



Stillaguamish Valley Learning Center Family Newsletter



Looking Ahead:

- 10/22: Picture Day!
- 10/24: Elementary Movie Night 3:00 - 5:00pm
- 10/29: Class Progress is reported
- 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 14th:

- MEC

Tuesday - October 15th:

- K-8th on Campus

Wednesday - October 16th:

- K - 8th on Campus
- 5th Grade at Camp
- SVLC Parent Club Meeting

Thursday - October 17th:

- K- 8th on Campus
- 5th Grade at Camp
- Middle School Movie Night 3:00-5:00 pm.

Friday - October 18th:

- Monthly Progress meetings
- 5th Grade at Camp

SVLC - Program Updates



SVLC UPDATES

Arlington Online Program (AOP)

- Reminder that all AOP students need to check in with their consultant weekly!

SVLC On-Site Students

- Please remember to call our Attendance line to report an absence.
- Monday Enrichment Hours: Students may arrive on campus at 8:40 for breakfast in the Multi-Purpose room. Classes begin at 9:00-11:00. Lunch - 11:00.

SVLC Picture Day!

Picture day is Tuesday, October 22nd. Picture packets will be going home soon. If you would like to order online please use the link below.

[Dorian Online Order](#)



Parking Lot Reminders~

We are continuing to monitor our parking lots, and are working with Eagle Creek and APPLE preschool to create a safe space for dropping off and picking up our SVLC students.

- If at all possible, please have your student on campus at 8:40. They can go to the Multipurpose Room for breakfast or play on the playground (we have supervision outside beginning at 8:40).
- If you are planning on dropping off your student (not parking and walking in). Please plan to drop off where we have an SVLC staff member. Students need to exit

the car on the passenger side, and everyone else needs to stay in the car. This is our most efficient method, as long as we can keep the line moving.

- If you would like to park and walk your student in, please be cautious of cars when you are leaving. Remember, there is parking in the gravel area near Eagle Creek's new portables.
- When walking your student on campus, please use crosswalks and sidewalks.



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

- Blueberry Muffin
- Chicken Tenders with Tater Tots

Tuesday

- Cinnamon Roll
- Orange Chicken with Whole Grain Rice

Wednesday

- Banana Bread
- Cheesy Quesadilla with Black Beans

Thursday

- Assorted Cereal
- Macaroni and Cheese with Garlic Toast



SVLC Parent Club



Email our SVLC
Parent Club

Visit our SVLC
Parent Club
Facebook page
for Updates!

Updates from your SVLC Parent Club

- Next SVLC Parent Club meeting is October 16th

The Meeting will also be on Zoom - Here is the Zoom link:

Topic: Parent Club Meeting

Time: Oct 16, 2024 03:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us04web.zoom.us/j/75277477416?pwd=epyXjYvpCbEAmCMktHDWYzO8tEBd6.1>

Meeting ID: 752 7747 7416

Passcode: ese2ie

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

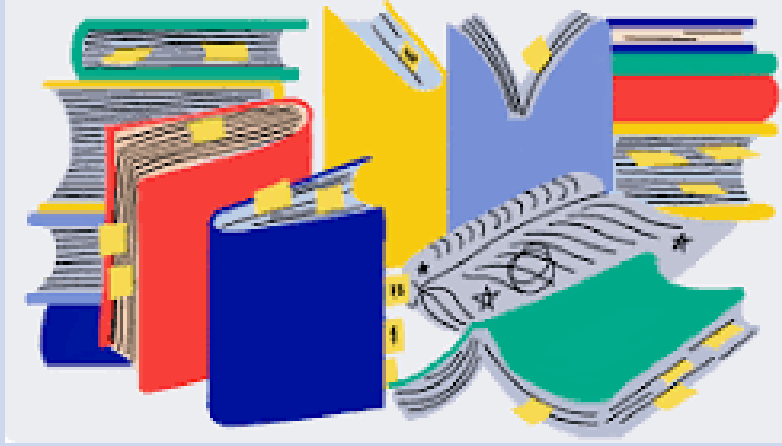
Each event will take place in the Multipurpose Room and include a movie and snacks. The event is from 2:45 - 4:30.

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 sign up 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

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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