

# Tambark Creek News

TAMBARK CREEK ELEMENTARY SCHOOL NEWSLETTER

May 2023

VOLUME 4, ISSUE 9

## From the Principal

Hello Tambark Creek Families. The weather is finely improving. Let's hope we have more sunny warm days like Saturday. Please remember that umbrellas are not allowed at school. Umbrellas can cause unsafe situations such as poking someone in the eye or using it unsafely. Students should wear rain jackets with hoods on rainy days.

Next week we begin the SBA testing in grades 3<sup>rd</sup>-5<sup>th</sup> grade. We do not test students all day long and they take breaks and have snacks during the testing. Please be sure to check with your child's teacher about snacks.

May 2023				
Mon	Tue	Wed	Thu	Fri
1 No Testing	2 No Testing	3 No Testing	4 No Testing	5 No Testing
8 No Testing	9 4 <sup>th</sup> & 5 <sup>th</sup> Gr Math CAT	10 3 <sup>rd</sup> Gr CAT	11 4 <sup>th</sup> & 5 <sup>th</sup> Gr Math PT	12 4 <sup>th</sup> & 5 <sup>th</sup> Gr extra Math PT
15 No Testing	16 4 <sup>th</sup> & 5 <sup>th</sup> Gr ELA CAT	17 3 <sup>rd</sup> Gr Math CAT	18 4 <sup>th</sup> & 5 <sup>th</sup> Gr ELA PT	19 4 <sup>th</sup> & 5 <sup>th</sup> Gr extra ELA PT
22 No Testing	23 3 <sup>rd</sup> Gr ELA PT	24 3 <sup>rd</sup> Gr ELA PT	25 5 <sup>th</sup> Gr WCAS & 3 <sup>rd</sup> Gr Math PT	26
29 No School Memorial Day	30 Make ups	31 Make ups	1 Make ups	2 Make ups

**Celia O'Connor-Weaver**  
Principal  
**Claudio Jara**  
Assistant Principal

Tambark Creek Elementary School  
4419 180th St. SE,  
Bothell, WA 98012  
425-302-9200  
[www.everettsd.org/tambarkcreek](http://www.everettsd.org/tambarkcreek)

**May 5**  
LIF-2:15PM dismissal

**May 12**  
LIF-2:15PM dismissal

**May 19**  
LIF-2:15PM dismissal

**May 26**  
LIF-2:15PM dismissal

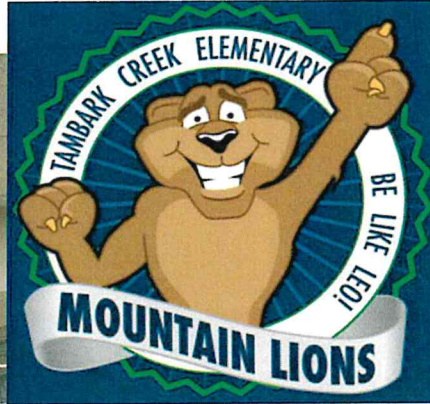
**May 29**  
No school-Memorial Day

<https://www.k12.wa.us/student-success/testing/state-testing/washington-state-smarter-balanced-assessment-consorcium>

**CONTENT AREA** Estimated time ELA Computer Adaptive Test (CAT) 40-60 minutes & ELA Performance Task (PT) 100-150 min (3 hours combined) Math CAT 40-60 min & Math PT 60 min (2 hours combined) WCAS (Grade 5 only) 120 min

We are excited to announce our second annual field day. We are working on getting volunteers to help that day. All volunteers must complete the volunteer approval application online. <https://www.everettsd.org/domain/2018> We are working with TCEPTSA on our field day event which will be on June 15<sup>th</sup>. More information will be sent out very soon.

Thank you to our PBIS (Positive Behavior Intervention Systems) committee for getting our Leo the Mountain Lion posters created, ordered, and delivered. We are now in the process of hanging them up throughout the school.



We are excited to announce the following recipients for the TCE PTSA awards.

Golden Acorn: **Dee Aikens**

Outstanding Advocate: **Sasha Sanyal**

Outstanding Educator: **Charley Myers**

**Important Dates:**

- June 5, 6 & 7 is 5<sup>th</sup> grade camp
- June 9 End of Year Carnival
- June 15 TCE Field Day
- June TCPTSA Carnival-evening event
- June 19 Juneteenth Observed No School
- June 21 5<sup>th</sup> grade Bridging Ceremony 1:30-2:30

Best Regards,

Mrs. O'Connor-Weaver

## From the Counselor's

**How To Talk To Your Child About Anxiety**

Anxiety is what we feel in our mind and our body when our worries hang around a lot. Sometimes we might have a reason to feel anxious, other times, we may not know why. When we start to feel anxious, we might notice changes or reactions in our bodies. Sometimes our body might tell us that we feel anxious before our mind does, which is why we call these reactions body clues. When we notice these clues, we can start thinking about different strategies to deal with them.

**Common body clues when we feel anxious:**

- Tense shoulders
- Dizziness
- Headache
- Shaking



- Faster heart beat
- Nervous/upset stomach
- Faster breathing
- Sweating
- Weak legs

#### **Strategies for Anxiety:**

- Using positive self-talk
- Deep breathing
- Writing or drawing about your feelings
- Talking about your thoughts and feelings
- Using your five senses
- Exercise
- Create a countdown plan for events that are coming up

During the month of May, the 3rd-5th grade students will be taking the SBA assessment. Test taking can cause a mixture of feelings including anxiety. Here are some helpful tips to help your child reduce test anxiety:

#### **Night Before a Test:**

- Get some exercise
- Eat a good meal
- Prepare for the morning
- Give your brain a break
- Set your alarm

#### **Morning Before a Test:**

- Wake up your mind and body
- Eat a healthy breakfast
- Positive self-talk
- Focus and calm yourself on arrival

#### **Strategies to Reduce Test Anxiety:**

- Positive Self-Talk - "I can do this!", "I am smart and capable".
- Visualization - Close your eyes and picture yourself doing well on the test.
- Deep Breathing - take a slow deep breath in through your nose and out through your mouth.

Sincerely,

Nicole Eells and Shari Thompson  
[neells@everettsd.org](mailto:neells@everettsd.org) and [sthompson@everettsd.org](mailto:sthompson@everettsd.org)  
Tambark Creek Elementary Counselors

## From the Office

Please remember that if your child is going to be absent please email your teacher AND the attendance line at [tceattendance@everettsd.org](mailto:tceattendance@everettsd.org) Please include your students first and last name and student id. If you need to reach the office staff for any reason you can email Mrs. Patty the office manager at [tetrault@everettsd.org](mailto:tetrault@everettsd.org) or Mrs. Angie the office assistant at [ajames2@everettsd.org](mailto:ajames2@everettsd.org) or call 425-302-9200.

## Attendance reminder:

When reporting an absence please email [tceattendance@everettsd.org](mailto:tceattendance@everettsd.org) AND your teacher. Please include your students first and last name and student number. We have several kids with the same first and last names. We also several students where the parent doesn't have the same last name as a student. Giving us all of this information will help ensure we excuse your students absence.

**For example this is how an email to the attendance line should look:**

**Student:** Leo the Mountain Lion

**Student ID:** 123456

**Reason for absence:** Sick with a fever.

**Reminder:** If your family is planning to take a trip that is longer than five days, please email [tceattendance@everettsd.org](mailto:tceattendance@everettsd.org) as soon as possible to get a pre-arranged absence form. All extended absences need to be pre-approved by the principal before you travel.

## Payments

Parents did you know you can pay for your student's lunch and fines online? Please visit <https://www.everettsd.org/payments>

## From the Art teachers

It's hard to believe that the end of the school year is near! We have a couple more fun projects to complete though before we head into Summer. In Kindergarten and 1st grade, we will be creating "4 Seasons Art" using oil pastels and texture tools. The 2nd and 3rd graders will be putting their finishing touches on their Pop Art socks and will begin to learn about recycling and sustainability as we create "Junk Jewelry" out of recycled magazines. We really appreciate all of the donations of socks and magazines we received over the last month. Thank you! Lastly, the 4th and 5th graders will learn about Optical Art and the artist M.C. Escher as they create "Tessellation Puzzle Art".

Taneal Carlson-Art teacher

Christina Sawtell-Art teacher

## From the PTSA

Dear Mountain Lion Families,

Thank you to everyone who came to our Membership Meeting last month. We were able to vote in our new Executive Committee for next year. Your new officers for the 2023-2024 school year are:

Co-Presidents: **Kindel Surek & Kiren Chand**

Vice President: **Pallavi Tripathi**

Secretary: **Putbory Taing**

Treasurer: **Lauren Pulfer**

We would also like to congratulate the winners of our PTSA Individual Awards for 2023. Thank you to everyone that took the time to nominate those that they felt embodied these awards.

Golden Acorn: **Dee Aikens**

Outstanding Advocate: **Sasha Sanyal**

Outstanding Educator: **Charley Myers**

### **Volunteers**

We need volunteers to help run our last events of the year! Please reach out to our VP of Volunteers at [vicepresident@tambarkcreekptsa.org](mailto:vicepresident@tambarkcreekptsa.org) if you would like to join these committees:

**Family Movie Night** : May 19th 6:00 -

8:30pm

**End of Year Carnival** : June 9th

### **Uniforms & Spirit Wear**

Remember that our Uniform and Spirit Wear Stores are open year round! Go to <http://store.tambarkcreekptsa.org> to shop for uniform pieces (that you can wear at school) and spirit wear (that you can wear at home).

Lauren Pulfer

President, Tambark Creek PTSA

\*For more information on all things PTSA, check out our website [tambarkcreekptsa.org](http://tambarkcreekptsa.org), our Facebook page [facebook.com/TambarkCreekPTSA](https://facebook.com/TambarkCreekPTSA), or you can email us at anytime with questions, comments, concerns, or just to say hi! I can be reached at [president@tambarkcreekptsa.org](mailto:president@tambarkcreekptsa.org).

## **ECEAP preschool accepting applications for 2023-24**



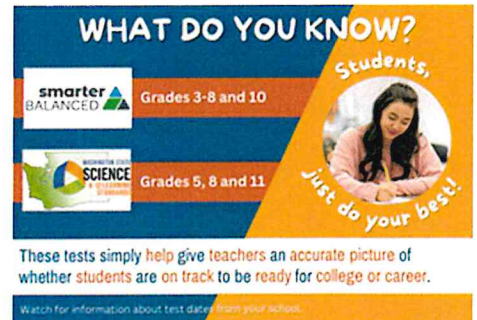
Everett Public Schools Early Childhood Education & Assistance Program (ECEAP) is a FREE preschool program for three- and four-year-old children from families with limited income. ECEAP prepares children for kindergarten and provides family support and health and nutrition services. It is funded by the Washington State Department of Children, Youth and Families (DCYF).

The six ECEAP sites within our school district are Cedar Wood, Hawthorne, Jackson, Lowell, Madison and Silver Lake elementary schools. Students across the district are welcome to attend. Space is limited – apply early! For an application or more information, please visit the [district ECEAP website](#) or call 425-385-4628.



# Smarter Balanced Assessments and Washington Comprehensive Assessment of Science testing

High School English Language Arts and Math Smarter Balanced Assessments (SBA) will be held on May 23 and 25. Students in grade 10 are required to participate. Students in grades 11-12 may also participate for Graduation Pathway purposes. Students in grade 11 will participate in the Washington Comprehensive Assessment of Science (WCAS). **These tests simply help give teachers an accurate picture of whether students are on track to be ready for college or career. Students are encouraged to do their best!**



Elementary and Middle schools schedule their tests separately, so watch for information about testing from your school. [Click here](#) for more details.

## Graduation dates

Please mark your calendars for our upcoming high school graduations in June. Ceremony details will be shared soon from individual schools.

- Sequoia High School, June 15, 6 p.m. at Civic Auditorium
- Jackson High School, June 17 at 11 a.m. at The Angel of the Winds Arena
- Everett High School, June 17 at 3 p.m. at The Angel of the Winds Arena
- Cascade High School, June 17 at 7 p.m. at The Angel of the Winds Arena

## Stay in touch with In Touch!

Read highlights of what is happening in our district and find out when we have our next regular school board meeting. Sign up for our bi-monthly newsletter at <https://bit.ly/InTouchNewsletterEPS>.



## Calendar correction

Teacher Appreciation Week is May 8 – 12 this year and not May 1 – 5 as printed in the Student Art Calendar. This week is also Substitute Educator Week as well!

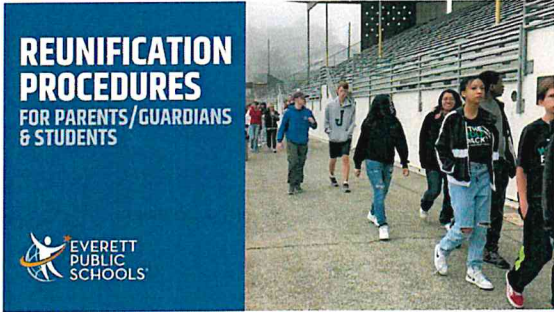


## Community Resource Fair

Join us at the Community Resource Fair on Friday, May 19 from 4 to 7 p.m. at the Community Resource Center at 3900 Broadway. Families will learn about service providers in their community and in the schools! Service Providers include legal services, health and

mental health services, education and training resources and more! There will also be door prizes. Any questions, please call Abby Mayers at 425-385-4138 or email [amayers@everettsd.org](mailto:amayers@everettsd.org).

## Standard Reunification Process



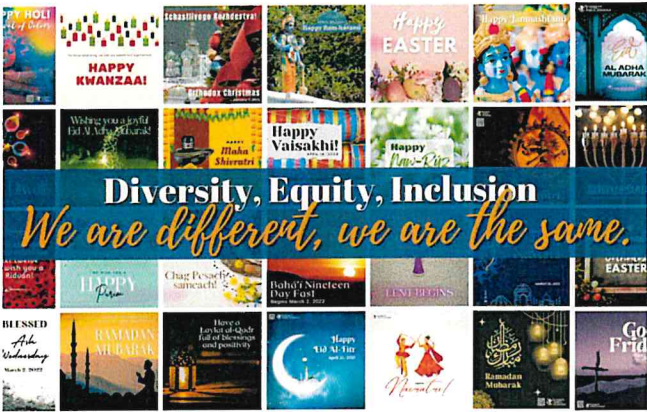
Circumstances may occur at a school that require parents to pick up their students in a formalized, controlled release. Reunification is one type of controlled release and may be necessary due to a crisis occurring at the school or a hazardous materials event.

Watch the latest video on Parent University to learn about the standard reunification process that makes reunification predictable and less chaotic for all involved at [www.everettsd.org/ParentUniversity](http://www.everettsd.org/ParentUniversity).

## What holidays do you observe?

Everett Public Schools is rich in culture with a diverse community that represents and speaks over 90 different languages. We are a school district committed to embracing every one of our community partners' experiences, culture, beliefs, and traditions. To reflect and honor this diversity, we are working on creating a formal calendar to recognize and spread awareness about religions and cultures within our district for our students, staff and community.

We have also identified dates as High Impact Observances that may impact student learning due to religious or cultural observances (EX: student absences, inability to participate in school events, etc.). Our schools get regular communication reflecting these dates so they may do their best to accommodate students who may need support during these times.



We are different, we are the same. Let's learn more about what makes us unique! Visit [www.everesd.org/DEI](http://www.everesd.org/DEI) to learn more.

## Safety tip line



Do you or your student have a concern about someone experiencing bullying or harassment? **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. 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.

## 3 easy ways

Text or call



855-637-2095



1350@alert1.us



<https://everett-wa.safeschoolsalert.com>

FOR  
EMERGENCIES,  
PLEASE CALL

**911!**



3900 Broadway  
Everett, WA 98201  
425-385-4000  
[www.everettsd.org](http://www.everettsd.org)

- Everett Public Schools does not discriminate in any programs or activities on the basis of
- sex, race, creed, religion, color, national origin, age, veteran or military status, sexual
- orientation, gender expression or identity, disability, or the use of a trained dog guide or
- service animal and provides equal access to the Boy Scouts and other designated youth
- groups. The following employees have been designated to handle questions and complaints
- of alleged discrimination:

#### Title IX/Civil Rights

#### Compliance Officer:

Kevin Allen  
425-385-4100  
[KAllen@everettsd.org](mailto:KAllen@everettsd.org)  
PO Box 2098  
Everett, WA 98213

#### Section 504 Coordinator:

Dave Peters  
425-385-4063  
[DPeters@everettsd.org](mailto:DPeters@everettsd.org)  
PO Box 2098  
Everett, WA 98213

#### ADA Coordinator:

Randi Seaberg  
425-385-4104  
[RSeaberg@everettsd.org](mailto:RSeaberg@everettsd.org)  
PO Box 2098  
Everett, WA 98213