PORT ANGELES SCHOOL DISTRICT NEWS AND NOTES

Parent Newsletter Martin Brewer, Superintendent

STRONG SCHOOLS. STRONG COMMUNITY.

Our Mission: PASD creates learning communities that prepare each student to live, work and learn successfully in a changing world.





REMINDER

There is no school on Monday, March 14th for a snow make-up day. Tuesday, March 15th is the first mask optional day for students, staff, and visitors while on school grounds. To learn more about the mask update, click here.



The Port Angeles School District acknowledges, honors, and celebrates March 9th as Billy Frank Jr. Day.



Billy Frank Jr. (March 9, 1931–May 5, 2014) was a Native American environmental leader and treaty rights activist. A Nisqually tribal member, Frank led a grassroots campaign for fishing rights on the tribe's Nisqually River, located in Washington state, in the 1960s and 1970s. As a lifelong activist and the chairman of the Northwest Indian Fisheries Commission for over thirty



years, Frank promoted cooperative management of natural resources. To learn more, watch this video created by Northwest Treaty Tribes, honoring Billy Frank Jr.: https://youtu.be/A_FI88TC_QM

8TH GRADE INFORMATION NIGHT

When: Wed, March 23rd @ 6:30pm

Where: 304 E Park Ave, Port Angeles, WA 98362 - Meet in the auditorium

All 8th graders and their families are invited to get an overview and learn what to expect for high school next year! Everyone will start in the auditorium at 6:30 for a welcome and introductions. Students will get a tour led by current high schoolers and hear from students and staff. Parents, please stay in the auditorium to learn about the scheduling process and receive information for next year. Students and parents will have an opportunity to ask questions and learn about the many clubs, activities, and sports teams! Come out and see what PAHS is all about!

We can't wait to meet the Class of 2026!

March 7-11 is National School Social Worker Week! PASD is lucky to have two phenomenal Family Navigators, Becca Larsen, and Summer Cooper! Becca and Summer shine a light on the need for mental health services, offering hope for students and families who face various challenges and lighting the way for marginalized youth. We recognize and acknowledge the impactful work these two do to support our District. Thank you, Becca and Summer!









Students in Lisa McCoy's 2nd-grade class at Jefferson learned about important events in Black History and created a timeline with pictures and facts. Nicely done, students!

PAHS Choir News 57





Senior Avery Saul was our sole student representative at this year's Washington All-State Music Festival in Yakima. She was selected for the All-State Choir after submitting a recorded audition back in October. She and the other All-State Choir students from across the state performed a beautiful concert Sunday, February 20 after rehearsing extensively with Dr. Christopher Harris from Arkansas Tech University. Director of Choral Music John Lorentzen shared. "This is a huge accomplishment, and I am so proud of her."

The Port Angeles Choirs have been accepted into the "Festival of Gold" at Carnegie Hall with WorldStrides (formerly Heritage Festivals) for spring 2023. Participating choirs are selected by audition and will travel to New York City from March 24-27 of 2023. The PAHS band and orchestra may be joining us, which would make it the first time all three music organizations (band, choir, and orchestra) would travel together to represent the entire PAHS Department of Music. **Exciting times!**





The PAHS Treble Ensemble and mezzosoprano soloist Olivia Wray will be representing our region at the State Solo & Ensemble Festival in April (vocal category) after receiving superior ratings at the District Solo & Ensemble Festival in January. Also receiving superior ratings and first-alternate

honors are Vocal Unlimited (large mixed ensemble) and soloist Avery Saul (mezzo-soprano); superior ratings and second-alternate honors went to Abby Sanford (soprano) and Emi Halberg (mezzosoprano).

Way to go, Choral Music Department! Such great accomplishments!



We are excited to announce the launch of RALLY FOR COLLEGE in partnership with College Success Foundation—a resource OPEN and FREE to ALL students at Port Angeles High School. Through group events and targeted outreach, CSF advisors will provide all the tools and knowledge PAHS students need to prepare for and enroll in a technical school, community college, or 4-year college.

This is part of a historic effort to motivate and equip an entire generation of Washington students for success, so stay tuned to learn of event details. If you have any questions or need support, please reach out to Paul Kelly (9th–10th) or Andrea Dusenko (11th–12th) at (360) 565–1590. Let's do this!

HOMELESS SERVICES FOR STUDENTS

The McKinney-Vento Act defines homeless children as "individuals who lack a fixed, regular, and adequate nighttime residence" and our job as Port Angeles School District is to ensure children and families who meet these criteria are identified. The McKinney-Vento is a federal law that ensures immediate enrollment and educational stability for homeless children and youth. If you need support, please <u>fill out this form</u> that will assist us in identifying and providing appropriate services to these children. If you have questions about the McKinney-Vento Act, the form, or what services are available to homeless students and families, please contact Becca Larsen by phone at 360-565-3706 or email rlarsen@portangelesschools.org.

To learn more about this program, please visit:

https://portangelesschools.org/departments/special_services/homeless_services_for_students

Knowledge Bowl Send-off!

PAHS' Coach Moseley is leading his final Knowledge Bowl team back to State! Knowledge Bowl is an athletic event for the mind, providing a high-energy atmosphere as teams huddle together to plot strategies and pull together plans and answers that result in scored points.



The PAHS Knowledge Bowl Team will travel to Wenatchee March 18–19 to compete against 14 AA teams for the State title! Join us on Friday, March 18th to send off the kids at 12:15pm, in the front parking lot!

Franklin sixth graders were tasked with writing a 5 paragraph essay. The one below is written by Mallory Hartman. From Principal Jeff Lunt, "The CharacterStrong trait for February was Kindness, so that was her focus. She has given some great details and has even included some things I've shared in the morning announcements. I think it speaks well regarding the social/emotional learning happening at schools across the district."



KINDNESS Matters



By Mallory Hartman

Kindness is a way of showing people you care, or just helping someone you see that is in need. Kindness can be a message that you can send to people all over the world. Not only that, but you can show people kindness in many, many ways. This is a quote by Amelia Earhart: "A single act of kindness throws out roots in many directions, and the roots spring up to make new trees." This proves that the more kindness you give, the more people will spread it.

One good act of kindness can lead to another. For example, if you see someone on the street, is hungry, and cannot get any food, and you give them what they truly need, that is a powerful act of kindness. Giving someone kindness is the best thing you can do to a person. The best part is, if you give that person kindness, they might give kindness to you back, or to other people. More acts of kindness is what we need in the world today, and especially in the future.

Now, imagine a world without kindness. Without love, no one would help one another. Or, for example, if you got injured, or tripped, no one would be there to lift you up, or take you to a doctor. No one would be able to help you with your homework, or help you clean up a simple puddle of water that you might have spilled. Without kindness.... We would be alone. That is why kindness is sooo important. It's so people can cheer you up. So you can have fun with your friends and family. That is why we NEED kindness.

Not only can you spread kindness outside, but you can spread it around inside too. By being kind to your family. Just like there are many ways to be kind to people in your community, there are just as many ways to be kind in your own household. What are some ways exactly? Well, one of the most common ways to show kindness to your family is doing extra chores around the house. That can show your family how much you appreciate them, and even show them some responsibility too. Another way to show kindness in your household, is to write positive notes to your family members. It can lift their spirits if they are having a rough day, and help them feel good about themselves. Just one more of the many, many, ways of showing kindness, is just as simple as a thank you, or a hug. Even both. It can help your family know the gratitude you have for them.

This is why kindness is one of the most important things in the world. The less people show kindness, the more hatred will spread. That is something that could ruin the world as we know it. The MORE kindness we spread, the LESS hatred will be surrounding the world. This is why we all need more kindness on earth. "Sometimes it takes only one act of kindness to change a person's life" - Jackie Chan.



How has cannabis/marijuana changed, even over the past 20 years? How does cannabis impact mental health? What does the science say about cannabis and cognitive abilities (like attention and memory)? Learn about these findings (and others) in this interactive Town Hall with Jason Kilmer, PhD from the University of Washington in partnership with the Port Angeles High School.

Jason Kilmer is an Associate Professor in Psychiatry & Behavioral Sciences at the University of Washington and serves as an investigator on several studies evaluating prevention and intervention efforts for alcohol, cannabis/marijuana, and other drug use. Dr. Kilmer is a graduate of the Port Angeles High School Class of 1987.

This presentation is open to the public, all are welcome. Register for the Zoom webinar here.

NEW SUPPORT CLUBS AT PAHS

Hello! My name is A.J. Teel and I am a Student Assistance Professional. My services are somewhat new at PAHS and I would like to share a little bit about what I do. I offer multiple support groups on campus for students who struggle with various mental health/substance use-related issues.

My support groups are as follows:

- Coping Skills Group- For those struggling with symptoms of anxiety or depression and who want to learn coping skills and strategies.
- Affected Others Group- For those affected by a family member's use of alcohol and or other substances.
- Insight Group- For those who are using alcohol and/or other substances and are interested in gaining information in quitting or reducing their use.
- Prevention Club- For those who would like to help plan and organize awareness events to educate and promote a school climate of non-use along with mental health-related issues.

My services are confidential to allow students access to assistance in an atmosphere of privacy. If you have any questions, please contact me by email at ateel@portangelesschools.org or by phone (360) 565-1620

Thank you,
A.J. Teel
Student Assistance Professional







Saturday, April 16

Come join us for a light formal event serving cinnamon rolls, fresh fruit, and drinks for adults and kiddos!

Cost also includes pictures with our Shore Bunny, craft & game, plus a goodie bag



Don't forget to spring forward this Sunday, March







SHRED EVENT

Saturday, April 23rd, 10am - 1pm or until the truck is full!

State Farm Insurance 611 E Front St, Port Angeles, WA 98362

Please enter through the alley off of Albert St.

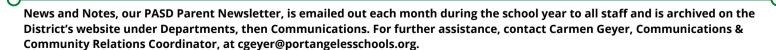
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Port Angeles School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination: Title IX Coordinators, Civil Rights Compliance Coordinators: Scott Harker, 905 W 9th St. Port Angeles, WA 98363, (360) 457-8575, sharker@portangelesschools.org, and for Section 504/ADA Coordinator, Pam Sanford, 905 W 9th St. Port Angeles, WA 98363, (360) 457-8575, psanford@portangelesschools.org.

