Greetings from Sno-Isle TECH Skills Center

For the week of May 4th – 8th

➢ Teachers will continue to provide engagement activities for their students. You can expect a minimum of one communication from your teacher per week, with activities ranging anywhere from 30 to 90 minutes each day.

➢ Student attendance is being taken! OSPI is requiring that we continue to record attendance. Attendance will be based upon “student engagement with the learning”.

➢ Accessing Student Grades – we have had some parents ask if they can still access student grades and the answer is yes! Please see directions below:

  QmlativFamily Access gives parent/guardians the tools to know how their student is doing in school. To access QmlativFamily Access go to the Mukilteo School District website at https://www.mukilteoschools.org/. The QmlativFamily Access link is located on the main page.

  Family access is automatically granted to the parent/guardian in the system. The first time a parent logs in they must be responding to an email that was generated from Qmlativ. If you do not have your login please call the office at Sno-Isle TECH (425-348-2220) and leave a message requesting an invitation email for Family Access. The email will contain your username and a link will be included within the email to set your password.

➢ Technology Needs – if a need for tech equipment or technical support for accessing Google Classroom becomes apparent, let your teacher know and then contact your home high school/district to seek help.

  Sno-Isle Tech Center utilizes many resources (e.g. Google Classroom, G Suite, Office 365) that are part of Mukilteo School District’s domains (“@mukilteo.wednet.edu”). In order for Sno-Isle students to access these resources, the home school district Technology Department will need to allow you to access “@mukilteo.wednet.edu”.

➢ Retrieving Personal Belongs:

  Mukilteo School District, including Sno-Isle TECH Skills Center, in collaboration with all other partner high schools and districts, is honoring Governor Inslee’s “stay-at-home” order. As a result, we have closed our building and have respectfully requested that staff and students
stay at home. Notable exceptions include the need for essential supplies/materials in order to continue distance learning or to provide for family needs:

a) Students who need their belongings in order to engage in distance learning or for purposes of a job they are currently working, may contact their teacher to make arrangements to pick up their items.

b) Students who do not need their personal belongs to engage in distance learning or for a current job, are asked to wait until the Governor lifts the stay-at-home order. At that time, we will publish a schedule to retrieve all belongings. Thank you.

➢ Abnormal Times Leads to Abnormal Behavior – it is normal, and it is called STRESS.

Routines, including typical high school class schedules, participating in or watching live athletic events or school plays, working an after school job, hanging out with friends on a Friday night, going to the mall, playing pick-up basketball games, and interacting with friends every day helps provide for a sense of boundaries, accountability, and security. It helps young adults explore who they are by learning how to interact with their surroundings as well as with other people. When such typical high school routines are disrupted in a major way as has happened in this current pandemic, it can leave a void filled with confusion, self-doubt, anger, anxiety, and loneliness.

If your son/daughter is exhibiting behavior that is out of character and troubling to you (or them), please contact your home high school to access their mental health resources. Most schools have counselors that are working at this time (even if remotely) who can provide a menu of local contacts/resource in your community. Your high school can guide you in finding appropriate help.

Learning when and how to reach out for help is a healthy life-long habit that is often not taught, encouraged, or modeled enough. This is a perfect opportunity to practice good mental health habits and reach out for guidance/help.

Below is an article replicated from the Centers for Disease. I have highlighted some of the symptoms of stress that would be typical for high school students and adults during this time. Many people who exhibit these kinds of behaviors do so unconsciously, often unaware of what is at the root of their feelings. While some people will work their way out of their stress given time, family support, and changes in circumstances around them, others run the risk of sinking into more debilitating/risky behaviors unless intervention is applied.

From the CDC Centers for Disease, Control, and Prevention - Coronavirus Disease (COVID-19)

For parents
Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

Watch for behavior changes in your child

**Not all children and teens respond to stress in the same way.** Some common changes to watch for include

- Excessive crying or irritation in younger children
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
- **Excessive worry or sadness**
- **Unhealthy eating or sleeping habits**
- **Irritability and “acting out” behaviors in teens**
- **Mood swings**
- **Arguing with parents/authority not observed in the past**
- **Poor school performance or avoiding school**
- **Difficulty with attention and concentration**
- **Avoidance of activities enjoyed in the past**
- **Unexplained headaches or body pain**
- **Use of alcohol, tobacco, or other drugs**

Ways to support your child

- **Talk with your child or teen** about the COVID-19 outbreak.
- **Answer questions** and share facts about COVID-19 in a way that your child or teen can understand.
- **Reassure your child or teen** that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- **Limit your family’s exposure to news coverage** of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- **Try to keep up with regular routines.** If schools are closed, create a schedule for learning activities and relaxing or fun activities.
• **Be a role model.** Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

*Enjoy your week!*

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