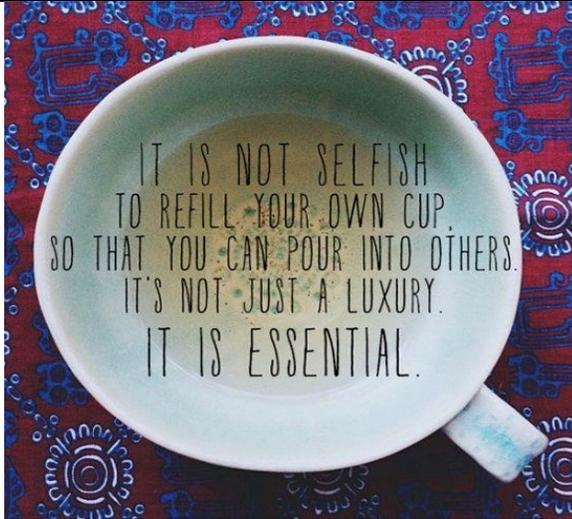


Spring Break Edition

COVID-19 Update



It's spring break: refill your own cup!

I've walked the dog, watched a new Netflix series, gone for bike rides, read a book, jogged the neighborhood, met remotely with my therapist, and yeah, I've worked. But, how have *you* **refilled your cup** this spring break?

The work we do on behalf of students, families and one another is rewarding, exhausting, selfless, and emotionally draining – especially in the midst of a crisis like the COVID-19 pandemic. We have and will continue to **pour into others** through our respective roles in VPS, but don't let the **luxury** of spring break pass you by without taking time to **refill your cup!** It's **essential** for our own well-being but it's also **essential** that we come back from break as rested, recharged and ready to serve students and families in this new format.

These are technically non-workdays, so use what's left of this break to **refill your cup!**

 Cheers,

Kari Van Nostran
VEA President

Guidance for Student Communication



For your protection and the safety of our students, best practice is to **contact students using pre-existing district communication methods** – school-provided email and district curriculum platforms (ie. Canvas, Google Classroom, Seesaw, etc.). Be **compassionate** in your school-related communication, but not overly personal; you can certainly inquire around your students' well-being but try to be **consistent** in any questions you might ask from student to student. Above all, *if you become aware of a student in need of additional support, please notify your school counselor, your **FCRC**, or your principal as soon as possible.*

Interpreter Access



Serving a diverse population of students and families in Vancouver means we may encounter language barriers in our communication with families. Our district interpreter staff are working tirelessly to support families, now more than ever! We can connect Chuukese, Russian and Spanish-speaking families with interpreters using their respective contact information, found [here](#) on the VPS website.



Another Way to Support Frontline Workers



Sign on to workers' demands of their employers: We can't stand idly by while workers across Washington state continue without the safety and support they deserve. In addition, those workers who have lost hours or jobs can't be expected to find new income immediately during this crisis. Thousands of people have already signed on to these petitions, and you can too! The more we stand with fellow workers, the stronger we ALL are:

- ▶ [Grocery store workers demand action statewide](#)
- ▶ [Health care workers demand action statewide](#)
- ▶ [Laid-off Macy's workers need relief](#)
- ▶ [Gig workers are calling for sick leave, hazard pay, and better safety](#)