



## Stillaguamish Valley Learning Center Family Newsletter



### Looking Ahead:

- 10/29: Class Progress is reported
- 10/29 - 10/31: SVLC Spirit Week
- 10/31: Overall progress is reported
- 11/7: October Interventions Due
- 11/11: Veterans' Day Holiday - No School
- 11/27: Half Day - Beginning of Thanksgiving Holiday
- 11/28 & 11/29: Thanksgiving Holiday - No School
- 12/23: First day of Winter Break

### Here's what is happening this week:

#### Monday - October 21st:

- MEC

#### Tuesday - October 22nd:

- K-8th on Campus
- Picture Day!!

#### Wednesday - October 23rd:

- K - 8th on Campus
- Kinder & 4th/5th walking to Sno-Isle Library
- "Screenagers" viewing at Post Middle School - 6:00 - 7:30 PM

#### Thursday - October 24th:

- K- 8th on Campus
- Elementary Movie Night 3:00-5:00 pm.
- Last day for the SVLC Read-A-Thon!

#### Friday - October 25th:

- Monthly Progress meetings



## SVLC UPDATES

### **Arlington Online Program (AOP)**

- Reminder that all AOP students need to check in with their consultant weekly!
- Picture Day is on October 22nd. AOP students can come in at noon or 2:00 PM to get your picture taken.

### **SVLC On-Site Students**

- Please remember to call our Attendance line to report an absence.
- SVLC Spirit Week Coming Soon ... See. below for details
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### **SVLC Picture Day!**

Picture day is Tuesday, October 22nd. If you would like to order online please use the link below.

Onsite students will go with their classes at the scheduled time.

AOP students should come to campus at 12:00 PM or 2:00 PM. We have two windows for AOP students to get their picture taken.

Even if you are not planning on purchasing pictures, we would like you to come and get your picture taken. You will be given an picture ID card.



### **[Dorian Online Order](#)**



**SVLC Spirit Week - COMING SOON!!**

# October 29, 30, & 31

- Tuesday, October 29th is Student/Teacher Swap Day
  - Wednesday, October 30th is Twin Day
  - Thursday, October 31st is Color War (each class has their own color)
- ~ Kindergarten is purple  
~ 1st is yellow  
~ 2nd is orange  
~ 3rd/4th is red  
~ 4th/5th is green  
~ 6th is blue  
~ 7th is pink  
~ 8th is black



## Check Out our Upcoming School Event

This school event is for parents of middle school students that attend Haller Middle School, Post Middle School, and SVLC. We look forward to having engaging conversation with parents after the screening. Later this year we will also be sharing a similar video focused on how screens can influence substance use.

This film is appropriate for adults and children, so bring them along.

### **Screenagers: The Next Chapter – School Screening**

Millions of young people experience high stress, anxiety, and depression. In *Screenagers Next Chapter: Addressing Mental Health in the Digital Age*, we follow physician and filmmaker Delaney Ruston as she discovers solutions for improved adolescent stress, anxiety, and depression in the digital age.

Filmmaker and physician Delaney Ruston uses a personal lens and professional eye to help us all flip the script on stress, anxiety, and depression. We follow Delaney as she finds herself at a loss on how to help her own teens as they struggle with their emotional wellbeing. Ruston sets out to understand these challenges in our current screen-filled society, and how we as parents and schools empower teens to overcome mental health challenges and build emotional agility, communication savvy, and stress resilience.

We witness Delaney as she finds her way from ineffective parenting to much-improved strategies. We follow other personal stories of families from an array of backgrounds with a spectrum of emotional challenges. We also observe approaches in schools that provide strategies relevant beyond the classroom setting. Interwoven into the stories are surprising insights from brain researchers, psychologists, and thought-leaders that reveal evidence-based ways to support mental wellness among our youth. The impact of social media and screen time in general is incorporated in topics brought to our attention in *Screenagers NEXT CHAPTER*, how it may be impacting our teen's mental health, and what we can do to help support youth in the face of struggles.

After the screening we will have 30 minutes to discuss the important points raised in the film.

<https://www.screenagersmovie.com/about-screenagers-next-chapter>

**Date:** Wednesday, October 23, 2024

**Time:** 6:00-7:30 pm

**Location:** Post Middle School, 1220 E 5th St, Arlington

# SCREENAGERS NEXT CHAPTER

## ADDRESSING YOUTH MENTAL HEALTH IN THE DIGITAL AGE

Filmmaker and physician Delaney Ruston uses a personal lens and professional eye in Screenagers NEXT CHAPTER to help us all flip the script on **stress, anxiety, and depression**.

We follow Delaney as she finds herself at a loss on how to help her own teens as they struggle with their emotional wellbeing. Ruston sets out to understand these challenges in our current screen-filled society, and how we as parents and schools can empower teens to overcome mental health challenges and build emotional agility, communication savvy, and stress resilience.

After the screening we will have 30 minutes to discuss the important points raised in the film.



**DATE**  
**Wednesday**  
**October 23rd**

**TIME**  
**6:00 pm - 7:30 pm**

**WHERE:**  
**Post Middle School**  
**1220 E 5th St**  
**Arlington**

### Monday

- Yogurt and Granola
- Cheesy Breadsticks with Marinara

### Tuesday

- Mini Maple Waffles
- Teriyaki Beef Dippers with Whole Grain Rice

### Wednesday

- Pumpkin Bread
- Chicken Drumstick with Cornbread and Carrots

### Thursday

- Assorted Cereal
- Breakfast Sandwich with Turkey Sausage and Cheese on English Muffin





## SVLC Parent Club



### Updates from your SVLC Parent Club

Email our SVLC  
Parent Club

Visit our SVLC  
Parent Club  
Facebook page  
for Updates!

Parent Club will be hosting a Social Night for Elementary Students (10/24) and Middle School students (10/17).

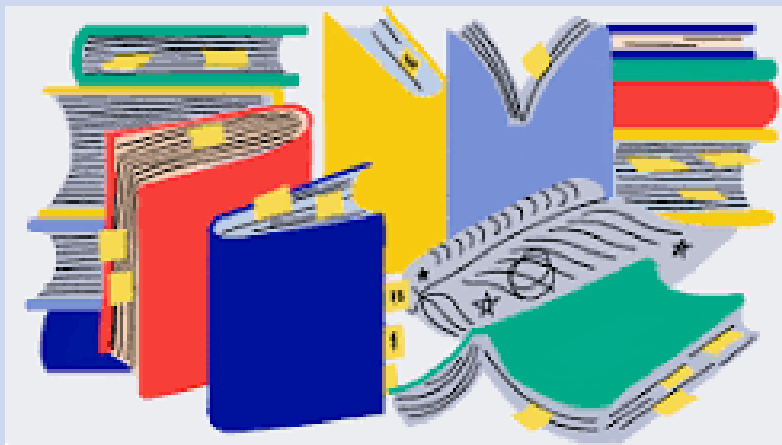
Each event will take place in the Multipurpose Room and include a movie and snacks. The event is from 2:45 - 4:30.

If you are able to volunteer please use these links:

Sign up genius link for both elementary and middle school -

<https://www.signupgenius.com/go/10CoB4AAA-AE2DA2FDC34-50894808-elementary>

<https://www.signupgenius.com/go/10CoB4AAA-AE2DA2FDC34-51652790-middle>



### It's Time for the SVLC Parent Club Read-A-Thon!

Our school Read-A-Thon begins on  
Thursday, October 10, 2024  
and is sure to be a fun and exciting event.

Watch a short video to see how to signup your reader:

<https://youtu.be/12tmuXH8zCg>

This account will serve as a hub for recording and monitoring your child's progress as a Reader in the event, and for you to share their Read-A-Thon message with friends and family.

Use [THIS LINK](#) to activate your student's Reader account.

Thank you so much for your participation and support. Together, we can make this Read-A-Thon an amazing experience for our young readers!

Thank you,  
SVLC Parent Club

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### SVLC Mission/Vision Statement

#### Vision:

Stillaguamish Valley Learning Center envisions a partnership between home, school, and the community where each is an active participant in student-centered academic and social-emotional growth.

#### Mission:

With student learning as our primary focus, we are committed to:

- A unique instructional design where individual student needs are met
- Project and problem-based learning opportunities to promote deep understanding by means of rich tasks
- Long-term relationships with families to encourage life-long learners



**Watch our Facebook page!**

**We will posting "Stilly Shout Outs" to celebrate our awesome SVLC students, grades K-12!**

**Stillaguamish Valley Learning Center**  
| [Website](#)



Stillaguamish Valley Learning Center | 1215 E 5TH ST | ARLINGTON, WA 98223 US

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