# From the Principal

**Celia O’Connor-Weaver**Principal

**Monique Beane**

Assistant Principal

**Tambark Creek Elementary School**   
4419 180th St. SE,   
Bothell, WA 98012

425-302-9200

*www.everettsd.org/tambarkcreek*

**Jan. 1-3**No School-Winter Break

**Jan. 10**Learning Improvement Friday

2:15 Dismissal

**Jan. 17**Learning Improvement Friday 2:15 Dismissal

**Jan. 20**

No School-Martin Luther King Jr. Day

**Jan. 24**

Learning Improvement Friday 2:15 Dismissal

**Jan. 27**

No School

**Jan. 31**

Learning Improvement Friday

2:15 Dismissal

**Tambark Creek News**

TAMBARK CREEK ELEMENTARY SCHOOL NEWSLETTER

VOLUME 1, ISSUE 9

**January 2020**

Happy New Year 2020! Welcome back to school. We are so excited to move into this new year and we have so much to be proud of. Tambark Creek now has an official logo design, the construction and technology are completed, we held our dedication ceremony, we started our STEM Advisory group, we completed our first round of the Robotics competition and we have had several PTSA family events.

Moving forward, please remember our arrival and dismissal procedures and expectations. When dropping or picking up your child, please pull all the way forward to the west cross walk. Do not drop off in the curve in the lane as this slow down the flow of traffic and causes congestion. It is important to use the crosswalks and pay attention to the staff members and students with safety vests and flags. Safety first!

We are fortunate to have such a wonderful PTSA. They have provided several family events for us and will continue to do so throughout the school year. I would like to remind parents and students that when we have PTSA events at school, we need to follow all the school-wide expectations. Please stay in the designated areas for the events, do not go into any hallways or classrooms, and do not run and play on the stairs. We have had younger children get hurt playing on the stairs. Thank you for making our PTSA events fun and safe.

**From the Counselor**

Our Second Step work by grade level is below. If you are interested in seeing this curriculum, please let me know!

Here are some of the focus areas we have explored this month:

Kindergarten – Identify and understand strong feelings and that it is natural to experience a range of feelings. We learn that it is never okay to act in a mean or hurtful way toward others. Working on our calming down skills – 1. Put your hands on your tummy 2. Say “Stop”. 3. Name your feeling. 4. Take belly breaths. Ask your child if they remember the song that tells them what to do to calm down S/He should be able to sing it to you!

1st Grade – This month’s focus was Emotional Management. Recognizing our own strong feelings and using our Calm Down Strategies – 1. Stop-Use your signal. 2. Name your feeling. 3. Calm down: Breathe, Count, Use positive self-talk.

2nd Grade – This month’s focus was Problem Solving. Examining the social cues in a situation. Thinking about how the other person is feeling. Using Problem-Solving Steps – 1. “S” Say the problem 2. “T” Think of solutions 3. “E” Explore consequences 4. “P” Pick the best solution. Second grade is finishing our Second Step lessons this month.

3rd Grade – This month’s focus was Emotional Management. Understanding that when they feel strong feelings, the feeling part of the brain is taking over and making it hard to think clearly. Handling accusations calmly and thoughtfully. Handling disappointment calmly and thoughtfully by using positive self-talk, setting goals, and making plans. Using assertive communication to avoid escalating conflict.

4th Grade – Recognizing how strong feelings affect our brains and bodies. Understanding these strong feelings affect the feeling part of our brain – the amygdala – that reacts and makes it hard to think clearly. Calming down helps the thinking part of our brain – the cortex – to start to get back control. Using self-talk to stay calm, focused and motivated. Communicating assertively to avoid escalating conflict.

5th Grade – Calming down before solving problems. Apply the Problem-Solving Steps – 1. Say the problem in a neutral, non-blaming way. 2. Think of solutions making sure solutions are both safe and respectful. 3. Explore consequences looking at both positive and negative consequences of carrying out a solution. 4. Pick the best solution that meets the prosocial goals.

Our “Zen Kids” lunch groups have completed this month. I will be forming some friendship groups in January.

Please ask your student(s) what they are learning about in Second Step. Let me know if you have any questions!

Ms. Hehn & Mango

**From the Office**

If your student is absent or will be leaving early for an appointment and you email the teacher please remember to also include the attendance email at [tceattendance@everettsd.org](mailto:tceattendance@everettsd.org) as this provides a written response for your child’s absence and ensures the office gets this important information. Also please remember if your child attends an outside daycare you need to notify them when your child is absent from school, so they aren’t looking for your student in the line after school.

Just a reminder that students should arrive no earlier than 9:00A.M. unless they are attending a before school class as there is no supervision outside.

**From the PTSA**

We hope you had an amazing break and are ready for some fun and exciting PTSA events coming up in January!

Spirit Wear orders will be delivered this month AND we will be rolling out our order form for dress code wear. Please check the Tambark Creek PTSA website (tambarkcreekptsa.org) and Facebook page for details. Information can also be found in the weekly eBlast that PTSA members receive. Check out the membership page of our website if you would like to become a member and receive the eBlast.

Please join us at our next PTSA meeting on Thursday, January 9th! At 6:30pm our librarian Mrs. Nesting is going to present and answer questions about reading and the library! The PTSA meeting will follow at 7:00pm.

Our Watch D.O.G.S. (Dads of Great Students) kickoff party is happening on Wednesday, January 15th at 6:30pm. Come find out about this great program that we are launching! Children are invited to come along with their fathers, uncles, grandfathers, or any other important male figures in their lives.

Finally, get ready for Reptile Man who is coming on Thursday, January 23rd! There will be assemblies during the school day and a night-time event at 6:30pm ($1 admission). We hope to see you there!

As always, please email us at [tcptsaec@gmail.com](mailto:tcptsaec@gmail.com) with any questions!

**From the Kitchen**

***What is an excellent source of potassium and contains fiber, vitamin C and other nutrients***? January’s Harvest of the Month, **Potatoes!**

Potatoes often get a bad rep for being high in carbohydrates and low in nutrients. Although they are high in carbohydrates, they are nutrient dense! A serving of potatoes has MORE potassium than a banana! Potassium is a nutrient of concern in the United States due to its role in heart health. Not only do we love potatoes for their delicious taste and nutrients – we also love them because many of our potato products are Washington grown! Washington State produces 20 percent of all U.S. potatoes! So, serve those potatoes with pride this month knowing that you are providing nutrient dense, locally grown food to your students.

Have a spud-tacular day!

**January is School Board Appreciation Month**The month of January marks the annual observance of School Board Recognition – a time to salute the work of school board members and celebrate public education. You can learn more about [board members online](http://www.everettsd.org/domain/1444). You can also watch past school board meetings on the district’s YouTube channel.

**Good Citizenship Day**

Good Citizenship Day shall be observed on January 16. On that day, social studies teachers coordinate a voter registration event in each history or social studies class attended by high school seniors. Students who will be eighteen years of age or older by the time of the next general election will be given the opportunity to register to vote online in the classroom. Paper registration will also be made available in the classroom.

**Delayed start or closed schools**

If we must cancel school or delay the start of school, we will use our parent communication system to call in the morning, typically around 5:30 a.m., with a brief message about the reason for closure or delay. We will also use local media and post the message on our website. **If there is no announcement about Everett Public Schools, school is on the regular schedule.** More information and resources for school closures or delays is on the district website under the *Parents* tab.

In cases of inclement weather or other emergencies, please:

* check your email or phone for district messages
* listen for media announcements
* view the district’s website at [*https://www.everettsd.org/*](https://www.everettsd.org/)
* watch district [Facebook](https://www.facebook.com/EverettPublicSchools.WA/), [Twitter](https://twitter.com/everettschools) or [Instagram](https://www.instagram.com/everettschoolswa/) accounts

**Food and Nutrition**

This month, the Food and Nutrition Department brings you potatoes grown in the PNW! Be sure to check out our menu for dishes containing this tasty Harvest of the month!

Did you know that potatoes are the most popular vegetable grown in the US and are an excellent source of Vitamin C, B6 and potassium? Find out more by checking out the Harvest of the Month flyer on our website at <https://www.everettsd.org>

I have so many potato jokes. I just don’t know where to starch.

**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.

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.



