

# Grass Valley Elementary

*School Newsletter • April 10, 2020*

## From the Principals

Dear Grass Valley school community,

We hope that you and your extended family are safe and healthy. We miss the smiling faces of our Zebras and families. Governor Inslee has now created guidelines on how to navigate the rest of the school year.

Change can be uncomfortable and stressful, and the current pandemic puts us all in a place of uncertainty. We know that children are resilient when the adults around them plan thoughtfully and communicate positively. As we move forward, both CSD and Grass Valley are keeping students' needs first in our planning. I'm confident that together, our school community will adapt to this change to help our Zebras continue to grow.



As a parent, the recent changes have created new opportunities, challenges and additional stress for myself and my kids. I'm trying to manage my own stress by sticking to a routine, exercising every day and focusing on the things I can control. I've leaned on some resources to help me support my kids with academics and their emotional well-being. The [CSD Wellness page](#) has a collection of articles and resources specific to emotional health. I particularly like the [Child Mind Institute website](#), as it gives daily tips to help our kids and ourselves during this COVID-19 crisis. Please don't hesitate to reach out to me or our counselor Jenna Linerud if you need more support in this area. See below for more information from Jenna.

The Grass Valley staff continues to plan for new ways to help our Zebras learn and grow. Shortly, we should have a platform that will allow us to interact with students online. Please keep connecting with teachers regarding any needs you may have. This is also the time of year that we begin to plan for the next school year. Some of our past practices will change due to the school closure. In the near future we will be communicating about how we will proceed with logistics around navigating our practices. We greatly appreciate your patience and understanding as we move forward.

Sincerely,

Sean McMillan, principal

Melissa Hutton, associate principal



## Counselor Corner

Hello Zebras! I hope you were able to find ways to be outdoors over spring break. My dog, Buttercup, has certainly enjoyed all of her walks in the neighborhood. I know life has changed a lot in a short amount of time. That's really hard. To be honest, I have had some cranky moments with my family because I felt overwhelmed with uncertainty. The "not knowing" gets the part of our brains called the amygdala (emotion control center) fired up. When the amygdala starts to take over, we are not our best selves. Some strategies that have helped include: taking three deep breaths, walking away/physical movement, and naming our feelings. Our Zebras have demonstrated these skills all year. I encourage you to have conversations with each other about healthy coping tools that have supported you in the past. Stay connected, stay healthy, stay home.

Take care,  
Mrs. Linerud

### Activity

- Try this one-minute breathing activity: <https://youtu.be/gLbK0o9Bk7Q>
- Create your own Emergency Care Wall by making a list or drawing pictures of activities you enjoy or comforts that support you (see example below)
- Share it with someone you trust
- Hang it somewhere you will see it every day

### Parenting Ideas

- As the adults, we have the opportunity to shape the perspective of our students by role modeling a healthy perspective. (See "I Cannot Control," below. The toilet paper one really hit home for me.)
- This is a great article that helps us as parents in these uncharted waters: "[Parenting in a Pandemic](#)" by [Damon Korb, MD](#). I tell our Zebras all the time to give themselves and others grace and compassion.
- With your child, try this one-minute breathing exercise: <https://youtu.be/gLbK0o9Bk7Q>

### Resources

- CSD wellness pages: [All-Student Wellness Program](#)
- Dr. Dan Siegel, Whole-Brain Child resource page: [Resources](#)
- This is a great resource hub for parents: [General Resilience](#)
- [5 Ways to Help Children with Coronavirus Anxiety](#).

### Connect with Me

- [jennifer.linerud@camas.wednet.edu](mailto:jennifer.linerud@camas.wednet.edu)
- My online office hours: Monday-Friday, 9-11:00 a.m. and 12:30-2:30 p.m.
- I will respond to emails within four business hours. If you or your child are having a mental health emergency, please call

# EMERGENCY CARE WALL

for sadness

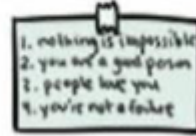


for loneliness



best friend's  
phone #

for self-doubt



list of reasons  
why you can

for anger



calming  
music

for worry



comfort  
blanket

for other

free  
hug



bear

stress  
ball

fav.  
books



## PTA News

### HELP US CREATE A VIRTUAL TEACHER APPRECIATION:

With everyone home, we can't do our usual week-long teacher appreciation extravaganza next month. But teachers need our love now more than ever, so we're asking families to help us put together a slideshow of support. If you'd like to participate, please send us photos with your student's show of thanks. Some ideas to get you started: Build something out of Legos/etc., make a poster or sign, create chalk art outside or make a painting. Email your photos by April 24 to [volunteers@gvezebraspta.org](mailto:volunteers@gvezebraspta.org), and include your student(s)' grade level(s) in the subject line. Remember, you can include specialists, support staff (paras, recess duties, nurses, secretaries) and administrators too!



We'll put submissions into a slideshow that will be shared only with GVE teachers/staff during the week of May 4. It will *not* be shared in a way that is accessible to outsiders.

### ALL PTA EVENTS CANCELED:

With school facilities closed through the end of the school year, we will not be holding our annual spring carnival event, family movie night or Art Showcase. Our spring silent auction fundraiser that normally occurs during the carnival is also canceled, and any donated auction items will either be returned to the donor or saved for next year.

### BOARD MEMBERS NEEDED FOR NEXT YEAR:

It's hard to think about right now, but we will still be holding an election later this spring for the 2020-21 PTA executive board. The voting will most likely be handled by postal mail or email. Details to come on that.

All of our executive board positions are open for nomination and election each year, with one-year terms beginning in July. (You must become a paid member before running for office.) We will also be appointing people for the other five board positions. We are especially looking for people interested in the positions of president, treasurer and volunteer coordinator.

We're also looking for people interested in chairing next year's spring carnival and auction events, as well as people to train to take over running our book fairs. You can read more about our board and committee roles on [our website](#) under the "Get Involved" tab. Many positions can be co-chaired with a friend.

If you are interested in any of the above, please email our volunteer coordinator, [Amanda Rinesmith](#) no later than Friday, April 24. We'd love to hear from you! Together we can make great things happen for our school.

## Yearbook orders due April 23

We are now taking pre-orders and payments online for GVE yearbooks. We will have a limited supply of extra books available for purchase at the end of the year, but with the coronavirus complicating in-person exchanges, we encourage all families who would like a yearbook to order and pay now online if possible. Cost is \$10.

Visit: [www.memorybook.com](http://www.memorybook.com)

Click the "Buy Yearbook Now" button in upper right corner

Enter code: 096055 and log in/create an account

If you are unable to pay now and/or use the website, please contact Amanda Rinesmith about reserving a copy to purchase by cash or check later. The books will arrive at school in June, and we are working with Mr. McMillan and the school district to develop a safe distribution plan. Look for more information on that in upcoming newsletters.

## Thank you from the Book Fair team

We'd like to offer a big "thank you" to GVE families for all of their support during our Spring Book Fair last month. It feels like so long ago already! Even with our evening family event canceled, we were able to reach sales just shy of \$10,000. That is phenomenal, considering the circumstances.

Funds raised from this fair go entirely to support the PTA's book-giveaway programs. Thank you, and we hope to see you at the next fair in November.



## Calendar

THURSDAY, APRIL 23 – Yearbook pre-orders due

FRIDAY, APRIL 24 – PTA board nominations due

FRIDAY, APRIL 24 – Teacher appreciation submissions due

## Contact Us

### Grass Valley Elementary

3000 NW Grass Valley Drive, Camas, WA 98607

Phone: 360-833-5710 | Fax: 360-833-5711

<http://schools.cammas.wednet.edu/grassvalley/>

**Grass Valley PTA:** Visit us at <http://grassvalleypta3665.weebly.com>, "like" us on Facebook and follow gvezebraspta on Instagram.

*This newsletter is published monthly during the school year by Grass Valley Elementary and the PTA. You can email the newsletter coordinator, Nancy Nilles, at [newsletter@gvezebraspta.org](mailto:newsletter@gvezebraspta.org). To add email addresses to the mailing list, contact GVE Head Secretary Aileen Hay at 360-833-5710.*