



# EMERSON HIGH SCHOOL

## Special Edition Newsletter

March 26, 2020

Emerson High School  
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Dear Emerson Families,

The coming days and weeks feel quite unpredictable and we want you to know that we are all here to support you. This is a very different time for all of us and we miss students at school every day. The disruption to our normal patterns and day-to-day life can be very stressful for students and families. This has become a critical time for **both physical care and mental/self-care**.

## Managing Stress/Anxiety During COVID-19 and Beyond

By Scott Paul, Inglewood MS Counselor

### So, You're Stuck at Home and COVID-19 Has Got You Stressing!

School is closed, you're kind of happy, but kind of sad, and stuck at home right now. The joy of not having to wake up for school is wearing off and you might be feeling a little stressed out, anxious, and missing your friends. Hearing your parents and people on the news use words like "pandemic" and "corona virus" has got you worried that you've officially landed in a zombie apocalypse movie! If you're about to freak out due to the extra stress and anxiety this whole situation is causing, you are not alone! Not talking to your friends every day, adjusting to a new schedule, and being at home with your family may be making things worse. If this is you, know we care about you and want to help you cope with the strong feelings that the COVID-19 situation is causing.

### What Your Body Does When It Is Stressed Out

Not to bore you with the health class details about stress but knowing why your body/mind may be acting a little crazy during this time can help. Okay, your body has a security system to protect you

from danger called the “flight or fight system”. This security system has evolved to help protect you from physical danger. Basically, it prepares your body to either fight something that is about to hurt you or run away from it. Also, there is this tiny part of your brain called the amygdala that sends signals to speed up your breathing, blood flow, and focus your thinking only on survival. When you’re stressed out your body might cause you to feel shaky, lightheaded, out of breath, and you may also find it difficult to think straight. Here is the dumb part, this can last for 20 to 40 minutes depending on what is stressing you out.

### **What Your Mind Does When It Is Stressed Out**

Your “flight or fight system” is bad at figuring out the difference between things **that will** physically hurt you and things **that might** hurt you. Confused yet? Let me help you! If there is a big scary animal when you are out hiking, your “flight or fight” system will engage, and tell you to run away to a safe place. However, how do you run away from something like COVID-19? Your “flight or fight” system doesn’t know exactly how to flight or fight its way out of a COVID-19. Because your “flight or fight” system doesn’t know what to do it stays on high alert. This high alert feeling can cause all the physical symptoms of anxiety and stress that are listed above. However, there is some good news! **You can reduce your body and your brain’s response to this kind of stress.** We want to help you to learn how to do this. PLEASE DON’T STOP READING!

### **Keep Track Of Your Mind And Body**

You may have heard your school counselor, or a parent mention the word **mindfulness** and thought “what does that mean”? Mindfulness is focusing on your own thoughts, body, and feelings so that you are aware of what is happening with yourself in the present moment. Being mindful also means that you calmly accept your thoughts, feelings, and body sensations without judgment. Why should you be mindful? It helps you to figure out what your “flight or fight” system is doing when it is engaged. You may find that you have some annoying thoughts or anxious feeling in your body. Once you know what your “flight or fight” system is doing, then you can start to do something about it. Below are some steps you can take:

- **STEP 1 STOP:** find a quiet space, sit in a comfortable position and practice mindful breathing [CLICK HERE](#) for ideas.
- **STEP 2 SCAN BODY:** take a moment to scan your body and accept any physical sensations you may have. [CLICK HERE](#) for a beginner’s meditation to scan your body.
- **Step 3 SCAN MIND:** take a moment to focus on the thoughts in your mind without judgement. [CLICK HERE](#) for some background on the “Observe” technique.
- **Step 4 SCAN EMOTIONS:** take a moment to focus on your emotional state and accept your feelings without judgment, [CLICK HERE](#) for some background on the “Observe” technique.
- **Step 5 LEARN:** With a sense of curiosity ask yourself this question “What I have learned?” Write it down!

Don't freak out about this yet, but mindfully keeping track of your thoughts, feelings, and body can cause some anxiety too. This is because we are good at ignoring things that make us feel bad. So, when we finally stop ignoring our strong thoughts, feelings, and bodily sensations this may cause a little anxiety. Don't worry though, we've got you! Just start slowly, accept that you might have some uncomfortable feelings, and know that when you're learning something new it takes time to improve.

### **How To Be In Charge Of Your Strong Feelings And Anxious Thoughts**

It takes planning to gain control of your anxiety and scary thoughts. First you must stop, sit down and take a moment to review what you learned by practicing mindfulness. Maybe you have a worried thought or a physical feeling of anxiety. Whatever it is remember there are some things that you can control and there are some things you can't. So, don't stress about what you can't control and focus on what you can do to feel better! Okay, back to the planning. Look at the bullet points below and create a plan for yourself that includes all these elements. Because stress exists in our minds, bodies, and feelings it's important to include a plan that can help you in each of these areas.

- Managing Physical Symptoms of Stress/Anxiety:
  - Prioritize Good Sleep
  - Exercise
  - Eat well
  - [CLICK HERE](#) for a Mayo Clinic article on Stress Management
- Managing Strong Feelings
  - Start a journal or set up a regular time to talk with a trusted friend
  - Cultivate moments of fun and hope
  - Express your feelings via Art, Music, or whatever medium works for you
  - Develop an attitude of gratitude
  - [CLICK HERE](#) for a Psychology Today article about 10 Tips to Manage Strong Emotions
- Managing unwelcome or distressing thoughts
  - Decide what thoughts you want to eliminate or reduce
  - Monitor when these thoughts arrive in your mind
  - Choose an alternate thought you'd like to replace it with
  - [CLICK HERE](#) for a Psychology Today article about using Cognitive Behavioral Therapy at home)
- Managing your environment
  - Set a daily routine that incorporates and prioritizes your mental health
  - Manage your media intake
  - Declutter your environment

Please remember to have a growth mindset when learning something new! A growth mindset means you believe that you can get better at something even if you make a few mistakes along the way. Everyone is different because of the families we grew up in, where we grew up, and what we believe about the world. So, some items on the list above will work for you and others won't. That's okay. The important thing is that you continually move forward and try new things until you find something that works for you. Please remember that you are not alone in this journey. If you need help you can talk to

a trusted adult, school counselor, friend, or parent. Also, if you can't manage your stress or anxiety alone there are professional counselors who can help at any time of day or night. If you are currently experiencing a crisis you can call the King County Crisis Line at 1-866-427-4747 or Text "Hello" to 741741.

## From Our Counselors

### Counseling Support for Emerson Students During the Closure

If you or your student would like to contact - our **School Counselor Wendy**, about any of the services below, or for another reason, please reach out via email and she will be in touch by phone or email. Wendy Simmons' email is [wsimmons@lwsd.org](mailto:wsimmons@lwsd.org).

- Fall Running Start consultation and paperwork
- WANIC Registration for next year
- Referrals to Community Resources
- Brief counseling support by phone and email for students and families
- **XELLO Career Lessons are available through Power School for students to complete on their own. Log into PowerSchool Learning then go to the Apps tab then the XELLO tab. (PSL->Apps ->Xello)**

Please see the Counseling Page on our website and PowerSchool for more resources and information at: <https://emhs.lwsd.org/counseling>.

PowerSchool - Emerson High School Counseling Center

Below is a message from **Crysta Cady – our YES Counselor**. You can reach out to her for additional ongoing support for your student throughout this time. She has been working closely with many of our students this year and can provide ongoing counseling to students while we are out of the school building.

Hope you are all hanging in there during this stressful time for many. Just remember we are all in this together, and that there are still ways to access support. If you would like to check-in with Behavioral Health Support Specialist Crysta, then please give her a call at 425-747-4937 x2807 and leave her a voicemail with your name and cell phone number, and she will reach out to you. Crysta is temporarily working from home due to Youth Eastside Services closing their offices through 3/31, but she will be checking her voicemail regularly, and YES is exploring using tele-health (meaning having video sessions over the internet) which Crysta can talk with you more about, or can check-in with you over the phone.

**If you are having an immediate need, emergency, or urgent matter, please call:**

Medical Emergencies/Police Intervention - 911

Community Support Services - 211

Teen Link Crisis Line – 206.461.4922

LifeWire (formerly Eastside Domestic Violence) – 425.746.1940

## Teen Startup

Exciting opportunity for students to take advantage of during this time they are at home is the Teen Startup. Teen Startup allows students who have an idea about a new product or business, to put together their plan and pitch it to a group of local professionals. Chosen students will be selected to compete on May 30th for a panel of judges in the LWSB Boardroom, and the two winning students will move on to the "Investor Sharks" event sponsored by the Kirkland Chamber of Commerce. The two finalists will receive a cash prize. More information and the application can be downloaded on the LWSB website. <https://www.lwsd.org/programs-and-services/college-and-career-readiness/business-marketing-finance-it/teen-startup-challenge>

## Grab & Go Meals



To help support families during the school closure due to the coronavirus, Lake Washington School District is committed to providing healthy and nutritious meals to any child 18 and under for free. The district will be offering breakfast and lunch that can be picked up at the same time. There are two options:

- **Grab & Go Meals** that can be picked up
- **Limited Meal Delivery** pick up times vary depending on location selected

For more details, please go to <https://www.lwsd.org/students-families/grab-go-student-meals>.

**Meal orders for both options will be accepted from 2:00 p.m. the previous day until 8:00 a.m. the day of the pickup.** Children must be present to claim their meal. Children do not need to qualify for free or reduced meals to receive a meal, and no forms or registration are required.

**Pantry Packs** will have volunteers at each location to provide meals for the weekend for any students that need one. For more information about the Pantry Packs program, please visit: <https://www.lwsf.org/pantrypacks.html>.

## Learning Resources Directions

In these challenging times, the Lake Washington School District understands the importance of keeping students engaged in learning. The district is offering supports to our students and families. **Laptops will also be available for pick up at Emerson High - currently Tuesday mornings from 9:00 -10:00 a.m.**

## Technology Request Forms

The district is working on obtaining and distributing laptops and Wi-Fi hot spots for the students in our district who do not have these options at home. Here is a survey being used to help determine the need for technology equipment in our community:

- [Secondary \(6-12\) School Technology Request Form](#)

## PowerSchool Learning

**If you are accessing additional resources through [PowerSchool Learning](#), please note: PowerSchool Learning may be slow and the District and PSL are aware of the issues and working on a fix.**

**For [parent support for PowerSchool Learning, visit this page](#).**

## Updates from Our Teachers

### **FROM DAN WEISS**

Dan has sent several learning opportunities to each student and their parents by email. These lessons will be posted to OneNote by the end of the week. More are being created and will be sent and posted.

The garden is still growing. Dan will try to keep it moving as we get into spring, so it is ready for us whenever we get back to the garden.

#### **Dan Weiss**

Science Teacher

[dweiss@lwsd.org](mailto:dweiss@lwsd.org)

### **FROM ANDREA FRANKENFELD**

Watch one of these and write a longish paragraph persuading Andrea to use it in her film class. Email her at [afrankfeld@lwsd.org](mailto:afrankfeld@lwsd.org).

#### Action

The Bourne Identity  
The Matrix

#### Artsy

Birdman  
Crash

#### Musical

Dreamgirls  
Evita

#### Biopic

A Beautiful Mind  
Green Book  
The Imitation Game  
Walk the Line  
Ray  
Capote

#### Drama

Silver Linings Playbook  
Boyhood

#### Based on a book

Memoirs of a Geisha  
Hidden Figures  
The Devil Wears Prada  
The Godfather  
The Shawshank Redemption  
The Social Network

#### Animated

Zootopia  
Up  
Minions

#### Historical

The Iron Lady  
The King's Speech  
Marie Antoinette  
Braveheart

#### Bollywood

3 Idiots  
Taare Zameen Par

#### **Andrea Frankfeld**

Morning Learning Center ELA/SS

English 11/12 & Film Analysis

[afrankfeld@lwsd.org](mailto:afrankfeld@lwsd.org)

### **FROM EMILY MITCHELL**

Emily misses all of you! She has been keeping busy by reading, going on runs (socially distanced), and listening to podcasts! Currently she is listening to Freakonomics, a podcast with the mission of "finding the hidden side in everything." So far, she has learned about social distancing, rent control, socialism, and loneliness. If you'd like to listen too, let her know what you think!

#### **Emily Mitchell**

Social Studies/English

[emitchell@lwsd.org](mailto:emitchell@lwsd.org)

## **FROM DAN KAUFMAN**

Dan has sent this video to his Food Science and Leadership classes:

<https://www.vox.com/science-and-health/2020/3/11/21173187/coronavirus-covid-19-hand-washing-sanitizer-compared-soap-is-dope>

He thinks it is a good video to share with all parents and families. It explains why hand washing with soap is so much more effective than using hand sanitizers.

Dan also has a few recipes that his students have made or should be able to make at home --- check the attachment to this newsletter!

**Dan Kaufman**

CTE

[dakaufman@lwsd.org](mailto:dakaufman@lwsd.org)

## **FROM WILL GARDNER**

- Will is continuing to update notes for his English class' reading of Siddhartha on a daily basis. He will continue to do that with his thoughts just as it would be during discussion in class if people are interested in wrapping up the novel. :)
- His English class would have begun watching The Little Buddha, starring Keanu Reeves as.... the Buddha?? Yes, that is a casting choice someone made. Check out the trailer here: <https://www.youtube.com/watch?v=p7xFK3GGj4I>. He believes it is available online, OR students are welcome to email him and arrange a time to pick up the DVD on Tuesday next week between 9-10am. **Spoiler Alert!** What is the most unbelievable part of the movie? How about that a large portion of it involves a little boy living in Seattle, but he is wearing an Oakland A's hat in most of the scenes!?!? Who the heck signed off on that??
- His math class has been sent emails to links to a wide array of practice problems /exercises that his students are welcome to continue working on. You can also email him directly for specific assignment requests and he will send them out! In addition, Will is sending out semi-daily math challenge questions to everyone in his class. The first to send him a correct response will win points towards Amazon gift cards! (Thank you to the DVP Foundation for Better Education for the kind donations to make this possible.) If students who are not in his math class want to participate too, just email him to be added to the list!

**William L. Gardner, M. Ed, NBCT**

Special Education Teacher

[wgardner@lwsd.org](mailto:wgardner@lwsd.org)

## **FROM MICHELLE FRALEY**

Be sure to check your email for information about math. Michelle has been sending out activities and math puzzles by email. Working on math may not be your first choice right now, but it is not a good idea to go 6 weeks without doing any math. It will make it much harder to get back into it when classes resume. Michelle is providing opportunities for students to review and practice previous learning, and to challenge themselves with math puzzles.

Also, if you are an Algebra 1 or Algebra 2 student, she has created a Khan Academy account for you. Go to [www.khanacademy.org](http://www.khanacademy.org) and click on Learners. **DO NOT ENTER YOUR BIRTHDATE!** Click on “Already Have an Account.” Michelle emailed username and password information to each of you earlier this week. This is an excellent way to review past learning.

Take care and stay healthy.

**Michelle Fraley**

Math/Science

[mfraley@lwsd.org](mailto:mfraley@lwsd.org)

## **FROM TRACY BUMGARNER**

Before school was put on hold, Tracy asked her classes whether or not they eat dinner together with the people in their homes; many said sometimes but many said “NO! That only leads to fighting.” An article from Stanford Children’s Health (Family Meals: More Than Good Nutrition) reports that families that eat with their teens three or more times a week, without the TV on, have teens who participate in less abusive behaviors and do better in school. Another article from Stanford called Why the Family Meal is Important says that teens who eat with their families have fewer weight issues, drink less soda, have higher self-esteem and are more likely to ask for help when something is bothering them.

Make mealtime a little more inviting by making some agreements beforehand. North Dakota State University has suggestions in an article called Improving Family Communication with Family Meals like avoid mealtime as lecture time or a time to have angry discussions. Refrain from using the time to impose or discuss discipline. Instead, use mealtime as a time to reconnect.

I have included a favorite class recipe (students always want to make it) for **Bimbimbop**.....maybe that can be the start of new habits. Check the attachment to this newsletter!

**Tracy Bumgarner**

CTE/Child Lab

[tbumgarner@lwsd.org](mailto:tbumgarner@lwsd.org)

## **FROM STEPHANIE MONAGHAN**

Stephanie misses you and the energy of your classes a lot. Please check out the OneNote notebook she sent you on March 14<sup>th</sup>. It has some interesting activities that you can use to distract yourself and learn something.

Take care of yourselves and STAY HOME. Stephanie wants to see you all healthy in a month.

*Fist bumps from at least 6 feet away.*

**Stephanie Monaghan**

English/Psychology/Core/U.S. Government/Online WA State History

[stmonaghan@lwsd.org](mailto:stmonaghan@lwsd.org)

## **FROM EVELYN VIDAL-ARMOUR**

All art and photo classes are being contacted via school email and should check it weekly. Students will continue to submit photos and artwork to their One Drive portfolios.

Yearbook staff is looking for Student artwork as well as a cover for the yearbook. Enter your art for the yearbook cover contest!

Seniors - please send your baby photos to Stephanie or Evelyn. If you don't do it, your parents will!!!!

**Evelyn Vidal-Armour**

Art/Photography

[evidal-armour@lwsd.org](mailto:evidal-armour@lwsd.org)

## **FROM JUSTIN OCHSNER**

Please check student email and PowerSchool for opportunities and updates!

Justin misses you all! Email him anytime with questions or issues with logging in to math accounts.

**Justin Ochsner**

Math/CTE

[jochsner@lwsd.org](mailto:jochsner@lwsd.org)



## School News



**CANCELLED!**

### **FUNDRAISING DINNER/AUCTION**

Emerson High School is cancelling our bi-annual spring fundraising dinner and silent auction which was scheduled for April 22, 2020.

The LWSD has taken the step to limit community events and postpone/cancel all evening events which bring larger groups of people together.

*We may reschedule the event to the end of this school year, or it may be postponed until next fall. Please keep checking for updates.*

Thank you

## **2019-20 YEARBOOKS**

Emerson High School yearbooks **can only be purchased in the EMHS main office** (cash or check written to EMHS).

*No purchasing directly on the TreeRing Website.*

**Softbound \$20.00 Hardbound \$25.00**

***If you are interested in purchasing a 2019-20 yearbook, please email Mary Osness at [mosness@lwsd.org](mailto:mosness@lwsd.org).***

## **AAUW AWARDS**

The American Association of University Women (AAUW) will recognize one Emerson High School outstanding junior girl in a presentation at the District Resource Center—date TBD.

AAUW promotes equity in education for women and girls through scholarships and grants. The goal is to encourage more young girls and women to become interested in careers in science, mathematics, and technology. The recognition certificate can be used by the selected girls with their post-secondary education applications.

**Isabelle Copeland was nominated by Justin Ochsner and Michelle Fraley for Mathematics.**

*Please congratulate Isabelle for her hard work!*



## Staff Emails

|   |   |   |
|---|---|---|
| <p><b>Nell Ballard-Jones</b><br/>Principal<br/>nballard-jones@lwsd.org</p>                | <p><b>George Icleanu</b><br/>Evening Custodian<br/>gicleanu@lwsd.org</p>                        | <p><b>Justin Ochsner</b><br/>Math/CTE/ASB Student Store<br/>jochsner@lwsd.org</p>     |
| <p><b>Tracy Bumgarner</b><br/>CTE/Child Lab<br/>tbumgarner@lwsd.org</p>                   | <p><b>Sally Jenkins</b><br/>Registrar/Secretary<br/>sjenkins@lwsd.org</p>                       | <p><b>Mary Osness</b><br/>Office Manager/Bookkeeper<br/>mosness@lwsd.org</p>          |
| <p><b>Crista Cady</b><br/>YES Behavioral Support Specialist<br/>c-ccady@lwsd.org</p>      | <p><b>Dan Kaufman</b><br/>CTE/ASB Leadership<br/>dakaufman@lwsd.org</p>                         | <p><b>Courtney Rayburn</b><br/>Infant Daycare Specialist IA<br/>crayburn@lwsd.org</p> |
| <p><b>Annette Fechenbach</b><br/>School Nurse<br/>afechenbach@lwsd.org</p>                | <p><b>Timothy Lee</b><br/>Security<br/>tilee@lwsd.org</p>                                       | <p><b>Wendy Simmons</b><br/>School Counselor<br/>wsimmons@lwsd.org</p>                |
| <p><b>Andrea Frankenfeld</b><br/>English/Morning LC<br/>afrankenfeld@lwsd.org</p>         | <p><b>Kelly Marth</b><br/>Psychologist<br/>kmarth@lwsd.org</p>                                  | <p><b>Lorrie Thomas</b><br/>Infant Daycare Supervisor IA<br/>lthomas@lwsd.org</p>     |
| <p><b>Michelle Fraley</b><br/>Math/Morning LC &amp; Night School<br/>mfraley@lwsd.org</p> | <p><b>Andrew Nisargand</b><br/>Library IA/Webmaster<br/>anisargand@lwsd.org</p>                 | <p><b>Evelyn Vidal-Armour</b><br/>Art/Photography<br/>evidal-armour@lwsd.org</p>      |
| <p><b>Catherine Fredenburg</b><br/>Associate Principal<br/>cfredenburg@lwsd.org</p>       | <p><b>Emily Mitchell</b><br/>Social Studies/English/Night School<br/>emitchell@lwsd.org</p>     | <p><b>Daniel Weiss</b><br/>Science/CTE<br/>dweiss@lwsd.org</p>                        |
| <p><b>Will Gardner</b><br/>Special Ed<br/>wgardner@lwsd.org</p>                           | <p><b>Stephanie Monaghan</b><br/>English /Social Studies/Psychology<br/>stmonaghan@lwsd.org</p> | <p><b>Danny Youk</b><br/>Head Custodian<br/>dyouk@lwsd.org</p>                        |



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