

# Silver Lake Mustang News

SILVER LAKE ELEMENTARY SCHOOL NEWSLETTER



FEBRUARY 2018

VOLUME 1, ISSUE 6

## From the Principal

### The Halfway Point of the Year

It is hard to believe that the school year is already half over! The start of the second semester on Tuesday gives us the opportunity to re-visit some points that we addressed in the fall, get our new families on board, and look ahead to the second half of the school year. First and foremost, I want to reiterate the importance of consistent school attendance. It is critical that your child is here each day on time and ready to learn. Yes, it is the cold and flu season, so thank you for not bringing your child to school if they have/had a fever or have vomited in the last 24 hours. In order to excuse any absence, we must have a parent note on file, which can include an e-mail to [sleattendance@everettsd.org](mailto:sleattendance@everettsd.org). Please let us know if you need assistance in this area by calling the school office at (425) 385-6900.

### Arrival Time in the Mornings



• For those who eat breakfast at school, our cafeteria opens at **8:45 a.m.** For the rest of our students, supervision begins at **8:55 a.m.**, so no students should be dropped off or arrive on campus before that time. We can ensure their

safety when we have supervision in place and that begins at 8:55 a.m. daily. The late bell rings at **9:15 a.m.**, the official start to the student day. Important activities happen right when that bell rings, so please be sure your child is here to get a great start to their school day.

Parents/Guardians often ask, **“How can we help at home?”** Our teachers have been sharing strategies through fall parent conferences, classroom newsletters, Class Dojo, and calls/e-mails home. Here are a few ways that you can make an impact on your child’s school success:

- **Communication:** each day, check your child’s backpack, review their planner and any paper work from the teacher, and talk with your child about their day. We care about our children’s academic progress but also about their social/emotional needs. Taking a few minutes to chat with your child about their day can shed light on areas of need that you can share with us.
- **Homework:** practicing the skills students have learned at school will strengthen them, whether that is reading each day, practicing

## Elizabeth Nunes Principal

Silver Lake Elementary School  
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### **Feb. 1**

3<sup>rd</sup> Grade Field Trip

### **Feb. 2**

Free Popcorn Friday  
Learning Improvement Friday

### **Feb. 6**

Natural Leaders Family STEM Night,  
6:00 pm

### **Feb. 9**

Learning Improvement Friday  
PTA Bingo Night, 6:00 pm

### **Feb. 19-20**

NO SCHOOL – Mid Winter Break

### **Feb. 23**

Free Popcorn Friday  
Learning Improvement Friday



multiplication facts, completing the homework that teachers assign, or doing the assigned i-Ready lessons. Make this a priority and consider stopping to assist your child or model daily reading yourself during family “homework time.”

- **Volunteer at school:** this can be during the student day as a classroom volunteer or Watch D.O.G., or it can be after hours at one of our many school family events. See the “One Name, One Time” bulletin board in the A Building just past the library and find an event that you can attend. We can never have enough hands and hearts around our students!

As always, the partnership between school and home is a vital one. Thank you for continuing to stay involved in your child’s education, at whatever level your schedule allows. We welcome all to Silver Lake!

Elizabeth Nunes, Principal

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## ***Around the School with Mrs. Rogers, School Counselor Intern***

### **Screen Time Essentials**

Many students here at Silver Lake were buzzing about their fun screen time they enjoyed over winter break. This is the time of the year when students are diving into media more than usual. Managing this can be difficult as a family member and can bring anxiety for some.

Studies show that screen time increases as kids get older, and there are risks to overexposure. Changing your approach to screen time management before the tween and teen years will increase the chances that the things they are interacting with are good for them. Daily amount of screen time for children has not changed much in the last six years. This is good news because as long as you have basic limits, you can focus on choosing quality screen time and technology to make screen time really count.



- Choose the good stuff (and not too much!).** When your kids ask to see, play, or download something do not just take their word for it – check up on it. Read product reviews from independent sources (like Common Sense Media). Say no if you are not comfortable with it.
- Do not use screens right before bed, and keep them out of the bedroom overnight.** Kids really need their sleep. Screens in the bedroom – especially in the hour before bedtime – interfere with the entire process of winding down, preparing for rest, and waking up refreshed and ready to tackle the day.
- Turn off the TV if no one is watching.** Background TV has been shown to get in the way of parents talking and interacting with their kids.
- Make time for enjoying media with your kids, especially reading.** Reading to your child is one of the best things you can do – period. It is great for bonding, but it also sets the stage for learning. Product labels, signs, packaging copy – anything with words is fine.
- Practice what you preach. Remember, your kids are watching you.** Create a screen time/media time plan with your family to help you balance all the things that are important to you. Schedule in downtime, chores, homework, outdoor fun, reading, meals, etc. Try to carve out times and locations that are “screen-free zones” and hold yourself to them.

Kids learn more from what we do than what we say, so make sure you are role-modeling the right habits.

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## Psyched About School: Gwyneth Boyer Ed.S., NCSP

Hello Silver Lake Elementary community! I am Gwyneth Boyer and I am Silver Lake's School Psychologist. I wanted to take this opportunity to introduce myself and give a brief summary of what I will be contributing to the monthly newsletter. My overall goal with my section of the newsletter is to provide readers with resources to help foster engagement with the school and surrounding community as well as parent and student resources.

I grew up in this community just a few miles away from Silver Lake. My mother taught in Everett Public Schools from 1983-2005. My mom loved each of her students and she knew how hard their families worked to keep them clothed, fed, and in school. Every year she would sponsor families within her classroom. She and I would spend the weeks before winter break delivering clothes and gifts my mom bought with her own money.

Seeing her generosity instilled in me a sense of empathy and a desire to advocate for others. I was determined from then on to be in a position in which I could help support students and families. I graduated with an Educational Specialist Degree in School Psychology from Seattle University in 2016. As a school psychologist, I work with all students in the school. My role is often mistaken for a counselor, social worker, guidance counselor, or sometimes the gatekeeper for special education. While I do have some training in counseling techniques, my primary role is to work with students who are struggling within the classroom in one or more educational areas. I work with teachers as a consultant for educational and behavioral interventions and with families throughout the referral process for potential special education services. I also conduct several assessments for students who are in the evaluation process for potential special education services.

I have worked in Everett consistently since my internship and have gained experience as well as guidance from excellent school psychologists at Silver Lake, Lowell, Whittier, Madison, Monroe, and Jefferson Elementary; Gateway and North Middle School; and Jackson and Everett High School. I consider myself exceptionally lucky that I have been able to work across the district and even more so that my primary school has been Silver Lake since the 2016-17 school year. I have greatly enjoyed getting to know the amazing students and fabulous faculty and staff. I hope to spend many years working with our wonderful community at Silver Lake.

For more information on School Psychologists and all that we do to help students, please visit this website:

<https://www.nasponline.org/about-school-psychology/who-are-school-psychologists>





## AWARDS ASSEMBLIES FOR FEBRUARY

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 am on the days listed below.



Friday, Feb 9 - Kindergarten  
 Tuesday, Feb 13 - 1<sup>st</sup> grade  
 Thursday, Feb 15 - 3<sup>rd</sup> grade  
 Friday, Feb 16 - 2<sup>nd</sup> grade  
 Thursday, Feb 22 - 5<sup>th</sup> grade  
 Friday, Feb 23 - 4<sup>th</sup> grade

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## Silver Lake is excited to host a **S.T.E.A.M.** night on February 22 from 6:00 p.m. - 7:30 p.m.

S.T.E.A.M., which stands for **S**cience, **T**echnology, **E**ngineering, **A**rts, **M**athematics, is an interdisciplinary and cohesive approach that is integrated with real-world, problem-based learning.

Students will work together with their families to explore science activities presented by the Imagine Children's Museum. Art will be displayed and students will be able to complete a project of their own. The Silver Lake Robotics team will share the work they did at the First Lego League competition in December. Students will be able to win estimation jars based on accurate guesses. Families will receive information and materials they can use to support science and math learning at home including information on the Common Core State Standards for Mathematics and Next Generation Science Standards. Each student will receive a bag of math games that will help with their continued development of numbers sense.

Please keep an eye out for a flyer with more information on this event and an attached RSVP. We look forward to seeing SLE families and friends at this event!

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## MUSTANG MILERS STARTED JANUARY 5

Mustang Milers is an optional before-school activity held on Friday mornings from 8:30-8:50 AM. If your child is interested, they first *need to have a signed permission slip turned in prior to participating.* At each session, students check in with one of the club advising teachers and then walk or jog. This is a fitness club or activity, where students can earn small tokens after completing miles by walking or jogging (5 miles = one token).



Students can join throughout the remaining school year. Students do not need to attend each Friday. It is held in most weather conditions with our undercover area as a rainy day course.



## Report: Silver Lake Mustang Milers as of January 20, 2018

Total Miles to date: 338.03

Reported School Participants: 49 participants

### Top ten mileage earners to date:

1. Kenvir S Pannu	7.11	6. Orion M Belleza	5.01
2. Cadence R Waldrop	5.80	7. Payton E Clarke	4.90
3. Daniella Q Carrillo	5.80	8. Tristan L Newton	4.80
4. Manvir Pannu	5.49	9. Carli E Ray	4.79
5. Xavier J Duckett	5.19	10. Manin S Cline	4.75

As students complete 5 miles, a shoe token is awarded, a paper foot marking their accomplishment is posted outside the gym and they have an option for a Miler photo. This program is an optional before-school club where students meet in the back of the school under cover area. The group meets on Friday mornings from 8:30-8:50 jogging or walking laps – on our track or under cover. Participants need a permission slip and transportation. Parent volunteers are welcome.

## Access a teacher’s website from a smartphone

Use this nifty [help sheet](#) for accessing teacher websites with a smartphone.

## Are you registered to vote?

Students studied Dr. King’s legacy in January. Among the advice he shared with the world is the responsibility and privilege we all have to vote. Registering to vote is easy. Click the link under [QuickLinks](#) on the district website.

## Free tax preparation

United Way certified volunteers offer FREE tax preparation at several locations in Everett and throughout Snohomish County for families who made less than \$66,000 in 2017. Call 2-1-1 or visit the [United Way website](#) for more information.

## 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](#).) At 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.



## Kindergarten registration begins in March

Do you have a child who will be 5 years old by Aug. 31, 2018? Registration begins on March 5, 2018, 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 the transportation office at 425-385-4144.

## Lunch payments just got easier



Want to see your student's lunch balance and pay a balance from your phone? If you're logged into the mobile app, you can find and pay your student's lunch balance under your student's info. A new icon inside the app 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 news and information from schools in Everett Public Schools is available on smartphones and mobile devices with a mobile app. The free mobile app that is now 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.



## 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](#).

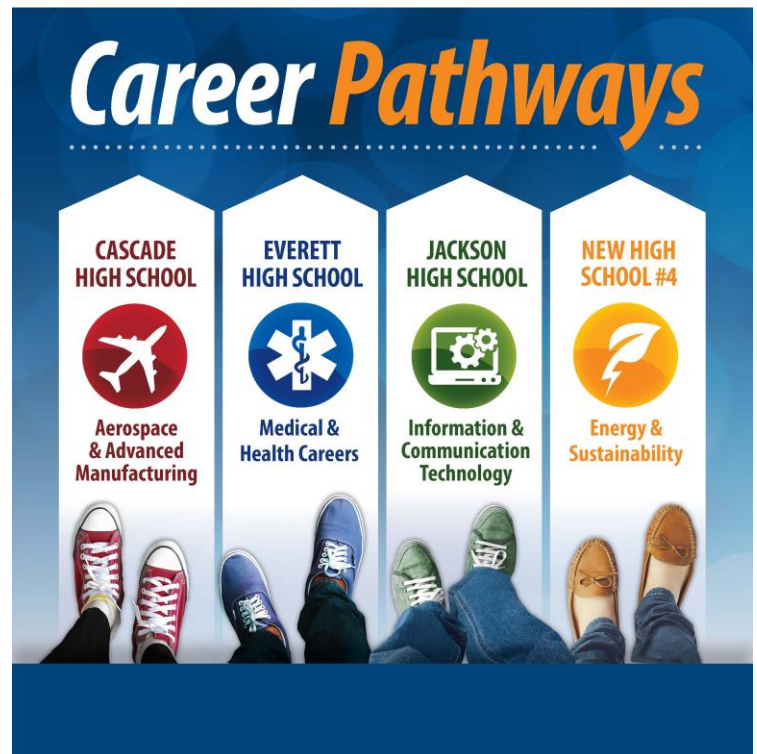


## Career readiness

Did you know our state will add 740,000 jobs in the next five years? But, according to a University of Washington research study, there is now a mismatch between the jobs opening and local residents seeking those positions. As a result, many local openings are filled by people from outside our region. Washington Roundtable members believe in the concept of "Washington jobs for Washington kids." For that concept to be a reality, Washington high school graduates must go on to earn a postsecondary credential. Today, fewer than 1 in 3 do so.

The 2018 Capital Bond funds will pay to transform portions of each existing three high schools into high tech vocational learning and training centers. In these centers students will gain a head start on credentials that could enable them to live and work right here in our communities. The fourth high school (funding of which will be provided in the 2018 Capital Bond) will include a high tech vocational learning center in its design.

Hear what [local leaders are saying](#) about the career pathways plan and creating opportunities for students.



## 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, 2/21/18: **Nutrition** (Sandra Mejia)
- Wednesday, 3/21/18: **Embracing all Cultures** (Sandra Mejia)
- Wednesday, 5/16/18: **Getting Ready for Middle School** (Sandra Mejia)

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 a 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:

- Miércoles, 2/21/18: **Nutrition** (Sandra Mejia)
- Miércoles, 3/21/18: **Abrazando todas Las Culturas** (Sandra Mejia)
- Miércoles, 5/16/18: **Preparándonos para la Escuela Secundaria** (Sandra Mejia)

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



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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