

Mental Health Wellness is a Priority in Our Schools

On August 31, 2016, National Public Radio launched "The Mental Health Crisis in Schools," a month-long special series reporting on the depth and breadth of student mental health disorders and how they affect schools and learning. For many, this series was an important introduction to a complex topic that has been long-appreciated by those who work in public education. The Office of Superintendent of Public Instruction (OSPI) also recognizes the growing need for additional supports and resources for schools to help address mental health wellness. A list of resources can be found on their webpage - Mental Health and Schools at the following link: <http://www.k12.wa.us/MentalHealthandSchools/default.aspx>. As these issues continue to gain nationwide attention, I have been asked what local supports are available, how our schools are addressing mental health concerns, and how families can help. I hope you find the following information regarding staffing, partnerships, professional development, and curriculum helpful.

Staffing: We've hired additional counselors at the secondary and elementary levels. Each school has a least one counselor. Counselors focus on three essential components – academic, career, and social emotional development. In addition, we are currently considering hiring a school-based mental health therapist for the upcoming school year.

Partnerships: We work with several community partners to facilitate our students' access to resources available in the community. These partnerships include:

- Palouse River Counseling provides individual support and programming for students and families based on a wraparound philosophy of care.
- Washington State University – Collaborative Learning for Educational Achievement and Resilience (CLEAR) currently partners with Sunnyside Elementary in the promotion of trauma-informed practices aimed at professionals' ability to enhance healthy student development and academic success.
- Washington State University Athletics— Behind Happy Faces is a program that empowers young people to start talking about issues and break the stigma associated with mental illness.

Professional development course offerings and presentations: Our staff, including teachers and paraeducators, receives directed and self-directed trainings. Training topics are based on

staff surveys designed for noting needs and preferences. In the past two years, some of these learning opportunities have included:

- Socio-Emotional Learning – Practices and strategies to help students build awareness and skills managing emotions, setting goals, establishing relationships, and making responsible decisions
- Differentiated Instruction - Practices and strategies for meeting the needs of different learners through varying content, process, and product
- Mental and Physical Health – Practical tips and information to support students with mental & physical health struggles including depression, suicidal thoughts, eating disorders, addiction, anxiety and other areas.
- Various speakers covering topics such as:
 - Autism
 - Social Emotional Learning
 - Anxiety

Curriculum: Using our curriculum adoption process, we are moving toward adoption of a Social Emotional curriculum for next year.

- Second Step™ – Social Emotional Curriculum for K-5

Additional Information:

OSPI describes social emotional learning (SEL) as: "When we think of educating the whole child, their social and emotional development must be considered as a part of overall instruction. SEL is broadly understood as a process through which individuals build awareness and skills in managing emotions, setting goals, establishing relationships, and making responsible decisions that support success in school and in life." All of our students receive social and emotional education using age-appropriate curriculum. In addition, because each student has unique needs, we have many other resources available to our teachers for use on a case by case basis to best serve their students' needs. If you have any questions about our social emotional learning curriculum and resources, or about our dedication to mental health wellness supports, please contact **Megan Itani**, Director of Special Services at mitani@psd267.org. If you think your student may benefit from additional SEL or mental health supports, we encourage you to reach out to the counselor at your student's school.

I hope you find this information helpful.

Sincerely,

Bob Maxwell, Superintendent.

PEF 2019 Scholarships Awards Ceremony June 4, 2019

Jessica Clark Memorial Scholarship	\$1000	Jocelyn Gross
PEO Chapter S Scholarship	\$1500	Katelyn Wills
Class of 1948 Scholarship	\$1000	Florence Adesope
Mary Paznokas Scholarship	\$500	Chelsea Bammes
Corinne Simasko Memorial Scholarship	\$1900	Henry Ward
Karin Myklebust Scholarship	\$1000	Jenna Herzog
Ryan Brindamour Memorial Scholarship	\$1000	Roman Romanyuck
Future Teacher Scholarship	\$2000	Maria Jaiyeola
Class of 1956 Scholarship	\$750	Kenny Peng
Class of 1960 Scholarship	\$1000	Ty Hendrickson
Noah Evermann Humanitarian Award	\$2500	Sadie Lenssen

The Pullman High School Boosters and the graduates of the Class of 2019 would like to thank the following donors for helping to provide a fun, safe, and memorable Senior Party! We humbly apologize if we have forgotten anyone, and especially want to say thank you to the Senior Party Committee Chairs, Darla Herzog and Elizabeth Martin.

- Anita Rentals
- ArtBeat
- Atken, Schauble, Patrick, Neill and Schauble
- Birch & Barley
- Busch Distributors & Sunset Mart Chevron-Jess Scourey
- Matt & Lynda Carey
- Ken & Dorothy Casavant
- City of Pullman - Pullman PD
- ClearView Eye Clinic
- David Christy Ins. Agency (State Farm)
- Torino DeGuzman
- Lisa Devine
- Golden Dreams Management - Pullman McDonalds
- Gritman Medical Center
- Michael & Susan Hinz
- Holiday Inn Express
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- Presnell Gage, PLLC
- Pullman Chiropractic Clinic
- Pullman Disposal Service
- PHS Parent Volunteers
- Pullman High School
- Pullman High School
- Boosters
- Pullman Home & Land (Re/Max)
- Pullman Lions Club
- Pullman Radio - NewsTalk 1150, New Country 104.3 and Hits 104.7.
- Pullman Regional Hospital Auxillary
- Relay Application Innovation
- Mark & Sharon Robinson
- Sam Dial Jewelers
- Schweitzer Engineering Laboratories
- Starbucks
- Subway - Pullman
- Sun Rental
- Sweet Mutiny
- Chip and Amy Tull
- David & Nichole Whitehead
- Wild At Art
- Zeppoz
- Zoe Coffee & Kitchen

2019 Retirees

- **Rex Kaser**, Custodian at Jefferson Elementary
- **Connie Kylo**, Secretary at Pullman High School
- **Rena Mincks**, Teacher at Jefferson Elementary
- **Joanne Tyler**, Food Service at Sunnyside Elementary
- **Rod Vogel**, Custodian at Jefferson + Sunnyside

Thank you for your service, dedication and commitment to the students and staff of Pullman Public Schools!

The PHS Booster Committee is pleased to announce the Executive Board for the 2019-20 school year:

- Co-Presidents - **Danielle Kallaher** and **Tricia Benton**
- Treasurer - **Brooke Cohen**
- Secretary - **Elizabeth Martin**

Congratulations!

The Pullman School District Board of Directors and the Pullman School District shall provide equal educational opportunity and treatment for all students in all aspects of the academic and activities programs without regard to race, religion, creed, color, national origin, age, honorably-discharged veteran or military status, sex, sexual orientation (including gender expression or identity), marital status, the presence of any sensory, mental or physical disability, participation in the Boy Scouts of America or the use of a trained dog guide or service animal by a person with a disability. The district will provide equal access to school facilities to the Boy Scouts of America and all other designated youth groups listed in Title 36 of the United States Code as a patriotic society. District programs will be free from sexual harassment.

The following employee has been designated to handle questions and complaints of alleged discrimination: **Roberta Kramer**, Assistant Superintendent, Pullman School District Administrative Offices, 240 SE Dexter Street, Pullman, WA 99163, 509.332.3144. Applicants with disabilities may request reasonable accommodations in the application process by contacting the Personnel Coordinator at (509) 332-3584.

PHS STEAM Proposal Lands Innovation Grant Award



Pullman High School chemistry teacher **Johanna Brown** and art teacher **Rob McPherson's** \$9880 proposal for a capstone project involving students enrolled in ceramics and chemistry is the 2019-2020 recipient of the PEF Innovation Grant. Grant funds will support the construction of a Raku kiln, purchase of a glazing cabinet with carts, glaze-making supplies and materials, Raku process supplies, and printing costs for display posters.

Students will study the science of ceramics by using raw materials to create glazes which then will be applied to their pottery creations. Pottery will be fired at specific temperatures and results analyzed. The process of experimenting with glazes will require student use and knowledge of the scientific process, engineering practices, and the aesthetics of ceramic artwork. Student artwork and scientific displays will be exhibited each year at the PHS spring arts festival.

This ambitious project will count on help from shop teacher **Vince Hanley's** welding class to build and install an outdoor kiln for Raku firing. **Mike Wendt** of Wendt Pottery in Lewiston, ID., will advise on pottery production, and Michael Maughan, Ph.D, Mechanical Engineering, University of Idaho, will provide guidance in research and experimental design.

CLEAR at Sunnyside Elementary

Imagine trying everything you can think of to help a student who is in distress on a daily basis. They may yell, hit, and kick others. They may put their heads down and refuse to do anything. They may intentionally injure themselves. These challenges are faced daily at schools across the nation, including Sunnyside Elementary.

Often times adults can see that the child so desperately wants to follow the directions of staff, but are having this internal dilemma of wanting/needing to be in total control of the situation. While this can be a frustrating situation for staff, they work to keep the child needs in mind. While working together as a team at Sunnyside Elementary School we have implemented interventions to support our students but often times these are not enough.

The CLEAR Group has given us the opportunity to add to our knowledge base and teach us strategies and interventions to best support all students. This valuable opportunity focuses on training staff to support all students, not just specific students, which in turn benefits the entire Pullman School District. Building the capacity of teachers benefits not only current students but future students as well. The CLEAR Group will help to shift our thinking from "What's wrong with you? Why can't you follow directions? Why can't you do your work?" to "What happened to you? How can we support you so that you can be successful?"

Childhood experiences, both positive and negative, have a tremendous impact on future violence victimization and perpetration, and lifelong health and opportunity. As such, early experiences are an important public health issue. Much of the foundational research in this area has been referred to as Adverse Childhood Experiences (ACEs). Some Adverse Childhood Experiences that Sunnyside Elementary students face are: emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, mother treated violently, household substance abuse, household mental illness, parental separate or divorce and incarcerated household members. Research shows that students with ACEs are two and one-half times more likely to fail a grade; score lower on standardized achievement test scores; have more receptive or expressive language difficulties; are suspended or expelled more often; and, are designated to special education more frequently.

Our school mission is to help all children become successful adults and to love learning. Over the last year Sunnyside's work with the CLEAR Group has helped to support the needs of our students ensuring that all of our students reach their full potential.

Changing Together for a Better Pullman Public School System

Nathan Roberts, Board Member

Pullman Public Schools experienced a cultural shift in the last academic year. Starting in the Fall we invited Vince Martinez from Partners in Leadership to help us work on improving our district culture through a focus on organizational change and growth. With his assistance, administrative district employees worked collectively to develop a set of cultural beliefs for our district. These beliefs, reflect the values of our entire district. The Pullman Schools Board of Directors wanted to take this process further by integrating the cultural beliefs our staff built together and injecting them into the core of our strategic plan. It has been several years since we revised the district strategic plan, so we began a process of revising our plan to match our cultural beliefs and create a new guiding vision with measurable dimensions.

Pullman Public Schools
Cultural Beliefs

<p><i>Students First</i> I prioritize resources based on what is needed for the success of every student.</p> <p><i>Mutual Respect</i> I recognize and value the beliefs and experiences of ALL.</p> <p><i>Build Together</i> I collaborate and compromise to accomplish shared goals.</p>	<p><i>Cultivate Trust</i> I value, trust, and respect ALL.</p> <p><i>Shared Decisions</i> I provide and accept input to guide decisions and influence policies.</p> <p><i>Take Action</i> I actively address concerns, seek solutions, and give timely feedback in a constructive manner.</p>
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The board invited **Mick Miller**, the Assistant Superintendent for Student Learning and Support Services from ESD 101, to help us navigate the revision of our strategic plan. Superintendent Miller was integral in helping us to plan our process and gather feedback from all the stakeholders involved. Our priorities were to have a plan in place by the start of the next school year, to integrate the cultural beliefs of our district, and to provide as many opportunities for feedback as possible in the timeframe. We wanted to be thorough, but also considerate of the changes in our district and the need for continuity going into the next school year.

We began our work at the board level to draft a plan that fit our vision and values. We then invited the administration team to review the document and provide feedback. Once we incorporated their input we gave it to the teachers and staff to gather their feedback, and Superintendent Miller managed to gather some High School students' input as well. Once we integrated these changes, we submitted the draft to the community through the Thought Exchange survey process, soliciting feedback on our combined efforts. We also held a focus group with leaders of PTA, PTO and Booster groups for the District schools. Once all of this feedback was in, we drafted several versions and devoted a board work session to reviewing all the feedback, considering the evolution of the drafts, and finalizing our overall plan. We also worked to build a list of metrics we can use to maintain accountability and track our progress.

Throughout this process, it has been clear that school districts benefit from an active community, continued dialogue and growth, and the assistance of professionals who can guide us through these processes. We had the help of our administrators, staff, and the community in constructing this plan that reflects the values of the Pullman Public Schools and our Community. I want to thank everyone for their thoughtful input and assistance in crafting this new vision for our district. We look forward to sharing the final product of our collective efforts!

The Pullman Education Foundation would like to congratulate the officers voted in for the 2019-20 school year:

- President **Kelly Newell**
- Vice President **Mark Dinges**
- Treasurer **Jon Anderson**
- Secretary **James Onstead**

We would also like to thank the outgoing President, **Amy Tull**, for her service, as well as outgoing Members **Chioma Heim, Sue Hilliard, Justin Rogers, and Nicole Whitehead**.

Let's be social!

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