**Message from Co-Pres**

Hello! I hope that you all had a great weekend and are settling into the week well. I know that this week, especially with the election, there are lots of varying emotions going on, sometimes at odds with those that you love. Please remember to take care of yourself as best as you can. As my husband reminds me, "you must first take care of yourself, before you can take care of others." Though the idea of self-care during this time often feels laughable, so try starting small. Take another minute in the shower to feel the warmth of the water; take a few deep breaths of calm before diving into the day; think of 3 things to be grateful for at the end of the day; have a silly dance party; say three affirming statements throughout the day (e.g. "I'm amazing", "I am enough", "I can do this"); reach out to a friend. Whatever it is, small steps to add in care for yourself each day is important.

Thank you for all that you are doing to support your student(s) and family! What we're all going through is not easy, and any little bit of grace we extend ourselves is essential in the process.

Take good care,
Kathryn Lachenmaier
VREPTA Co-President

**Otter Love--our students!**

This week, let's celebrate our **hard working students**! Write them a little note that says "Keep it up!", "I love you!", or has a smiley face on it to let them know how proud you are of how hard they are working! Give them an extra snuggle or hug and tell them that they are an awesomely fantastic student! :)

**Equi-Tea 11/4/20 at 7:30pm**

We're in for a wild ride the next few days and maybe weeks! In the meantime, you can take action by talking with your kids about the importance of participating in democracy in our country. Stop by our EquiTea this **WEDNESDAY at 7:30 PM** to learn from others and share your own ideas. Please also come by to learn about our Equity Committee and how we're working to promote educational justice for every child at View Ridge. We'd love to hear your thoughts and suggestions! Connect with people who celebrate diversity and care about our community.

[Link]; Password: Otters
Coat Drive Continues!
Please help us keep children in our community warm and cozy this winter by donating new or gently used coats, hats, scarves, and gloves! You can put them in the designated box at Library check out. Questions? Please contact Genny Costin.

PTA Board Meeting on 11/10
We have our PTA board meeting coming up on Tuesday, 11/10/20, from 7:00-8:30pm. All are welcome and we hope to see you there! Here is the link for the meeting. FYI: For this meeting we will be using Teams as our platform.

Notes for Harmony
Looking for parent resources regarding education? The Puget Sound Education Expo is happening 11/10/20! I'm particularly excited about the Anti-Racism panel. Check out this discussion with experts at 7pm TUESDAY, 11/10, evening. There's also a panel about keeping kids safe online at 4:30 pm. Pre-registration is required, but the event is free. Link

Hungry for more resources regarding kids and social justice? Stay tuned to this column for new resources every month! Today, check out EmbraceRace on Facebook! They offer free anti-racism resources for parents and families, often hosting webinars and other virtual learning opportunities. Link

School Pictures
We have heard from some families that there is interest in having school pictures taken. Because of that, we want to hear from you to see what folks want before we take any steps forward in scheduling pictures.
Please take our survey here

OTTER KNOW SUBMISSIONS
The Otter Know is published during the school year once a week on Tuesday, with an Otter Know Update on Friday if needed. Articles for the Otter Know are due the Thursday before the Tuesday publication. Articles can be sent through the website, or to the Communications Committee.