



January 13, 2015

Calendar of Events:

January 16, 23 & 30
 75 minute early dismissal-
 Students out at 1:30 pm

January 19
 No school –Martin Luther
 King, Jr Day

January 26
 No school for students-teacher
 work day

January 30
 Martin Luther King
 Assembly

Lost and Found

There are coats, sweatshirts and many other items currently in our lost and found. Please have your child check for anything they may have lost.

Any articles not claimed by February 2nd will be donated to a local charity.



Husky Highlights

Madison Elementary
 616 Pecks Drive
 Everett, WA 98203
 425-385-5900

“Work hard, be kind, inspire, learn.”

Principal’s Corner:

As the proud Principal of Madison Elementary, I am excited to welcome you back for the 2015 portion of the school year. It is hard to believe that I just joined the Madison learning community in July. I have already created such fond memories and feel blessed by the warm welcome I continue to receive from our wonderful staff, parents, and students. I am honored to have the opportunity to serve you another semester as we work to ensure the continued excellence of our educational programming and to bring school culture and spirit to the next level at Madison Elementary.

I hope that our parents at Madison Elementary had a very fun time re-connecting with family and friends during the school break. In preparation for the second half of the school year, I stressed to our instructional staff the importance of taking the time to care for their physical and mental health needs as part of any New Year’s resolution(s). Likewise, I would also stress to parents and their students these same points. From my previous school district experience, this is especially vital in maintaining our enthusiasm as well as energy level to be successful at home and school.

Whether your family enjoys walking, running, hiking, biking, paddle boarding, or swimming, do something physical every day. The benefits for your family’s mental health are likely even more significant as those to your physical state. When I walk out of a yoga class, most the stress is left behind as well. Of course, be sure to treat yourself well in terms of what you eat. This is the other half of a healthy life style and making it to June. There is an abundance of research out there showing the importance of having dinner together as a family on a regular basis.

I look forward to supporting our parents as we strive to realize your students’ educational goals. This will prove to be another amazing semester at Madison Elementary with your continued support. To get connected with some local resources, please look out for information on our upcoming Family Health & Fitness Night on February 12th from 5:30-7:30.

The following are some suggestions that might prove to be helpful as we all strive to live healthier and happier:
 (continued on backside)

Eat healthy!

- Starting each day with breakfast is the best way to fuel a body and prepare for daily challenges; breakfast is served at Madison from 8:05 am to 8:30 am.
- If your family tends to run late or if your child says he/she is not hungry in the morning, insist that he/she take a light “grab and go” breakfast such as a piece of fruit or granola bar.
- A healthy lunch is important since it provides your child with the energy that he/she needs to make it through the afternoon. When possible, let your child decide what he/she would like to pack or buy for lunch. Make several healthy options available and let your child choose those that he/she prefers.

Get organized!

- Being organized may not only lead to success, but it may reduce stress as well.
- Make sure your child is prepared with the materials he/she needs for school.
- Make homework a priority in your home and reinforce that homework is your child’s responsibility.
- Establish a regular homework routine (homework should be done in the same area at approximately the same time each day).
- Be available to help your child as needed.
- After homework is complete, encourage your child to prepare for the upcoming school day by packing his/her backpack immediately so that homework is not left behind.

Get plenty of sleep!

- Establish a regular bedtime.
- Being firm about a regular bedtime may help reduce the amount of fussing at bedtime, simply because your child quickly learns that bedtime is non-negotiable.
- Build consistent wind-down activities into bedtime routines (reading, journaling, talking, etc).
- Children between the ages of 5 and 12 should get about 10-12 hours of sleep each night. Poor or inadequate sleep can result in mood swings, behavioral problems, or cognitive problems, which can impede learning.

Thank you!
Dr. O’Neill
Principal

Mrs. Smothers
Counselor



Celebration of Innovation, Feb. 25, 2015

Join students for the annual *Celebration of Innovation* at Cascade High School on Feb. 25, 2015, 6 to 8 p.m. Students will showcase examples of gaining insight and solving problems through technology, and teachers using technology to enhance instruction.



Everett Public Schools does not discriminate on the basis of sex, race, creed, religion, color, national origin, age honorably discharged veteran or military status, sexual orientation including gender expression or identity, 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 in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups.

Designated to handle inquiries about nondiscrimination policies are:

Affirmative Action Office-Carol Stolz, cstolz@everettsd.org, 425-385-4106

Title IX Officer-Randi Seaberg, rseaberg@everettsd.org, 425-385-4104

504 Coordinator-Becky Ballbach, bballbach@everettsd.org, 425-385-4063

ADA Coordinator-Kristine McDowell, kmcdowdell@everettsd.org, 425-385-5250
Address: 3900 Broadway, Everett, WA 98201