



Owl Post

Week of March 23-27, 2020

During the SPS school closure, the Owl Post will compile resources for families provided by the School District and STEM faculty.

Note from Principal Ostrom:

3-24-20

Dear STEM K-8 Families:

I hope this note finds you surviving. Our family lives are turned upside down and we're navigating a landscape that shifts daily. The Governor's shelter in place order highlighted the seriousness of our circumstances and emphasizes a reality many of us were already living. The health, economic, and social pain is real and going to get worse. Let's have our STEM community be defined by compassion and support for one another (along with adherence to social distancing guidelines). Many staff share the confusing reality of fortunate families with jobs—how to work at home while caring for and educating multiple children. We face rigorous challenges and numerous constraints. That's what STEM is supposed to be about!

WA State, SPS, and STEM K-8 Staff are scrambling to deal with an extended shut down. The first priority is supporting safety and basic needs for families and staff. The epidemiology of Covid-19 points towards the likelihood of a longer rather than shorter closure. STEM staff are starting to explore what extending educational services in a pandemic means. We are trying to anticipate coming changes while working within guidance from a large system. We know we to have to figure out how

to reach with families with limited access to technology and the Internet, and different capacities to support learning at home. We know that jumping in is going to generate numerous pitfalls and mistakes, and that's the basis for learning and growing.

I am not going to duplicate SPS communications.

You and your children are in our minds, and the focus of our scrambling efforts.

We will work our way through this together.

Ben Ostrom
STEM Principal

STEM Yearbook Request:

Because of a yearbook deadline and school being postponed, the yearbook staff realized we had several parts of our school year that we weren't able to document in our yearbook. After some debate, we decided to include a Covid 19 advice and memory pages in our 2019 -2020 yearbook.

We would like you to do **two** things:

1. Please fill out the short four question google survey. We'll be taking some of the quotes and data from it and adding them to the yearbook.

<https://forms.gle/1X5DeiYBvxhW2k2e9>



The image shows a screenshot of a Google Form titled "Covid 19 Lockdown Yearbook Pages". The form has a header with a colorful geometric pattern. The main text of the form reads: "Hello Everyone! Thank you for taking the time to fill out this survey. Because of our yearbook deadline, we weren't able to include all the events, clubs and teams that we planned. As a team we decided that since lockdown is a big part of our school year, we're going to document it. Please answer the four questions below. If you have the time and the resources, please submit drawings or pictures of what you are doing over this lockdown time with captions and names in our google folder or email them to: hpa@stjohnspsd.org We'll be selecting some of the answers to be in the yearbook!" Below the text, there is a red asterisk indicating a required field, and a text input box labeled "My name is:".

Covid 19 Lockdown Yearbook Pages

Hello Everyone! Thank you for taking the time to fill out this survey. Because of our yearbook deadline, we weren't able to include all the events, clubs and teams that we planned. As a team we decided that since lockdown is a big part of our school year, we're going to

document it. Please answer the four questions below. Then if you have the time and the resources, please submit drawings or pictures of what you are doing over this lockdown time with captains and names in our google folder or email them to hlpaulson@seattleschools.org. We'll be selecting some of the answers to be in the yearbook!

2. Please do a drawing or take a picture of what you have been doing with your time while out of school in March and April. You can email this picture or drawing to hlpaulson@seattleschools.org. We are accepting submissions through April 3rd.

Thank you for your help creating the yearbook! Sales will resume in May online if you'd still like to get one. Watch out for details in your email.

Have a great week and thank you for your help,
Ms. Paulson and the Yearbook Crew

Second thing:

Ms. Paulson speaking. **We need a baby photo of your 8th grader.** We will be using these photos for the yearbook and for a graduation video.

You can share the photo by:

1. Texting it to me at (872) 216-3705
2. Emailing it to me at hlpaulson@seattleschools.org
3. Adding it to this google drive folder:
<https://drive.google.com/drive/folders/11i3Mmazhy1JgCXpJFmeEECEStjeE3K6H?usp=sharing>

With the yearbook due in a few weeks, please send it sooner rather than later.

Thank you!

Heidi

Resources from SPS School District

- Boren STEM Specific page for at home learning resources:

https://borenstemk8.seattleschools.org/about/calendar_and_news/news/at_home_learning

- Family Resources for COVID-19 School Closures:

https://www.seattleschools.org/district/calendars/news/what_s_new/coronavirus_update/resources

Follow SPS on Twitter for latest updates: [Seattle Public Schools \(@SeaPubSchools\)](#)

Other Free Educational Resources: [Amazing Educational Resources](#)

Resources from STEM Staff:

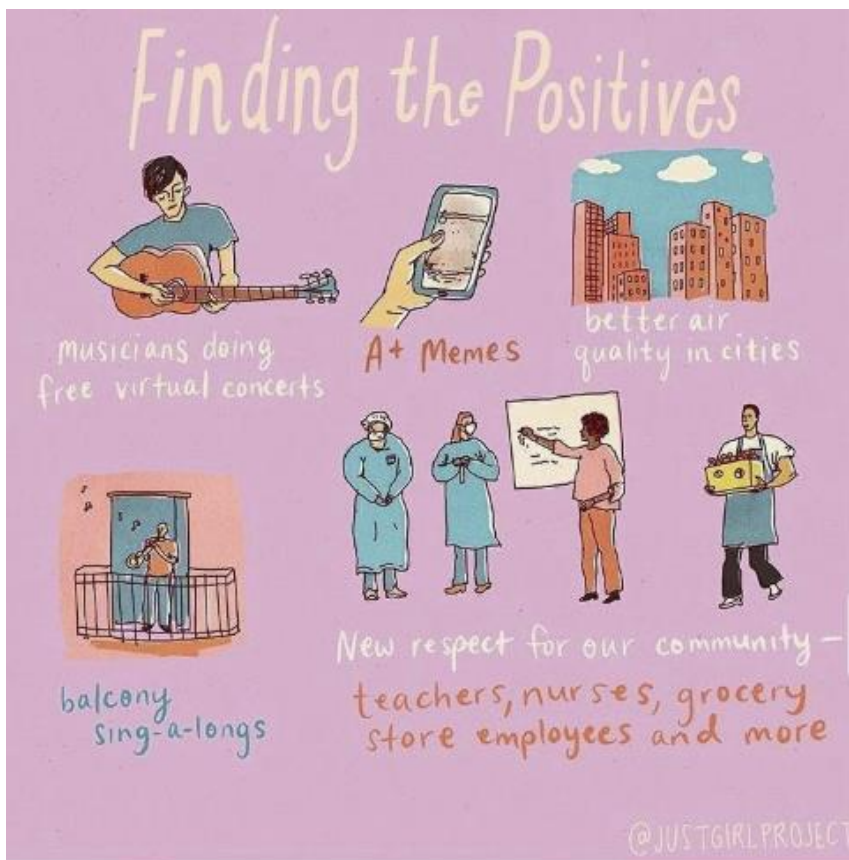
Counselor's Corner

Dear STEM Community,

Hello from your school counselors! It has been hard not seeing you & your student's faces around school but know you've been on our minds. We have spent our first two weeks processing, brainstorming and collaborating. We have created a list of resources that will be available soon on the STEM website. We also created a STEM Family Needs Survey we are asking every family to fill out: <https://www.surveymonkey.com/r/NLMNXGZ>

We are brainstorming what the STEM Counseling Program will look like in coming weeks and will keep you updated. Ms. Danielle is working to connect with teachers to join their existing communication platforms like Bloomz, Class Dojo, Schoology, etc. Please stay in touch.

We know this can be a difficult time and are sending you all the love. Take a moment to look over the below resource to help talk to kids about coronavirus and practice strategies for managing worries. And try to find some positives.



Take care,

STEM School Counselors

Danielle Blechert dblechert@seattleschools.org

Dana Fink danamfink@seattleschools.org

CoronaVirus Handout (and following 2 pages):

<https://lp.ddouglas.k12.or.us/wp-content/uploads/sites/8/2020/03/Coronavirus-Handout-Counselor-Keri.pdf>

SO YOU'VE GOT QUESTIONS ABOUT **Coronavirus**



What is Coronavirus?

Coronavirus or COVID-19 is a virus that affects the respiratory system (lungs, nose, mouth, throat, bronchi, and all other body parts involved in breathing). It is passed from person to person through droplets from sneezes, coughs, runny noses, and saliva. So if someone sneezes on their hand and touches a bathroom door handle, and then another person touches that same bathroom door handle and then touch their face, they can become infected with the virus. This is why it is so important to wash our hands and avoid touching our faces!

I'm a kid. Doesn't that mean I can't get Coronavirus?

No. Some people have been saying that kids aren't affected by Coronavirus. Scientists believe that Coronavirus may not make kids as sick as adults. But kids can still become infected with the virus.



Why are we staying home from school?

All of the adults at school want you and your family to be safe and healthy. Scientists are recommending that we stay home and avoid being in crowds or large gatherings (like a classroom full of friends!). We are staying home from school to slow the virus from spreading.

What should I do to stay safe?

1. Wash your hands often and before you eat. Wash them for at least 20 seconds and make sure you get the space in between your fingers and the backs of your hands clean!
2. Try to avoid touching your nose, mouth, eyes, and whole face with unwashed hands.
3. Practice healthy habits! Eat healthy foods, drink lots of water, get some exercise, and get plenty of sleep.
4. If you need to sneeze or cough, sneeze into a tissue or the inside of your elbow.
5. Follow directions from the trusted adults in your life. They want to take care of you!



WHAT CAN I DO IF I'M FEELING **worried?**

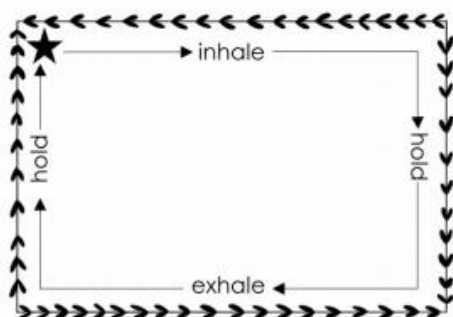


Circle of Support

1. Talk about how you are feeling with the people you trust at home.
2. If you have questions, ask the people you trust to help you understand.
3. Keep in touch with friends, even if you're not seeing them at school every day.
4. Video chat or call loved ones who don't live near you.

Breathe it Out

If your body is feeling restless or keyed up, take some time to sit and slow your breathing. Try these easy exercises by tracing your finger over the lines and breathing along with them. Repeat at least 5 times!



Set Small, Daily Goals

Keep your focus on real things you can do! Set small, daily goals for yourself and keep track of your goals. Set a goal about how much you will read each day, how long you'll practice your free throws each day, how many nice things you'll say to family members each day, or something else that's important to you!

Look for the Fun

Shift your focus away from the worries and do something fun!

1. Play a board game with your family.
2. Have a dance party.
3. Paint, draw, write, or create!



Let the Worries Go

Having trouble letting go of the worries? Try these strategies:

1. Set a 3-minute timer. During those 3 minutes, think about the worries all you want. When the timer goes off, worry time is over! Get up, move to a new space, and think of something else!
2. Write your worries on a piece of paper. Tear or wad it up and toss it in the trash can.

Remember, it's okay to have worries. Talk to someone you trust about how you are feeling!

Message from Ms. Massimino:

STEM Community,

We are here to support you however we can. I want to make sure you know that your child can access SPS resources at home! With your help and guidance; students visit: www.seattleschools.org. From there click the [Student Family Portals](#) link at the top of the screen, then select the **Student Portal** button in the middle of the screen (yes, student portal 2x). From that screen they should log into CLEVER with their SPS username. John Adam Smith it would be ljasmith@seattleschools.org. Usernames are 1 followed by their first initial, middle initial, and last name (no spaces) and then @seattleschools.org. Students should know their password, they have been logging on with it at school; and at home it is the same.

From here they should be able to see the **typing club** and [code.org](#) icon – I highly recommend these. Both have self paced lessons students can do on their own (K-8); Code.org also has tutorials under Hour of Code for other options like Dance Party, Play Lab, and more. There are other resources on CLEVER as well such as Adobe Spark, Pebble Go, and Tumble Books. Attached you will also find a menu of options from the STEM specialists for ways to continue learning at home. Mr. Holland, Mr. Avery, Mr. Schiavo, Mrs. Bannister, and myself put this together and hope that this gives you some ideas to keep practicing skills from our classes.

In addition to the resources available through CLEVER, we have also secured a subscription to Brain Pop for the duration of our closure; this includes Brain Pop Jr. and Brain Pop ELL. *The username is stemowls and the password is owls2020*

<https://www.brainpop.com/>

<https://jr.brainpop.com/>

<https://ell.brainpop.com/>

Each video comes with additional reading, a quiz, games, a worksheet, and a graphic organizer. I hope you can check it out. This works on phones, tablets, and computers.

Hopefully this is a useful resource at this time.

Everything about this is flexible and is meant to be a support to help you through this time and give your child options while they are at home. Let me know if you have any more questions, I'm happy to help!

Christina Massimino (pronouns: she, her, hers)

Louisa Boren STEM K-8 Technology and Makerspace

Library Resources (STEM & SPL):

- [Mary Bannisters STEM Library Home Page](#)
- [Seattle Public Schools Online Resources](#)

Updated Resource List as of March 24, 2020 from Ms. Bannister:

<p>SPS Learning = local channel 26 starting March 23rd</p> <p>Second link is for the SPS Broadcast schedule</p>	<p>https://www.seattleschools.org/district/calendars/news/what_s_new/coronavirus_update/resources/sps_tv</p> <p>https://www.seattleschools.org/departments/media_operations_center_sps-tv/broadcast_schedule</p>
<p>STEM At Home Learning Webpage – scroll down to resources</p>	<p>https://borenstemk8.seattleschools.org/about/calendar_and_news/news/at_home_learning</p> <p>From Principal Ostrom, "These pages point towards grade level activities and resources that are supported system-wide. Support for online learning is changing significantly as the scope of school closure extends. Many STEM K-8 teachers are communicating directly to families and supporting home learning through a variety of platforms and activities that are not listed here. If you are not receiving regular communications from your child's classroom teacher(s), please reach out directly to make sure they have your correct contact information."</p>
<p>STEM Salmon in the Schools</p>	<p>https://spark.adobe.com/page/HHoEepvbb5cql/?w=1_9470&fbclid=IwAR0j-qaZCy5YII00RRQ-vLPXkl6v7E9whTt5-2v_hcVbeY6qD2pYITr_eA</p>
<p>3 Ways to Teach Your Students Virtually</p>	<p>https://www.cybercivics.com/post/3-ways-to-teach-your-students-virtually</p>
<p>Abdo now FREE through June 2020 Divided by grade bands</p>	<p>https://abdobooks.com/covid-19-resources The QR codes are listed below.</p>
<p>Activities for Kids to do at Home (Seattle Times)</p>	<p>https://www.seattletimes.com/life/at-home-with-kids-because-of-coronavirus-closures-here-are-23-fun-activities-using-stuff-you-already-have/?fbclid=IwAR1pwLX0VTIA9bnPeYDL3e4C6_Ph0xio3dPxo_yqojHAOdCUN3XCGFoeMT8</p>
<p>Common Lit – digital lesson library</p>	<p>https://www.commonlit.org/</p>
<p>Common Sense Media compiled resources organized by category</p>	<p>https://www.common Sense Media.org/resources-for-families-during-the-coronavirus-pandemic</p>
<p>Epic Digital Library (class code xbh1351)</p>	<p>https://www.getepic.com/</p>

Generation Genius Science	https://www.generationgenius.com/ Next Generation Science videos
Indigenous K – 8 Education Online	Think Indigenous – Online Indigenous Education K-8 Facebook page.
Kanopy movies via KCLS	https://kcls.kanopy.com/
Khan academy	https://www.khanacademy.org/
Learning Without Tears	https://www.lwtears.com/programs/distance-learning?utm_source=EMAIL&utm_medium=EMAIL&utm_campaign=COVID_20200316_PROSPECTS_US&pc=COVID_20200316_PROSPECTS_US
MacBarnett Readalouds	https://www.instagram.com/p/B9ueK7AnSO6/
StoryTime Online	https://www.storylineonline.net/library/
Storytime from Space	https://storytimefromspace.com/
?Ultimate Guide to Virtual Museums	http://mcn.edu/a-guide-to-virtual-museum-resources/
Writing Prompt – You Get A Mysterious Box	https://www.youtube.com/watch?v=46gdWq_2qyU&t=9s Premise is you can transport yourself into 5 books

Elementary Digital Bookshelf



GRADES PREK-6
ONLINE
DIGITAL LIBRARY

Secondary Digital Bookshelf



GRADES 5-12
ONLINE
DIGITAL LIBRARY

Abdo Zoom Online Databases



GRADES PREK-2
ABDO ZOOM
ONLINE DATABASES

6-Week

QUARANTINE SCHEDULE

Mon, March 13 - Fri, April 24

DAILY SCHEDULE

- 8:00-9:00** Up, shower, get dressed & eat
- 9:00-10:00** Reading of your choice
- 10:00-10:15** Snack time
- 10:15-11:30** School take home work
- 11:30-12:15** Internet research - build list of podcasts, find arts & crafts projects, find meal recipes, local driving field trip ideas
- 12:15-1:00** Make your lunch, eat, cleanup
- 1:00-2:00** P.E. outside or garage (if raining) - basketball, volleyball, jump rope, walking in cul de sac or on sidewalk
- 2:00-3:30** Listen to educational podcast of your choice, type at least one page outlining what you learned, how the information might be useful, and whether or not you would recommend someone your age listen. (eat your snack at this time)
- 3:30-4:30** School take home work
- 4:30-5:00** Arts and crafts
- 5:00** Start making dinner



By Professor Alexes Harris
UW Department of Sociology

WEEKLY SCHEDULE

Rotating Cooking Nights:

For two meals a week, you are responsible to find a recipe, text parent the ingredients (at least four days ahead) and then you make dinner (parent will help if necessary). Will begin the week of March 23.

Weekly Schedule:

- Monday** Laundry day - do your own laundry; Cooking: Child #1
- Tuesday** Cooking: Child #2
- Wednesday** Cooking: Child #1
- Thursday** Cleaning house day (do your own room, Child #1 bathroom, Child #2 kitchen)
Cooking: Child #2
- Friday** Driving field trip day (in the afternoon)

Notes:

- Absolutely no TV between 8 AM - 5 PM
- Saturday & Sunday = do what you like :)
- If you perform agenda each day, you can stay up to 9:00 each night