**CANYON PARK NEWS**

**Home of the Knights**

**December 11, 2020 Vol. 16**

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## CPMS RESOURCES AND ASSIStance

Assistance is available! CPMS can assist families with groceries, clothing, financial grants and community resources. Contact Eileen Jowell at ejowell@nsd.org or call 425-408-6324.

**Resources and Assistance to get through these tough times:**

* Meals (3) The Northshore YMCA is taking requests to assist and to get help with food during the holidays. [YMCA Holiday Meal Support Request Form](https://drive.google.com/file/d/1BYrqqY9DOQD_LCCO6sVc-_BkRTNnzRb6/view?usp=sharing) also [Free NSD student meals](https://www.nsd.org/northshore-learns/well-being/meals) will be available over the school break, delivery is still being offered. Looking for local meals and food banks, go to [Northshore Nourishing Networks](http://www.nourishingnetworks.net/networks/northshore/)
* Clothing (2) - [Threads&Treads](https://cpptsa.org/programs-activities/threads-treads/) is open Wednesdays at the CPMS campus near the gym. Open hours are 3-6pm (closed during the break). No referral required.  [Clothes for Kids](https://clothesforkids.org/) is another clothing resource, Contact Nurse Dee for a referral to Clothes for Kids.
* Financial hardship help needed? [Northshore Church Compassion Fund](https://northshore.church/connect/recovery-support/)  can also call 425-216-4461
* CPMS Family Grants. Contact Eileen Jowell at ejowell@nsd.org or 425-408-6324. These grants are made possible through the Northshore Schools Foundation.

**Searching for help?**

* [Parenthelp123.org](https://www.parenthelp123.org/) has easy to use and over the phone assistance to get help navigating resources and applications
* COVID [Recovery Resource Hub Washington](https://www.recoverywa.com/) provides a comprehensive list of resources to help the Puget Sound region residents and businesses.
* [Community Assistance within Northshore School District](https://www.nsd.org/northshore-learns/community/assistance)

Connect to resources statewide - <https://search.wa211.org/>

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## “CMPS OPPORTUNITY FUND” - DONATE

**Are you in a position to assist CPMS families through these challenging times? We need your help!**

* Send a check to Northshore School Foundation! Donors need to identify their donation is for "CPMS Opportunity Fund".  Mail: 13110 NE 177th Place B101-103, Woodinville, WA 98072
* On-line donations are also available at  <https://northshoreschoolsfoundation.kindful.com/>. Select the "Removing Barriers" option from the drop-down menu AND Donors need to email Heather@nsdfoundation.org to identify the donation is for "CPMS Opportunity Fund".

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## ethnic studies pilot work team

The Curriculum, Instruction and Assessment Department is seeking parent/guardian and student representation from each of our four district regions to participate in our Ethnic Studies Pilot Work Team.

Creating a balanced and diverse representation on this team is essential. This team will consist of teachers​ and educators, ​students, parents/guardians, ​and community members. Team members will be provided with resources to learn about transformative ethnic studies in schools that will aid in the development of an Ethnic Studies Framework, which will be used in lessons and courses focused on Ethnic Studies.

This year, the team will meet for six sessions of training and preparation. Each ​Ethnic Studies Pilot Work Team training ​session will consist of an overview, guest facilitator, book study, related discussions, reflection, and the development of resources and components of the Ethnic Studies Framework.

Interested in joining in the Ethnic Studies Pilot Work Team as a parent/guardian or student representative? [Visit our website to apply](https://www.nsd.org/ethnic-studies-work-team) and learn more about the team and responsibilities.

* To apply, visit <https://www.nsd.org/ethnic-studies-work-team>
* The page and application can be translated by clicking the Translate button at the top of the page.
* Applications are due by midnight on Wednesday, Dec. 16, 2020.
* Team members will be notified of participation status by Monday, Jan. 4, 2021.
* The first meeting is scheduled for Wednesday, Jan. 13, 2021.

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## A few favorite snowflake photos | Earth | EarthSkysnowflake facts

A snowflake has six sides.

A snowflake falls at a speed of 3 - 4 miles an hour.

In 2008 a 122-foot tall snowman was built in Maine.

The largest snowball fight to take place occurred in Seattle in 2013, when 5,834 people participated in an exchange of snowballs.

The record for the most snowfall in the United States in a 24-hour period occurred in 1921, in Silver Lake, Colorado. 75.8 inches fell between April 14 and April 15.

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##  Save the date – Canyon Park community night

**Night Wednesday Dec 16th from 7:00 - 8:00 pm** - Principal Arnone, in conjunction with PTSA, would like you to save the date for a Community Night. Unlike the Town Hall earlier this year, families will be able to ask questions and interact with the Administrative, Office, and Counseling teams at CPMS and our PTSA leaders.

Our Counseling Team will provide families with essential information for this year, discuss current student concerns, and host facilitated breakout sessions for adults to talk about home and academic life.

Here is the link to post your questions in advance of the event. There will also be a chance to ask questions during Community Night <https://form.jotform.com/CPPTSA/cpms-info-night2020>

\*\*Zoom link will be sent on early Wednesday afternoon via email to all families\*\*

**Reserve la fecha - Noche comunitaria de Canyon Park / PTSA**

La directora Arnone, junto con la PTSA, quisiera que reservaran la fecha para una noche comunitaria el miércoles. 16 de diciembre de 7:00 a 8:00 pm.

Durante esta noche, nuestras familias podrán hacer preguntas e interactuar con los equipos Administrativo, de Oficina y de Consejería en CPMS y nuestros líderes de PTSA.

Nuestro equipo de consejería proporcionará a las familias información esencial para este año, discutirá las preocupaciones actuales de los estudiantes y organizará sesiones de trabajo facilitadas para que los adultos hablen sobre el hogar y la vida académica.

Aquí está el enlace para publicar sus preguntas antes del evento. También habrá la oportunidad de hacer preguntas durante la Noche de la comunidad: <https://form.jotform.com/CPPTSA/cpms-info-night2020>

\*\* El enlace de Zoom se enviará el miércoles por la tarde por correo electrónico \*\*

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##  Counselor connections

**Helpful Information for Parents/Guardians and Loved Ones to Know:**

Online school is working well for some, but is hard for many students.  As we move into the winter months and toward our extended winter break, students may feel more stressed. Below is some helpful information from Far West Counseling (<http://www.farwestfamilyservices.com/community-resources.html>). This information is very helpful to remind all of us what it may feel like for our child(ren) right now.

1. Many kids are feeling overwhelmed with homework. It feels like much more than they received in the past.  **Remind your students to take breaks throughout the day, stretch their legs, eat breakfast and lunch, and get plenty of sleep**.  These little things will help them to feel refreshed and recharged throughout the day.

**2.** Organizing their homework is hard. They need executive function skills, which many kids have not developed yet. Many kids are falling behind because of difficulties keeping track of their work, planning their projects, and turning in completed assignments remotely. This is a big source of stress. **If this is a struggle, please encourage your student to attend their teacher’s office hours and/or reach out to their counselor.**

**3.** Many teens feel isolated and withdrawn. Fear of rejection and lack of emotional energy make it difficult to reach out and connect with friends. **Parents can help their kids plan some physically distanced contact with friends or relatives.**

4. Teens need to hear from adults that they are cared for; that includes parents, teachers, family, friends, and other relatives. **I love you, a pat on the shoulder, or a hug can make a huge difference in their day (even if they groan!).**

**5.** Teens need family outings—hikes in the woods, trips to the beach, and visits to friends or family who have been practicing safety measures. **Variations in activity and scenery will help break up the tedium of online school.**

**6.** Kids need parents to listen to them without judgement, to talk about their worries and disappointments—no school musical, no school sports, etc. **Don’t try to problem-solve; They just need you to listen and to know you care.**

**7.** Teens need a break from the stress and chaos of COVID-19, the election, online learning, and social challenges. Create a safe and nurturing environment in your home, and try to keep family stress under control. **This is a great time to practice self-care and calming strategies such as deep breathing.** Allow your kids to do some isolating in their rooms. *Alone time in their room is very common and appropriate at this age.*

**8.** If your kids are overly stressed or depressed, they need you to speak up and offer to get them counseling. Talking to another adult can help them sort out their problems and learn some helpful tools. Your kids need you to recognize the signs of depression and suicide and when to get help.<https://stopasuicide.org>.  **You can always reach out to your student’s counselor to get recommendations and referrals.**

**9.** Teens need and want your appreciation for the hard work they are doing in adjusting to online school, trying to complete assignments, and continuing to take safety precautions around COVID-19. It might not always look that way to you. **Take a moment each day to recognize your kids’ hard work, effort, and progress.**

**10.**  Most of all, your kids need your support, not your criticism. They know they are responsible for completing their schoolwork. We adults can support them in doing this by reminding students of their capabilities and their value to their family and community. **Five positives for every one negative can make a huge difference!**

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##  human rights day was December 10th

**Human Rights Day is observed every year on 10 December** — the day the United Nations General Assembly adopted, in 1948, the [Universal Declaration of Human Rights](https://www.un.org/en/observances/human-rights-day/know-your-rights) (UDHR): a milestone document proclaiming the inalienable rights which everyone is inherently entitled to as a human being regardless of race, color, religion, sex, language, political or other opinion, national or social origin, property, birth or other status. Available in more than [500 languages](http://www.ohchr.org/EN/UDHR/Pages/SearchByLang.aspx), it is the most translated document in the world.

* Youth can play a crucial role in positive change (you’re never too young to change the world!)
* Human rights are relevant to all of us, every day
* Equality, justice and freedom prevent violence and sustain peace
* We need to stand up for our rights and the rights of others
* [(https://www.un.org/en/observances/human-rights-day)](https://www.un.org/en/observances/human-rights-day)

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## CURBSIDE LIBRARY book pick up

**When:** Every Wednesday from 11AM-2PM

**Where:** Canyon Park Main Office – look for the yellow sign

**How:** Students need to go to the library catalog and place a hold on the title(s) they’d like and then complete the curbside pick-up form. An instructional video is linked under the “2020-2021 Live from the Library” section of my webpage and it was shown in all English classes. You will find the curbside pick-up form in the corresponding section on that same webpage. As long as you make your requests by 8AM Wednesday mornings, you can assume your books will be ready the same day!

**Questions:** email Mrs. Dodson – ndodson@nsd.org Reminder: For the safety of all, you must wear a mask and please follow social distancing guidelines! We look forward to seeing you ~Mrs. Dodson and Mrs. Simonson

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## Contact Information

**MAIN OFFICE TEAM:**

Myra Arnone, Principal – marnone@nsd.org  425.408.6305

Dave Watson, Assistant Principal – dwatson2@nsd.org 425.408.6325

Eileen Jowell, Dean – ejowell@nsd.org 425.408-6324

Kim Swanson, Office Manager – kswanson@nsd.org   425.408.6301

Jill Mildenhall, Registrar – jmildenhall@nsd.org  425.408.6318

Debbie Fisher, ASB – dfisher@nsd.org  425.408.6303

Colette Puoci, Attendance – CPMSattendance@nsd.org  425.408.6310.

Nick Griego, STS ngriego@nsd.org 425.408.6362

**COUNSELORS:**

Julie Brock, Counselor (Last name A-G) - jbrock@nsd.org 425.408.6365

Lizzy Ward, Counselor (Last Name A-G) - eward@nsd.org 425.408.6320

Paul Narancic, Counselor (Last Name O-Z) - pnarancic@nsd.org 425.408.6321

Elizabeth Methot, Counselor (Last Name H-N) - emethot@nsd.org 425.408.6313

## CANYON PARK PTSA

**National PTA Reflections Arts Competition**

Congratulations to the 6 CPMS artists whose artwork advanced to the district competition level! Usually, a celebration is held to recognize all of the student’s artists across the district that made it to this level of the competition. Of course, this year will be very different! We will let you know how you can see all of the wonderful works of art as soon as we hear how they will be displayed! Stay tuned!

**Donations go back to CPMS students!**

2020 has been a year like none other for our teachers and staff and the needs are great. In addition to our yearly grant to the school, our PTSA has been able to award two additional grants so far this year. One grant covers the cost of art supplies for students with art classes during 2nd semester. The other grant will pay for a yearlong membership to an online interactive science and math program that will benefit all CPMS students. If your family is able to give, please consider [donating to our PTSA](https://cpptsa.org/pass-the-hat/) so that we can continue to provide grants to support students' learning.

**Threads & Treads**

[Threads & Treads](https://cpptsa.org/programs-activities/threads-treads/) will be open 12/16 - last day of shopping before closing for Winter Break. It will open back up on January 6th. When coming to shop, please wear a mask and please don't come if you are experiencing any symptoms. The number of people allowed inside the store will be limited. Kids will not be able to come into the store so that more adults can be allowed in to shop for their families.