



## Tillicum Daily Announcements

Today is Monday, March 16, 2020

**Announcements:** (please note the additions or corrections in **bold**)

By March 23, students and families will receive updated information about learning opportunities during the closure. Educators will continue to work and be accessible throughout the closure.

**Grab & Go Meals** are available during school closure, 11am – 12pm, at Sammamish High School and Lake Hills Elementary available for students 18 and under to pick up lunch & breakfast for the next day.

**Childcare** is available for no cost at **Stevenson** & Lake Hills Elementary School for children in preschool through 5th grade. **This is only for students who have been registered and accepted.** Childcare hours at the school will be from 7:30 a.m. to **6:00 p.m.** Space will be limited. The Bellevue Boys and Girls Club will also be open and providing care while schools are closed. They can be reached at (425) 454-6162.

**Tech Tips:**

The Bellevue Schools are working on a centralized email and contact for any technology issues. We are also in the process of solidifying a school site(s) for families to access in person for assistance. This is expected to be announced soon.

If you need assistance for ParentVue, please reach out to [parenthelp@bsd405.org](mailto:parenthelp@bsd405.org).

**Talking with kids about Coronavirus from NPR**

This comic explores the Coronavirus for kids. You can also listen to a short 3-minute file from NPR.

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

### Mindful Moment ACTIVITY

Diaphragm Breathing

1. Lie on your back with your knees slightly bent and your head on a pillow.
2. Place one hand on your upper chest and one hand below your rib cage, allowing you to feel the movement of your diaphragm.
3. Slowly inhale through your nose, feeling your stomach pressing into your hand.
4. Keep your other hand as still as possible.
5. Exhale using [pursed lips](#) as you tighten your stomach muscles, keeping your upper hand completely still.

Try this for up to 5-10 minutes.