Emerson Falcon News

EMERSON ELEMENTARY SCHOOL NEWSLETTER

November 1, 2019

VOLUME 3, ISSUE 3

From the Principal

Dear Falcon Parents and Guardians,

Happy November!

Thank you for sharing your students with us! They are amazing. It is so exciting to see the learning that is happening in each classroom. Students are busy solving math problems, reading and discussing books and articles they have read, and writing about their learning and thinking. October was a very busy and engaging month for us at Emerson and we are looking forward to another learning packed month in November.

Conferences are the first week in November and we look forward to sharing your student's progress with you.

Conferences are a time to find out more about your student's strengths and areas of growth. Also, Emerson is hosting a book fair in the library during conferences.

Attendance matters! It is important for students to be at school every day so they do not miss out on learning. Please try to make appointments or schedule family trips outside of school hours. Being tardy or having an early check out disrupts the learning of the students in the classroom. Please make sure your child arrives to school on time and refrain from picking them up early. Multiple students get checked out of class between 3:00 and 3:30. This is a huge disruption. Learning in our classrooms goes until 3:30. If you have any questions or concerns, please call or stop by to visit with me.

Continued on 2

Dawn Weddle
Principal
Jessica Cornielle
Assistant Principal

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

Nov. 1st
Early release 1:00

Nov. 4th-8th

Nov. 11th

No School

Nov. 12th

Chipolte 5th Grade Fundraiser 4-8pm

Nov.15th

PTA Movie Night 5:30-8:00 pm

Nov. 19th

PTA Meeting 6-7 pm

Nov. 20th

Family Engaement Language Community 5-6:30 pm

Nov. 27th

Early Release 1:00

Nov. 28-29th

No School

Countinued from page 1

With the change of months comes a huge change of weather. Please make sure your students are dressing warmly. It is a good idea to have your students dress in layers so they may keep warm in the morning.

Reading at home is one of the most beneficial things you can do to help your child in lifelong achievement. Reading 20 minutes a day impacts your child. Starting in kindergarten, if a student reads **20 minutes** a day at home, they will hear 1.8 million words per year. They will have **read** for 851 hours by 6th grade and on standardized tests, they will likely score better than 90% of their peers. Reading aloud helps language development and promotes brain development. So, keep reading to/with your student. It makes a difference.

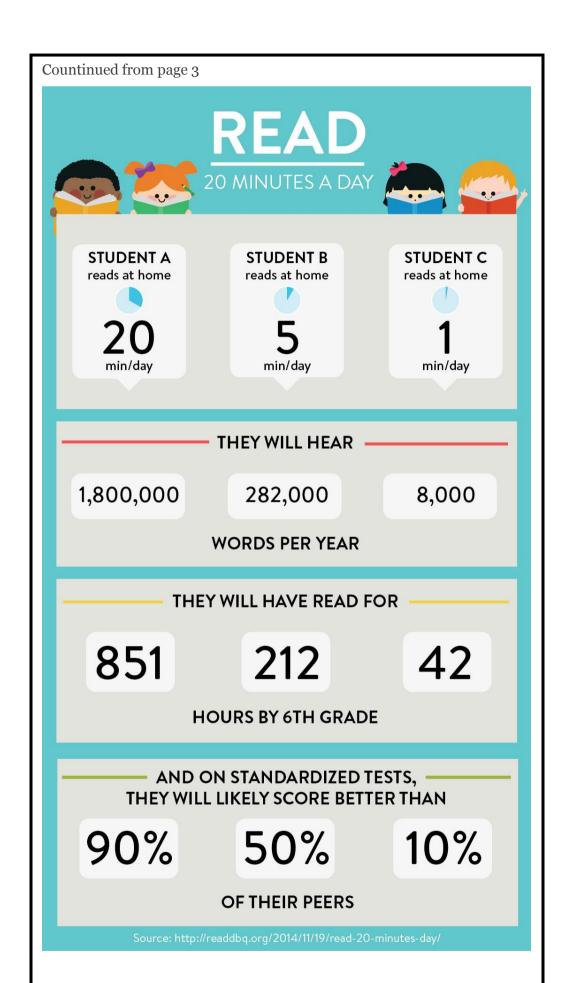
Thank you to everyone that donated to Emerson PTA Fun Run. Our PTA made over \$5,000. This money will go toward awards, assemblies, and family events for our Emerson students. PTA is hosting a Family Movie Night on November 15 with the movie beginning at 6:00 p.m. Doors will open at 5:30 p.m. Hope to see you all there!

As always, if you have any concerns, questions or ideas, please call or come see me. I look forward to talking with you.

Dawn Weddle Principal

Safety and Security

For the safety and security of our students at Emerson, we ask that you only enter the school through the front doors. All other doors are locked at all times. Thank you



From the Gym Gary Niegemann

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NOVEME	BER	OFFENSE AND DEFENSE				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sh. Walken	E AND	A comm	Ask a parent to stand with legs apart 6' away. Can you kick a rolled-up sock through his or her legs? How many times can you kick through in 1 minute?	ace a partner in a push-up position with a tennis ball in between. From the push-up position, try to slap the ball between your partner's hands for a goal. Play a game to 20.	Place an 18" strip of cloth on each hip. Face partners across a field & take turns trying to strip each other's flags as you run to the opposite side.	Practice throwing a ball upward & catching above and below your waist.
Find a balloon. Can you bump it 20 times in a row using only your forearms?	place a marker (penny) between you & a partner & try to move it by bouncing a ball back and forth.	Practice alternating toe taps on the top of a soccer ball or basketball.	Play a giant game of marbles using 2 tennis balls.	Place an old necktie or strip of cloth in your back pocket & try running passed a partner without losing it.	n groups of 3, throw 3 balls in the air and catch a different one each time.	R ace a friend on a series of short backward & sideways sprints Try not to cross your legs.
Practice dribbling a ball with 2 people guarding you.	Play a shadow game where you chase someone staying just close enough to touch every 3 seconds.	Find a safe Fidewalk & practice oribbling a ball without going off the cement.	Pace a partner with a ball. Take turns passing the ball back 5 forth, taking a step back after each successful catch.	Challenge someone to a "Who Can Go the Longest" contest each time a TV commercial comes on. Who can sit with arms & legs raised or stand on one foot the longest?	Practice tossing a small ball upward. Can you catch it above your head? When jumping? While running AND jumping?	Work on dribbling with your opposite hand & foot.
ind a basketball and goal, & work on setting a new personal record for consecutive baskets.	See if you Can match yesterday's basketball record when someone is guarding you.	Find a tennis ball & some stairs. Work on throwing against the stairs and catching the rebound.	Practice throwing & catching with a partner while both of you are moving.	rind someone your own. size & an open space. Stand back to back, interlock arms & try to push your opponent backward.	How HIGH can you throw a Frisbee™ or small rubber ball & still catch it?	Place a mark on a wall 24'-30" above your head. How many times cal you jump & touch th target in 60 seconds?
n an open space, practice SLIDE steps to your left & right. How fast can you move without crossing your feet?	Use a variety of body parts to keep a balloon off the ground.	Support your body weight on 3 different parts for 5 or more seconds.	Practice throwing a ball off a wall with: opposite side to target, opposite foot forward & elbow leading the ball.	Face a partner 15' away & see how many exchanges the two of you can make with a small ball in 1 minute. 2 minutes.	Organize a family game.	

From the Health Room

We ask that <u>all students keep a spare set of clothing in their backpack</u> <u>every day</u> regardless of their age or grade level. Most of our students will not have a bathroom accident but anybody could spill their milk or fall in a mud puddle and need some dry clothing. Our supply of loaner clothing is very limited, and we usually only give loaner clothing to students who have a bathroom accident.

From the Library

Book Fair will be here November 1-7th in the Library! AND we could really use your help. Please call Maggie at 425-385-6208.

Accepting Highly Capable nominations until Dec. 18

Find forms, information and evening events on the <u>Highly Capable website</u>. Referrals are for students currently in grades one through four for winter testing, which will take place on February 1, 2020.

Remember to vote Nov. 5

Remember to deliver your ballot to a ballot drop box near you or put it in the mail by Nov. 5 – postage is not required for ballots.

Everett Public Schools is hiring!

Are you interested in working for the school district? Full-time, part-time and substitute positions are available. The schedule for many classified positions is the same as the student day. Training is provided, and benefits are available for many positions. We have a strong need for substitute teachers, classified staff including regular and substitute paraeducators, office staff, custodial and food service positions. Join us! http://www.everettsd.org/jobs



Did you miss a call from us?

If you missed a call from your school, please first check your voice mail or your email for the message rather than calling the school. Schools are often inundated with phone calls from parents after they send an automated call and cannot answer all of the calls. If you want to change your contact information, please let the school office know.

School performance report

Our school's performance report is available online on each school's website. More information is available on the <u>Office of Superintendent of Public Instruction website</u>. Click on "State Report Card" and select Everett from the list of districts.

Test scores show ... our students rock!

Did you know that our student assessment scores last year outperformed the state's average assessment scores **in every subject**! Students are working hard in their learning, and staff are providing students with the targeted, coordinated supports they need to excel. We have more work to do and are going to accomplish it by focusing on reading at early levels and strong monitoring and collaboration

FAFSA season has begun!

Free Application for Federal Student Aid (FAFSA) is an office of the U.S. Department of Education. FAFSA coordinates with postsecondary schools and financial institutions to help students and families pay for college. Watch for FAFSA completion events happening around the district. Find more information at www.fafsa.ed.gov.

Family health safety tip

Vaping has been in the news a lot this summer and fall due to many youth and young adults across the nation being hospitalized for respiratory issues, including respiratory failure. A few cases have been reported in our state. Teens may believe vaping is less harmful than smoking. Vaping devices are increasingly popular among middle and high school students and a new generation is getting addicted to nicotine. According to the Snohomish Health District's Washington Healthy Youth Survey:

11% of 8th graders, 23% of 10th graders and 31% of 12th graders currently use vapes.

Learn about the dangers of vaping as well as resources for teens to quit by visiting Snohomish Health District's webpage. The sooner one quits, the faster their body, and lungs, can rebound and repair themselves. www.snohd.org/273/Vaping-Vapor-Products

Is your family prepared?

Does your family have a plan in case of bad weather, school closure or delay? Who will pick up your student, if needed? How will you communicate if phone lines are jammed? Do you have needed emergency supplies in your car and at home?

<u>Snohomish County Emergency Management</u> has helpful online resources to help you create, and practice emergency response plans with your family and neighborhood.



Online safety tips

- Keep the computer in a busy area of your home.
- Use an app to keep an eye on your child's online activity on their device.
- Talking about cyberbullying; ask if someone they know has been a victim. Ask if they have been victimized.
- Set up email and social media accounts with your children. Know their screen names and passwords and explain the reasons for not including any personal information in profiles.

Know who is in the "buddy lists." Get to know the cyberfriends as well as you do those who visit your home. Parents and guardians may find the following resources helpful to begin a conversation about the dangers of engaging in cyberbullying and how to stay safe online:

- Stop Bullying Now
- Ms. Parry's Guide to Correct Online Etiquette
- Common Sense Media

Find out what Everett Public Schools students learn about digital citizenship on the district <u>Learning Management Services website</u>.



Food and nutrition

This month, the Food and Nutrition Department brings you mushrooms grown in the PNW! Be sure to give them a try this month in our vegetable medley and on the salad bar.

Did you know that mushrooms are composed of 90% water and contain over a dozen vitamin and minerals? Find out more by checking out the Harvest of the Month flyer on our website at https://www.everettsd.org. Don't leave me, I'm a fungi!



Safety tip line

Do you or your student have a concern about someone experiencing bullying or harassment? Or have you perhaps heard a rumor about someone bringing a weapon or drugs to school? **Report it!** You can talk directly with your school's office or you can call, text or email your concern.

If there is reason for concern about safety on a designated walkway to school, call 9-1-1 immediately for authorized, quick help. We have strong partnerships with local law enforcement who share our interest in safe schools and neighborhoods.



3 easy ways

Text or call 855-637-2095



ttps://everett-wa.safeschoolsalert.com

Student safety is a priority for all of us. Working together, we can help make our neighborhoods and schools nurturing places for students to safely learn and grow.



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