



Greetings to all our Wa He Lut Students and Families,

As we head into February, we will be entering the 2<sup>nd</sup> semester of the school year. Unfortunately, we had to close the school for a short time due to rising infection rates in our school communities. Our entire WA HE LUT staff & faculty are eagerly waiting for all our students to return to campus in-person. Since Communication is so essential we are striving to keep our families informed as we continue Remote Learning. For more information or concerns please reach out to the front office, my office line, or my cell number. Please encourage your child/children to login to their **live Zoom sessions** with their teachers and also to complete their assignments. I realize that remote learning presents a hardship on our families, but your health & safety is the first priority. When WA HE LUT returns to in-person learning we are committed to keeping the school open so your child can receive the highest quality of educational services.

Spring is right over the next hill and the days will soon be warmer, longer and hopefully with more sunshine. Before the Pandemic this was the time of year that we all began looking forward to Pow Wow Season and shaking the wrinkles out of our PowWow Outfits. The Creator may smile upon us and bless us with a real Pow Wow Season soon enough.

I present you with my sincere gratitude for your continued support for our school community. In these difficult and uncertain times, we all unify to overcome the challenges of the Pandemic. I am grateful for your courage and strength. As always I raise my hands to you for allowing us to educate and care for your child/children.

Harvey Whitford, Superintendent/Principal

### Upcoming Events/Dates

#### February 2<sup>nd</sup>

Virtual Circle

#### February 4<sup>th</sup>

End of 2<sup>nd</sup> quarter

#### February 9<sup>th</sup>

First day back for in-person learning

#### February 14<sup>th</sup>-18<sup>th</sup>

Kindness Challenge Week

#### February 18<sup>th</sup>

Tooth Fairy Visit K-2<sup>nd</sup> grades

#### February 21<sup>st</sup> and 22<sup>nd</sup>

No School- Warrior's Day

#### February 25<sup>th</sup>

Half Day- Release at 12:10- Teacher In-service

### Kindness Challenge Spirit Week

February 14<sup>th</sup>-18<sup>th</sup> will be Kindness Challenge Week at Wa He Lut! Students will be presented with various kindness challenges and they are encouraged to complete as many as possible at school and at home. We will also have a spirit week to contribute to the celebration!\* Help us show Wa He Lut Students that their Kindness matters!



\*Flyer will follow with more details

### Specialist Corner

#### Native Language and Culture Program

Students: Keep up the good participation and remember to join live zoom classes by clicking on the link found in the stream in your Native Language & Culture Google Classroom.

-Mrs. Kalama

## Stress and the Body

Strong emotions are a normal human reaction to stress from a major life event. When people feel threatened or their lives are altered in major, unwanted, and unanticipated ways, communication between the “thinking” part of the brain and the “feeling” part of the brain may be disrupted. This leads to the production of stress hormones that can cause distress in the body, as well as the mind. It may include increased heart rate; changes in respiration; muscle tension; irritability; disruptions in sleep, appetite, and concentration; and repetitive negative thoughts.

The good news is we are resilient! Creating some of these habits can help build resilience to stress:

- Practice visualizations (take a pretend field trip to the relaxing beach or a peaceful meadow)
- Use positive self-talk (I can...)
- Focus on something good that happened that day
- Talk about your feelings with someone you trust
- Deep breathing exercises
- Spend time outside
- Keep a journal
- Limit time on social media or watching the news

\*\*It's not a personal weakness if you're having a tough time right now. A lot of people are. If you have questions about where to find more support for you or your child, the School Counselor, School Nurse, or your doctor/pediatrician are great places to start.

## Valentine's Day Jokes

1. What do you call a candy that sings?
2. What message is on a candy heart for a cat?
3. How did the orca ask the other orca to be their Valentine?

1. A candy wrapper
2. You're Purr-fect
3. Whale you be mine?

**Non-Discrimination Statement:** WA HE LUT Indian School Agency is an equal opportunity employer on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, marital status, disability, or the use of a trained dog guide or service animal and provides equal access to its programs. The following employee(s) have been identified as having been involved in a discrimination, Harvey Whitford, [Harvey.whitford@bie.edu](mailto:Harvey.whitford@bie.edu); Section 504 and Civil Rights Code (Title 25, U.S. Code section 472 and 473). The following employee(s) have been identified as having been involved in a discrimination, Harvey Whitford, [Harvey.whitford@bie.edu](mailto:Harvey.whitford@bie.edu); Section 504 and Civil Rights Code (Title 25, U.S. Code section 472 and 473) at 11110 Conine Ave SE, Olympia, WA 98513.



## February Word Search



Spring	Winter	Shadow
	Water	Peace
Flowers	Burrow	Chocolate
	Woodchuck	Groundhog

Penny	J	F	M	G	S	G	K	C	U	H	C	D	O	O	W
Friends	A	S	C	L	D	V	G	J	V	M	V	X	R	L	A
Candy	R	F	C	L	C	P	W	R	A	Y	P	S	N	T	T
Valentine	H	R	L	R	E	E	H	B	O	J	E	Z	R	M	E
Arizona	K	Q	R	O	D	A	C	Y	O	U	N	N	V	R	R
Aquarius	C	I	V	Y	W	C	V	A	L	E	N	T	I	N	E
Violet	C	S	F	R	I	E	N	D	S	I	Y	D	G	X	N
Roses	H	A	P	C	B	U	R	R	O	W	X	M	H	P	N
Flag	O	Q	R	R	J	V	F	S	O	S	H	A	D	O	W
	C	U	V	I	I	Y	I	I	T	S	E	L	Q	L	G
	O	A	G	R	Z	N	J	O	W	P	E	B	R	G	P
	L	R	N	J	X	O	G	F	L	P	E	S	S	U	W
	A	I	Y	D	Y	G	N	B	H	E	U	D	M	F	L
	T	U	O	P	Y	F	L	A	G	J	T	N	T	E	N
	E	S	C	W	I	N	T	E	R	G	U	F	Q	S	U