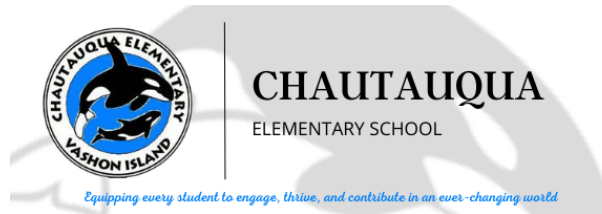


Principal's June Newsletter

Rebecca Goertzel • hace 4 horas • Wednesday, Jun 7 at 11:16 AM • **Chautauqua Elementary School**



Principal's Newsletter | June 2023

Upcoming Dates

June 14th Field Day
Grades K-2, MA - AM
Grades 3-5 - PM

June 14th PM preschool celebration
June 15th ECEAP preschool celebration
June 16th -5th grade celebration and whole school assembly 10:00

Friday, June 16th
School from 9:15-12:00
NOON Dismissal



Chautauqua Shines!

It has been such a fun end of the school year. We had a fabulous picnic day and have been enjoying a school spirit week. We end the week with Pajama Day Thursday and Costume Day (A.K.A. Halloween in June) on Friday. We are celebrating reading with our Orca Reader Program and enjoyed a new Jog-A-Thon. (You can still donate [here](#))

Our students have been participating in culminating activities with Artists in Residence programs, including puppet shows and art displays. We've been enjoying some end of year field trips and classroom presentations. It's wonderful to see how much students have learned as we review our end of year assessments and to see how much they have grown socially by building strong friendship bonds.

Personally, it's a joy to see the school community so strong while it's also sad to be leaving soon. We are so glad to be working with Julie Kangas and Karen Jones to ensure a smooth transition and are sure there will be so many wonderful things to come at Chautauqua. We have such a strong teaching and support staff and such great students and families; you'll continue to soar!

With love and admiration, Rebecca Goertzel and Jon Hodgson



Chautauqua Elementary Counselor's Corner

Considering Transitions & Change

One of the most common types of situations that I support parents and students around is change and the emotions that can result from those departures from what is “normal”. Illness, death, and family change are the bigger obvious ones, but students deal with all sorts of transitions. A concise article from Positive Parenting Connection [Helping Your Child Through Change or Difficult Transitions](#), though not new, offers some great foundational tips for supporting students with change. It is aimed at younger students, but one could adapt it for older students as well—or adults for that matter.

As we look to the spring, elementary students are finishing time with the classroom communities they have been with all year, both friends and adults. New activities from field trips to field day, orientation days and middle school elective selection will happen. They are starting to think, and perhaps worry about what next year will be like. They are anticipating summer break, which adults often assume is all positive, but uncertainty about what these months will hold, the absence of school supports and friends, the stress of even positive unknown events like vacations to new places can cause a wide range of feelings for kids. We as parents, guardians and helping adults can take some time to consider and ask the children in our lives about the changes coming up for them.

Some Elementary Age Resources for Worry and Anxiety

[What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety](#) by Huebner & Matthews (2005) is a workbook we draw from for our work with students at CES around anxiety.

[Hey Warrior](#) (2017) and [Hey Awesome: A Book About Anxiety, Courage and Already Being Awesome](#) (2020) by Karen Young

[Mind Up](#) (Goldie Hawn Foundation) for mindfulness tools and brain science for kids around stress response

Lynn Lyons: Podcast and Books <https://www.lynnlyons.com/>

Eli Lebowitz: [Breaking Free of Child Anxiety and OCD](#)

Kristina Miller: MSW. School Counselor/Social Worker

Provides assessment and counseling, crisis intervention including risk assessments, 504 assessment & management, social skills lessons in class, individually and in small groups, resource connections and advocacy. Also known by the kids as the puppet lady, “Ms. Miller” tells the kids she is a kid helper, teacher helper and family helper. Contact her at kmiller@vashonsd.org or 206-463-8597

Lisa Radford: Classified PBIS (Positive Behavior and Supports) Specialist

Provides individual, small group and whole class skill development and social skills lessons in collaboration with Kristina Miller. Themes include friendship skills, managing emotions, executive functioning, social communication and learning behaviors. She teams with teachers, our school social worker/counselor and other school staff, providing behavior interventions and student support. She aids the assistant principal in documenting behavior concerns and supporting students with coping and growth in those situations. Contact her at lradford@vashonsd.org.

Partner Agency Supports

VYFS Parent Cafes: To find out more about the mom's group, dad's group see the flier below, and for emerging groups for Single Parents, Trauma/Grief and Spanish Speaking Parents, contact Belinda Olvera-Jovanovich at 206.549-7800 or bolvera@vyfs.org.



Thank you to our Parent Group - FACE!

It has been a joy and a privilege to work with such a supportive parent group. I love the collaboration we have and appreciate their never ending support and creativity!

My sincere gratitude goes out to Chautauqua parents.

If you'd like to support us, please donate to the Jog-A-Thon

You can donate [here](#)

December 2022