



# School News

Helen Haller Elementary

## Letter from the Principal

Dear Helen Haller families,

Each family must provide a daily Health Attestation through Skyward **before a student arrives at school each day**. This evaluation includes taking a temperature and gauging how your student is feeling, as well as answering a question regarding possible exposure to COVID-19. *Students are encouraged to stay home when sick.* Follow the steps below to do this daily Health Attestation in Skyward.

1. Navigate to the Sequim School District Website at [www.sequimschools.org](http://www.sequimschools.org).



2. Click on the Skyward icon.

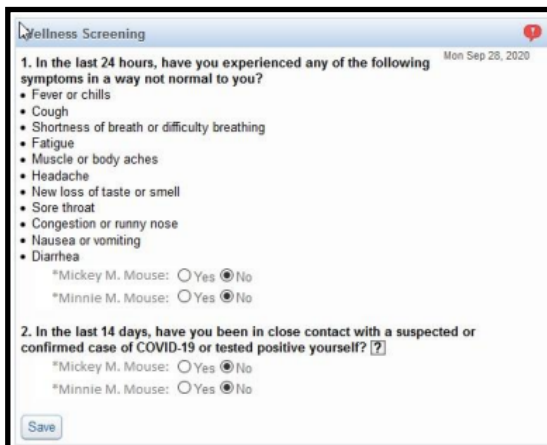


3. Enter your Login ID and password then click the "Sign In" button. If you need assistance with your Skyward login, contact the Helen Haller office: 350-582-3200, [helenhaller@sequimschools.org](mailto:helenhaller@sequimschools.org)



4. Once logged in to Skyward Family Access, ensure you are on the All Students screen.

5. On that main page you will find the Wellness Screening for your student(s).



6. Answer the questions for each student and press the save button.

### A LOOK AHEAD:

- 05** Report cards mailed home
- 11** [100th day of school PTO drive through event, 5:30-7:30pm](#)
- 12** NO SCHOOL  
Snow make up day
- 15** NO SCHOOL  
President's Day

## From The Nurse

PLEASE BE AWARE:

In compliance with the [Governor's Travel Advisory](#): If your child travels out of state they should self-quarantine at home, for a 14-day period upon return. Please make sure to notify the Haller office if you plan to travel out of state.



Families must complete a HEALTH ATTESTATION daily before students arrive at school. [Click here for directions.](#)

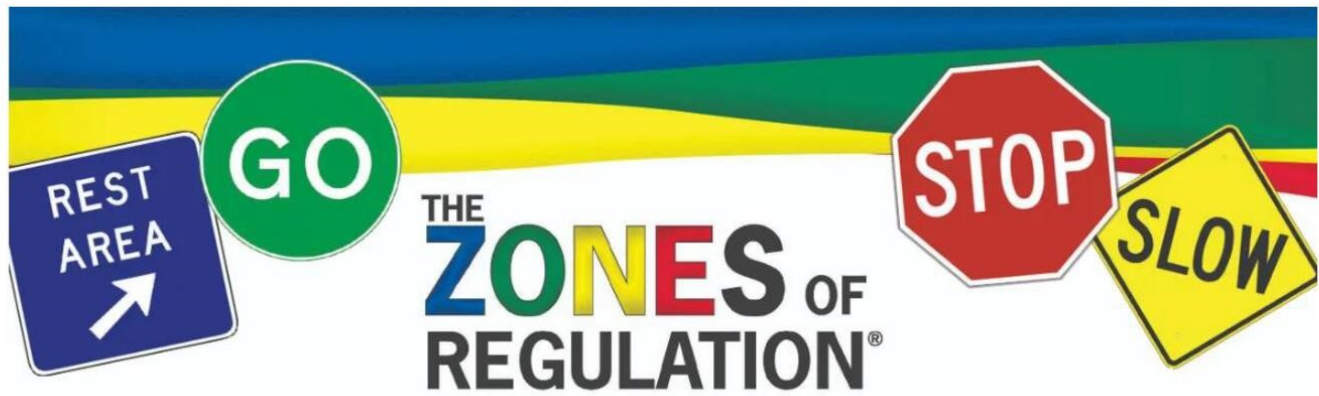
## PTO News



The Helen Haller PTO is hosting a drive through event in celebration of our 100th day of school. Join them on **February 11th from 5:30 pm-7:30 pm** in the Haller drop-off and pick-up lane. Each student will get a prize pack from the PTO. There will be music, lights, dancing, decorations, and of course a bag of fun! See the attached [flyer](#) for more information.

[hhe.sequimschools.org](http://hhe.sequimschools.org)

# Counselor's Corner



## A Framework to Foster Self-Regulation and Emotional Control

Leah Kuypers, M.A. Ed., OTR/L

Feelings come in different sizes, intensity, and levels of energy. To make this easy to talk and think about at HHE, we categorize them into four simple, colored categories that are called the Zones of Regulation.



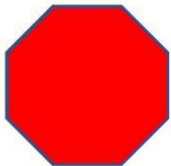
**The Blue Zone** is used to describe low levels of energy and down feelings, such as when a person feels sad, tired, sick, or bored.



**The Green Zone** is used to describe when we feel calm and in control. A person may be described as happy, focused, content, or ready to learn when in the Green Zone. This is the Zone where optimal learning occurs.



**The Yellow Zone** is used to describe when our energy is higher, and emotions get a little bigger; however, a person has more control when in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.



**The Red Zone** is used to describe extremely high energy and intense feelings. A person may be feeling elated, anger, rage, devastation, out of control, or terrified when in the Red Zone.



Sequim Food Bank provides **Weekend Food Bags** for students that are available upon request. If you would like your student to receive a Weekend Food Bag, please email the school counselor, Jen Saul, at [jsaul@sequimschools.org](mailto:jsaul@sequimschools.org) or call 360-582-3203. These Weekend Food Bags are in addition to the food bags containing breakfast and lunch items already being sent home by the Sequim School District.