Dear Dunlap Families,

We are a very diverse school community here at Dunlap Elementary School- home of the Dynamic Dolphins. The journey of building a culture of respect that honors the rights, safety, dignity and worth of every individual in our school community begins with us.

**Having Remote Learning and Technical Challenges?**

At Dunlap, everyone is working hard to make sure your student is successful. The district is work every day on solving problems with the technology during remote learning. Our District’s technology department is hoping to have a resolution soon.

If you are continuing to face difficulties at home after trying to troubleshoot or after meeting with a tech team at either Rainier View Elementary (Tuesday/Thursday, 9:00-2:30) or Aki Kurose Middle School (Monday/Wednesday, 9:00-2:30), please email me directly. Although I may not have the ability to fix the problem, I, along with our Dunlap team, can find you support within the district.

**Solving Problems through Respectful, Open and Supportive Communication**

If there is a problem, *any problem*, we will work on solving it through open, respectful and supportive communication. We welcome every voice and every perspective. If you want to speak with your child’s teacher or have any questions or concerns, call or email.

It is always best to make an appointment with your child’s teacher or staff member - that helps the conversation stay focused. Our office staff, Ms. Talley or Ms. Haty can help you connect with the teacher or staff member to set up an appointment for you.

**Remote Learning Bell Schedule**

*View the Remote Learning Bell Schedule on the Dunlap website:*
https://dunlapes.seattleschools.org/about/daily_schedule

The journey begins with all of us.

Principal Talbert
Hello Dunlap Families,

Connecting with others and forming good relationships with family, friends and the wider community are important for mental wellbeing. Building stronger, broader social connections in your life can increase your feelings of happiness and self-worth. The "BINGO FOR CALM AND CONNECTION CARD," is one way to continue the positive connections. Can you think of other positive ways to connect.

Peace to you and your love ones.

Constance Hutchinson
NBCT School Counselor
Dunlap Elementary
206-252-7022 / 206-252-7000
cahutchinson@seattleschools.org

---

**BINGO FOR CALM AND CONNECTION**

<table>
<thead>
<tr>
<th>Call someone you care about and send a friendly signal through the phone with kind words and a friendly tone of voice.</th>
<th>Think of your favorite place that brings you lots of positive feelings. What does it smell like? Look like? Sound like? Feel like? Come back here in your mind when you feel upset.</th>
<th>Write down or tell someone about 5 people and 5 things you feel grateful for, and why you're grateful for them.</th>
<th>Because it's okay to be mad but not okay to be mean, work with your family to write down a list of all your favorite ways to calm down when you're feeling mad.</th>
<th>Every time you have to share something with someone, such as a game, today, take the time to be kind and let the other person go first.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Play Emotions Charades. Make feeling cards with a feeling face on one side and feeling word on the other. Take turns picking a feeling and giving clues. Have fun reading body language!</td>
<td>After washing your hands, create a friendly card for an elderly person you live by. Go with your safe grown-up and deliver it to their mailbox or door.</td>
<td>Take the time to be kind and ask your family what extra chores you can do to help out.</td>
<td>Do starfish breathing using your hand: Trace your fingers and breathe in on the way up each finger, and breathe out on the way down each finger.</td>
<td>Have a happy heart! Write with your family to think of all the things you can do and say to bring more happy feelings into your home.</td>
</tr>
<tr>
<td>Take 3 calm down breaths every hour today!</td>
<td>Friendly faces create friendly places! Every time you see your family members today, send them a friendly signal, such as a smile, wave, hello, or fist bump.</td>
<td>Think of a time you made a mistake with how you handled your feelings with someone this week. Put your brave in front, own your mistake, say why you're sorry, and make it better.</td>
<td>To practice knowing when to be silly and when to be serious, play some Freeze Dance.</td>
<td>Write yourself a love letter - write down all the things you're proud of yourself for doing right now while you are home from school, and all the things that are special about you.</td>
</tr>
<tr>
<td>When someone in your family does something to upset you, be kind and let them try again.</td>
<td>Take the time to be kind by surprising a family member with a meal you make for them. Be sure to make safe choices!</td>
<td>Do rainbow breathing if feeling cloudy: Color a rainbow. Then breathe in while dragging your finger up each color arc, and breathe out while dragging your finger down each color arc.</td>
<td>Create a friendly card for someone you miss from school so you can make their day when you go back to school.</td>
<td>Take a mindful minute by walking or looking outside. Perhaps you'll find some clovers, roses blooming, or bugs playing. What do you notice? What gets your attention?</td>
</tr>
<tr>
<td>Write a letter or draw a picture to tell someone in your family or a friend you miss from school why you are grateful for them, and give it to them when the timing is right.</td>
<td>Because it's always more fun when we make room for everyone, invite everyone you live with to play your favorite game with you.</td>
<td>Whenever you have a hard-to-have feeling today, name it and tell a trusted adult about it.</td>
<td>Get grounded by paying attention and naming 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.</td>
<td>Because a hopeful heart makes many things possible, tell someone what you're most hopeful about for time at home and for when school starts up again.</td>
</tr>
</tbody>
</table>
Hello Families,

I just wanted to introduce myself. I am Corrine Craven the Math interventionist here at Dunlap Elementary.

Seattle Public Schools has asked all schools to administer the same reading and math screener to every student in the district. For Dunlap, I will be administering Math.

For reading, Mr. Clisham and Ms. Fujisawa will be administering the screener. The screeners are 1:1 interviews. The screener is one data point in a comprehensive assessment system over the term. The screener is to give the teacher information at one point in time, a snapshot of the student's skills. The screener is not a grade level determinant or high stakes test.

IXL is a math on-line resource that teachers and students will be using this for the school year 2020-2021. It is part of our Levy to provide more equitable access to our students with technology. IXL provides students practice on math skills at their own pace. Questions will adapt to the answers that students provide. As the students skills grow the questions will become more difficult. It is recommended that your child spend 30 minutes at least 2 times a week. Teachers will be sending your child their log in information in the next few weeks.

If you see your student with one of us, feel free to say hi.

Thank you families, for all the work and support you are giving your children and us here at Dunlap.

Best,

Corrine Craven
Math Interventionist/Levy Coordinator
Dunlap Elementary
(206) 252-7047
craven@seattleschools.org

**Dunlap 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 give, so respect I’ll earn.
I know I came 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!

**Dunlap Pride:**

We show respect, responsibility, and safety. We show excellence in every way!
Instrumental Music—4th and 5th Grade

4th and 5th Grade Parents, you were sent information on signing up your child for instrumental music. Please check your email.

Arabic

parents of 4th and 5th grade, you were sent information on signing up your child for instrumental music. Please check your email.

Cambodian

parents of 4th and 5th grade, you were sent information on signing up your child for instrumental music. Please check your email.

Chinese

乐器—四年级和五年级

四年级和五年级的父母，已向您发送了有关签约您的孩子进行器乐演奏的信息。请检查您的电子邮件。

Somali

Musikana aaladda - Fasalka 4aad iyo 5aad

Waalidiinta fasalka 4aad iyo 5aad, waxaa laguu soo diray macluumaad ku saabsan saxiixa cunuggaaga musikada qalabka. Fadlan hubi emaylkaaga.

Spanish

Música instrumental: cuarto y quinto grado

Padres de 4to y 5to grado, se les envió información sobre cómo inscribir a su hijo en música instrumental. Por favor revise su correo electrónico.

Tagalog

Instrumental na Musika — Ika-4 at Ika-5 Baitang

Mga magulang sa ika-4 at ika-5 Baitang, ang iyong ay pinadalhan ng impormasyon sa pag-sign up ng iyong anak para sa instrumental na musika. Mangyaring suriin ang iyong email.

Vietnamese

Nhạc cụ — Lớp 4 và Lớp 5

Phụ huynh Lớp 4 và Lớp 5, của bạn đã được gửi thông tin về việc đăng ký cho con bạn học nhạc cụ. Xin vui lòng kiểm tra email của bạn.