Dear View Ridge Families,

Winter Break is approaching, and we hope this time brings opportunities to enjoy your loved ones and the season. This is a truly special time of the year! One of the best moments this month was our Winter Concert—surrounded by our talented and enthusiastic students as well as their passionate and committed teachers, family, and friends of family. Mrs. Williams reminded us through music we have a lot to celebrate during this time, all over the world! When we return in 2020, I look forward to continuing to learn and grow with our amazing Vikings!

January is the last month of our first semester, which means teachers and students will be busy collecting more evidence of the skills, concepts, and progress that has been made towards our academic goals, 21st century skills, and other student growth measures. We will continue to highlight our Viking Heroes and Scholars. In December, we’re focusing on our Viking Value of Integrity. For academics, we are looking to build scholarship in the areas of math (students showing mastery on math assessment) and writing (students showing strong voice in their writing). Please continue to praise and celebrate your students at home for being recognized through our school Positive Behavior Intervention Systems (PBIS) acknowledgment strategies, including monthly awards, daily Viking Value Cards, and classroom celebrations.

Our school is working hard to support the academic, social, and basic needs of our students and their families. After all, at View Ridge, we are all one big family! Thank you to the PTA who will provide an opportunity for all students to “shop” for gifts for their loved ones this season. If your family is ever in need of more support from our school, or if you know another family who is needing extra support, please let us know. Whether it’s extra food, warm clothes, or other needs to help a family have what they need, we are always here to help! Just send me (your principal), Mr. Arnold (assistant principal), or Mrs. Atregenio (school counselor) a message if we can help your family during the break or during any time of the year.

I thank you for supporting our students and partnering with our school. I look forward to another year—a New Year in 2020—with our View Ridge Community. Happy Holidays and Happy New Year to you!

-Ms. Farias, Principal
From the Assistant Principal (by Mr. Arnold):

Dear View Ridge Families,

Safety continues to be a priority for all of us here at View Ridge. Please help us keep our driveway and parking lot safe and remember to go slow and be vigilant for our kids. I enjoy seeing you all in the morning and afternoon.

This past month we held our Fire drill and the weather cooperated. The rain stopped and we were able to exit the building, account for all students and staff and give the all clear in under 10 minutes. Students are great at following directions and remaining calm. We remind students that we practice like it is the real thing so we are ready to act in the event of a real emergency. We will continue to have safety drills each month.

It is important to have safety plans in place in your home as well. Review with your children exit routes and what they should do if there is an emergency in the home for various situations. I have reviewed with my boys what they should do if the fire alarm sounds in our house and where they should go to remain safe. I hope you all have a safe winter break and I look forward to seeing you all in the New Year.

Thank you, Mr. Arnold

From the Viking Staff:

Marshmallows and Snowflakes: A winter reading and math challenge
(by Greta Fleckenstein, ELA Coach):

Winter break a time for family, rest, fun and adventure! Math and reading can be all those things! Each student is bringing home a winter reading (marshmallow and math (snowflake) challenge. The reading challenge is finding creative winter twists to reading; reading with a pet, a sibling, under a tree etc. The Math challenge is games and fun that may just result in smarter brains! If students want to complete I-ready reading, math or prodigy math from their student tools online those activities can also count for a snowflake or marshmallow. Make sure to have your student return their completed challenges to their classroom teacher by Tuesday Jan. 7th. Mrs. Petersen and I will tally up the total number of students who participated in the challenge and award the class with the highest participation a hot cocoa party on Pajama day, Friday Jan. 10th. One primary (K-2) class and one intermediate (3-5) class will receive the award. If several classes have equal participation we will look at which classes completed the most minutes of fun learning! Have a wonderful and relaxing winter break Viking families!!!

Student Tools (by Marie Petersen, Math Coach)

Over the winter break, students are able to access i-Ready, Prodigy, and Typing Club at home from the district website. Time spent completing lessons can be applied to the Winter Reading and Math Challenge on the blank snowflakes.

https://www.everettsd.org/
Family Game Night (by Marie Petersen, Math Coach)

Many families have developed a culture of reading with their children every night. How often do we do math with our kids? One way we can do math is in the form of games. Many games have embedded math concepts built into them. Enjoy a fun family game night!

Here are some recommendations by teachers:

- K-1: Mancala, Zingo 1-2-3, Tiny Polka Dot, Sums in Space, Race to Planet X, Clack!
- 2-3: Math Noodlers, Head Full of Numbers, Qwirkle, Snap it up, Racko, Farkle, Blokus
- 4-5: Krypto, Set, Proof, Prime Climb, Phase 10, Mind Your Numbers, Qwixx Deluxe, Battleship, Cahoots, Mastermind
- An additional resource is https://www.mindware.orientaltrading.com. This site has STEM games/activities.
- GameWright has many great educational games as well: https://gamewright.com

The best gifts we can give our kids...self-regulation skills (by Rhonda Atregenio, School Counselor)

Self-regulation is the ability to recognize, manage and modulate one’s own emotions, emotional reactions and behaviors. These skills may be the most important tools that your child learns, with many recent studies determining that a child’s emotional intelligence, or “EQ”, is more important than their “IQ” for future success and happiness. Brain science has revealed that self-regulation skills can be learned at any age. As parents, we are our children’s most important self-regulation teachers.

Brain science explains what happens to us when we feel as though we have “lost it” and are overtaken by a big emotion. The amygdala, the brain’s security guard, signals a threat and floods the brain and body with adrenaline. The higher-level thinking and reasoning part of our brains, our prefrontal cortex, goes offline. Daniel Siegel calls this “flipping your lid”. Our neural activity is re-focused on the brain stem, which oversees survival and send us into fight or flight mode. At this point we can do a 100-yard dash in record time, but we can’t access reason or logic; we can’t plan or empathize, and we find it difficult to make good decisions. Both children AND adult brains work in this way when confronted with stress and big emotions.

We need to pause when this happens and focus on ways to regain our calm and the reconnection to our higher-level thinking. When parents regain our calm, we also encourage our children to do the same. Here are ideas that will boost your child’s abilities to self-regulate:

Help your children learn to name emotions. When reading books or watching shows together, engage in conversation that encourages your child to guess what emotions the characters are feeling. Practice guessing what your child is feeling, whether it is happiness or a more difficult emotion. “It seems that you are feeling really excited that we are going to the park today” or “I am guessing that you are nervous about going to the doctor today, is that true?” It doesn’t matter if your guess is wrong...any guess inspires your child to look inward, to see what they ARE feeling. There are many good books that help children learn to name and manage emotions. Check out the curated list of books for teachers, parents and children on our website.
**Put together a calming basket or kit:** When your child is calm, have a conversation about “flipping their lid.” Ask what that feels like for them and share what it feels like for you, as well. In a special container, have your child put items they feel will help them to calm down. It may include a special blanket, favorite books, a stuffed animal, or a glitter ball. Some children need to “get out” their adrenaline and will benefit from higher action options like a dyna-band or a wiggle cushion.

**Teach your child mindfulness and self-regulation.** Rainbow breathing, square breathing, muscle squeezing, wall pushing... all are effective mindfulness activities that calm the central nervous system. Practice together when your child is calm and when they are beginning to feel strong emotion. Model mindfulness activities when YOU begin to feel strong emotion, too.

**When a child “flips their lid”, let go of your agenda.** No matter what you thought you were going to be doing next in that moment, when they have “flipped,” your child can’t access their thinking brain nor make choices. Your child is doing the best they can in the moment and as they practice self-regulation will begin to more effectively manage strong feelings without losing control. Recognizing that what you planned to get done with your child can’t happen until they are calm helps us to seize the moment to practice self-regulation strategies, instead.

**Allow children to exercise their “disappointment muscles”**. Kids need to learn how to manage disappointment. If they can learn that things will not always go their way, they cannot always win, sometimes they will be unhappy AND that they can make it through the resulting emotional storm, they will develop important skills. Allowing your kids to be disappointed (or angry), naming and validating feelings, empathizing and helping them to use strategies to manage their reactions builds emotional resilience. Our job is not to try to always make our kids happy; but instead to help them to have the tools to recover when they are not.

**Notice, acknowledge and get curious.** After your child has had a melt down and has managed to self-regulate, recognize their ability to get calm. You might say, “Wow. You were disappointed and then you were able to soothe yourself until you were calm. What did you do that helped you that time?”

Reproduced by permission of Sound Discipline, a wonderful resource for parenting tips.

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**Join the Birthday Book Club (by Kristie Post, Teacher/Librarian)**

**Celebrate your child’s birthday AND support the View Ridge Library!**

Joining the Birthday Book Club is a great way to create a lasting memory for your family at View Ridge and endow our library with exciting new books. Here’s how it works: During the **month** of your child’s birthday (or summer half-birthday), our librarian will choose a new book that matches your child’s interests. A bookplate dedicating the book in your child’s honor will be placed inside. The book is then presented to the student in the class so that he or she can be the first to read it before it’s returned to the library collection for all to enjoy. Your child’s contribution will also be acknowledged in the school newsletter.

The Birthday Book Club donation is **$15.00** per child or event. BBC donations will be accepted throughout the year, and can be also be used for graduation, memorials, teacher’s gifts, and other celebrations.

- For more information, contact: Kristie Post – kpost@everettsd.org
- Additional forms are available in the library

It is a big hit in Maker Space!

A HUGE thank you to our View Ridge PTA for the new library STEM/Robotics table. Its BIG and SAFE for use of Cubelets, Dot and Dash and CUE robots.

Community:

**Everett Public Schools and View Ridge Elementary are on Twitter:** We are excited to join Everett Public Schools in the use of Twitter to share photos and updates of the amazing work being done here and to promote the learning and community events at View Ridge. We are. Please follow us at [https://twitter.com/EPS_VRE](https://twitter.com/EPS_VRE).
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. 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/
- watch district Facebook, Twitter or Instagram 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.

3 easy ways

Text or call

📞 855-637-2095

 outputStream/3e3f4c40309c333094e62f40042048e0

Email

📧 1350@alert1.us

🌐 http://1350.alert1.us