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Superintendent's Message by Sandra Gessner-Crabtree

Recovery Planning

On Thursday, May 20th, I had the honor of visiting each school and introducing Doctor Linda Rosenbury, your new superintendent, to staff and students. She was delighted to be meeting staff and very delighted to see students. She has not seen students this year because the school district where she has been working has had limited in-person learning since the 2020 Spring Closure. And that made visiting each of the schools with her a chance for me to reflect on all we have accomplished this school year. We've come such a long way together and I couldn't be prouder or more grateful for what you've accomplished.

We are soooooo close to the finish line and you've all worked so hard. As I walked through the schools and got to chat with many of you, you all mentioned that you are tired and looking forward to summer like never before. And I've also heard from others that the last two weeks have felt a little off and have been challenging. We are so close to the end of this pandemic journey and we have done so well, so, why is it that we are all so incredibly tired when we've reached the peak of our final summit? Why don't we necessarily feel victorious? Why do we feel out of sorts and even emotionally drained? I started tinkering with these questions and thought of some famous movie battle scenes. And remembered that after the last battle there is much still left on the battlefield and even the victorious have wounds that need healing. I then thought about athletes who push the limits of the human body like marathon runners. After a marathon, when they have asked their bodies to do something few human bodies can do, they usually have a recovery plan as part of their next phase in the training cycle. According to Runner's World, there is no exact formula to follow for post marathon recovery. How long it takes to recover from your race depends upon how well prepared you were going in. A general guideline is one day of rest for every mile raced and that would be about 26 days of rest. But rest doesn't mean laying on the couch, it means a break from intense training and a runner shouldn't avoid running all together.

What does this mean for you now that you've done this amazing thing and are getting so close to the end of our school related pandemic response plan? It means you will need time to



recover and for most of us that means the summer break. But it also means being intentional about your recovery and making a plan. From brain research we know that our brains like routines and rituals. And we also know that the human brain needs time to process experiences in order to learn from them. My proposal to you is to think about creating some space in the next four weeks for individual processing, buddy processing, and team processing. And then make an action plan for how you would like your recovery during the summer months to go. You can process by yourself by journaling or making a video capturing your feelings about what you've encountered this year. You could process with a buddy by taking a walk and together coming up with a list of things you can't wait to stop doing and things you can't wait to start doing again. You may process as a team by making a sticky note chart of things that got them through this challenge or for people they are grateful to for helping them get through it. I'm sure you already have many ideas on how to make this happen for yourself. But the practice of reflection is important not for reliving the past, but for capturing what we learn from the past to impact our future actions. The art of having rituals is critical for our need to belong to something bigger than ourselves. And your personal recovery plan will help you prepare for the next race or the next challenge.

If we all have learned one thing, it is that we can do hard things and we have done some very hard things together. Thank you for reading this and I'd be delighted to know what you may have in mind for your recovery plan.

Sandy

Bonus: [No More Easy Button: A Suggested Approach to Post-Pandemic Teaching](#)

Something to Think About: The two types of people in the world right now:

“I think there are two kinds of people in the world right now. I think there are people who are burned out, and then I think there are people who know they are burned out. It's actually quite an achievement to get into the second category, because one of the things I found in my research for *Effortless*, was that the more burned out a person is, the less likely they are to know about it. This is because all the factors of burnout make you less clear about all sorts of things. As you approach burnout you discern more poorly what's going on in your relationships, you start to take things personally that aren't intended to be personal, and so on. It affects our ability to discern in all sorts of settings, including our ability to discern how we are doing.” [Dorie Clark](#)



Salish Coast Elementary News from Principal Lisa Condran

The big news is that Dr. D (Don Halquist) was the Star 101.5 Teacher of the Week and was featured in the Port Townsend Leader.

PT teacher honored as Teacher of the Week

Posted Tuesday, May 11, 2021 3:24 pm



Don Halquist, a second-grade teacher at Salish Coast Elementary, has been honored as a Teacher of the Week.
PHOTO COURTESY STAR 101.5

Leader news staff
news@ptleader.com

Don Halquist, better known as Dr. D, was recently honored as the STAR 101.5 Teacher of the Week on Thursday, May 6.

The second-grade teacher at Salish Coast Elementary school was nominated in the local radio contest by student Joy Quinn and her mother.

They included comments like, "He goes above and beyond for his students ... [he's] a magical teacher who makes learning fun."

"I love watching kids transform over the course of our time together and their excitement about learning," Dr. D responded when asked what he likes best about teaching.

"It's important to have fun when we are learning," he added.

Dr. D. received a personalized plaque from Trophies2Go.co along with a check for \$101.50 from STAR 101.5 and the Washington State Potato Commission.

Each of his students also received prizes.

Salish Coast Elementary has some staff in new positions for the 2021-22 School Year

- Paige Eldridge is moving from 3rd Grade to Kindergarten
- Cherry Chenruk-Geelan is moving from OPEPO to 3rd Grade
- Aaron Hall is moving from 5th Grade to 3rd Grade
- Tina Giuvezan is moving from 2nd Grade to 3rd Grade
- Cheryl Garnett-Harris is moving from 3rd Grade to 2nd Grade
- Tristan Marcum is moving from Special Education to ½ time Intervention and ½ time Music



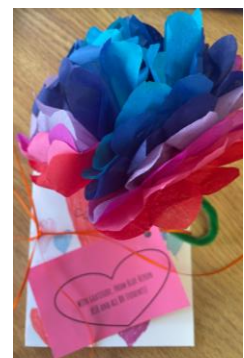
Salish Coast Elementary is planning a number of great end of the year events:

- June 7th week: Virtual Talent Show
- June 10th, Senior Walk at 1:30 PM. Salish Coast students will line Grant Street to congratulate graduating Port Townsend High School seniors.
- June 16th, Field Day, A variety of fun activities will happen all day for all classes.
- June 18th, Goodbye Parade at 2:00 PM for anyone who wants to come by.

Blue Heron and OCEAN Highlights by Theresa Campbell, Principal



Staff appreciation week at Camp Blue Heron was the best ever as camp counselor Donna Benson went all out to ensure we'd have a group of happy campers this spring.





Port Townsend High School News by Carrie Ehrhardt, Principal and CTE Director

High School Spring Sports

We have completed the transition to our final sports season of the year. Wrestling, Boys & Girls Basketball, and Boys Tennis are underway. We have another solid turnout of athletes for season three. Over 60 athletes are currently competing in athletics. This will be another abbreviated season of only 6 weeks. It has been great to see fans at these events, even at limited numbers. The kids have really appreciated the support shown by families and the community. On June 5th we plan to hold our first outdoor wrestling match to allow more spectators access. Competition will conclude the first full week of June with post-season tournaments planned for each sport. We are all very proud of all of our athletes who endured a very challenging year. We applaud the successes of each individual athlete and team this year.

Prom and 8th Grade Dinner Dance

It has been a tough year for all students, and our seniors are no exception. The Class of 2021 has missed out on many of the traditions that make senior year special, like Homecoming events, and Senior Skip Day. Fortunately, Prom is a go! The Class of 2021 will be celebrating this Saturday evening, on the PTHS tennis courts, behind the gym. And in the spirit of collaboration, the 8th graders will hold their 8th grade dinner dance event in the same location, the following day!

Graduation Reminder - Limited Capacity for 2021 Ceremony

Just a reminder that we are being held to the outdoor capacity limits within Phase 3 gatherings. In order to maximize tickets for the families and guests of our graduates, open entry for district staff will not be available this year. The seniors will depart from the Cotton Building on June 11 at about 6:50 pm to take their ceremonial walk to Memorial Stadium. Staff who want to cheer on the seniors are encouraged to line up on the sidewalk (Madison Street) to see the kids before they enter the stadium. Thank you everyone for your cooperation and support. We expect that next year we will return to our graduation traditions at McCurdy Pavilion.



PORT TOWNSEND

School District

LEARNING THROUGH A SENSE OF PLACE

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Superintendent's Newsletter

May 21, 2021

Port Townsend School District Annual Report

Here is a link to our district's annual report [PTSD Annual Report](#)

Each district in Washington State is required to publish an annual report providing an overview of how financial resources such as levy funds are used.



Port Townsend School District does not discriminate in any programs or activities on the basis of race, religion, creed, color, immigration status, national origin, age, honorably-discharged veteran or military status, sex, sexual orientation, gender expression or identity, marital status, the presence of any sensory, mental or physical disability, or the use of a trained dog guide or service animal by a person with a disability. The district provides equal access to school facilities to the Boy Scouts of America and all other designated youth groups listed in Title 36 of the United States Code as a patriotic society. The following employees have been designated to handle questions and complaints of alleged discrimination:

Laurie McGinnis, Title IX Coordinator

Shelby MacMeekin, 504 Coordinator & ADA Compliance

Amy Khile, Civil Rights Compliance