

Wilbur-Creston Schools

SE 202 Pope Street
Wilbur WA 99185
(509) 647-2221

485 SE E Street
Creston WA 99117
(509) 636-2721



March 17, 2020

Grab and Go lunches and breakfast will be available for all kids under 18 starting Monday, March 23, 2020! These will be available each weekday through April 24th at 11:00am.

Meals are available in Wilbur and Creston you can access any location that works best for your family regardless of what school you attend.

OSPI has assured us that they will immediately approve a lunch program that will look like a summer type feeding program. Lunch and breakfast bags will be free of charge to any student who is under 18. You do not have to qualify for free or reduced lunch to receive a meal. The district will be able to bill meals to the federal lunch program based on the number of meals we distribute each day, we do not even have to track names.

All meals will be served in a grab and go bag that will contain a lunch and a breakfast for the next day. Meals can be picked up at the Wilbur school by the back kitchen door off of the small parking lot by the lower playground.

In Creston, meals can be picked up by the back kitchen door.

We also can arrange to deliver meals to bus stops for kids who are not able to come to school. If you are interested in delivery please e-mail Shawn Randel at srandel@wcsd.wednet.edu or bodegaard@wcsd.wednet.edu. If you do not have e-mail please call Wilbur School at 647-2221 and follow the prompts to have your call forwarded to one of our secretaries. Or call Creston School at 636-2721, leave a message (which will be forwarded to our secretary) and your call will be promptly returned.

Glenn Arland,
Junior High Principal

Belinda Ross,
High School Principal

Chuck Wyborney,
Superintendent

Free Meals for Kids

Kids can enjoy a free, nutritious grab-and-go breakfast and lunch while our school is closed.

Details:

- Every weekday while schools are closed, starting March 23rd
- Meals are free to kids ages 1-18
- Pickup at 11AM from either the Creston or Wilbur back kitchen door
- Child has to be present to pick up the meal.
- If you live on a bus route and your child needs a meal, please call by 8AM and we will deliver!



Revised 3-17-2020 (9:27am, version 1)

Wilbur Creston Schools... Closure Plan

Please Note: This situation has been changing rapidly ... thank you for your understanding as we work through this unprecedented event. Always check the revised date to make sure you are reading the latest information.

Current Assumptions: Per the governor's proclamation, all schools in Washington will be closed from March 17 through at least April 24th

Based on OSPI guidance provided on March 13, 2020... we will be required to have school through June 19th and use our snow day on May 22nd as a school day... so we will be making up 10 days of missed school, the rest will be waived by the state.

The following plan deals with the closure period from March 17th through April 27th... if this closure is extended, we will need to revise our plan.

1. Goals and priorities
 - a. Student and staff safety
 - b. Feed our kids
 - c. Support our communities
 - d. Communicate well.
 - e. Meet the academic needs of our students
2. Feeding Plan
 - a. We will provide meals during the closure, starting March 23rd at 11:00am ... see today's letter for more details
 - b. We do have the capacity to deliver meals ... see letter for details
3. Academic Plan
 - a. Students will also miss 15 days of instruction
 - i. See today's letter from the principals for more details
 - b. Students are encouraged to complete any missing assignments and get them to their teachers.
4. Building Guidelines
 - a. Purpose of the shutdown is to minimize contact with large groups of people
 - i. Let's honor that, try to avoid large group settings
 - ii. Stay safe, take care of yourselves...
 - b. Our buildings are closed to all activities.
 - c. No open gym or weightlifting per OSPI guidance below.

OSPI guidance on 3-13-2020

During mandatory closures, school districts will be prohibited from providing in-person educational, recreational, and other K–12 school programs using their school buildings and facilities. Districts will not be prevented from providing instruction through online learning models (so long as those can be provided equitably) or from using their facilities to provide childcare, professional development, staff meetings, Individualized Education Program (IEP) meetings, direct services to individual students, or other activities deemed appropriate by the district administration. Any gatherings within school facilities should comply with applicable social distancing directives and health and safety recommendations. We will share future guidance from health officials.

5. All sports are postponed until further notice
 - a. No practices are allowed
6. Senior Graduation
 - a. For now, we will keep the scheduled graduation date of June 6th
 - b. Understanding that currently all gatherings over 50 are banned in the state of Washington, so if that does not change, graduation could be cancelled or rescheduled
 - c. Senior Project: Alicia has contacted seniors
7. College in the High School
 - a. Awaiting guidance from CWU
8. Special Education
 - a. We are waiting for guidance from OSPI
9. Our Counselors are available 5 days a week, they are working remotely, but can talk on the phone
 - a. We are in the process of getting cell phones for our counselors to use remotely
 - i. Huge thank you to OUR LOCAL INLAND CELLUAR FOR MAKING THIS AVAILABLE
10. Communications
 - a. This document will be updated every Tuesday (by the end of the day) and posted on our website.
 - b. Best way is to e-mail directly the staff member you need to contact, they are checking their e-mail each day.
 - c. Phones: Wilbur (509) 647-2221, we are working with our phone company to have calls each day forwarded to one of our secretaries, listen carefully to the prompts.
 - d. Creston: 509-636-2721, call and leave a message, this will automatically send an e-mail to our secretary, she will return your call in a timely fashion.

The kids are home all day—what do we do with them?!

The elementary teachers have created packets of work that will keep the learning fresh and prepare students to hit ground running when we return. These packets can be picked up, mailed or we will drop them off to you. You can call the school at 647-2221 or email your child's teacher or Amy Ritchy (aritchy@wcsd.wednet.edu).

High school teachers are concentrating on making sure all students have their already assigned work completed and turned in. More information for learning activities will be posted through the teachers' regular forms of school communication (Google Classroom, Schoology). I encourage high school students to check in regularly through these online platforms and school emails.

When students have papers and projects that they want to turn in for teacher review you can either contact the teacher to make arrangements or you can drop off the work in the schoolwork drop box that has been placed in the front of the high school and elementary entranceways.

We will be updating our at home learning activities as the days go forward. While our school doors are closed, we are still here for you and the kids. Please call the school or email any of us; all staff members are monitoring their emails. We will also be updating the school website at least once a week; besides our latest information we will be posting links to websites that have good content for extending learning.

Stay well and read, read, read!

Belinda Ross

bross@wcsd.wednet.edu



WILBUR CRESTON SCHOOL DISTRICT

2019—20 Student Calendar

180 Student Days *Updated 3/16/20*

3	AUGUST						
26 Teacher Prep 27 Staff First Day 28 First Day of School	S	M	T	W	T	F	S
					1	2	3
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	(30)	31

19	FEBRUARY						
17 Presidents Day	S	M	T	W	T	F	S
							1
	2	3	4	5	6	(7)	8
	9	10	11	12	13	(14)	15
	16	17	18	19	20	(21)	22
	23	24	25	26	27	(28)	29

20	SEPTEMBER						
2 Labor Day 13 Professional Development 27 Professional Development	S	M	T	W	T	F	S
	1	2	3	4	5	(6)	7
	8	9	10	11	12	(13)	14
	15	16	17	18	19	(20)	21
	22	23	24	25	26	(27)	28
	29	30					

21	MARCH						
6 Snow Day 26 End of 3rd Quarter 17-31 Statewide Closure	S	M	T	W	T	F	S
	1	2	3	4	5	(6)	7
	8	9	10	11	12	(13)	14
	15	16	17	18	19	(20)	21
	22	23	24	25	26	(27)	28
	29	30	31				

23	OCTOBER						
11 Professional Development 25 Professional Development 30 End of 1st Quarter	S	M	T	W	T	F	S
			1	2	3	(4)	5
	6	7	8	9	10	(11)	12
	13	14	15	16	17	(18)	19
	20	21	22	23	24	(25)	26
	27	28	29	30	31		

17	APRIL						
1-3 Parent Conferences 6-10 Spring Break 24 Professional Development 1-24 Statewide Closure	S	M	T	W	T	F	S
				(1)	(2)	(3)	4
	5	6	7	8	9	(10)	11
	12	13	14	15	16	(17)	18
	19	20	21	22	23	(24)	25
	26	27	28	29	30		

18	NOVEMBER						
11 Veterans' Day recognition 25-26 Parent Conferences 27 Thanksgiving Vacation ER 28-29 Thanksgiving Vacation	S	M	T	W	T	F	S
						(1)	2
	3	4	5	6	7	(8)	9
	10	11	12	13	14	(15)	16
	17	18	19	20	21	(22)	23
	24	(25)	(26)	(27)	28	(29)	30

20	MAY						
8 Professional Development 25 Memorial Day	S	M	T	W	T	F	S
						(1)	2
	3	4	5	6	7	(8)	9
	10	11	12	13	14	(15)	16
	17	18	19	20	21	22	23
	24	25	26	27	28	(29)	30
	31						

15	DECEMBER						
20 Christmas Vacation ER 23-31 Christmas Vacation	S	M	T	W	T	F	S
	1	2	3	4	5	(6)	7
	8	9	10	11	12	(13)	14
	15	16	17	18	19	(20)	21
	22	23	24	25	26	(27)	28
	29	30	31				

15	JUNE						
6 GRADUATION 19 LAST DAY OF SCHOOL ER at 10:00	S	M	T	W	T	F	S
		1	2	3	4	(5)	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30				

19	JANUARY						
1-3 Christmas Vacation 20 Martin Luther King Day 21 Semester Grades 24 Professional Development	S	M	T	W	T	F	S
				1	2	3	4
	5	6	7	8	9	(10)	11
	12	13	14	15	16	(17)	18
	19	20	21	22	23	(24)	25
	26	27	28	29	30	(31)	

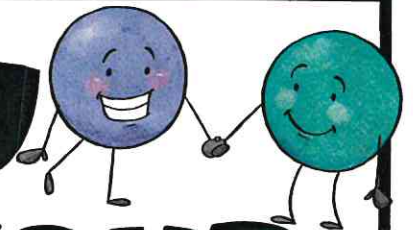
	JULY						
4 Independence Day	S	M	T	W	T	F	S
				1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	

- () Early Dismissal
- No School
- End of Grading Period
- ▽ First/Last Day of School

(ER) Professional Development Friday Release Time is 1:30 (all other early release time will be at 1:30)

30

Things YOU can do for YOUR Emotional Health



Practice a breathing technique. 1	Make a list of the feelings you can think of. 2	Play emotion charades. Can your family guess your feeling? 3	Write a letter to someone to let them know you appreciate them. 4	Do your chores without being asked. 5	Make a poster about KINDNESS for your classroom. 6
Make a list of 10 ways to show respect at school. 7	Explain to an adult what empathy means. 8	Go outside and count how many things that are red. 9	Make a list of 30 things you are grateful for. 10	Practice hot cocoa breathing. Smell the cocoa and cool it off. 11	Clean up without being asked. 12
Make a list of 25 things you love. 13	Write what it means to be a good friend. 14	Make a list of all the ways you showed kindness this week. 15	Write about your hero. 16	Talk to an adult about your favorite place. 17	Write a note to someone you miss. 18
Practice sitting still for one minute. What sounds did you hear? 19	Name 3 ways you can calm down in you are feeling stressed. 20	Make a card for someone you love. 21	Draw a picture of your future self. What is your career? 22	Make a list of things that are important to you. 23	Read a book. What feelings did you notice as you read? 24
Ask an adult about a career they are interested in. 25	Try to name 10 different colleges. 26	Name 3 things you love doing and 1 thing you want to try. 27	Name 3 things you can do to be helpful in your community. 28	Play a game with someone. 29	Name 5 things you love about yourself. 30

February 29, 2020

Talking to Children About COVID-19 (Coronavirus) A Parent Resource

A new type of coronavirus, abbreviated COVID-19, is causing an outbreak of respiratory (lung) disease. It was first detected in China and has now been detected internationally. While the immediate health risk in the United States is low, it is important to plan for any possible outbreaks if the risk level increases in the future.

Concern over this new virus can make children and families anxious. While we don't know where and to what extent the disease may spread here in the United States, we do know that it is contagious, that the severity of illness can vary from individual to individual, and that there are steps we can take to prevent the spread of infection. Acknowledging some level of concern, without panicking, is appropriate and can result in taking actions that reduce the risk of illness. Helping children cope with anxiety requires providing accurate prevention information and facts without causing undue alarm.

It is very important to remember that children look to adults for guidance on how to react to stressful events. If parents seem overly worried, children's anxiety may rise. Parents should reassure children that health and school officials are working hard to ensure that people throughout the country stay healthy. However, children also need factual, age appropriate information about the potential seriousness of disease risk and concrete instruction about how to avoid infections and spread of disease. Teaching children positive preventive measures, talking with them about their fears, and giving them a sense of some control over their risk of infection can help reduce anxiety.

Specific Guidelines

Remain calm and reassuring.

- Children will react to and follow your verbal and nonverbal reactions.
- What you say and do about COVID-19, current prevention efforts, and related events can either increase or decrease your children's anxiety.
- If true, emphasize to your children that they and your family are fine.
- Remind them that you and the adults at their school are there to keep them safe and healthy.
- Let your children talk about their feelings and help reframe their concerns into the appropriate perspective.

Make yourself available.

- Children may need extra attention from you and may want to talk about their concerns, fears, and questions.
- It is important that they know they have someone who will listen to them; make time for them.
- Tell them you love them and give them plenty of affection.

Avoid excessive blaming.

- When tensions are high, sometimes we try to blame someone.
- It is important to avoid stereotyping any one group of people as responsible for the virus.
- Bullying or negative comments made toward others should be stopped and reported to the school.
- Be aware of any comments that other adults are having around your family. You may have to explain what comments mean if they are different than the values that you have at home.

Monitor television viewing and social media.

- Limit television viewing or access to information on the Internet and through social media. Try to avoid watching or listening to information that might be upsetting when your children are present.
- Speak to your child about how many stories about COVID-19 on the Internet may be based on rumors and inaccurate information.
- Talk to your child about factual information of this disease—this can help reduce anxiety.
- Constantly watching updates on the status of COVID-19 can increase anxiety—avoid this.
- Be aware that developmentally inappropriate information (i.e., information designed for adults) can cause anxiety or confusion, particularly in young children.
- Engage your child in games or other interesting activities instead.

Maintain a normal routine to the extent possible.

- Keep to a regular schedule, as this can be reassuring and promotes physical health.
- Encourage your children to keep up with their schoolwork and extracurricular activities, but don't push them if they seem overwhelmed.

Be honest and accurate.

- In the absence of factual information, children often imagine situations far worse than reality.
- Don't ignore their concerns, but rather explain that at the present moment very few people in this country are sick with COVID-19.
- Children can be told this disease is thought to be spread between people who are in close contact with one another—when an infected person coughs or sneezes.
- It is also thought it can be spread when you touch an infected surface or object, which is why it is so important to protect yourself.
- For additional factual information contact your school nurse, ask your doctor, or check the <https://www.cdc.gov/coronavirus/2019-ncov/index.html> website.

Know the symptoms of COVID-19.

- The CDC believes these symptoms appear in a few days after being exposed to someone with the disease or as long as 14 days after exposure:
 - Fever
 - Cough
 - Shortness for breath
- For some people the symptoms are like having a cold; for others they are quite severe or even life threatening. In either case it is important to check with your child's healthcare provider (or yours) and follow instructions about staying home or away from public spaces to prevent the spread of the virus.

Review and model basic hygiene and healthy lifestyle practices for protection.

- Encourage your child to practice every day good hygiene—simple steps to prevent spread of illness:
 - Wash hands multiple times a day for at least 20 seconds (singing Twinkle, Twinkle Little Star slowly takes about 20 seconds).
 - Cover their mouths with a tissue when they sneeze or cough and throw away the tissue immediately, or sneeze or cough into the bend of their elbow. Do not share food or drinks.

- Practice giving fist or elbow bumps instead of handshakes. Fewer germs are spread this way.
- Giving children guidance on what they can do to prevent infection gives them a greater sense of control over disease spread and will help to reduce their anxiety.
- Encourage your child to eat a balanced diet, get enough sleep, and exercise regularly; this will help them develop a strong immune system to fight off illness.

Discuss new rules or practices at school.

- Many schools already enforce illness prevention habits, including frequent hand washing or use of alcohol-based hand cleansers.
- Your school nurse or principal will send information home about any new rules or practices.
- Be sure to discuss this with your child.
- Contact your school nurse with any specific questions.

Communicate with your school.

- Let your school know if your child is sick and keep them home. Your school may ask if your child has a fever or not. This information will help the school to know why your child was kept home. If your child is diagnosed with COVID-19, let the school know so they can communicate with and get guidance from local health authorities.
- Talk to your school nurse, school psychologist, school counselor, or school social worker if your child is having difficulties as a result of anxiety or stress related to COVID-19. They can give guidance and support to your child at school.
- *Make sure to follow all instructions from your school.*

Take Time to Talk

You know your children best. Let their questions be your guide as to how much information to provide. However, don't avoid giving them the information that health experts identify as critical to ensuring your children's health. Be patient; children and youth do not always talk about their concerns readily. Watch for clues that they may want to talk, such as hovering around while you do the dishes or yard work. It is very typical for younger children to ask a few questions, return to playing, then come back to ask more questions.

When sharing information, it is important make sure to provide facts without promoting a high level of stress, remind children that adults are working to address this concern, and give children actions they can take to protect themselves.

Information is rapidly changing about this new virus—to have the most correct information stay informed by accessing <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

Keep Explanations Age Appropriate

- Early elementary school children need brief, simple information that should balance COVID-19 facts with appropriate reassurances that their schools and homes are safe and that adults are there to help keep them healthy and to take care of them if they do get sick. Give simple examples of the steps people take every day to stop germs and stay healthy, such as washing hands. Use language such as "adults are working hard to keep you safe."
- Upper elementary and early middle school children will be more vocal in asking questions about whether they truly are safe and what will happen if COVID-19 comes to their school or community. They may need assistance separating reality from rumor and fantasy. Discuss efforts of school and

community leaders to prevent germs from spreading.

- Upper middle school and high school students are able to discuss the issue in a more in-depth (adult-like) fashion and can be referred directly to appropriate sources of COVID-19 facts. Provide honest, accurate, and factual information about the current status of COVID-19. Having such knowledge can help them feel a sense of control.

Suggested Points to Emphasize When Talking to Children

- Adults at home and school are taking care of your health and safety. If you have concerns, please talk to an adult you trust.
- Not everyone will get the coronavirus (COVID-19) disease. School and health officials are being especially careful to make sure as few people as possible get sick.
- It is important that all students treat each other with respect and not jump to conclusions about who may or may not have COVID-19.
- There are things you can do to stay healthy and avoid spreading the disease:
 - Avoid close contact with people who are sick.
 - Stay home when you are sick.
 - Cover your cough or sneeze into your elbow or a tissue, then throw the tissue in the trash.
 - Avoid touching your eyes, nose, and mouth.
 - Wash hands often with soap and water (20 seconds).
 - If you don't have soap, use hand sanitizer (60–95% alcohol based).
 - Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

Additional Resources

Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks, <https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/SMA14-4886>

Coping With Stress During Infectious Disease Outbreaks, <https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>

Centers for Disease Control and Prevention, Coronavirus Disease 2019 (COVID-19), <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>

Handwashing and Hand Sanitizer Use at Home, at Play, and Out and About, <https://www.cdc.gov/handwashing/pdf/hand-sanitizer-factsheet.pdf>

For more information related to schools and physical and mental health, visit www.nasponline.org and www.nasn.org.