



The Eckstein Weekly

March 27, 2020

PTSA Message

Dear families,

We'll continue to use the Weekly to share resources available to our school community during this difficult time. Please read on for messages about the many ways we can give and receive support.

Also, scroll down for ways to keep in touch with Eckstein on social media and hear about the online Spirit Week!

Be well, do good work, and take care of each other!

Receive Support

Message from the Eckstein School Counselors.

These are indeed challenging times for all of us as we navigate this unprecedented global crisis. Who could ever have imagined that school would be cancelled for 6 weeks, we would be told to work from home, stay inside our homes and stay at a safe distance from one another? Yet we find ourselves in just such a situation and many of us are unsure how to cope with the challenges. The uncertainty of everything can be very hard to accept and the non-stop media coverage can be overwhelming as we look for answers and guidance. Your school counselors are available if you want to check in, you have any questions, or are looking for resources. We are here to help. You and your student can access us through Schoology or via our email addresses below. Please don't hesitate to reach out if we can be of assistance.

How to Help Pre-Teen kids in a Coronavirus Lockdown:

<https://qz.com/1823522/how-to-help-pre-teen-kids-in-a-coronavirus-lockdown/>

Science-Based Strategies for coping with Coronavirus Anxiety:

<http://www.metrokids.com/MetroKids/Health/7-Science-based-Strategies-to-Cope-with-Coronavirus-Anxiety>

Mental Health First Aid blog with resources specific to helping those struggling with anxiety regarding the Coronavirus:

<https://www.mentalhealthfirstaid.org/news-and-updates/>

Mindfulness resources:

Our partner, Space Between, is offering free mindful meditation community practices through Facebook live:

<https://www.spacebetween.community/>

Headspace, a mindful meditation app, is offering free services during this crisis: <https://www.headspace.com>

Take care & please let us know if we can help,

6th Grade Counselor, Luz Santacruz lsantacruz@seattleschools.org

7th Grade Counselor, Reema Ziadeh raziadeh@seattleschools.org

8th Grade Counselor, Niki Duncan nmduncansort@seattleschools.org

Student Meal Distribution

Student meal sites operate from 11am until 1pm, Monday through Friday. The sites are OPEN during the "Stay Home, Stay Healthy" period and social distancing is enforced. All SPS students can participate, and meals can be picked up by anyone in your family.

Eckstein Middle School is a distribution site. Please enter and exit through the cafeteria doors, at the courtyard area near the portables.

There are 26 meal sites across the city, find them [here](#).

Meals are also being delivered by yellow bus, along normal bus routes, three hours after morning pick up (you can find a map of the Eckstein bus routes [here](#)).

Weekend Food Support

Starting Friday March 27th, weekend food bags consisting of non-perishables are available for all families in need. To pick up food bags at Eckstein, please enter and exit from the courtyard area, near portables on east side of building. More details about the food program can be found on the [COVID-19 Student Meal page](#).

Internet Access

Low-cost internet options are available for Seattle residents, so you can stay connected and complete work at home. <http://www.seattle.gov/tech/services/internet-access/low-cost-home-internet-access-for-residents>

Unemployment Benefits for Workers

For employees who are experiencing a decrease in wages, the Governor's office and the Employment Security Department have greatly increased opportunities to access unemployment benefits due to COVID-19. You can call the direct line at 1-800-752-2500 or get more information at their website: <https://esd.wa.gov/newsroom/covid-19>.

Health Care

Due to the number of COVID-19 cases in our state, the [Washington Health Plan Finder](#) is offering a limited 30-day special enrollment period for qualified people who currently do not have insurance. This opportunity runs through April 8, 2020.

Job Opportunities

The Downtown Emergency Service Center (DESC) has 50 job openings in areas of accounting, case management, clinical support, counseling, substance abuse treatment, project management, software development, and more. The DESC provides integrated services including housing, emergency shelter, crisis intervention and healthcare to thousands of homeless and formerly homeless people every day. See the listings and apply on line at <https://www.desc.org/get-involved/work-at-desc/> Also see the Critical Job Opportunities page on the [WorkSource Seattle-King County website](#).

Government information and Resources During Pandemic

Find information and links to City of Seattle programs and services for those significantly affected by the COVID-19 pandemic. Also listed are community, county, and state resources. The page is continuously updated to reflect developments and changes. <http://www.seattle.gov/mayor/covid-19>

Alliance For Education and the Right Now Needs Fund

The Alliance for Education, in partnership with Amazon, has provided all 104 Seattle Public Schools with a Right Now Needs Fund, which is still available during the school closure. The fund assists with basic needs, including food, shelter, clothing, school supplies, and medical costs. To request use of the fund, please reach out directly to your school principal or school staff. You can learn more on the [Alliance for Education COVID-19 resource webpage](#).

Give Support

Volunteer

(Condensed from the Seattle Public Schools Volunteer Program letter, March 25, 2020)

The number of SPS students in need will grow exponentially over time. As the food distribution effort scales up, more staff and volunteers will be critical.

- Let us know if you are available to volunteer! Visit <https://bit.ly/c-19volunteerteam> to sign into your SPS volunteer profile and join the COVID-19 response team today. Our first effort is likely to support buses distributing food. Public health requirements will be followed, including screenings, social distancing, and safety supplies.

- We know many community members who want to help also need an income. School lunchrooms have been short-staffed since the start of the school year. You can apply at <http://bit.ly/lunchroomsub> to become a sub during school closures and beyond.
- Lastly, please remember that SPS families rely on many volunteer-powered community organizations. Visit <https://www.uwkc.org/volunteer> to help local service providers affected by COVID-19 volunteer shortages.

All In Seattle

All In Seattle is a group of Seattleites and community members who are quickly deploying resources directly to proven non-profits who can deliver to those most in need. Find more information about their citywide fundraiser [here](#). All In Seattle launched on March 23, and raised over \$27 million. Donations will continue for as long as needed.

Mercy Magnuson House Community Pantry needs donations

The pantry will accept items Monday-Friday, 9:30am - 5pm, in the coming weeks. Families can drop off items to Education Liaison Brittney Friend in her office. To find her, go in the front door of Mercy Magnuson, turn right, and then find her office near the mailboxes. Any non-perishables would be appreciated. This pantry supplies food to our greater NE Seattle community. The agency is working on a plan for how this food will be distributed/delivered to families in need.

Food Banks in Need

Local food banks are short on toiletry supplies, food, volunteers, and money. Please help if you can.

Food Lifeline: <https://foodlifeline.org/covid19/>

The University District Food Bank: <https://www.udistrictfoodbank.org/donate/food/>

FamilyWorks Family Resource Center and Food Banks:

<https://familyworksseattle.org/coronavirus-response/>

North Helpline Emergency Services and Food Bank: <https://www.northhelpline.org/>

Mary's Place Seattle: <https://www.marysplaceseattle.org/>

Ballard Food Bank: <https://www.ballardfoodbank.org/>

Academics

Information from Eckstein Principal Kristin Rose

Expectations regarding academic work will continue to evolve as the district responds to new state guidance. As it stands now, teachers are asked to communicate with families at least two times per week via Schoology, email, phone, or the typical way they connect with families throughout the school year. I know that you are getting many communications from teachers. This past week I asked teachers to state their content area and grade level in the subject line when they email and also use bullet points or lists to simplify the information they are sending.

Learn more about Schoology: <https://support.schoology.com/hc/en-us/articles/201000873-Parent-Guide>

Information From the SPS Superintendent

(condensed from the SPS Office of Public Affairs letter to families of March 25, 2020)

- SPS educational programming airs on SPS TV (local channel 26), social media (Facebook: @SeattlePublicSchools, Twitter: @SeaPubSchools), the SPSTV YouTube channel, and on [KOMO4 news](#). You can learn more by visiting the [COVID-19 SPSTV webpage](#). From this page, you can watch the live broadcast or view individual “on-demand lessons.” This first week of programming focuses on K-5. Middle school science programming will start on Tuesday, March 31. During spring break, April 13-16, we will rerun prior content. New content will resume April 20-25.
- The district has also distributed printed materials aligned to SPS-TV programming at the school lunch distribution sites for families without access to the SPS-TV broadcast or internet. These weekly, supplemental learning packets can be picked up at any of the 26 Student Meal Distribution sites. They have also been distributed to affordable housing sites and the current K-5 packets can be downloaded from

the [COVID-19 elementary resource page](#).

- Online resources: Please find extended learning-at-home examples, resources, and activities [here](#) (preschool, elementary, middle, and high school). There are sample home learning schedules, emotional support guidance, supplemental learning resources, SPS-TV learning packets, and some of our favorite online sites.

Stay in Touch, Eagles!

Yearbook

Did your student try out for a spring sport? If so, send Haley Stern a picture of your student showing their sporty side! hsstern@seattleschools.org

Eckstein Social Media and Spirit Week

Check out Eckstein's Instagram account (@InsideEckstein) for daily "Kindness Dares" and now - Spirit Week! It was planned for next week, and will still go ahead, just altered for our current situation. Please join us by dressing up, posting on Instagram and using the hashtag #Ecksteinquarantinespiritweek.

Obviously, participation in this is voluntary and at your own comfort with social media. Any photos with that hashtag may be used in our daily stories @Insideeckstein Instagram account for our virtual Spirit Week. If you don't have Instagram, you can email your photos to Mrs. Poort at jcpoort@seattleschools.org.

Spirit Week

- Monday, 3/30 - Comfy Clothing Day (take a photo in your comfy clothes and post)
- Tuesday, 3/31 - Tourist Day (wear something a tourist would wear and post and tag us!)
- Wednesday, 4/1 - Pet Day (show off your pet, or stuffed animal/pet rock/sea monkeys, squirrel, etc post and tag us!)
- Thursday, 4/2 - Tye Dye Day (wear Tye Dye and post and tag. Might even be a great craft to do earlier in the week!)
- Friday, 4/3 - Eckstein Gear (wear Eckstein gear and/or colors and post and tag us)

Resources from the Library

Ms. Sterling's Reading Suggestions

Check out the 2019 end-of-the-year lists she put together!

[Sports Suggestions](#)

[Sci-Fi Suggestions](#)

[Romance Suggestions](#)

[Realistic Fiction Tough Issues Suggestions](#)

[Realistic Fiction Lighthearted Suggestions](#)

[Nonfiction Suggestions](#)

[Mystery Suggestions](#)

[LGBTQ+ Suggestions](#)

[Horror Suggestions](#)

[Historical Fiction Suggestions](#)

[Graphic Novel Suggestions](#)

[Funny Suggestions](#)

[Fantasy Suggestions](#)

[Biography/Memoir Suggestions](#)

[Author of Color Suggestions](#)

[Adventure Suggestions](#)

Access to Seattle Public Library's Digital Resources

Free eBooks and audiobooks through Seattle Public Library – yes, students already have a digital library card! Libby is a free app through the Seattle Public Library and students already have a digital library card that they will never get fines on. Follow steps below, but the digital card # is 990000 followed by the 7-digit student ID # which can be

found on The Source. Their pin is their birthdate without the year. All students in middle and high schools have one of these! This digital library card can also be used to access some other digital resources as well – see below!

Libby eBooks and Audiobooks (Free!)

- If you have a phone or tablet, there is a free app
- If you are using it on a computer, go to <https://libbyapp.com>
- Your card is through Seattle Public Library
- Your **library card number** is: 990000 followed by your student ID # found on the Source
 - For example, if your student ID # is 1234567, your library card is 9900001234567
- Your **pin** is your 4-number birthdate (month/day):
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Note: You can also use this library card number and pin for other FREE digital resources at Seattle Public Library (www.spl.org), including:

- Hoopla – graphic novels, TV, movies *needs email address* *free app* or go to <https://hoopladigital.com>
- Flipster – magazines *free app* or go to <https://www.spl.org/books-and-media/digital-magazines-and-newspapers/flipster>
- Lynda.com – online learning tutorials on everything from coding to photography to graphic design and more! *free app* or go to <https://www.lynda.com/portal/sip?org=spl.org>
- Freegal – free downloadable music! Go to <https://www.spl.org/books-and-media/music/freegal>

Send Love to a Senior

Eckstein Library is starting a campaign to send letters, cards, artwork, short videos, or other creations to senior centers in the area as they are the most adversely affected by COVID-19. We will be making a video compilation of items as well as sending physical items depending on the senior center and cleaning protocols. While we are closed, send an email to emsterling@seattleschools.org with a picture of the item you or your student made!



#WhereIRead Campaign

Find the perfect place to read, read a book, snap a photo or draw a picture, share on social media with #WhereIRead, and email picture to Ms. Sterling. We'll post on the

Eckstein Library Instagram! **Follow Eckstein Library on Instagram @ecksteinlibrary** for book reviews, articles, and more!

The Weekly is distributed on Fridays during the school year. Please send submissions by *Wednesday at 5PM* to [Eckstein Weekly](#). Inclusion is at the discretion of the Eckstein PTSA and Administration. Your 2019-20 Eckstein Weekly is edited by the PTSA Communications Team. Sign up for the Eckstein Weekly [here!](#)