigate life's challenges.**

One of the first exercises in our “**The Upside of Stress**” project invites us to reflect on what matters to us. That exercise takes on a much greater significance in our current circumstances.

Stanford professor Kelly McGonigal points out that we can’t have a life that matters to us—that has purpose and value to us and those we love—without the stress that comes with caring about who and what we value.

Taking time for the exercise below—either as a **writing exercise or a family conversation**—can help your teen gain some perspective on what’s happening to them now.

It also will help your teen understand McGonigal’s key point—when we see stress as a physical strength that helps us meet challenges, we can tap its power to serve the purpose that matters to us.

**Please think about stress and purpose with your teen:**

- Take a few moments to list your most meaningful roles, relationships, activities, or goals. Think about the parts of your life when you are most likely to experience joy, love, laughter, learning or sense of purpose?
- When you have listed a few, ask yourself this: Would you also describe any of them as sometimes or frequently stressful?
- We often imagine how ideal it would be to get rid of the stress we experience at home, at work, and in pursuit of our goals. But that isn’t a realistic possibility. We don’t get to choose between a stress-full or a stress-free experience of family, work, community, love, learning, or health.
- Think about what in your pandemic experience is both meaningful and causing you a great deal of stress? Take a few moments to write about or discuss why this role, relationship, activity, or goal is so important to you.
- Consider writing about what life is like without the people and experiences that you suddenly have lost. How do you feel about the lose? Do you want these people and things back in your life knowing that you can’t separate them from the stress it brings you?
Decisions Progressing Regarding Grades
This week the state superintendent of schools provided guidance to school districts regarding grades for the current semester. Now our district must apply that information to our situation. We will know more about final grades for second semester next week.

You can watch Superintendent Chris Reykdal discuss the issues regarding grading policies on YouTube.

Help to Understand Which Time Slots Are Required Class Time
In our learning at home schedule issued by the Bellevue School District (BSD), we use two types of encounters with teachers—Resources Available and Learning Lab.

- **Resources Available** schedule periods will include new learning with the teacher. The sessions offer new content and skills—similar to class at school. All students should **attend all of these sessions**.
- **Learning Lab** offers students opportunity to enrich their learning or gain better understanding of learning that the teacher already introduced—similar to tutorial. While we **always recommend tutorial** as good practice for successful students, these are **not required**.

Seniors Met This Week to Talk Graduation
We met with seniors and their families this week (virtually, of course), to talk about how we will celebrate our graduating seniors and bring closure to their high school careers.

Below are a few highlights, but you also might enjoy portions of the discussion. Your younger students may wonder how we will recognize their friends and classmates. You can find a recording of the entire senior meeting on YouTube.

- First and foremost, we will celebrate our seniors. We have ideas in the works, but we know that the traditional ceremony at Alaska Airlines/HecEd Pavilion is definitely cancelled because the University of Washington has closed that facility until the fall.
- We will deliver caps and gowns, cords and capes, to seniors. We don’t know how that distribution will occur, but we know that it will happen.
- Seniors also will receive diplomas and transcripts.
- We will develop a method to collect senior laptops and text books.
- We know that students left personal items in our school building. We also will find a way to return those.
- Senior class officers and advisors distributed surveys to seniors and will continue to meet virtually with the class as we make plans for prom, senior awards, senior farewells, graduation speakers and more.
Newport Website Features New Wellness Resources
Our Newport website includes on the Counseling page a variety of resources to support students and families. Should you need anything from mental health services to food and supplies, please check this page.

Senior Webpage Redesigned & Updated
Our Senior webpage on the Newport site now reflects the changes brought by the school closure. You can see there updates to our plans as they occur.

Third Quarter Progress Reports Available Next Week
By the middle of next week, the most current report card will be visible to students and families in the Student Document tab of Synergy. A paper copy will be sent only to families that had requested a paper copy.

You can watch Superintendent Chris Reykdal discuss the issues regarding grading policies on YouTube.

AP Exams Coming in May; Schedule Set
The College Board will offer AP exams to students this spring as planned. Here are a few facts that we know at this time about the exams and grades:

- AP courses will be graded in the same format as non-AP courses. The state issued guidance on grades this week. The district is processing that and making decisions about grades for all courses. Whether the decision is pass/fail, traditional grades, or a compromise between the two, we know that we will use the same format for all courses.
- We strongly encourage students to try taking the AP 45-minute on-line assessments from home in May.
- The tests will cover only course materials presented before the shutdown of our school building.
- Students may choose not to take the exam. The College Board will let our district know which students do not take the test. We are making plans to refund fees to students who do not take the exams.
- Many colleges and universities have made announcements about how they will treat scores and credits for this year’s AP exams. Please check the admissions website of the institutions you are considering.
- Click here for a calendar on our website of the exams for various classes.
**Going Abroad? Your Student's Laptop Needs Software Changes**
If your family plans to leave the country before school ends in June, please contact administration. Your student will need software adjustments to their laptop so that they can continue to participate in classes.

**Student Elections Finalized**
No runoff elections were needed for our ASB voting this week. The officers for the 2020-2021 school year will be announced Monday.

**Band Fundraiser Goes Online--Support Our Musicians**
The Newport Band Parent's Association yearly band fundraiser went online this week.

The funds raised contribute to many enriching experiences for our band students, including meals before games, music coaches, instrument repair, and so much more.

Thank you in advance for your critical support of music education for our current and future band students!

Please click on the following link to browse a fabulous selection of auction items that will be available online between Thursday, 4/23/2020, at 6 PM and Sunday, 4/26/2020, at 8 PM.

https://mailchi.mp/030006aa60ff/flightseeing-and-dinner-for-two-to-san-juan-island

**Newport Students Making a Difference Around the World; Antigua Teachers Get Laptops with Our CISCO Program**
Each year a group of students from our Newport Career Technical Education program in CISCO networking travel abroad to help bring computers to students and teachers.

Partnering with Bellevue Breakfast Club, our students install computers in schools. The Antigua school recently celebrated the 75 laptops delivered to teachers to facilitate online learning during the pandemic.
Go Online to Support Our Students Through the Bellevue Schools Foundation

Though we can’t all get together for our Spring for Schools luncheon, we can all come together on May 1st to support the students, staff and families of Bellevue schools.

Go to [http://www.bellevueschoolsfoundation.org/](http://www.bellevueschoolsfoundation.org/) to make your gift or learn more about the BSF. Check out our Facebook page for more stories and learn about the many programs we support.

For as long as COVID-19 crisis goes on, we will continue to work with the Bellevue School District to help ALL students, including our most vulnerable children, to get through it. We hope we can count on your support this year.

DONATE NOW

Applications Open for PTSA Scholarships

Each year, Bellevue PTSA Council offers twelve $1,000 scholarships to seniors representing each high school in BSD.

- **The Alice Hurd Memorial Scholarship** recognizes outstanding community service and rewards a $1,000 scholarship to one student from each high school.
- **The Dr. Michael Riley Memorial Scholarship**, funded by Bellevue PTSA Council, rewards academic excellence to one graduating senior from each high school.

Applicants will be evaluated by the Bellevue PTSA Council Scholarship Committee consisting of representatives from each high school. [Click here for more details](#).
FAMILY CONNECTIONS CENTERS
BSD’s Family Connections Centers will be open Monday-Friday to all BSD students and families. FREE Food and hygiene products are the primary items available.

Sites and Hours:
Lake Hills Elementary, 9AM-3PM
Sammamish High School, 8AM-3PM
Stevenson Elementary, 8AM-4:30PM

CENTROS DE CONEXION PARA FAMILIAS
Los Centros de Conexión para Familias del distrito de Bellevue, estarán abiertos lunes a viernes para todas las familias y estudiantes. Los centros ofrecen comida GRATIS y productos higiénicos.

Local y Horario:
Escuela primaria de Lake Hills, 8AM-3PM
Escuela secundaria de Sammamish, 9AM-3PM
Escuela primaria de Stevenson, 8AM-4:30PM

家庭聯絡中心
表威爾學區的家庭聯絡中心將於週一至週五向所有本學區學生及家庭開放。免費提供食品及衛生用品。

中心地點及開放時間：
Lake Hills Elementary, 上午9時-下午3時
Sammamish High School, 8 - 下午3時
Stevenson Elementary, 上午八時-下午4:30分
RESOURCES for FAMILIES & STUDENTS

(Repeated from previous editions.)

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."

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.

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.