

Emerson Falcon News

EMERSON ELEMENTARY SCHOOL NEWSLETTER



December 1, 2018

VOLUME 2, ISSUE 4

From the Principal

Dear Parents and Guardians,

I can't believe it is already December. Time sure goes fast when you are having so much fun learning at Emerson.

As you have noticed, our weather has changed, and it gets very cold and wet during the day. Please make sure to send warm clothes with your student so they can bundle up at recess and on their way home. If you are needing any help with winter clothing, you may contact Holly Twedt, our Emerson Family Engagement Specialist, for assistance.

Thank you to everyone that attended Emerson conferences last month. It was exciting to hear about the progress all of the students are making. We appreciate you taking time out of your busy schedules to come to school to partner with your student's teacher. If you have concerns about your student or their progress, please contact their teacher, school counselor, or building administrator and we would love to meet with you to discuss the concerns in further detail.

On December 20th, we will be having a family movie night. We will be showing *The Polar Express* and will have cocoa and cookies. The movie will begin at 5:30 in the cafeteria. We hope that you can join us for this fun family event. You may even come in your pajamas.

Thank you again for all of your support for your students. If you are interested in volunteering at our school, we have many opportunities. Please call or stop by the office to learn more.

Have a great December!

Dawn Weddle

Dawn Weddle

Principal

Aleta Smoot

Assistant Principal

Emerson Elementary School
8702 7th Ave. SE
Everett, WA 98208
www.everettsd.org/emerson
425-385-6200

Dec. 13th

Coffee with the Principal
8:45-9:15/ Library

Dec. 20th

Polar Express Movie Night
5:30-7:30/ Cafeteria

Dec. 21st

Pajama Day

Dec. 24th-Jan.

4th

No School/ Winter Break

From the Office

The doors will open at 8:45 for breakfast, if not eating breakfast line up is 8:55.

Please email your students attendance at

emeattendance@everettsd.org

Or call 425-385-6205

From the Assistant Principal

Aleta Smoot

EMERSON PBIS



Has your child come home from school and said they earned a SOAR ticket today?

WHAT IS PBIS?

PBIS is the district and school wide behavior system that we use at Emerson Elementary School. PBIS stands for Positive Behavior Interventions and Support. We are using this program to help our students have a safe, positive learning environment and to provide consistency in all areas of our school. The philosophy is that by rewarding students for positive behavior through tickets, positive praise, and rewards, student will begin to build intrinsic motivation to behave in a positive way. Through the PBIS program, Emerson has developed common language for behavior expectations in each area of the school. Each child is familiar with the term, "SOAR." **This stands for S – strive for success, O – overcome obstacles, A – achieve academic excellence, and R – respect for all.** Students receive a ticket when they demonstrate one of the SOAR qualities. The student then puts their ticket in a class bucket. Names are drawn, at random, from the class tickets and the student drawn gets to pick a prize.

FALCONS SOAR!!!!!!!!!!!!!!!!!!!!!!

Technology

Mrs. Haakenstad

Emerson family, did you know that our 3rd, 4th and 5th grade students have selected what they will be learning during Technology classes?! The kids were given a short survey where they chose from 3 possible Tech choices: coding, story writing and graphic arts. Students who chose coding are working through computer science lessons on code.org and will be creating a video game app. Those who selected story writing are using beautiful illustrations from Storybird, an online site for writers, to create a picture book, which will be available to view on the Emerson website. Our graphic arts students are learning about the art of design, using graphic tools and fonts to create beautiful illustrations and posters all their own! These will also be available to view on the Emerson website by winter break. Keep encouraging your student to explore their creativity. They are truly remarkable! If internet access is available at home, your child can continue working on their technology lessons from home as well.

Happy computing,

Mrs. Haakenstad

Counselor's Corner

Food Drive

December 5-19

- All food donated to local families through Cascade High School and Hope Creek Food Bank
- Donate food in your student's classroom.
- Prizes for the classes that brings the most food!

Thanks!

Miranda Mahorney

Hannah Sands

Talking to Your Students About Online Safety:

- Never post or share personal information (full name, address, telephone number, school name, parent's name, credit card numbers or social security number).
- Never share your Internet password with anyone, except your parents.
- Never agree to meet anyone online, unless a parent goes with you.
- Stop/Block unkind messages! Do not forward! Report to adults!

Lost and Found!

Please come and check out the lost and found.

We will donate any clothes left in the bin

on 12/20.



The Polar Express

Movie Night

Join us for a fun Polar Express night with cookies, hot chocolate and the Polar Express Movie!

FREE for Emerson Families!

December 20, 2018

5:30pm

Emerson Elementary Cafeteria



WHEN IS TO SICK FOR SCHOOL?



Send me to school if.....

- I have a runny nose or just a little cough, but NO other symptoms
- I haven't taken any fever reducing medicine for 24 hours
- I haven't had a fever for 24 hours
- I haven't thrown up or had any diarrhea for 24 hours

Keep me at home if.....

- I have a temperature higher than 100 degrees even after taking medicine
- I'm throwing up or have diarrhea
- My eyes are pink and crusty

Call the doctor if.....

- I have a temperature higher than 99.6 degrees for more than 2 days
- I've been throwing up or have diarrhea for more than 2 days
- I've had the sniffles for more than a week and it is not getting better

DECEMBER

MIND AND MUSCLE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Critical Thinking</p>	<p>“Being wealthy and wise gets you nowhere if you’re not healthy.”</p>		<p>Hustle</p>	<p>Shots</p>	<p>What time is it? Perform a jumping jack for each minute after the hour. For example, 8:35–35 jumping jacks.</p>	<p>Take or have someone take your resting pulse. Now exercise until your heart rate increases 50 beats per minute.</p>
<p>How much do you weigh? Subtract your age. Can you perform the difference in curl-ups in 2 minutes?</p>	<p>Lie on your stomach & have someone measure the distance from your head to your toes. How many inches is it? Can you long jump that distance?</p>	<p><i>Do you think your arm span is equal to your height? Measure three people to see if this is true.</i></p>	<p>Bounce a balloon off 7 different body parts, starting with your head. Can you name a major bone in each area contacted?</p>	<p>Measure the distance between two telephone poles. How many seconds does it take to run from one to the other?</p>	<p>Write the first three scores for a tennis game.</p> <p>1 _____ 2 _____ 3 _____</p>	<p>Predict how many baskets you will make from the foul line (or lane line) in one minute. Prediction _____ Actual _____</p>
<p>Work on your V-sit & reach flexibility tests. Why is it unsafe to bounce while stretching?</p>	<p>Read your food labels. Find out how many calories you consumed for dessert and do that many jumping jacks.</p>	<p>Play catch with a football, then learn how to do your “snap” (number) signals 1-10 in Spanish or French. (“Ready, set, uno, dos.”)</p>	<p>Perform 25 push-ups. If someone paid you \$1.50 for each one, how much would you make?</p>	<p>Jog and count the number of windows and doors in your house. Develop an emergency exit plan in case of fire.</p>	<p>Predict how many steps it will take to walk one block. Prediction _____ Actual _____</p>	<p>Practice kicking a soccer ball across a large field. Can you reach the other side faster with long kicks or short quick kicks close to your foot?</p>
<p>Create a Frisbee™ golf course in your yard. Develop a scorecard & challenge your family to a game.</p>	<p>Dance to the oldies & make up a dance riddle. “Like an old game that stretches hands and FEET. A heavy-set singer sets it to a BEAT.” (Chubby Checker, “The Twist.”)</p>	<p>The average heart beats 100,000 times a day. Take your pulse three times today. Morning _____ Afternoon _____ Evening _____</p>	<p>Work on spinning three different kinds of balls. What provides the spin?</p>	<p>Predict how many minutes & seconds it will take to RUN around the block. Prediction _____ Actual _____</p>	<p>Create a new dance & give it a name that sounds like the actual dance movements.</p>	<p>Practice throwing a ball off a wall at an angle & try to predict where it will rebound.</p>
<p>Count your calories for 1 day. _____ Calories consumed.</p> <p>Make a New Year’s fitness resolution.</p>	<p>Create a 3-person balance where two people are off the floor.</p>	<p>Play a game of sit-up tic-tac-toe with a partner. Find paper & pencil. Alternate sit-ups & mark the grid.</p>	<p>Without looking at a map, write down all of the fifty states you know. Do a push-up for each one you don’t know.</p>	<p>Read a sports story in the newspaper. Then go & play that sport.</p>	<p>Print the alphabet while in a push-up position.</p>	<p><i>Invent a new racquet sport that can be played indoors with a flat hand & a rolled-up sock.</i></p>

Snohomish County Winter Resources

Holiday Assistance

Christmas House (Everett Boys and Girls Club)

Holiday Assistance - Free Toys

Provides free holiday gifts for families in Snohomish County. Services are for qualified low-income families with children 17 or younger. Gifts may be selected for each minor child in the household.

Address: 2316 12th St, Everett, WA, 98201

Phone: 425-338-2273 (Message Line)

Website: www.christmas-house.org

Everett Gospel Mission

Holiday Meals - Thanksgiving

Free Thanksgiving dinner with all the fixings. Sit-down meal served by volunteers.

Address: 3711 Smith Ave, Everett, WA, 98201

Phone: (425) 252-1297

Website: www.egmission.org

Westgate Chapel

Holiday Meals - Thanksgiving

Free Thanksgiving dinner with all the fixings. Thursday November 22, 2018 Seating at: 11am, 1:30 PM, & 3:30 PM

Address: 22901 Edmonds Way Edmonds, WA 98020

Phone: (425) 775-2776 **Email:** INFO@Westgatechapel.com

Website: www.westgatechapel.com

Everett Boys and Girls Club

Holiday Meals - Thanksgiving

Free Thanksgiving dinner with all the fixings. 11/20/2018. Doors open at 4PM. Dinner at 4:30 & 5:30. Call or email to RSVP with # of guests by 11/13/2017

Address: 2316 12th ST, Everett, WA, 98201

Phone: (425) 259-5147 **Email:** JMarsh@BGCSC.org

Website: www.bgcsc.org/snohomish-clubs/everett-club/

Volunteers of America Western WA

Basic Subsistence

Families, children, seniors, and individuals with disabilities residing in zip codes 98201, 98203, or 98204 can shop at the Everett Food Bank twice per month.

Address: 1230 Broadway Ave, Everett, WA, 98201

Phone: (425) 259-3191

Website: www.voaww.org/foodbank

Volunteers of America Western WA

Holiday Giving Program

This year we will be accepting applications through our 211 call center starting on Monday, September 17th from 9a to 4p and continuing each week Monday through Friday until full.

Eligibility is based on income, family size and residing zip code: 98012, 98087, 98201, 98203, 98204 or 98208 based on our sponsors. Depending on sponsorship, your family **may** receive a Thanksgiving food basket, a Christmas food basket, Christmas gifts for children, or a combination of items

Trinity Episcopal Everett

Thanksgiving Food Baskets

Phone: 425-252-4129

Address: 2301 Hoyt Avenue Everett, WA 98201

Website: www.trinityeverett.org/holiday-food-baskets



2018 Christmas House Information Sheet

Location: Boys & Girls Club
2316-12th St., Everett, WA
Phone: 425-338-2273
Dates: Nov 29, 30, Dec. 1, 4, 5, 6, 7, 8,
11, 12, 13, 14, 15
Tues-Friday, 9 a.m. – 1:00 p.m.
Saturday, 9 a.m. – 2:30 p.m.

Christmas House provides holiday gifts for qualifying, low-income, Snohomish County families with children aged 18 or younger. We are a privately funded charity, not a government funded program. Gifts may be selected for each child in the household age 18 or younger.

What to Bring:

- **Current photo ID, or passport for yourself**
- **Proof of spouse/significant other living in household** (current ID, passport, birth certificate, current DSHS forms listing the person; marriage certificate)
- **Proof of current Snohomish County address** (ID; DSHS award letter or printout of benefits less than 90 days old; paycheck stub showing home address; utility bill)
- **Proof of children, birth dates and guardianship** (birth certificate; DSHS award letter less than 90 days old; baptism certificate; court papers; School District free lunch award letter)
- **Proof of household income** (current pay stub(s); DSHS award letter less than 90 days old; government pay stubs such as social security or veterans pay; proof of support payments such as child or spousal support)

Note: DSHS Provider One cards are not accepted at Christmas House.



For more details, visit:
www.christmas-house.org

Guidelines will be strictly followed

How to Become a Shopper

- There is no advance registration. Admission is by number.
- Numbers are passed out daily starting between **6:30-7 a.m.** until one hour before closing time, or until numbers are gone, whichever occurs first.
- On Tuesday through Friday, 200 numbers will be given out daily. 300 numbers will be given out on Saturdays.
- Registration begins about 8:30 a.m. Shopping begins at 9:00 a.m.
- When you receive a number, you will also be given an estimate of what time the number will be called. If you are not present when your number is called, we cannot guarantee that you will be allowed to shop. Numbers can only be used on the day they are received.
- Persons with disabilities or other documented medical problems can make special arrangements by calling 425-338-2273. A Soc. Sec. disability award letter or a letter from your doctor will be required.
- Only one person per family may enter Christmas House. All other family members must wait outside.
- **No children or infants are permitted inside.**
- There are no public restrooms inside.
- No smoking of any kind on property.
- Cell phones are not to be used indoors.
- Parking is limited. Please be considerate of our neighbors.
- Identification, proof of low-income status, proof of custody, children's birth dates and Snohomish County residency will be required (see list on left). If you do not have proper identification or documentation, you will have to return with the required information.
- Demand for numbers is usually much greater during the first days of Christmas House than during the last days. Quality gifts are offered every day.

October 2018

The gift of attendance

Absences spike in the weeks before and after the winter holiday as families squeeze in a few more vacation days. Just a few missed days here and there, even excused absences, can add up to too much lost learning time and put your child behind in school. This is as true in kindergarten as it is in high school. Put simply, too many absences at any age can affect a student's chances for academic success and eventually for graduation. This holiday season, give your children the gift of an education and the habit of attendance.

Graduation rates jump to 95.7% Our graduation rate jumped even higher for the 11th year in a row. Now 95.7 percent of our students graduate on time! Learn how strategic staff actions helped bring the graduation rate from 53 percent just 15 years ago to this year's all-time high. <http://bit.ly/2018gradrates>

Parent safety tip Before you take your child to a friend's sleepover or party, make sure you know a few important things first.

- Find out about the friend's "house rules" and who else will be at home, like parents, another adult, brothers, or sisters.
- Ask about what they plan to do during the visit.
- Talk with your child about things that are important to you: no guns, violent TV and video games, alcohol, tobacco, and other drugs. Take this time to review behaviors that are healthy and those that are dangerous.
- If your child does not have his or her own cell phone, be sure to have the telephone number of where he or she can be reached.
- If there is a change of plans, you need to be told.

Get to know other parents

- Talk with them on the phone.
- Meet them at neighborhood or school events.
- Greet them when dropping your child off at their home.

Communication is key School-aged children need and want more independence. Good communication, with clear expectations, helps parents and children trust that what is going on is safe.

Source: *HealthyChildren.org*

Snow routes are online School drop off and pick up locations may change in an emergency situation. If your child rides a bus to school, please become familiar with the snow route information on the district transportation department's webpage.



Family resources

Could you or a family you know use some help? Find information and links to helpful resources on the district's *Parent Tools webpage*:

- Washington State Library – local and regional information about services and agencies offering help to families in a variety of ways including food, shelter, clothing, childcare, legal services, employment opportunities, and counseling
- Everett Public Schools Kids In Transition (KIT) program – supports homeless children and youth to continue their education
- Help for military families
- Snohomish Health District for Snohomish County community dental resources for children and adults
- United Way of Snohomish County – 2-1-1 is a free telephone number that is your best "first call" to quickly find the right source of help. The information line is staffed by trained operators from Volunteers of America Western Washington who can connect you to a wide range of community services.

Delayed start or closed schools

If we have to cancel school or delay the start of school, we will use our parent communication system to call in the morning, typically around 5:45 a.m., with a brief message about the reason for closure or delay. We will also use local media and post the message on our website. **If there is no announcement about Everett Public Schools, school is on the regular schedule.** More information and resources for school closures or delays is on the district website under the *Parents* tab.

In cases of inclement weather or other emergencies, please:

- check your email or phone for district messages
- listen for media announcements
- view the district's website at www.everettsd.org
- watch district Facebook, Twitter or Instagram accounts



3900 Broadway
Everett, WA 98201
425-385-4000
www.everettsd.org

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 Officer – Randi Seaberg, rseaberg@everettsd.org, 425-385-4104
- Title IX Officer – Mary O'Brien, MO'Brien@everettsd.org, 425-385-4106
- 504 Coordinator – Becky Ballbach, rballbach@everettsd.org, 425-385-4063
- ADA Coordinator – Becky Clifford, rclifford@everettsd.org, 425-385-5250