Letter from Principal Talbert

Dear Dunlap Families,

For many families, winter break is a time of much happiness and sharing. It is time to relax and enjoy self, family and friends.

However, for some of our families, winter break is stressful. We have families who are in situational home-lessness due to family job loss because of the pandemic or divorce or families who are experiencing trauma or facing some other specific family crisis. These families do not wear labels or carry signs, but the emotional rollercoaster they ride all year long, comes with more ups and downs and unexpected twists and turns this time of year.

Life throws upon us many challenges and changes, but one thing that does not change, is our spirit of hope for our students and each other. Just as the eagle soars and spreads its wings, we must spread our wings and continue to fly into the spirit of hope and giving. A few of our students and their families will spend two weeks this winter break alone, without gifts and, for some, mourning the loss of love ones. Just as the eagle balances its flight as the currents of the wind changes, we, too, must balance our flight to stay focused on our spirit of hope.

Continuing in the spirit of community and wellness, regardless of someone’s age, gender, skin color, or how much they have or don’t have, or how they look, take time to greet someone you don’t know with a warm smile or simple hello.

Enjoy some special time with your children this winter break. Each day, they teach us many lessons that we hold dear to our hearts. They are the heart and soul of Dunlap and they never cease to amaze us!

On behalf of the staff at Dunlap, we send our warmest holiday wishes and hope you have a safe and relaxing Winter Break (December 21 - January 3).

Principal Talbert

Counselor Corner Constance Hutchinson

How GRATITUDE Can Help You Through Hard Times – Part 2

Hello Courageous Dunlap Families,

It’s easy to feel grateful when life is good, but when disaster strikes, gratitude is really worth the effort. Some people may ask if people can or even should feel grateful under dire circum-stances. The response is, “A grateful attitude is essential.” In fact, it is precisely under crisis conditions when we have the most to gain by a grateful perspective on life because gratitude has the power to energize you, heal you and bring you hope!

We know that gratitude will not come easy or naturally in a crisis. But it is vital to make a distinction between feeling grateful and being grateful. We don’t have total control over how we feel about something, but we can choose to be grateful because gratefulness helps us think about how not to take things for granted.
Scientists found out that people who practice gratefulness:

- Grateful people tend to be happier and less depressed.
- Practicing gratitude may help train the brain to be more sensitive to the experience of gratitude.
- Gratitude reverses our priorities to help us appreciate the people and things we do.
- Improves your physical health.
- Enhances empathy and reduces aggression.
- Helps you bounce back from highly stressful situations.
- Improves your sleep.
- Helps you make friends.

I am grateful to work with your children at Dunlap.

Constance Hutchinson
Dunlap School Counselor
206-252-7000
cahutchinson@seattleschools.org

Monday Morning Assembly – 8:30 a.m.

Every Monday morning at 8:30am we welcome our community to a wonderful week of learning. All are welcomed to join us on TEAMS LIVE with your student’s class. Our Monday Morning Assembly also serves to implement Dunlap’s positive behavior program. For the month of December students have been learning about Social Justice Advocacy. On Monday, we will focus on The Bill of Rights. The school, along with Diny the Dolphin, our mascot also reads our Dunlap Pledge:

Dunlap School Pledge

I show excellence in every way.
What I think, I can write;
What I read, I can say.
I say yes to right. I say no to wrong.
I do my best to get along.
Respect I’ll give, so respect I’ll earn.
I know I come to Dunlap to learn.
Here are things no one can take from me:
My respect, my responsibility, and my safety.
I do my best to excel every day.
I show excellence in every way.
At Dunlap School, We Imagine Greatness!

Virtual Family Tea Thursday, December 17th at 5 - 6 p.m.

We have greatly appreciated your attendance at our VIRTUAL FAMILY TEAS. Thank you so much!

Everyone who attends will receive a raffle ticket and have a chance to win a prize basket!!!

Interested in participating in the PTSA? Please email DunlapPTSA@gmail.com
Dunlap Library Curbside Checkout and P.E. Equipment (Ball) Pickup

Library Curbside Checkout

- Contact: Ms. Ellingsen, Librarian kjellingsen@seattleschools.org
- When: Mondays and Tuesdays, 12 - 1 p.m.

P.E. Equipment (Ball) Pickup

- Contact: Ms. Blair, P.E. Teacher meblair@seattleschools.org
- When: Mondays and Tuesdays, 12 - 1 p.m.

Black Lives Matter T-Shirt Design Contest

During the entire month October, Dunlap had a BLM T-Shirt Design Contest. ALL Dunlap Students were eligible to enter the contest.

We are happy to announce the winner: Ishriyan Prasad, 5th Grade

Congratulations, Ishriyan!