JUNE 5, 2020 - VOLUME 10

PGK FAMILY NEWSLETTER

KOLTS TO THE CORE!



"I am a Keithley Kolt. I respect myself and others. I am a responsible leader and do the right thing. I am a learner because education is power. I work hard, I am kind and I think big. I am a Keithley Kolt!"
-Kolt Commitment

MESSAGE TO OUR PGK COMMUNITY:

Our Keithley staff are having important conversations about race, equity and anti-racism. In doing so, we acknowledge that we have a lot of growth and areas of improvement. While staff are facilitating these conversations with students, we also want to create space for families to share their input. Please submit any questions or concerns you have to our equity team by **CLICKING HERE!** or copy the link below!

https://forms.office.com/Pages/ResponsePage.aspx?id=zqbbXvHufE-tndcueBeeqjalFPphFcpAlA01HgdW3JxUN0o4SENSNE9DT0NEVE1GRzNQSzg2QlU2SS4u

VIRTUAL LEARNING SCHEDULE

MONDAY/THURSDAY	Schedule
Teacher Office Hours/Extra Help for Individuals or small groups/Teacher Work Time	7:30-11:00
Advisory	12:00-12:30
1st Period	12:40 – 1:20
3rd Period	1:30 – 2:10
5th Period	2:20 – 3:00

WEDNESDAY (Independent Work Day for Students)	
Staff Work Day	

TUESDAY/FRIDAY	Schedule
Teacher Office Hours/Extra Help for Individuals or small groups/Teacher Work Time	7:30-11:30
2nd Period	12:40 – 1:20
4th Period	1:30 – 2:10
6th Period	2:20 – 3:00

NEED TO GET IN TOUCH WITH YOUR PGK TEACHERS?!

CLICK HERE for staff contacts!

WEEKLY UPDATES

06/08-06/12

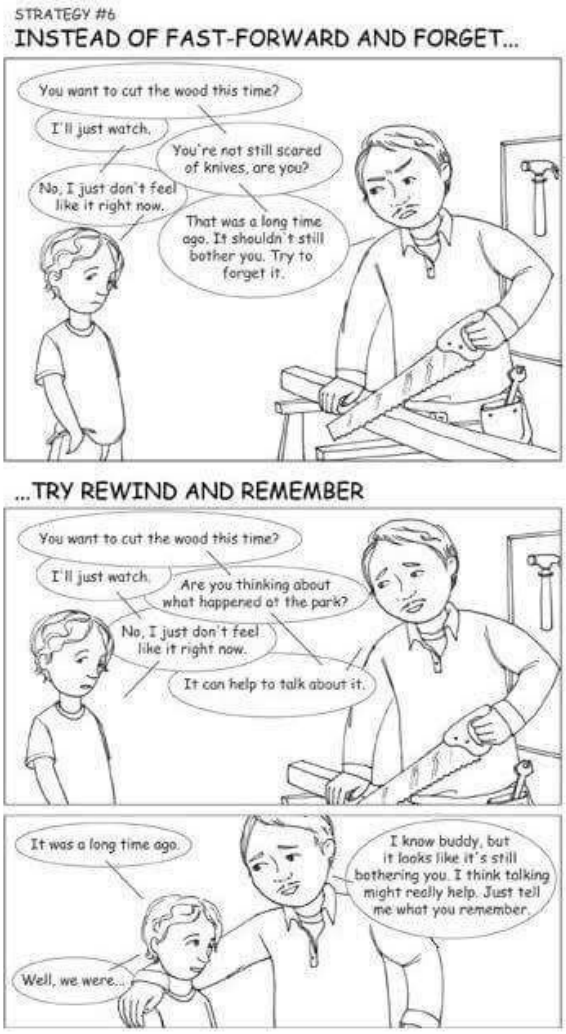
Perry G. Keithley Middle School / (253) 298-4300 / keithley.fpschools.org / Grade 6-8

Parent Lounge

Brain based parenting strategy:

Rewind and Remember

When your child has difficult experiences, they can be integrated by introducing the "remote of the mind" concept which gives them some control over unpleasant memories by skipping parts they're not ready to talk about. One of the most important ways to integrate your child's experiences is through storytelling which allows your child to revisit painful memories in a way that is safe to them.



From the Whole Brain Child by Daniel Seigal & Tina Bryson

Sanitation & Hygiene Options in Pierce County

- Sprinker Recreation Center will offer showers
  Monday through Friday 10am to 2pm
  14824 C St S, Tacoma, WA 98444
- Tacoma Location will offer showers
  Monday and Thursday 10:30am to 2pm
  Tacoma Center YMCA 1144 Market St Tacoma, WA 98465
- Puyallup Location will offer showers
  Tuesdays and Fridays 10:30am to 2pm
  Mel Korum Family YMCA 302 43rd Ave SE Puyallup, WA 98374
- Lakewood Location will offer showers
  Wednesdays 10:30am to 2pm
  Lakewood Family YMCA 9715 Lakewood Dr SW Lakewood, WA 98499

Also note: SeaMar Healthcare for the Homeless downtown Tacoma is offering showers Mon-Fri as well as laundry services and some medical services.

CharacterStrong

A ROUND OF APPLAUSE

FAMILY (C.A.R.E.)

At dinner tonight, everyone share one thing they really appreciate about the family or a family member and then everyone clap after each one.

If clapping feels too weird, figure out a simple way to acknowledge each thing shared like a toast or snaps.



WEEKLY UPDATES

06/08-06/12

Perry G. Keithley Middle School / (253) 298-4300 / keithley.fpschools.org / Grade 6-8

Community Resources

- A compilation of information and resources from the Department of Children Youth and Families to support parents and families during the time of Covid-19 : **CLICK HERE!**
- Learn how to maintain the mental health well being in your home during difficult times. Free Spanish virtual training **June 10th from 2 – 4 pm**. For more information & registration: **https://www.actionforhealthykids.org/event/manteniendo-bienestar-mental/**
- Do you need diapers? Franklin Pierce Schools has partnered with Help Me Grow to launch a free diaper bank. **CLICK HERE** for pick up information!
- Click here for a map of local food pantries: **https://www.efoodnet.org/resources/food-banks/**
- Do you need help paying rent? Learn more about Share and Care House's rental assistance program here: **CLICK HERE!**
- Tacoma Public Utilities Emergency Assistance Program: **https://www.mytpu.org/emergencyassistance/**

FUN SNACK IDEAS

Cereal Bars

Ingredients: 3 1/2 cups Dry cereal, 1/2 cup Honey, 1/2 cup Peanut butter, 1/2 tsp Vanilla

Instructions:

1. Line a 8x8 inch pan with parchment paper and set aside.
2. Combine the peanut butter and honey in a medium size saucepan. Cook for 3 minutes, stirring occasionally. Remove from heat and stir in vanilla.
3. Add in the dry cereal and stir until completely coated. Then press into the lined pan. Use a piece of parchment paper to press firmly down on the bars.
4. Refrigerate bars for one hour, or until ready to serve.



Ideas To Try

- Curious about where to start when talking to your kids about racism?
  - **CLICK HERE** for a compilation of resources
  - **CLICK HERE** for an article with some helpful suggestions
  - **CLICK HERE** for a basic guide for Spanish speaking families on how to talk to their children and families about the movement of Black lives matter.
- Watch the Sesame Street town hall on "Standing up to Racism" Saturday June 6th at 10am ET **https://www.cnn.com/2020/06/02/us/cnn-sesame-street-standing-up-to-racism/index.html**
- Looking for books and literature that celebrate black boys? Check out this list here: **https://www.theconsciouskid.org/black-books-matter-childrens-books-celebrating-black-boys**
- Research shows that building resilience and grit in children and youth is one of the most important predictors of success. Read more about resilience activities here: **https://biglifejournal.com/blogs/blog/activities-grit-resilience-children**

5 DE JUNIO DE 2020 - VOLUMEN 10

PGK FAMILIA
BOLETÍN INFORMATIVO

KOLTS TO THE CORE!



"Yo soy un Keithley Kolt. Me respeto a mí mismo(a) y a los demás. Yo soy un líder y hago lo correcto. Soy un(a) aprendiz porque la educación es poder. Trabajo duro, soy amable y pienso en grande. ¡Yo soy un Keithley Kolt!" – COMPROMISO Kolt

MENSAJE A NUESTRA COMUNIDAD PGK:

Nuestro personal de Keithley está teniendo conversaciones importantes sobre raza, equidad y antirracismo. Al hacerlo, reconocemos que tenemos mucho crecimiento y áreas de mejora. Si bien el personal está facilitando estas conversaciones con los estudiantes, también queremos crear un espacio para que las familias compartan sus comentarios. Envíe cualquier pregunta o inquietud que tenga a nuestro equipo de acciones aquí: **HAGA CLIC AQUI!**

o copie el enlace de abajo!

https://forms.office.com/Pages/ResponsePage.aspx?id=zqbbXvHufE-tndcueBeeqjaIFPphFcpAlA01HgdW3JxUN0o4SENSNE9DT0NEVE1GRzNQSzg2QlU2SS4u

¡PROGRAMA DE APRENDIZAJE VIRTUAL!

MONDAY/THURSDAY	Schedule
Teacher Office Hours/Extra Help for Individuals or small groups/Teacher Work Time	7:30-11:00
Advisory	12:00-12:30
1st Period	12:40 – 1:20
3rd Period	1:30 – 2:10
5th Period	2:20 – 3:00

WEDNESDAY (Independent Work Day for Students)	
Staff Work Day	

TUESDAY/FRIDAY	Schedule
Teacher Office Hours/Extra Help for Individuals or small groups/Teacher Work Time	7:30-11:30
2nd Period	12:40 – 1:20
4th Period	1:30 – 2:10
6th Period	2:20 – 3:00

¡¿NECESITAS CONTACTAR A TUS PROFESORES DE PGK?!

CLICK HERE for staff contacts!

ACTUALIZACIONES SEMANALES

06/08-06/12

Perry G. Keithley Middle School / (253) 298-4300 / keithley.fpschools.org / Grade 6-8

Esquina de Padres

Estrategias de crianza basadas en el cerebro:

Rewind and Remember

Cuando su hijo tiene experiencias difíciles, se pueden integrar introduciendo el concepto "remoto de la mente" que les da cierto control sobre los recuerdos desagradables saltándose partes de las que no están listos para hablar. Una de las maneras más importantes de integrar las experiencias de su hijo es a través de la narración de historias que le permite a su hijo revisitar los recuerdos dolorosos de una manera que sea segura para ellos.



From the Whole Brain Child by Daniel Seigal & Tina Bryson

Opciones de saneamiento e higiene en el condado de Pierce

- Sprinker Recreation Center ofrecerá duchas de lunes a viernes de 10am a 2pm
  14824 C St S, Tacoma, WA 98444
- Ubicación de Tacoma ofrecerá duchas de lunes a viernes de 10:30am to 2pm
  Tacoma Center YMCA 1144 Market St Tacoma, WA 98465
- Ubicación de Puyallup ofrecerá duchas de martes a vierenes de 10:30am to 2pm
  Mel Korum Family YMCA 302 43rd Ave SE Puyallup, WA 98374
- Ubicación de Lakewood ofrecerá duchas los Miércoles de 10:30am to 2pm
  Lakewood Family YMCA 9715 Lakewood Dr SW Lakewood, WA 98499

Nota: SeaMar Healthcare para los Homeless de downtown Tacoma ofrece duchas de lunes a viernes, así como servicios de lavandería y algunos servicios médicos.

CharacterStrong

A ROUND OF APPLAUSE

FAMILY (C.A.R.E.)

At dinner tonight, everyone share one thing they really appreciate about the family or a family member and then everyone clap after each one.

If clapping feels too weird, figure out a simple way to acknowledge each thing shared like a toast or snaps.



ACTUALIZACIONES SEMANALES

06/08-06/12

Perry G. Keithley Middle School / (253) 298-4300 / keithley.fpschools.org / Grade 6-8

Recursos Comunitarios:

- El Departamento de Niños Jóvenes y Familias tiene una recopilación de información y recursos para apoyar a padres y familias durante el tiempo de Covid-19. **CLICK HERE!**
- Aprenda como mantener el Bienestar Mental en su Hogar Durante Tiempos Difíciles. Regístrese para un Taller Virtual en español para padres el **miércoles, 10 de junio de 2020 de 2-4 pm**. Para más información y registración: **https://www.actionforhealthykids.org/event/manteniendo-bienestar-mental/**
- ¿Necesitas pañales? Franklin Pierce Schools se ha asociado con Help Me Grow para lanzar un banco de pañales gratuitos.**CLICK HERE** para obtener información sobre lugares de recoger!
- Para obtener un mapa de las despensas de alimentos locales haga clic aquí: **https://www.efoodnet.org/resources/food-banks/**
- ¿Necesita ayuda para pagar el alquiler de casa? Obtenga más información sobre el programa de asistencia de alquiler de Share and Care House aquí: **CLICK HERE!**
- Tacoma Public Utilities Programa de Asistencia de Emergencia: **https://www.mytpu.org/emergencyassistance/**

IDEAS DE BOTANAS

Cereal Bars

Ingredientes: 3 1/2 tazas Cereales secos, 1/2 taza de miel, 1/2 taza de crema de cacahuate, 1/2 cucharada de vainilla

Instrucciones:

1. Forrar un sartén de 8x8 in. con papel pergamino.
2. Combine la crema de cacahuate y miel en una olla de tamaño mediano. Cocine por 3 minutos, revolviendo ocasionalmente. Retire del fuego y añade la vainilla.
3. Agregue el cereal seco y revuelva hasta que esté completamente recubierto. Pon el mix de cereal en el sarten. Utilice un pedazo de papel de pergamino para presionar firmemente hacia abajo en las barras.
4. Refrigere las barras durante 1 hora, o hasta que estén listas para servir.



Ideas Para Intentar

- ¿Tiene curiosidad en como empezar hablar con sus hijos sobre el racismo?
  - **CLICK HERE** suna lista de recurosos
  - **CLICK HERE** para un artículo con algunas sugerencias
  - **CLICK HERE** para una guía básica en español para familias sobre cómo hablar con sus hijos y familias sobre el tema de Black Lives Matter
- Mire el ayuntamiento de Plaza Sésamo en "Como Enfrentar el Racismo" Sábado 6 de Junio, 10am ET **https://www.cnn.com/2020/06/02/us/cnn-sesame-street-standing-up-to-racism/index.html**
- ¿Buscas libros y literatura que celebren a niños afroamericanos? Aquí esta una lista: **https://www.theconsciouskid.org/black-books-matter-childrens-books-celebrating-black-boys**
- Estudios muestran que el fortalecimiento de la resiliencia y el valor en los niños y jóvenes es uno de los predictores más importantes del éxito. Lea más acerca de las actividades de resiliencia aquí: **https://biglifejournal.com/blogs/blog/activities-grit-resilience-children**