



# RENAISSANCE RAVEN REVIEW August 28, 2020

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Hello Renaissance Students and Families-

We're excited to welcome you next Tuesday to the 2020-2021 school year. Our teachers are working hard to prepare for remote learning and making your digital experience the best it can be.

Microsoft Teams along with One Note will be the platform for all digital learning. Included below is a hyperlink from the Technology Operations Team that explains how to navigate Teams and provides tutorials for logging on and how to join meetings.

<https://sway.office.com/qVP8TMCAEpnzy45s?ref=Link>

The student day will be from 9:00am-2:00pm and we look forward to seeing you in person next Tuesday, September 1 at 9:00am on Teams!

Please let us know if you have any technical issues and we will route you to the appropriate support person.

Thanks, and we look forward to seeing you soon.

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## **MAKE UP DAYS for Student laptop checkout:**

### **Student Check Out:**

AUGUST 31<sup>st</sup> 11 am to 2 pm

September 1<sup>st</sup> – 8am to 10am

If you are unable to come during either of those times please contact office manager, Sarah Simmons [sasimmons@lwsd.org](mailto:sasimmons@lwsd.org) to coordinate a pickup time.

Due to main parking lot construction, please use the back entrance to get to Renaissance.

### **Laptop Insurance:**

Cracked screen fines were increased to \$300 last year so more parents have been opting to purchase insurance. Be sure to include the serial number, not the district bar code when filling out this form. [Here is the link to the laptop insurance form](#) and more information.

### **School Pictures:**

If your student missed picture day on the 27<sup>th</sup> we will be having a makeup day later in September. More information to come.

If your student had their picture taken on Thursday you can go online to view and order pictures. Lifetouch.com and use [Picture Day ID: EVTNDKQNM](#)

**Class Schedule:**

Regular Class schedules are attached to the email for each grade. We will have a different schedule for the first 2 weeks of school. Please see below for the first week schedule.

RSAR First Week Schedule Remote Learning Fall 2020 grade

Tuesday, Sept.1	Wednesday, Sept. 2	Thursday, Sept. 3	Friday, Sept.4
<b>Teacher Prep Time</b> 8:00 – 9:00	<b>Teacher Prep Time</b> 8:00 – 9:00	<b>Teacher Prep Time</b> 8:00 – 9:00	<b>Teacher Prep Time</b> 8:00 – 9:00
<b>Period 1</b> 9:00 – 10:00	<b>Period 2</b> 9:00 – 10:00	<b>Period 1</b> 9:00 – 10:00	<b>Period 2</b> 9:00 – 10:00
<b>Guild</b> 10:10-11:10	<b>Raven Time asynchronous time</b> 10:10-11:10	<b>Guild</b> 10:10-11:10	<b>Period 4</b> 10:10-11:10
<b>Lunch</b> 11:15 – 11:45	<b>Lunch</b> 11:15 – 11:45	<b>Lunch</b> 11:15 – 11:45	<b>Lunch</b> 11:15 – 11:45
<b>Guild</b> 11:50-12:50	<b>Guild</b> 11:50-12:50	<b>Period 3</b> 11:50-12:50	<b>Period 6</b> 11:50-12:50
<b>Guild</b> 1:00-2:00	<b>Guild</b> 1:00-2:00	<b>Period 5</b> 1:00-2:00	<b>Guild</b> 1:00-2:00
<b>Asynchronous Learning Support</b> 2:00-4:00	<b>Asynchronous Learning Support</b> 2:00-4:00	<b>Asynchronous Learning Support</b> 2:00-4:00	<b>Asynchronous Learning Support</b> 2:00-4:00

## Textbook/Supply pickup- Wednesday September 16<sup>th</sup>

Mark your calendars- This will be a day where families come to RSAR and pickup textbooks, art supplies and more! More information to come.

### School Fees:

At this time, we will wait on all school payments (ASB, Class fees, Yearbook etc.) until the Fall. We are concerned about some of our families who are experiencing economic hardship. This time will also allow us to align the fees to the level of service we can provide. We have also decided to limit course fees.

### Raven Review Newsletter

The Raven Review (RR) is a weekly newsletter sent to all students, parents and staff throughout the school year, typically on Fridays. Please watch for this weekly newsletter in your in-box as it is one of the ways Renaissance provides information that families may need throughout the school year.

### Curriculum Night:

We will also plan for a virtual Curriculum Night in September, where parents will receive more information about individual classes from teachers. More information will come out in the coming weeks

If you've missed any of the LWSO communications regarding back to school, you can find that information at this link. <https://www.lwsd.org/get-involved/task-forces/return-to-school-task-force>

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## Counseling Corner

**Meet Your New School Counselor, Melanie Conroy!** Melanie comes to Renaissance after four years with Lake Washington High School where she counseled students as they developed their college and career pathways. Her positive attitude and strong belief in establishing trusting, collaborative relationships with families is something Melanie is eager to bring to her work within the Renaissance Community. As a lifelong resident of the Pacific Northwest and a proud UW Alum, Melanie loves spending time outdoors hiking, beach combing with her two dogs, and cheering on the Huskies.

As the new year begins, Melanie would love to hear from you at [mconroy@lwsd.org](mailto:mconroy@lwsd.org) about how she can support you during this new and challenging time.



## MEET CORA!



Cora Goss-Grubbs is a Behavioral Health Support Specialist from Youth Eastside Services (YES) and will be working at RSAR again this year. Here is a note from her:

I look forward to supporting your students for a second year! In the next few weeks you will receive more information about my virtual services and how to access them. In the meantime, please don't hesitate to reach out to discuss any concerns you might have as your student begins a new and most unusual school year. Call (425) 747-4937, ext. 2719, enter the extension anytime during the greeting, and leave a message with your name and phone number, student's name, and a good time to call back.

Some topics I address include (but are not limited to):

- School-related stress and transition/adjustment issues
- Learning challenges, such as coping with ADHD, etc.
- Relationship difficulties including peer, parent and other family challenges
- Depression and anxiety
- Suicidal thoughts and self-harming behaviors
- Substance use and being affected by others' substance use
- Behavioral and conduct problems
- Gender Identity
- Abuse and trauma
- Loss and grief

I have a Master's degree in Social Work from the University of Washington and I'm a Substance Use Disorder Professional in training. I have a variety of experience working with adolescents, in schools and in an agency setting. In my work I use a collaborative approach, and focus on student strengths and increasing their emotional awareness and capacity for solving the challenges they encounter.

The services I provide are informed by evidence-based practices such as Motivational Interviewing, Cognitive Behavioral Therapy and trauma-informed therapy. Treatment can be from one session to ongoing therapy over several months, individually or in a group. I also offer classroom presentations on issues such as suicide risk awareness, stress management, and substance use prevention. I am available to work with parents, guardians, and other family members to provide parent education and support strategies, assist in resolving conflict, and make referrals to community resources.