

Pathfinder News

December 1, 2023



Office Staff

Julie Harris, Principal
Melissa Walker, Dean
Allyson Coleman, Administrative Assistant
Ruth Carton, Registrar
Connie Holmerud, Attendance

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Location: 11401 Beverly Park Rd., Bldg B, Everett, WA 98204

Phone: (425) 366-3800

Message from Pathfinder Principal, Ms. Harris

Did you know that schools practice safety drills each month? We are required to practice:

- evacuating the building in the event of a fire
- lockdown procedures or intruder drills
- earthquake safety
- shelter-in-place to prepare for environmental hazards

Each type of drill helps us practice procedures to keep kids safe in the event of emergency situations. We take student safety very seriously at Pathfinder and have made thorough preparations for all types of emergencies.



Due to our recent lockdown situation, we have changed our drill schedule and have planned an upcoming earthquake drill. Additional information about earthquake safety is included in this newsletter. During our drills we practice our plans for keeping students, volunteers, and staff safe. We don't announce the exact date and time of drills in advance so that our practice is more authentic. In a real emergency we will make every effort to keep you informed using notifications through ParentSquare. ParentSquare messages are automatically sent to the phone and email address we have listed for you. During a real emergency, we often partner with the District office to support communication to families, allowing us to focus on immediate needs here at the building.

Warm Regards,
Julie Harris

Important Dates and Details

Dismissal on Friday, December 15 at 1:25 p.m.

Expect buses to arrive 2.5 hours earlier than Monday-Thursday drop off time, or 1 hour 15 minutes earlier than Friday drop off time.

December Calendar Reminders

Character and Behavior Focus – *Responsibility*
Safety Focus – *Earthquake*

15	Friday	School Spirit Day: Wear Warm, Cozy Winter Wear
15	Friday	Early Release: Dismissal at 1:25 pm
16 th – Jan. 1 st		NO SCHOOL: Winter Break

January Calendar Preview

Character and Behavior Focus – *Safety*
Safety Focus – *Fire Drill*

2	Tuesday	Return to School
15	Monday	NO SCHOOL: Martin Luther King Day
26	Friday	School Spirit Day: Crazy Hair Day

We are Thankful for You!

Dear Families,

Following weekends and school closures, it can be difficult for many students to return to school due to a change in their daily routine. Young students thrive when predictable routines are in place. Daily routines are essential for reducing stress and creating a sense of security.



If your child is healthy, please encourage him/her to attend class, even on sad or difficult days, when school is in session. Every day of school is an important opportunity for students to learn as well as connect with peers and teachers.

We thank:

- **Our students and their families** who do their best to show up to class every day, even on challenging days.
- **Our teachers** who have gone above and beyond to create a welcoming learning environment where students can thrive.
- **Our principal** who motivates everyone to never give up, try their best, and makes us feel safe and supported.
- **Our healers and helpers** - the support staff and community volunteers who provide the extra hands and attention our children need.

If your child or family needs support or help, please reach out to our school counselor (Dori DeJardin), our Family Liaison (Esther Amador), or our Dean of Students (Melissa Walker).

Sincerely,
The Pathfinder Team



School Spirit Day: Wear Warm Cozy Winter Clothes

Our next Pathfinder School Sprit Day is Friday, December 15! Wear warm, cozy, winter wear for our last day of school before winter break! Remember to label coats, hats, sweatshirts with student name for ease in returning to them if lost.

Notes from the Nurse, Alyssa Richer

Unfortunately, respiratory illness is part of the winter months. This comparison chart below can be helpful to compare symptoms of common illnesses. Please see the Mukilteo School District website at the button below for more information about when you should keep your child home and when they can return to school after illness.

Flu and COVID vaccines are free for students and can be found at most clinics and pharmacies. Watch for the upcoming vaccine clinic on December 17. Sign-up information will be provided through ParentSquare when it becomes available.

If you have any questions, or need more information, please contact the Pathfinder health room at (425) 366-3809.



SYMPTOM COMPARISON CHART

	Influenza	Norovirus	RSV	Cold	COVID-19
Incubation	1-7 days (Avg 1-4 days)	12-48 Hours	2-8 days (Avg 4-6 days)	8h-5 days (Avg 1-3 days)	2-14 days (Avg 3-5 days)
Symptom onset	Abrupt	Abrupt	Gradual	Gradual	Varies* ²
Typical illness duration	3-7 days	1-2 days	7-10 days, up to 6 weeks	7-10 days	5-10 days
Signs/symptoms*³					
Cough, chest discomfort	Common	Not a symptom	Common	Sometimes	Common
Fatigue, weakness	Common	Sometimes	Sometimes	Sometimes	Common
Fever* ¹	Common	Sometimes	Sometimes	Rare	Sometimes
Aches	Common	Sometimes	Rare	Rare	Sometimes
Chills	Common	Sometimes	Not a symptom	Rare	Sometimes
Headache	Common	Sometimes	Sometimes	Rare	Common
Sore throat	Sometimes	Not a symptom	Sometimes	Common	Common
Sneezing	Sometimes	Rare	Sometimes	Common	Sometimes
Congestion, runny nose	Sometimes	Not a symptom	Common	Common	Common
Shortness of breath	Rare	Rare	Sometimes	Rare	Common
Nausea	Rare	Common	Not a symptom	Rare	Sometimes
Vomiting	Rare	Common	Rare	Not a symptom	Sometimes
Diarrhea	Rare	Common	Rare	Not a symptom	Sometimes
Stomach pain	Rare	Common	Not a symptom	Rare	Rare
Wheezing	Rare	Not a symptom	Common	Rare	Rare
New loss of taste of smell	Not a symptom	Not a symptom	Not a symptom	Not a symptom	Sometimes

Footnotes:

1. Fever is defined as a temperature above 100.4°F (38°C) under the arm, forehead or oral. [CDC Standards Database | National Resource Center | indicators.org](https://www.cdc.gov/standards/database/national_resource_center/indicators.org/)
2. People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. [Symptoms of COVID-19 | CDC](https://www.cdc.gov/covid19/symptoms/)
3. "If you test positive for COVID-19, stay home for at least 5 days and isolate from others in your home. You are likely most infectious during these first 5 days." [Isolation and Precautions for People with COVID-19 | CDC](https://www.cdc.gov/covid19/isolation/)

09-2023 SAC



SNOHOMISH COUNTY
HEALTH DEPARTMENT

When Should You Keep Your Child Home from School? Click [HERE](#)

Earthquake Safety: Drop, Cover, Hold On

Major earthquakes may happen anywhere we work, live, or travel in Washington. When an earthquake begins, we "Drop, Cover, and Hold On". The goal is to prevent a major earthquake from becoming a catastrophe for our community. Why is a "Drop, Cover, and Hold On" drill important? As with anything, to act quickly you must practice often. You may only have seconds to protect yourself in an earthquake before strong shaking knocks you down, or something falls on you.



If we were to experience an earthquake while children are in school, we would have children drop to the ground, take cover under a table or other safe space, and hold on until the shaking stops and students are instructed that it's safe to come out from under the tables. Following an earthquake, we would evacuate to a safe place and set up our Emergency Operations Center, First Aid and Student Holding areas so staff could begin triage and treating anyone who is injured. Search and Rescue team members would be assigned to check each room and provide assistance to injured or trapped students, staff or volunteers.

You cannot tell from the initial shaking if an earthquake will suddenly become intense...so always Drop, Cover, and Hold On immediately!

- **DROP** to the ground (before the earthquake drops you!),
- Take **COVER** by getting under a sturdy desk or table, and
- **HOLD ON** to your shelter and be prepared to move with it until the shaking stops.

If there is no table or desk near you, drop to the ground and then if possible move to an inside corner of the room. Be in a crawling position to protect your vital organs and be ready to move if necessary, and cover your head and neck with your hands and arms. Do not move to another location or outside. Earthquakes occur without any warning and may be so violent that you cannot run or crawl. You are more likely to be injured if you try to move around during strong shaking. Also, you will never know if the initial jolt will turn out to be start of the big one...and that's why you should always Drop, Cover, and Hold On immediately!

These are guidelines for most situations. To learn more about how to protect yourself, please visit the Great Shakeout website at the button below.

If you are unable to Drop, Cover, and Hold On: If you have difficulty getting safely to the floor on your own, get as low as possible, protect your head and neck, and move away from windows or other items that can fall on you.

In a wheelchair: Lock your wheels and remain seated until the shaking stops. Always protect your head and neck with your arms, a pillow, a book, or whatever is available.

In bed: If you are in bed, hold on and stay there, protecting your head with a pillow. You are less likely to be injured staying where you are. Broken glass on the floor has caused injury to those who have rolled to the floor or tried to get to doorways.

In a high-rise: Drop, Cover, and Hold On. Avoid windows and other hazards. Do not use elevators. Do not be surprised if sprinkler systems or fire alarms activate.

In a store: When Shaking starts, Drop Cover and Hold On. A shopping cart or getting inside clothing racks can provide some protection. If you must move to get away from heavy items on high shelves, drop to the ground first and crawl only the shortest distance necessary. Whenever you enter any retail store, take a moment to look around: What is above and around you that could move or fall during an earthquake? Then use your best judgment to stay safe.

Outdoors: Move to a clear area if you can safely do so; avoid power lines, trees, signs, buildings, vehicles, and other hazards.

Driving: Pull over to the side of the road, stop, and set the parking brake. Avoid overpasses, bridges, power lines, signs and other hazards. Stay inside the vehicle until the shaking is over. If a power line falls on the car, stay inside until a trained person removes the wire.

In a stadium or theater: Stay at your seat or drop to the floor between rows and protect your head and neck with your arms. Don't try to leave until the shaking is over. Then walk out slowly watching for anything that could fall in the aftershocks.

Near the shore: Drop, Cover, and Hold On until the shaking stops. If severe shaking lasts twenty seconds or more, immediately evacuate to high ground as a Tsunami might have been generated by the earthquake. Move inland two miles or to land that is at least 100 feet above sea level immediately. Don't wait for officials to issue a warning. Walk quickly, rather than drive, to avoid traffic, debris and other hazards.

Below a dam: Dams can fail during a major earthquake. Catastrophic failure is unlikely, but if you live downstream, you should know flood-zone information and have prepared an evacuation plan.

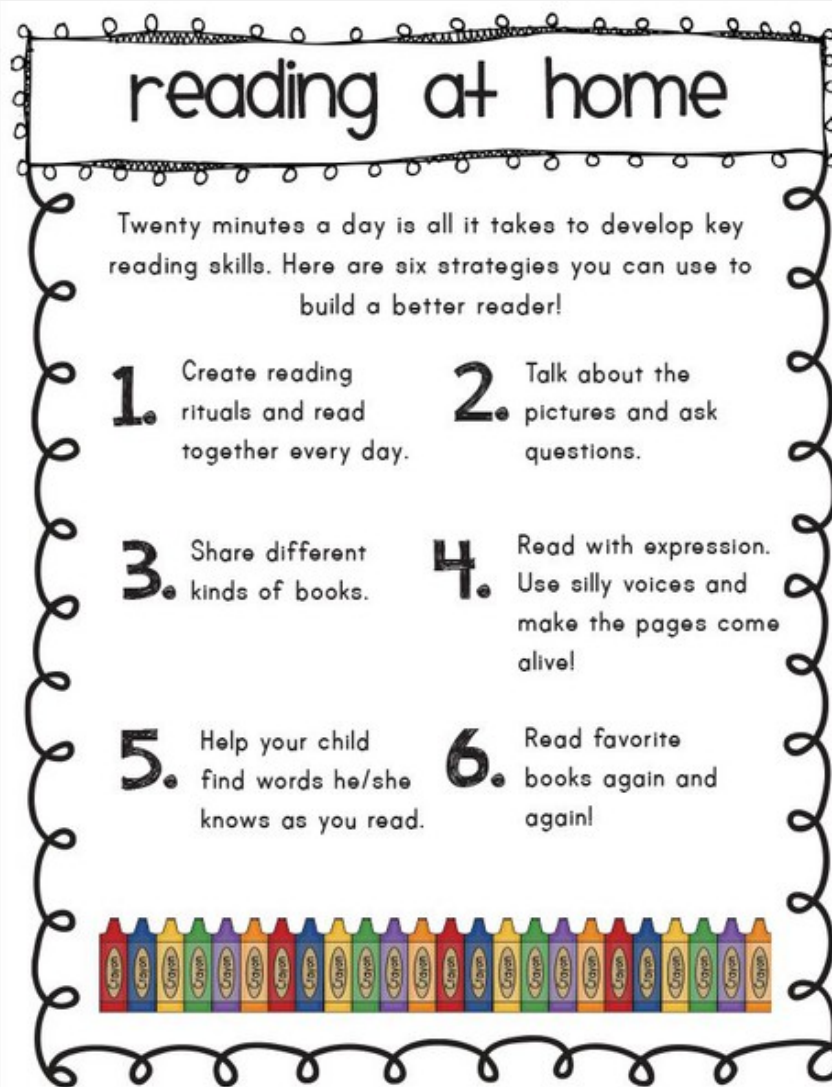
[Click HERE for Great Shakeout Earthquake Drill website](#)

Student Art Display

Our wonderful Pathfinder student art is on display at the Mukilteo School District Administration Office for the month of December!



SUPPORT LEARNING AT HOME



3 ways to read a book

Read to Self:

Students learn that there are three ways to read a book: read the words, read the pictures, and retell the story. Taking time to practice reading, allows children an opportunity to gain confidence as independent readers. Children should read books that are "Just Right" for their reading level.

Read to Someone:

It is important for students to read aloud to others. This gives children an opportunity to hear their own voice, work on fluency, practice reading with expression, and check for understanding.

Listen to Reading:

When students listen to reading, it gives them an opportunity to hear new words and expand their vocabulary. Listening to someone read allows a child to hear different types of literature and hear examples of fluent reading.



SCHOOL INFORMATION

Kindergarten School Hours

Monday – Thursday	9:25 a.m. – 3:55 p.m.
Friday	9:25 a.m. – 2:40 p.m.

Preschool Hours

AM Session	9:00 a.m. – 11:30 a.m.
PM Session	1:00 p.m. – 3:30 p.m.
No Preschool on Friday	

FAMILY FUN



December 2023

Sing, talk, and read about your favorite things and people you love.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	1 Let your child make cards for Grandma or a favorite friend. How can you be kind?	2 Let your child prepare lunch—with no help from any adults. Compliment her efforts.
3 Talk with your child about what you are grateful for.	4 Sing "Jingle Bells" and other fun family songs.	5 Pearl Harbor Remembrance Day Look at the calendar. How many days until someone's birthday? Count.	6 Take night walks and enjoy the winter sky. Sing "Winter is Coming..."	7 Tell a bedtime story by candlelight. Make a wish before blowing out the candle.	8 Decorate paper bags with colored markers. Use as a gift bag.	9 Draw a picture for someone special and write "I love you." Mail it!
10 Encourage your child to sing the ABC Phonics: Sing, Sign, and Read! song. Perform for any attentive listener!	11 Ask your child to sing, sign, spell, and read their newest "heart words."	12 Continue to count everything and continue practicing new "heart words and sentences."	13 Make popcorn. Eat it, string it, or leave some outside for the birds!	14 Visit an older friend. Invite your child to perform one of his or her favorite new songs.	15 Enjoy family dinner time together: Build happy memories. (No electronics!)	16 Winter is coming! Notice birds. Talk about bird migrations. An ornithologist studies birds.
17 First Night of Hanukkah	18 Participate in a toy or food drive.	19 Talk about family winter holiday traditions and what they mean to you.	20 Read some of your favorite books together.	21 Winter Solstice Winter solstice is the day with the least amount of light. How is the weather changing?	22 Sing favorite seasonal and inspirational songs with your child. Make a family songbook.	23 Sing and spell the word "because" to the tune of "Twinkle, Twinkle Little Star."
24 Christmas Eve Tell family stories during dinner.	25 Merry Christmas!	26 Happy Kwanza!	27 Segment big words into sounds: alligator, a/i/i/g/a/t/r, insect, i/n/s/e/c/t. Write the words using phonetic spelling.	28 Play memory games with cards or pictures. Play "I Spy" with items inside or outside.	29 Continue reading with your child at least 20 minutes each night	30 Look at the calendar. Talk about the old year and the new. Recite the January 2024 rhyme.
31 New Year's Eve Talk about New Year's resolutions.						

Language play, every day, books and songs, all day long!

Talk about kindness and gratitude. Choose a few activities to do with your child every week. [NellieEdge.com](https://www.nelliedge.com)

Mukilteo School District Non-Discrimination Statement

Mukilteo 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 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: Civil Rights Coordinator and Title IX Coordinator Simone Neal (425-356-1319), nealsr@mukilteo.wednet.edu, Section 504 Coordinator Becca Anderson (425-356-1277), andersonra@mukilteo.wednet.edu, and the ADA/Access Coordinator Karen Mooseker (425-356-1330), moosekerkw@mukilteo.wednet.edu. Address: 9401 Sharon Drive in Everett, WA. Inquiries regarding ADA/Access issues at Sno-Isle TECH Skills Center should be directed to Wes Allen, Director (425-348-2220) allenwr@mukilteo.wednet.edu. Address: 9001 Airport Road in Everett, WA 98204.



Allyson Coleman

Allyson is using Smore to create beautiful newsletters