

Monroe Eagle News

MONROE ELEMENTARY SCHOOL NEWSLETTER



February 2019

VOLUME 2, ISSUE 6

From the Principal

Greetings, Monroe families!

It has been an exciting first half of the year, and we are quickly moving into the second semester. As I walk the halls and visit classrooms, I am overjoyed to see teachers teaching with creativity and passion and students actively engaged in the **learning process. We know you are our students' first teachers, and we feel privileged to continue the lessons and to partner with you to build the foundation they will need to become successful adults.**

Our January PTA movie night with *Smallfoot* had quite a turnout! Hearing the laughter from students and parents alike was heart-warming. If you were not able to make it to this family event, I hope you can join us next time. Also, please save the evening of March 14 for our concert featuring grades 1-5, which will take place again at Everett Civic Auditorium.

I would like to thank everyone for your cooperation in the parking lot when you drop off and pick up your children. Being prepared for students to enter and exit the vehicle on the passenger side reduces wait times for other vehicles and, most importantly, keeps our students safer. Please remember not to park in any red no parking zones or too closely to the stop signs as it reduces visibility.

Finally, we are spreading kindness during the month of February (and all year round, of course!). Students can write up acts of kindness they did or saw on a heart **to put on our "kindness" tree in the cafeteria. We're excited to watch our tree bloom with positivity!**

Thank you for all you do to make our Monroe community such a wonderful one. It is truly a pleasure to teach your children every day, and we appreciate your partnership.

Kind regards,

Heather Paddock, principal

Heather Paddock
Principal

Monroe Elementary School
10901 27th Ave. SE
Everett, WA 98208
www.everettsd.org/monroe

February 1

Fancy Top & Crazy Bottom Spirit Day

February 1

PTA Dads, Dudes & Donuts
7:45 am – Cafeteria

February 8

Coffee with the principal
8:35 am – Cafeteria

February 11

Lifelong Learner Assembly – Gr. 3-5
1:45 pm – Cafeteria

February 11

Lifelong Learner Assembly – Gr. K-2
2:15 pm – Cafeteria

February 18-19

Mid Winter Break
NO SCHOOL

February 21

PTA Meeting
6:30 pm - Library

Monroe Food
Bank

If you or a Monroe family you know could use some assistance, please contact the office and ask to visit our food bank.



✓ **Attendance Procedure:** If your child is absent, please email the school at MOEAttendance@everettsd.org. If email is not possible, please leave a message on our attendance line at (425) 385-7305 **and** submit an excuse note to the school office within 30 days of your student returning to school. Thank you for your cooperation in helping us maintain accurate attendance records.



Monroe Messages



Home Access Center

Did you know you can sign up for **HAC** to access our student's attendance, bus route information, and more? **For the 2019-20 school year, we will use HAC to notify you of your student's teacher assignment as well.** See our flyer for more information, and sign up before the summer rush!



Coffee with the Principal

Please join us for Coffee with Ms. Paddock on Friday, February 8, at 8:35 am in our cafeteria. Parent-teacher conferences are right around the corner, so the conversation will include tips on how to have a successful conference.

2019-20 Kindergarten Registration

Kindergarten registration for children turning five years old by August 31, 2019 will begin on March 4. Registration packets will be available on the District [website](#) beginning February 25. We look forward to meeting you and your family!

Monroe Mindbender

Valentine Word Search

s	h	u	g	m	r	n
w	e	s	w	e	e	t
c	a	n	d	y	d	r
a	r	l	o	p	t	o
t	t	e	k	i	s	s
l	o	v	e	n	a	e
s	d	y	b	k	o	c

candy	kiss	red
heart	love	rose
hug	pink	sweet

www.morningmotivatednos.com

Monroe Memos

Dear Families,

Random Acts of Kindness day is February 17! At school, we will spend the whole month focusing on being kind. The Monroe Elementary cafeteria is where our kindness tree with heart shaped blooms will live. We invite all staff, students and community members to write a note on a heart describing an act of kindness they have displayed or witnessed. Turn those hearts in to the office or put them on the tree yourself and watch as our tree blooms with kindness!

It is important to practice being kind and looking for kindness in others because the positive effects of kindness are experienced in the brain of everyone who witnessed the act, improving their mood and making them significantly more likely to "pay it forward." This means one good deed in a crowded area can create a domino effect and improve the day of dozens of people! Also, witnessing acts of kindness produces oxytocin, which aids in lowering blood pressure and increases our self-esteem and optimism. Engaging in acts of kindness produces endorphins, the brain's natural painkiller. Perpetually kind people have 23% less cortisol (the stress hormone) and age slower than the average population!

Here are some ideas of random acts of kindness that we can all do:

- Post inspirational sticky notes around your neighborhood, office, school, etc.
- Donate old towels or blankets to an animal shelter.
- Surprise a neighbor with freshly baked cookies or treats!
- Let someone go in front of you in line who only has a few items.
- Throw a party to celebrate someone just for being who they are, which is awesome.
- Leave unused coupons next to corresponding products in the grocery store.
- Try to make sure every person in a group conversation feels included.
- Smile at five strangers.
- Know parents who could use a night out? Offer to babysit for free.
- Return shopping carts for people at the grocery store.
- Find opportunities to give compliments. It costs nothing, takes no time, and could make someone's entire day. Don't just think it. Say it.
- Keep an extra umbrella at work so you can lend it out when it rains.
- Send a "Thank you" card or note to the officers at your local police or fire station.
- Leave a box of goodies in your mailbox for your mail carrier.
- Tape coins around a playground for kids to find.
- Put your phone away while in the company of others.
- Email or write to a former teacher who made a difference in your life.
- When you hear that discouraging voice in your head, tell yourself something positive — you deserve kindness too!

This month, we hope you will do some random acts of kindness with your family and help make the world a kinder place.

© Ms. Harshman

This information was adapted from content on randomactsofkindness.org.

HOME ACCESS CENTER



10901 27th Ave SE - Everett 98208
(425) 385-7300

Sign up online for access!

[LMS/Overview](#)

You can view:

- Attendance
- Registration - Update your phone number and email
- Grades
- Bus Route Information

Parent/Guardian - Do you need a login/password?

1. Request a login/password from lms@everettsd.org. Include:
 - a. Student's name, school ID, and/or the student's date of birth
 - b. Your name
 - c. Your relationship to student (mother, father, guardian, etc.)
2. LMS will email or mail you a Login ID and TEMPORARY password (Communication will be only to the address on file with Monroe.)
3. AFTER you change the temporary password, you will have access to the student's information.



For the past 18 years, Providence Hospice of Snohomish County, teamed with Eluna, has hosted Camp Erin, a free, traditional, fun summer camp for children and teens who have lost a loved one. We are very excited to be gearing up for our 18th Camp Erin, which will take place August 23-25, 2019, and we are currently accepting applications for campers! Each year, nearly 80 kids and teens, ages 6-18, from all over Snohomish and surrounding counties come together to share their stories and their grief with one another; with other kids who understand.

Please feel free to pass along information for a camper application by directing families to 425-261-4807 or e-mail lisa.freerks@providence.org.

We are honored to serve our community in this way.

For further information, here is the link: <https://elunanetwork.org/media/a-closer-look-at-camp-erin-1/>

Warmly,
The Camp Erin Staff of Snohomish County

Providence Hospice and Home Care of Snohomish County
2731 Wetmore Avenue, Suite 500 | Everett, WA 98201 1425-261-4807.

*Monroe families may also reach out to our counselor, Ms. Doyle, by emailing her at DDoyle@everettsd.org.



Did you know?

Lots of valuable information about how our school is helping students achieve is available online. Our *School Performance Report* is linked directly from our school's home page. (Look under *QuickLinks* for a link to [OSPI Washington State School Report Card](#).) On that site you can browse through historical performance data for more than a decade – for any school in the district or the state. By following the prompts on that OSPI website, you can also find current and historical data aggregated at the district level.

Lunch payments are easy with the app



Want to see your student's lunch balance and pay a balance from your phone? If you're logged into the district's mobile app, you can find and pay your student's lunch balance under your student's info. An icon inside the app also gives a shortcut to deposit funds for your student's lunch account. To make a payment, look for the green chef's hat icon.

The latest school news and information in Everett Public Schools is available on smartphones and mobile devices with a mobile app. The free mobile app is available in the online iTunes® and Google Play® app stores. Once you've downloaded the app, log in to "student info" with your LMS password to see student-specific information for each of your children.



Parent safety tip

Six ways your student can protect their online identities:

1. Share carefully – don't give out any personal information to unknown sites or strangers
2. Go private – keep privacy settings high and limit location services when possible
3. Log out – especially after using shared computers
4. Mix up passwords – use different passwords for different apps and websites
5. Avoid clickbait – avoid quizzes and random questionnaires
6. Choose wisely – pick an appropriate username

Learn more about online safety, digital wellness, cell phones and learning with technology with age-specific tips and tools on www.common sense media.org.



Do you have a student in special education?

Did you know there is a Special Education PTSA in the district? The Special Education PTSA serves students, families, and educators involved in Special Education. They encourage students, families, educators and community members to work collaboratively to provide programs and activities recognizing each student's potential and enhancing the educational opportunities of children receiving and/or seeking special services in our district. Connect with the SEPTSA on [their Facebook page](#).



Kindergarten registration begins in March

Do you have a child who will be 5 years old by Aug. 31, 2019? Registration begins on March 4, 2019, at all district elementary schools.

High school growth forum

High School Growth Mitigation Committee hosts two additional community forums about student enrollment growth on Feb. 6 and 7. Details are on the district calendar.

In addition to these two community forums, the committee is providing an online community comment period through Feb. 26. Learn more about the High School Growth Mitigation Committee and your opportunity for ongoing online input on the [district home page](#).



Superintendent search

Superintendent Gary Cohn will retire at the end of this school year. The school board has begun the search for the district's next superintendent. Watch for ways you can participate in that search in the next few months, such as helping the board define the most important characteristics in the next superintendent.



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