

# WINTER LAKES SCHOOL NEWSLETTER

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## COVID-19: How We Plan to Support YOU

For most, if not all of us, these are uncertain, stressful, even scary times. Every day changes! What will not change though, is our intent to continue supporting our students in any way we are able. You should have already received information through mail, email, or via phone call. Or maybe a combination of any of the three. To re-iterate what you may or may not already know:

- ❖ Governor Brown has ordered that schools are now to remain closed through the end of the 2019/20 school year. This means that our physical building is CLOSED, but learning is OPEN. Please make sure that you are logging in to your Odysseyware account to access your coursework.
- ❖ Your Learning Specialist is available! Please make sure that you remain in close contact with them throughout the school closure period. They are your link to staying on track!
- ❖ Your Odysseyware account is open for you to access. Make sure to keep logging in and plugging away at your coursework. If you have any questions or are having trouble accessing courses or assignments, email your Learning Specialist or call us at (541)824-0115.
- ❖ If you do not currently have access to a computer or laptop, we have Chromebooks ready to sign out for you to borrow. Contact us in the front office at (541)824-0115 to check availability.

As we continue to roll with the daily changes, we would like to express our gratitude to you, our Winter Lakes families, for remaining so patient and tackling these changes head-on with us. We will continue keeping you updated with new information as it becomes available to us.

### Accessing Your Online Learning

Many of you have signed a Chromebook out for the duration of the school closure to work on. If you have not logged on yet, here is what you need in order to do that:

- Your Student Assigned Email which is [FirstName.LastName@csd8.info](mailto:FirstName.LastName@csd8.info)  
(Example: If your name is John Johnson, your email is [John.Johnson@csd8.info](mailto:John.Johnson@csd8.info))
- The password includes the letters “wl” followed by your six-digit student ID number (Example: wl123456). If you do not know your ID number, contact your learning specialist or call us in the front office at (541)824-0115.

The link to Odysseyware is [coquillehsselect.owschools.com](http://coquillehsselect.owschools.com)

Contact your learning specialist or the front office with any questions.

# [ CANCELED ]

**Due to the Governor's orders to close school buildings, mandatory state testing has been canceled for the 2019-2020 school year.**

## SENIORS!!!

*You want to know about Graduation and/or your Graduation status. We are working hard to find that information out for you!! Please be patient with us as we “crunch the numbers”. You WILL be contacted very soon with more information about where you stand and where you go from here.*

## Who Should you Stay in Touch with During the Closure?

Below is a contact list of our Learning Specialists with their Email address to forward any of your questions to. We will also have a Secretary in our offices as often as possible to contact with questions or concerns:

WLHS Phone Number: (541)824-0115

WLE Phone Number: (541)396-2414

### **SECRETARIES:**

- Misty Snively – Secretary, Winter Lakes High School: [msnively@csd8.info](mailto:msnively@csd8.info)
- Shanda FitzHenry – Secretary, Winter Lakes High School: [sfitzhenry@csd8.info](mailto:sfitzhenry@csd8.info)
- Re’Chelle Singh – Secretary, Winter Lakes Elementary: [rsingh@csd8.info](mailto:rsingh@csd8.info)

### **LEARNING SPECIALISTS:**

- Brian Bergstedt – WLHS – [bbergstedt@csd8.info](mailto:bbergstedt@csd8.info)
- Airika Cagley – WLE – [acagley@csd8.info](mailto:acagley@csd8.info)
- Jake Cochran – WLE – [jcochran@csd8.info](mailto:jcochran@csd8.info)
- Sarah Crawford – WLE – [scrawford@csd8.info](mailto:scrawford@csd8.info)
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- Laura Eschler – WLHS – [leschler@csd8.info](mailto:leschler@csd8.info)
- Brenda Goble – WLHS – [bgoble@csd8.info](mailto:bgoble@csd8.info)
- Shyanne Groberg – WLHS – [sgroberg@csd8.info](mailto:sgroberg@csd8.info)
- Amy Holbrook – WLHS – [aholbrook@csd8.info](mailto:aholbrook@csd8.info)
- Tony Jones – WLHS – [tjones@csd8.info](mailto:tjones@csd8.info)
- Sharon Nelson – WLE – [snelson@csd8.info](mailto:snelson@csd8.info)
- Kent Rilatos – WLHS – [krilatos@csd8.info](mailto:krilatos@csd8.info)
- Sondra Sperling – WLHS – [ssperling@csd8.info](mailto:ssperling@csd8.info)
- Jennifer Sweeney – WLHS – [jsweeney@csd8.info](mailto:jsweeney@csd8.info)
- Erin Thomason – WLE – [ethomason@csd8.info](mailto:ethomason@csd8.info)
- Lisa Trottier – WLHS – [ltrottier@csd8.info](mailto:ltrottier@csd8.info)
- Lonnie Usrey – WLHS – [lusrey@csd8.info](mailto:lusrey@csd8.info)

Bear in mind when calling your school that our teachers are working mostly from home these days, so emailing them is highly advised to get your questions answered quickly and efficiently. We also utilize Google Meet which allows for “face-to-face” digital conversations/meetings to discuss your schooling. Reach out to your Learning Specialist if you wish to schedule.

## HELPING HOMEBOUND CHILDREN DURING THE COVID-19 OUTBREAK

Emergency measures, such as requiring that children remain at home are critical methods to limit the spread of infection from the coronavirus (COVID-19) outbreak.

Despite its positive public health benefits, for an individual child, being homebound can serve as an opportunity to spend time with family, but also can result in insufficient physical activity, irregular sleep patterns, weight gain, and decreased fitness. As many parents know, boredom and frustration are common during time required

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to be home and inside. The lifestyle changes may also contribute to social isolation from peers and teachers, anxiety, and tension among family members due to a lack of personal space at home. Importantly, public fear about COVID-19 that stigmatizes and scapegoats specific populations can further increase a child's

and family's sense of isolation. Clinicians and parents can consider the following approaches to better manage homebound periods for children and families.

### Support the Family Structure while Homebound

To prepare, families can develop plans of action together. When appropriate, include children in the family planning and preventive behaviors to help support their sense of agency and control.

- Plan physical activities that can be done while homebound
- Maintain a healthy diet, good sleeping habits, and proper hygiene practices (e.g., regularly washing hands, covering mouths when coughing and sneezing, avoiding contact with face).
- Maintain routines related to bedtimes, meals, and exercise.
- Ensure basic supplies (e.g., food, water, soap, first aid provisions) and medications are readily available while homebound.
- Encourage children's participation in household chores to facilitate their sense of accomplishment.
- Plan enjoyable family activities, such as games, movies, and exercise.
- Maintain a positive mood.
- Practice patience and tolerance, which can be difficult during this time and model healthy habits for the entire household.
- Engage in relaxation techniques to reduce stress.
- Avoid increased use of alcohol or tobacco.
- If a usual family activity, consider attending religious services online.

### Communicate Openly

During times of uncertainty, open communication is critical to helping children feel safe and secure.

- Stay informed.
- Explain COVID-19 and the purpose of being homebound in an age-appropriate and positive manner to children. Parents must gauge what their children can understand.
- Create an environment where children feel comfortable expressing their concerns and asking questions.
- Remind children that being homebound is temporary.
- Promote children's sense of goodness, or "altruism", by explaining that being homebound helps to keep other members of their community safe.
- Reassure children they will receive appropriate medical care if they become ill.
- Check in with children frequently to address newly emerging fears and misconceptions.
- Limit and closely monitor children's use of media to reduce potential confusion, worry, and fear.
- Address misconceptions regarding stigma. For example, avoid terms other than "coronavirus," such as "Chinese virus," as these increase stigma and perpetuate misconceptions about the disease.
- Clarify what is known and what is unknown to prevent the spread of misinformation.

*Continued*

### Connect to Helpful Support

During periods of physical isolation, connect to important sources of social support to help alleviate stress. Families may also benefit from services provided by local community organizations and mental health professionals.

- Develop plans for maintaining children's connections to friends and other family members via phone and/or internet.
- Ensure your child's medical team is involved to help monitor any pre-existing conditions.
- Utilize available homeschool or distance learning opportunities that combine the educational needs of children with their physical and mental health needs.
- Contact a mental health professional if you notice signs of anxiety and depression in children including changes in appetite, sleep disruptions, aggression, irritability, and fears of being alone or withdrawn.

### Resources

#### General:

CDC:  
[www.cdc.gov](http://www.cdc.gov)

Red Cross:  
[www.redcross.org](http://www.redcross.org)

WHO:  
[www.who.int/en](http://www.who.int/en)

#### *Infectious disease information specific to children:*

CDC:  
[www.cdc.gov/childrenindisasters/index.html](http://www.cdc.gov/childrenindisasters/index.html)

AAP:  
<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Children-and-Disasters/Pages/default.aspx>

## **FIVE KEY WAYS TO SUPPORT MENTAL HEALTH DURING THE OUTBREAK & BEYOND**

While it is natural to experience fear and anxiety, children and adults may be particularly worried for themselves, friends, and family getting ill with the Coronavirus. It is important to support each other in managing our feelings and anxiety in healthy ways to reduce the effects of stress on our health. (ODE, 2020)

**We ALL play an important role in helping each other in the days ahead.**

Here are five ways adults can support children and each other:

1. **Remain as calm as possible.** The most important thing we can do is to remain as calm as possible. Consider small things that you can do each day to calm your mind and body. Even a moment or two of quiet can go a long way. You can model this for your children, or have them practice calming strategies with you.
2. **Children are looking to us for guidance.** Children will often mirror our emotions, words, and body language. You do not have to be perfect, but do pay close attention to what you say and do, what media you interact with and how it affects your mood and behavior. It is important to stay updated, but also to take breaks from the news when overwhelmed.
3. **Provide a safe emotional place.** The more we can provide a safe emotional place for ourselves and children, the less fearful and stressed we will become. Children often fear what they do not understand. Make time to listen, and calmly and directly provide them with clear and accurate information that is age appropriate. Expect them to ask the same question more than once. If you're not sure of the answer you can find information about COVID-19 and how to talk with children on the CDC and OHA websites.
4. **Take action.** There is a great deal that we cannot control right now, and feeling powerless may increase our anxiety and distress. The more we empower ourselves and children to control the things that we can, the better. Use this as an opportunity to teach children how to reduce the spread of disease. That may mean offering instructions about washing hands for at least 20 seconds, keeping at least six feet away from others and coughing or sneezing into a tissue and discarding it. It is important to remember that exerting too much control of children's lives might lead them to feel more anxious. Allow them to make age-appropriate decisions about how to spend their time.
5. **Find ways to stay connected with others.** Being alone or isolated from friends, family, classmates and other supports can make being out of work or school particularly challenging. Make sure to connect with others at a distance as much as possible. Use the telephone, video conferencing and other forms of messaging and communication to keep in touch, and schedule time with others. Help children to connect with friends and family, and schedule as much quality time with them as possible. Also, make sure to take time and space away from others if needed.

**Remember, we are all in this together!**

# They grow up so fast.

Now's your chance to shape their future.



**A kindergartener counted in the 2020 Census this spring will be starting high school when the next census comes around in 2030: That's 10 years of school supplies, teachers, school lunches, and so much more. This is your opportunity to help ensure they have a bright future.**

Right now, students across the country are getting an introduction to the 2020 Census through the Statistics in Schools program. This program offers free activities and resources to schools to help prepare their students for an increasingly data-driven world.

Students are learning that the 2020 Census is a count of every person who lives in the United States and its territories. Responding to the census helps your community get its fair share of funding. Census data guides how more than \$675 billion in federal funding is distributed to states and communities each year for schools, health care facilities, roads, transportation, recreation centers, social services, and more.

**You have the power to shape your future, and the future of all children, by counting everyone in your home in the 2020 Census.**

Learn more about how you can shape your future at [2020CENSUS.GOV](https://2020CENSUS.GOV).

Get more information about the Statistics in Schools program at [CENSUS.GOV/SCHOOLS](https://CENSUS.GOV/SCHOOLS).

**Students are also learning these key things about the 2020 Census—and we want you to know them too:**

- Starting in March 2020, everyone living in your home needs to be counted. That includes children and newborn babies, citizens and noncitizens, relatives and nonrelatives, and even those staying with you temporarily.
- It's easier than ever to respond to the census. You can respond in 13 different languages, and you can complete it online, by phone, or by mail.
- Your responses to the census are safe and secure. The law requires the U.S. Census Bureau to keep your information confidential, and your responses cannot be used against you in any way.



Shape  
your future  
START HERE >

United States  
Census  
2020