

BOARD REPORT

COVID-19 & SEL

In my opinion the worst thing about this pandemic is how it is affecting us all emotionally and socially, but most importantly is its effect on our students. Pullman School District has increased its services to help all our students – each elementary school has a counselor, there are two counselors at Lincoln Middle School and three at Pullman High School. There are also psychologists available at our schools as well as **Dr. Jessica Viergutz-Cavagnetto** the district's School-Based Mental Health Therapist who offers telepsychology for students until they can meet in person. You can find information on these services in the School Based Mental Health Operational Handbook which can be found on the PullmanSchools.org website under Departments>Special Services>School Based Mental Health.

Dr. Michael Dunn, Superintendent of the NorthEast Washington Educational Service Department 101, explained to me that the Inland Northwest Behavioral Health Hospital (the largest public-access behavioral health hospital in the Inland Northwest) is reaching out to educators in our region to help us all in dealing with this time of emotional/behavioral/mental/psychological struggles. Check out www.inlandnorthwestbh.com.

Franklin Elementary School Counselor, **Katie Evermann**, recommends virtual calming spaces that the teachers can access and share with their students. Katie also says “My go to right now regarding social emotional support for K-5 students and teachers is the Committee for Children SecondStep.org which can be found at <https://www.secondstep.org/covid19support>”. Second Step is the social emotional curriculum adopted by the District. Access to their website is free for anyone through December. Check out the Second Step SEL (Social Emotional Learning) section for Adults Resilience During Crisis Modules. It recognizes that students are not the only ones who need support right now. It really is a great program especially for our younger students.

Other sites that I recommend are virtual calming rooms – for everyone – young and old. I just did a Google search for calming rooms and many options were offered – some with music, some with animals, lots of choices to help you re-group and can be helpful when things get to be too much.

One more thing. Parents/guardians or students can call their school office and ask to be connected to the counselor or they can call or email the counselor directly.



- Franklin Elementary School 509-334-5641
Counselor: **Katie Evermann**, kevermann@psd267.org, ext. 1604
- Jefferson Elementary School 509-332-2617
Counselor: **Abigail Lawton**, alawton@psd267.org, ext. 1505
- Sunnyside Elementary School 509-334-1800
Psychologist/Counselor: **Katie Vandemark**, kvandemark@psd267.org, ext. 1403
- Kamiak Elementary School 509-336-7205
Psychologist: **Alexa Broughton**, abroughton@psd267.org, ext. 1403
Counselor: **Rhae Young**, ryoung@psd267.org, ext. 1703
- Lincoln Middle School 509-334-3411
Psychologist: **Susan Horstman**, shorstman@psd267.org, ext. 1315
Counselor: **Paula Cartwright**, pcartwright@psd267.org, ext. 1316
- Pullman High School 509-332-1551
Psychologist: **Eugene Baldeck**, ebaldeck@psd267.org, ext.1216
- Counselors:
Eugene Baldeck - Last Name: A - B, ebaldeck@psd267.org, ext. 1216
Deanna Kile - Last Name: C - L, dkile@psd267.org, ext. 1282
Kellie Glaze - Last Name: M - Z, kglaze@psd267.org, ext. 1235

Every person I contacted recommended the Washington State Department of Health “Behavioral Health Toolbox for Families - Supporting Children and Teens During the COVID-19 Pandemic” (publication 821-105) which was issued July 2020 which can be found on their website at doh.wa.gov. This handbook is loaded with help for toddlers and preschool children through high school age, what problems to look for, as well as how to handle them.

And if the above Handbook isn't enough, the DOH has a “COVID-19 Behavioral Health Group Impact Reference Guide” (publication 821-104) with even more information.

I really hope this helps.

Susan Weed

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Kid Kinder visited Franklin Elementary classrooms for Bullying Prevention Month. Captain Compassion will be making an appearance at some point this month too. Here is the link for more info about these characters:

<https://www.cfchildren.org/resources/bullying-prevention-information/>

Equity at the Forefront of Reopening

During Fall 2020, Covid-19 continues to disrupt many aspects of our “normal” home, school, work, community relationships, expectations, and routines. While the return to school this fall has been challenging for our students, families, and educators in Pullman Public Schools, our district’s focus on equity highlights the reason for hope and reveals an opportunity to design education that works for all students. As the school year progresses, we will continue to focus on effective, efficient, culturally relevant, and contextually appropriate decision making when planning school district programs.

We understand that our students, families, and educators have experienced several disruptions to life and instruction since Spring 2020, and we will continue to keep in mind how the varying needs of our students, families, and staff may continue to cause disruptions for students, families, and educators throughout the next year.

We will continue to identify opportunity gaps among students, and realize some may be larger than ever before due to unequal access to instruction. And while some students may have maintained or increased social, emotional, and academic skills during distance learning, many students, especially students with disabilities, have experienced interruptions to equitable access. Due to this, our school district continues to provide in-person access to social, emotional, behavioral, and academic supports to our students with or at risk for disabilities.

When Whitman County Public Health gives us the green light to provide in-person social, emotional, behavioral, and academic supports for even more students in our schools, we can guarantee the structure of school will look different with environmental changes to enable physical distancing practices for keeping safe and healthy learning environments. For example, students will be required to wear masks and maintain physical distance during the school day. Students will remain in their classroom cohorts for the day, even during lunch and recess opportunities.

Given all of the current conditions, we must with intent and purpose create teaching and learning environments with a multi-tiered system of support framework so all students experience lively, positive, and helpful relationships that aim to reach the unique and individual academic, social, emotional, and behavioral needs, and to promote and prioritize positive and equitable outcomes for all students. While our roadmap to reopen our schools continues to evolve, we will continue to support safe, supportive, equitable learning environments in whatever form our transition back to “normal” school takes.

Evan Hecker

Kamiak Elementary Principal

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.



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