

Silver Lake Mustang News

SILVER LAKE ELEMENTARY SCHOOL NEWSLETTER



APRIL 2018

VOLUME 1, ISSUE 8

From the Principal

The Spring Assessment Period is Here

The Smarter Balanced Assessment (SBA) will be administered to our 3rd, 4th, and 5th grade students in April and May. This test reflects our Common Core State Standards and what our students have been learning all year. I will provide more details on this year's SBA below, but first want to talk about assessments in general. We all—teachers, paras, specialists, support staff, classified staff, and administrators—assess all the time. Whether it be formative assessment to check on how things are going throughout the year or a summative assessment (like the DRA or the SBA), looking at progress over time, we use this information to plan, implement, and improve our work. The SBA is but one assessment that your students will have; and while it is important, understand that it is a snapshot in time that will provide us data. Along with the other multiple measures we use to monitor your child's progress, all of this information and evidence will help us to better meet your child's specific learning needs. Our teachers are knowledgeable, our students are well-prepared, and we look forward to seeing how they perform in this arena.

Below is the testing schedule for this year's SBA. As always, it is critical that your child be at school on their day of testing. We can, of course, do test make-ups if they are ill or there is a family emergency, but in advance, thank you for prioritizing the dates below and for not scheduling any doctor's appointments or trips at these times. It cannot be said enough—ensure that your child is here each testing day!

Elizabeth Nunes Principal

Silver Lake Elementary School
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April 2-6

Spring Break – NO SCHOOL

April 13

Learning Improvement Friday

April 16

Kindergarten Animal Night, 6:30-7:30 pm

April 20

Free Popcorn Friday
Learning Improvement Friday
PTA Dance, 6:30 pm

April 27

Learning Improvement Friday

May 4

Bike Rodeo, 6:00 pm
Learning Improvement Friday

May 7

Science Fair, 6:30 pm



3rd Grade: Tuesday, April 24, Tuesday, May 1, Tuesday, May 8, Tuesday, May 15

4th Grade: Wednesday, April 25, Wednesday, May 2, Wednesday, May 9, Wednesday, May 16

5th Grade: Thursday, April 19, Thursday, April 26, Thursday, May 10, Thursday, May 17, Wednesday, May 23

Finally, while we are doing our best to instruct and support our students, as always, home is the foundation. Your role as parents is key in preparing your children for a successful school experience, including this assessment time. We ask that you help your children by doing the following in preparation for their specific testing days:

- Talk with them about their upcoming assessments. Validate that they are capable and you know they will do their best as they do each day at school.
- If your children have any questions or concerns that you feel we need to know about, please contact your children's teachers so we can be responsive, whether it is a talk with the teacher, Ms. Atregenio, our counselor, or me. We are all here to support your children.
- Ensure that your children get to bed early and get a good night's sleep.
- Ensure that your children have a healthy breakfast with nutritious food that will sustain them. Send them to school with a water bottle if they want this during testing.
- Check in with your children after school on testing days. Ask how things went, give them a high-five or hug for their efforts, and enjoy some quality time together.

Thank you for your attention, support, and involvement. We have great students at Silver Lake who come from great parents/guardians! We are all doing our best each day and that is all we can ask from our students, ourselves, and from you.

Around the School with Mrs. Rogers, School Counselor Intern

Happy Spring Silver Lake Families!

We were so excited to see so many of you for our conferences this past week. Thank you for coming and being involved in an important part of your child's life!

Here in the counseling office we seem to hear more and more about anxiety and the effects of it in the classroom and at school. Anxiety can be challenging for many students, so we wanted to share some ideas and ways you can work through this with your children at home.



10 Tips to Parent Your
ANXIOUS Child

By Anne Marie Albano, PhD, author of *"You and Your Anxious Child"*, with Leslie Pepper

1. Respect and validate your child's feelings! Anxiety is a real emotion and not pleasant.
2. Teach your child deep, slow, belly breathing. This is an easy and very portable skill for self-soothing and calming.
3. Listen to your child and ask "Tell me what you are thinking?" This will help to reveal scary thoughts and scenes that build up in your child's mind.
4. Rather than swooping to reassure, ask your child "How likely is (that thing you're afraid of) to happen?" You'll be teaching him to challenge his anxious thinking.
5. Prompt your child with "Tell me some things you can do to handle this situation" and help her to brainstorm, rather than just giving her solutions. She'll feel empowered.
6. Give up the idea of "mental health days" "skip days" "sleep with mom nights" or other ways of avoiding feared situations. This just makes the anxiety stick more firmly and lead to further avoidance.
7. Encourage your child's attempts to be brave, no matter how small they may seem to you. Use labeled praise such as "I'm so proud of you for sleeping in your own bed last night!"
8. Work with your child to outline small steps leading to a bigger goal.
9. Create opportunities for your child to practice being brave and coping, and then high-five his/her efforts!
10. Recognize when you are anxious and say aloud what you can do to calm down and solve the situation. You'll be modeling coping for your child, but be mindful and don't overshare your anxiety!

kidlutions.com

Graphics by: Mrs. Fun

If you have any further questions or concerns, please feel free to call our counseling office at 425) 385-6910.

Heather Rogers, Counseling Intern



Awards Assemblies for April

Awards assemblies are a time for celebration and we will personally invite you when your student wins an award. Each assembly is in the school cafeteria at 9:30 a.m. on the days listed below.



Tuesday, April 10	1 st grade
Friday, April 13	Kindergarten
Monday, April 16	4 th grade
Tuesday, April 17	5 th grade
Thursday, April 19	3 rd grade
Friday, April 20	2 nd grade



Save the date!

Silver Lake Elementary Multicultural Night is coming up on **Thursday, May 24 from 6:00 – 8:00 p.m.** in the school café

Silver Lake Soccer Club Spring Sessions

Silver Lake Soccer Club afterschool program is returning for a second set of sessions after spring break. This program is free and open to any **3rd, 4th and 5th grade students**. Permission slips are required and available in the school office. The after school program will start **April 11**, and is offered 3:35-4:30 p.m. on Wednesdays. During each session students will do skill work, soccer activities, and moderate game play. The intent is on fun and exercise, and not competitive play (cleats are optional and soccer balls are provided by the district). Please note: if middle or high school students, or parents, are interested in volunteering, please contact our office at 425-385-6900.



Safety and Bicycle Rodeo Planned for May 4th



Silver Lake Elementary is having its first bicycle and safety rodeo on Friday evening, **May 4 from 5:30 - 7:00 p.m.** This event is free and at the event there will be bicycle helmets available for most students in need of one. All participants will need a permission slip (forthcoming later in April or at the event). This event is open to the community and will have several stations for participants to learn about and practice their bicycle skills. Please note: if middle or high school students, or parents, are interested in volunteering, please contact our office at 425-385-6900.

Silver Lake Mustang Milers Updates

Stats of March 23, 2018 **Total Miles to date: 478.98**
Reported: 54 enrollees; 20+ participants most Friday mornings

Top Mileage by classroom teacher:

T Carlson (2nd gr) = 79.20
 Stephenson (2nd gr) = 70.68
 Whitaker (4th gr) = 61.85
 Rider (2nd gr) = 48.96
 Youtzy (3rd gr) = 46.82

Manvir Pannu (2nd) = 15.17
 Xavier Duckett (2nd) = 14.34
 Cadence Waldrop (5th) = 13.80
 Payton Clarke (2nd) = 12.52
 Manin Cline (2nd) = 11.79
 Tristan Newton (K) = 10.74
 Rylee Jenkins (2nd) = 9.21
 Josue Flores Hernandez = 8.42
 Shane Martinez = 8.40

Top 10 Milers:

Kenvir Pannu (5th) = 19.29

The following students have **completed 5 miles or more**, earning a shoe token:

Orion M Belleza
 Jasmine Bui
 Diana Campos-Garcia
 Daniella Q Carrillo
 Emmett Davis
 Tyler Durgan
 Geneueve Ginsbach
 Amelia R Hartmann
 Savannah Hartmann

Josue Flores Hernandez
 Rylee Jenkins
 Allie Krestel
 Caylee Krestel
 Shane Martinez
 Divinity Newton
 Serenity Newton
 Carli Ray
 Luke Whitney

These students have **completed 10 miles or more**, earning another shoe token:

Payton E Clarke
 Manin S Cline
 Xavier J Duckett

Tristan L Newton
 Cadence R Waldrop

These students have **completed over 15 miles** earning an additional shoe token:

Kenvir S Pannu
 Manvir Pannu



This program is an optional before-school club where students meet in the back of the school at the undercover area. It is held on Friday mornings from 8:30 - 8:50 a.m. Students then jog or walk laps on our track or under cover. Registration is open throughout the school year; participants need a permission slip and transportation (please have your student wait with you until a coach is present). Parent volunteers are welcome.

Kindergarten registration happening now

Do you have a child who will be 5 years old by Aug. 31, 2018? Registration began March 5 at all 17 district elementary schools.

Which school will your kindergartner attend? To find out, click on *School and Route Finder* under the *Parents* tab, or call transportation at 425-385-4144.

Easy access with district app

Download and log into the district app to quickly and easily access your student's info. You can also pay lunch balances, see books checked out from the library, and find the staff directory, school websites, calendars and more.



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.

Thank you, volunteers!

April 16-20 is Public Schools Volunteer Appreciation Week. We are grateful for the many volunteers who support students and staff, many of them each and every school day. With activities ranging from reading with students, to playground supervision support, Watch D.O.G.S., and chaperoning field trips, your help matters. Our volunteers contribute to making school the best part of students' day. Thank you!



ECEAP preschool accepting applications for 2018-19

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 Early Learning.

The five ECEAP sites within our school district are Garfield, Hawthorne, Lowell, Madison and Silver Lake elementary schools.

Space is limited – apply early! For an application or more information, please call 425-385-4628 or visit the [district ECEAP website](#).



Innovation Expo June 6 – save the date!

Students and families will enjoy seeing and interacting at booths from every school in the district at this year's [Innovation Expo](#) June 6, 5-8 p.m., at Angel of the Winds (formerly Xfinity) Arena. Each school's booth is different and showcases something the students at that school are learning.

The STEM competition is a favorite part of the event for many students and families. See the best student projects from around the district and hear what the students learned by doing them. Learn more and download forms at

<http://www.everettsd.org/expo>.



NATURAL LEADERS PARENT FORUM SERIES

The Natural Leaders parent group is an active community partner at Silver Lake. They represent the diverse student demographics we see and value each day. This year Natural Leaders is sponsoring monthly parent forums to help all Silver Lake parents feel welcomed and informed. Each forum covers a topic that will help our parents at school and/or



home, and these are offered free to our parents/guardians. All parent forums are held in the Silver Lake cafeteria from 9:30-10:30 a.m. Although we are not able to provide childcare, parents are welcome to bring and supervise their young children during the presentation. Also, a Spanish interpreter will be present at all parent forums. If you would like to attend and need an interpreter in a language other than Spanish, please contact the Silver Lake office at (425) 385-6900 and we will try to accommodate your needs. Below are the dates and topics for these forums, which were generated from our Natural Leaders group:

- Wednesday, 5/16/18: **Getting Ready for Middle School**

Thank you to our Natural Leaders for sponsoring this series and their involvement at Silver Lake.

FOROS EDUCATIVOS PARA PADRES LIDERES NATURALES

El grupo de las Lideres Naturales es un activo socio comunitario en Silver Lake. Ellas representan la diversidad demográfica estudiantil que vemos y valoramos cada día. Este año las Lideres Naturales están patrocinando estos foros mensuales para padres para ayudar q que todos los padres de Silver Lake se sientan bienvenidos e informados. Cada uno de estos cubre un tema que le ayudara a nuestros padres en la Escuela y/o en la casa, y son gratis para nuestros padres y guardianes. Todos los foros para padres se llevarán a cabo en la cafetería de Silver Lake de 9:30-10:30 a.m. Aunque no Podemos ofrecer cuidado de niños, padres pueden traer y cuidar sus niños durante la presentación. También, un intérprete de español estará presente durante todos los foros. Si usted desea asistir y necesita otro interprete en otra lengua que el español, por favor llame a la oficina de Silver Lake al (425) 385-6900 y nosotros trataremos de acomodar sus necesidades. A continuación están las fechas y los temas de estos foros, escogidos por nuestro grupo de Líderes Naturales:

- Miercoles, 5/16/18: **Preparándonos para la Escuela Secundaria**

Gracias a nuestras Lideres Naturales por patrocinar estas series y su participación en Silver Lake.



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Everett, WA 98201
425-385-4000
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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, rballbach@everettsd.org, 425-385-4063