



Social Emotional Learning

Helping Children Cope

How can adults model problem-solving, flexibility, and compassion? There are rich opportunities as we all work through adjusting daily schedules, balancing work and other activities, getting creative about how we spend time, processing new information from authorities, and connecting and supporting friends and family members in new ways.

[Click here](#) to learn more.

Prioritizing Your Life: Rocks, Pebbles, and Sand

A simple animation about the impact of focusing on the important things in life...or how if you focus on the minutia, you'll end up missing out on the important things. This metaphor is applicable to one's personal life as well as one's school or career.

[Click here](#) to view the animation.

“Could a greater miracle take place than for us to look through each other’s eye for an instant?”

–Henry David Thoreau

HOW CAN WE COPE WITH FEAR, SADNESS, AND ANGER?

LOOK FOR SOLUTIONS

Don't

- × **Give up**
 - Stop looking for solutions.
 - Think that you can't do anything.
- × **Ignore reality**
 - Pretend that there is no emergency.
 - Listen to rumours.

Do

- ✓ **Take steps to help solve the problem**
 - Do the right things (for example washing your hands frequently).
 - Follow advice from experts.
- ✓ **Talk about facts**
 - Look for information from reliable sources.
 - Give correct, clear, and comprehensible information.

SEEK AND GIVE SUPPORT

Don't

- × **Put all the responsibility on to others**
 - Complain too much.
 - Panic.
- × **Isolate yourself from others**
 - Withdraw into yourself.
 - Be selfish.
 - Interrupt contacts with others.

Do

- ✓ **Understand and express your emotions**
 - Talk about how you feel.
 - Be calm.
- ✓ **Receive and give help**
 - Help and reassure those around you.
 - Collaborate with others.
 - Communicate with friends and family face-to-face or by phone and internet.

UNDERSTAND WHAT IS IMPORTANT

Don't

- × **Continue to think negatively**
 - Overthink about the emergency.
 - Think that the safety measures (for example the quarantine) are not useful.
- × **Ignore the recommended safety plans**
 - Ignore the regulations from the Ministry of Health.
 - Blame others.

Do

- ✓ **Take some time to focus on other things**
 - Keep yourself busy (for example playing or studying).
 - Spend some time thinking about positive things
- ✓ **Adapt**
 - Change the ways you do things if necessary.
 - Remember that following the rules protects everybody's health.

*There are many ways to **cope with fear, sadness, and anger**:
we can choose case by case the ways that function better and also invent new ones!*

Created by Daniela Raccanello, Giada Vicentini, Roberto Burro, Veronica Barnaba, Emmanuela Rocca, and Erminia Dal Corso
HEMOT® (Helmet for EMOTions, www.hemot.eu), Department of Human Sciences, University of Verona

Weekly Highlights

Prepare Now For Your Pandemic Winter. Your Future Self Will Thank You.

[Click here](#) to be directed to NPR article.

School News

Why Are Colleges Going Test Optional?

Due to Covid-19, many testing centers offering the SAT or ACT in the Spring closed and pushed their testing dates to the Fall. Unfortunately, with the Coronavirus still a threat to health and safety, many of those centers have decided not to open. With less available testing sites, students are now scrambling to find centers that are geographically close and may have to travel great distances to find an available site. In response, university systems around the country moved to a test optional application process.

Should Your Students Take the ACT or SAT if they have an opportunity?

If possible, they should consider taking one or both tests. There are several advantages of taking either the ACT or SAT.

1. These policies are temporary and could change. Even though many testing centers may be closed, there are new sites constantly being opened and new testing dates added. College Board announced partnerships with organizations that are willing to host a test like businesses, convention centers, and hotels. To see what dates are added, refer your students to College Board or ACT.
2. Since colleges still consider test scores, it may benefit a student in the college admissions to test, especially if they score well. Even if the score is not high enough for the college, if the score is high for the school or community, the student can stand out among his or her peers in the college application process.
3. Taking the ACT or SAT is more than just about college admissions. There are other benefits associated with taking these tests. One benefit is access to college scholarships, as many scholarships require an ACT and/or SAT score to qualify.
4. Scoring well on the ACT or SAT can offset a low GPA. Colleges definitely see high ACT or SAT as a strength for college success.

Adapted from: [Click Here](#)

THE SAT VS THE ACT

- Fewer Geometry Questions
- More Time per Question
- No-calculator Math Section

KEY Differences

- Lots of Geometry
- Faster Paced
- Tough Science Section



Overall Time

TIMING & SCORING

Overall Time



Reading

65m

Writing

35m

Math
(No Calculator)

25m

Math
(Calculator)

55m

200 - 800 points

200 - 800 points

1-36

35m

Reading

1-36

45m

English

1-36

60m

Math

1-36

35m

Science

Total Points | 400 - 1600

1 - 36 | **Total Points**

Time per Question

75s

48s

83s

Reading

Writing

Math

Time per Question

53s

36s

60s

Reading

English

Math

School News

Open to High School Students: 2021 Profile in Courage Essay Contest

The [John F. Kennedy Profile in Courage Essay Contest for High School Students](#) is officially open! Submissions are now being accepted from high school students for this year's contest. By submitting an original essay describing a leader who demonstrated political courage as described by President Kennedy in his book, *Profiles in Courage*, students can win one of 15 scholarships awards for college—including a **\$10,000 first place prize**. If you're new to our program you can [learn more here](#).

Click here for more [details and eligibility requirements](#).



**KEEP
CALM
AND
WRITE
THE ESSAY**

Go Phoenixes!



School News

AP Registration Update

Registration:

If you have not done so, you need to first log into AP Central/CollegeBoard and register for the AP exams you anticipate taking in the spring.

Remember, there is not a cancellation fee this year if you change your mind!

Payment (Due By October 30th):

Please pay online at ([click here](#)) between Oct. 1-30, 2020. Your printed receipt is your payment confirmation. If you need help with online payments, need other options or financial assistance, please contact Mrs. Austin at saustin@lwsd.org or 425-936-2380.

PSAT/NMSQT

The PSAT/NMSQT is typically offered each October. The PSAT/NMSQT is the Preliminary Scholastic Aptitude Test/National Merit Scholarship Qualifying Test. The purpose of the PSAT is to familiarize students with the kinds of questions, style of directions, and physical environment of an SAT exam, and provides students with a projected SAT score range, personalized feedback, and a study plan. 11th grade students who take the PSAT/NMSQT are also automatically screened for the [National Merit Scholarship](#); an academic competition for recognition and scholarships.

The CollegeBoard is now offering a January test administration due to the number of districts across the country in a remote learning environment. The Lake Washington School District plans to offer the PSAT/NMSQT on Tuesday, January 26, 2021. The January administration of the PSAT/NMSQT provides the same experience and opportunity to qualify for the National Merit Scholarship Program as the October administration. Signups will occur later in the fall and priority will be given to current 11th graders. Conditions will continue to be re-evaluated as we get closer to the January test.

School News

Congratulations!

National Merit Scholar Semifinalists 2020-2021

Congratulatory shoutouts to:

- * Nishant Bhakar
- * Sravya Ganti
- * Madeleine (Maddie) Goertz
- * Katelyn (Katie) Kotler
- * Ellen Ma
- * Andrey Piterkin
- * Helen Wu

Go Phoenixes!





Cora's Corner

Parenting Resources for the New School Year Cora Goss-Grubbs YES Behavioral Health Support Specialist

As the mother of two teenagers, I'm familiar with the struggles of not only raising someone on the verge of adolescence, but during a pandemic no less! And as a school-based support person for your students, I hear about their challenges-the day-to-day and the lifelong, the practical and the existential. I have learned that the more grown-ups can listen to those challenges, and respond non-judgmentally with patience and compassion, the more well-adjusted and healthy children will become. Unfortunately, when we're overwhelmed, or don't understand our children, or are scared for them, it's hard to muster that patience and compassion. So, where does a caregiver go for support? There are many resources! Below is a short list of where to start.



Cora's Virtual Drop-In Office Hours-For Parents and Students

WHEN: Every Monday and Friday, 2:00-4:00 PM

HOW: [Register here anytime](#). A confirmation email will give you details.

WHY: Need to vent? Worried about your child? Want to talk confidentially about family struggles and find a pathway forward? I'm here to listen and provide resources! Don't hesitate to register and drop-in on my virtual office hours.

I am also available to meet for longer sessions with students and parents via Telehealth video and phone. Leave a message at **425-747-4937, ext 2719**. Enter the extension anytime during the greeting. Be sure to leave your name and phone number, and I will get back to you within 24 hours on weekdays.



Additional YES Support For Students and Families

This year ICS has the support of Suchika Siotia, a licensed mental health counselor based at the YES agency. She will be an additional resource for ICS families, offering Asian Indian caregiver support groups and individual counseling as a fee-for-service. She has extensive training and experience in both India and the US, and speaks English, Hindi and Assamese. Please contact Cora for more information about Suchika's services and how to get in touch with her.



Balance in Mind
powered by
Lake Washington
Schools Foundation

Balance in Mind works with community partners to raise awareness about emotional and mental health

challenges facing our youth, to empower parents, and to build communities where our kids grow up healthy, resilient and equipped for life. They offer several virtual programs such as Parent Chat, Real Talk, and webinars. On Oct. 7 the Parent Chat will be on **Stress and Teen Substance Use and Abuse: What Parents Need to Know**. Check out their website for more information: www.lwsf.org/youthmentalwellness.html.



Child Mind Institute is dedicated to transforming the lives of children and families struggling with mental health and learning disorders. **This webpage** offers resources for coping during Covid-19, including Facebook live video chats with expert clinicians and tips via email.



Crisis Connections offers 24-hour crisis support. If your child is in a suicidal or high-risk crisis, call **Crisis Connections at 866-4CRISIS or 206-461-3222**. You can also text HOME to 741741 to connect with a Crisis Counselor 24/7.



VIRTUALLY
SUPPORTING
YOU DURING
COVID-19

YES

YOUTH EASTSIDE SERVICES

425-747-4937

[youtheastideservices.org/covid19-response](https://www.youtheastideservices.org/covid19-response)

Wednesday Support Groups to help students with substance use challenges including Affected Others, Recovery and Nicotine Cessation. Open to all high school and high school level choice school students in LWSD.

First step to participate in a group: Contact your school counselor and they will make a referral to the YES Behavioral Health Support Specialist or Prevention Intervention Specialist in your school building. YES staff will then complete a registration if the group is a good fit for the student.

For a complete list of services and a list of YES school counselors (BHSS) and their office hours please visit our webpage: <https://www.youtheastideservices.org/services/school-based-services/>

All groups start on Wednesday October 7, 2020.

Recovery Group 1:00-2:00 PM

Students who are working toward or are in recovery from substance abuse. Learn healthy coping skills, along with mindfulness strategies on how to support present and future goals of not using substances. Ongoing group. Can join at any time.

Affected Others Group 2:30-3:30 PM

Students who are affected by others' substance abuse. Confidential space to explore and express feelings, build community and reduce feelings of isolation. Also, a space to feel empowered and have fun. Ongoing group. Can join at any time.

Quit Vaping Now 4:00-5:00 PM

Students who are wanting to work towards not using nicotine products of any kind. Building motivation to quit by recognizing triggers, learning mindfulness strategies to reduce stress, and creating steps for success with realistic goals. 4-week series. Starts again on the first Wednesday of every month.



School Closure Resources

We know that this is a complicated time, and we are here to support you in whatever way we can. While social distancing is central to our individual and collective health, it doesn't mean you are alone. Counselors are thinking creatively about how to maintain connections and support, while providing important Social Emotional Learning opportunities during our school closure. **Rise Up!**

[LWSD Student Services](#)

[LWSD Food Assistance](#)

[LWSD Community Resources](#)

[LWSD General Help With Logins, Payments & Access](#)

[LWSD COVID Information](#)