

# Tambark Creek News

TAMBARK CREEK ELEMENTARY SCHOOL NEWSLETTER

April 2024

VOLUME 5, ISSUE 8

## From the Principal

Hello Tambark Creek Families!

I hope you all enjoy some time off during our spring break. We all need some sunshine and warmer weather.

The Core Value winner for February (Integrity) was Isabella Lee from Ms. Shindler's class. Ms. Shindler said that Isabella is always honest about what is going on. She tells me the truth and I can count on her to be reliable and trustworthy. The Core Value winner for March (Diversity) is Aaradjuaa Paril from Ms. Shively's class. Ms. Shively said that Aaradhya always shows flexibility and includes others in all she does. She also goes out of her way to make sure that all students are included and that nobody gets or feels left out.

Thank you to all the parents, students (3-12) and staff members who took the time to take the School/District Stakeholder Annual Survey. See link below. The survey data will help guide our school improvement plan. We appreciate your feedback.

Tambark Creek's 2024 Multicultural Event was a huge success. Thank you to all the participants who performed or displayed their culture using a trifold. It was a fantastic event shared by all. Also, a big shout out to the Multicultural Event Committee. This team spent endless hours organizing this event which required several tasks over several months. We will share pictures of our event on our Facebook page and the TCE website.

Our 3rd, 4th and 5th grade students will soon be taking the Smarter Balanced Assessment (SBA) for the 2023-24 school year. Please be sure your child is present on the testing days. It is important that your child gets to bed earlier than usual on testing nights and eat a healthy breakfast. Your child's teacher will be providing you with information about snacks.

CONTENT AREA Estimated time ELA Computer Adaptive Test (CAT) 40-60 minutes & ELA Performance Task (PT) 120-180 minutes (3 hours combined) Math CAT 40-60 min & Math PT 60 minutes (2 hours combined) WCAS (Grade 5 only) 120 minutes.

<https://www.k12.wa.us/student-success/testing/state-testing>

**Celia O'Connor-Weaver**  
Principal

**Claudio Jara**  
Assistant Principal

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

**April 1-5**

Spring Break-No school

**April 12**

LIF day-2:15PM dismissal

**April 19**

LIF day-2:15PM dismissal

**April 26**

LIF day-2:15PM dismissal

Grade	ELA/CAT/PT	Math/CAT/PT	Extended Time	WCAS (science)
3	5/2, 5/9	5/15, 5/21	Either the next day and/or the Friday after	
4	5/8, 5/23	5/1, 5/16	Same as above	
5	5/7, 5/14	4/30, 5/22	Same as above	5/29

Last month, I reminded families about the west walking gate and how it is consistently being used as a car drop off spot. This creates unsafe situations for our students and staff. I am working with the Snohomish County Sheriffs, South Region Superintendent, District Safety, Security Coordinator, and several parents to determine next steps to take to ensure that all parents are using the official drop off zone in front of the school to drop off and pick up their students daily. Recently, we have implemented several temporary safety precautions and will review the information we collect to determine the next steps. If parents continue to use the street off the west walking gate as a drop off area, then I will be forced to lock the fence which will impact the walkers. Unfortunately, due to the safety of our students and staff, this will need to happen in the next month. The drop-off and pick-up lines are long, but they move very quickly because we have many staff members helping. Please remember that safety is our number one concern.

**Important Dates:**

- Kindergarten Orientation Evening, May 23, 2024 5:30-6:30 (This is for parents only-no kids.)
- May 6-9 Staff Appreciation Week

As always, thank you for sharing your child (ren) with us.

Best Regards,

Mrs. O'Connor-Weaver

## From the Counselor's

Let's Talk 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
- Heart beats faster
- Nervous/upset stomach
- Breathing harder and faster
- Start to sweat
- Legs feel weak

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.

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 [tcattendance@everettsd.org](mailto:tcattendance@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 [ptetrault@everettsd.org](mailto:ptetrault@everettsd.org) or Mrs. Angie the office assistant at [ajames2@everettsd.org](mailto:ajames2@everettsd.org) or call 425-302-9200.

## From the Art Teacher’s

We have an exciting month ahead in the Art Room! Kindergarten and first grade students will be learning about fauvism and creating their own fauvism inspired farm animal. In 2nd and 3rd grade, students will be doing an earth day unit where they create their own 3D sculpture tree made from brown paper bags. 4th and 5th grade students will learn to draw with black glue and experiment with watercolors as they create their own emoji type artwork. Thank you again to all the students who participated in the Art Show. We have so many talented artists at Tambark Creek. If you would like to view the Artwork that was displayed at the District Art show, click here:

[District Artshow](#)

Cristina Sawtell ([CSawtell@everettsd.org](mailto:CSawtell@everettsd.org))

Taneal Carlson ([TCarlson@everettsd.org](mailto:TCarlson@everettsd.org))

# From the Music Teacher

As I begin to round out the end of my second year at Tambark Creek I would love to share some of our success in the music department. I am truly delighted to be a part of such a wonderful community and can't wait to continue to build out the music program here at TCE.

This year I introduced two new field trips I hope will become a yearly staple here at Tambark. The first was an outing to the Pacific Northwest Ballet's production of the Nutcracker Suite in December. All of our second-grade students got to travel to the Seattle Center and visit the beautiful Oliver McCaw hall. The PNB put together a spectacular performance the kids absolutely adored. After the show we were able to explore the Seattle Center and have lunch with friends and parent chaperones. It was a wonderful day indeed!

We also took a trip with the entire fourth grade class. After spending the better part of three months practicing the soprano recorder, students joined the Seattle Symphony at Benaroya Hall for the Link Up concert: Move! Partnering with Carnegie Hall the Seattle Symphony hosts over 4,000 students each year to give students a chance to experience a full symphony orchestra. Our students joined several hundred other kids from across the greater Seattle area to play recorder, sing and move with the orchestra. Students, parent chaperones and staff alike reported having an amazing time at Benaroya hall with the Symphony. But that wasn't all! After the concert we bussed to the Seattle Art Museum Olympic Sculpture Park to enjoy some lunch and world-class art. We lucked out and had an absolutely stunning day with perfect blue skies. It was awesome!

This year was also the first Tambark Creek has had a choir! I spent most of my life in choir and wanted to bring some of that joy into the lives of our students. While we only get to sing together two times a week for thirty-five minutes each session, we have cultivated a very nice sound. So far we have only sung for our school in a winter concert and joined the Gateway Middle School Choirs for their spring concert, but both were a huge success! Students sang beautifully and represented Tambark Creek with class and style at the Gateway concert and we will look to partner with them again next year. Maybe even the Jackson High School choral program as well! Coming up I hope to host a spring concert here at TCE before the end of the year. Also, we have just been accepted to sing the national anthem before the Aquasox game May 22nd! Stay tuned for more info on that!

Finally, a huge thank you to our amazing Tambark community for the generous donations that allowed us to purchase a full class set of iPads for the music room. Already students have started their journey on the path of music production and engineering. The fifth grade will be completing a song by the end of the year as their project and students from kinder to fourth will begin learning basic music concepts on them as well. I am so excited to continue growing this program with the iPads and teaching students how to create their own music to express who they are.

If you have any questions about the music program, or would just like to connect, please don't hesitate to reach out! I am best reached by email: [nbogopolsky@everettsd.org](mailto:nbogopolsky@everettsd.org)

Best,  
Nathan Bogopolsky AKA Mr. B!

# From the PTSA

Dear Mountain Lion Families,

We hope everyone had a chance to stop by the Scholastic Book Fair during conference week. Mrs. Lim shared the amazing news that the Book Fair raised over \$5,500 which will go towards new books for our students! Our avid Mountain Lion readers appreciate your support.

We were thrilled to help support TCE's 3rd annual Multicultural Night at Eisenhower Middle School. We were so impressed with everyone's displays and performances! Thank you for sharing your cultures. Special thanks to all the members of the MCN committee and all the volunteers who helped make this event happen. Please send any photos you'd like to share to [yearbook@tambarkcreekptsa.org](mailto:yearbook@tambarkcreekptsa.org) as soon as possible.

## Upcoming Events

Join us for a Family Bingo Night on Thursday, April 11th at 5:30 pm in the cafeteria. It's free to play! Snacks and beverages will be available for purchase.

We are hosting a Pancake Breakfast Fundraiser to raise money for 5th grade camp at the Mill Creek Applebee's on Saturday, April 13th from 8:00 to 10:00 am. Tickets are available for purchase here: [my.cheddarup.com/c/pancake-breakfast-tickets-37555](https://my.cheddarup.com/c/pancake-breakfast-tickets-37555).

Our next PTSA Membership Meeting will be held via Zoom on Monday, April 15th at 7:00 pm. We will be presenting awards to our Outstanding Educator, Outstanding Advocate, and Golden Acorn recipients and electing next year's PTSA exec board! We hope to see you there. The link will be shared in our weekly email newsletter and on the [Facebook](#) event on the 15th.

The Spring Dance is coming up on Friday, April 26th from 5:30 to 7:30 pm. We still need volunteers to help plan this party! Email us at [president@tambarkcreekptsa.org](mailto:president@tambarkcreekptsa.org) if you are interested or have ideas.

## Volunteer Opportunities

Are you interested in getting more involved with the PTSA next year? Do you know someone who would be a great addition to our board? Please reach out to us at [president@tambarkcreekptsa.org](mailto:president@tambarkcreekptsa.org) so we can connect you with our nominating committee.

Find the latest PTSA news at our website ([tambarkcreekptsa.org](http://tambarkcreekptsa.org)), on Facebook ([facebook.com/TambarkCreekPTSA](https://facebook.com/TambarkCreekPTSA)), or on Instagram ([instagram.com/tambarkcreekptsa/](https://instagram.com/tambarkcreekptsa/)). Send us a message anytime at [president@tambarkcreekptsa.org](mailto:president@tambarkcreekptsa.org). We would love to connect!

Kindel Surek & Kiren Chand  
Co-Presidents, Tambark Creek PTSA

# 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.

Please get a medical note at your child's doctor or dentist appointment excusing the absence.

**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>

## CTE Signature STEM program

The Career and Technical Education (CTE) department at Everett Public Schools (EPS) is changing the standard high school model to fit the needs of our changing world with the creation of the Signature STEM program. This program removes the barrier of a student's home school by providing transportation for those who would like to pursue courses in specific career paths offered at only one high school, making it equitably accessible to all students across the district.



This model is already set with the Naval Junior Reserve Officer Training Corps (NJROTC) program, allowing students from all four EPS high schools to travel to Everett High School for their NJROTC courses and a few others, before traveling back to their home school by the end of the school day. This will be duplicated in the 2024-25 school year for the newly updated Health and Medical Careers program, also housed at Everett High School, and the Engineering and Advanced Manufacturing Program, housed at Cascade High School with more programs being added in future years.

Programs in development include the CISCO Networking Academy, Culinary Arts, and more. EPS is working to ensure students and parents are aware of these programs early enough to begin planning their pathway through high school by coordinating with school counselors.

## Kindergarten registration is open

Will your child be 5 years old by August 31? You can complete your child's online enrollment for kindergarten. An easy and quick process as detailed in the [step-by-step parent walkthrough video](#) available in multiple languages on our website

[www.everettsd.org/kindergartenrollment](http://www.everettsd.org/kindergartenrollment). You can also enroll in person at your neighborhood school or [download a printable packet](#), complete it, and deliver it to your child’s home school with the required documents.

Enrolling early will ensure invitations to your school’s kindergarten events and participation in Everett Ready, a transition-into-kindergarten program offered for four days in August to all enrolled kindergarteners – more information will be available in June on [www.everettsd.org/everettready](http://www.everettsd.org/everettready).

EPS offers the following **Choice Programs** beginning in kindergarten– early enrollment is recommended as space is limited. Click on the links for more information on the programs:

- [Lighthouse Cooperative](#) – Housed at Jefferson Elementary School

This K-5 program features standard district curriculum with an overlay of parent involvement via weekly classroom volunteering and support for enrichment activities such as field trips and parent-led specialty lessons.

- [Dual Language Spanish Immersion Program](#) – Located at Emerson Elementary School

Students are immersed in the Spanish language and culture with the majority of instruction being in Spanish. Priority will be given to students within the Emerson Elementary school attendance area. If a high number of students apply, a lottery will be conducted to select students.

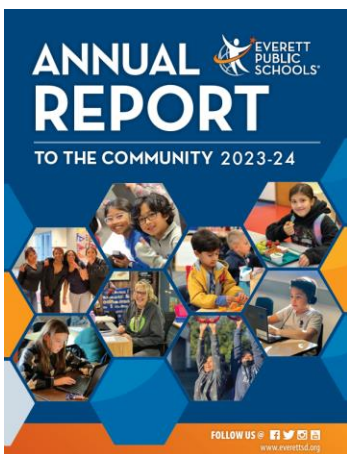
- [Port Gardner Family Partnership K-12](#) – located on Sequoia High School Campus

Port Gardner K-12 is a parent partnership program, where parents/guardians are the primary educators of their children. Our program is a blend of on-site classes taught by certificated teachers, and remote classes taught by parents/guardians in the home.

Note: Choice Programs will require a [school transfer](#) approval if not located at your child’s home school.

We are looking forward to welcoming you and your student to kindergarten!

## Annual Report available online



The 2023-24 Annual Report to the community is available [online](#). Everett School District serves over 20,000 students in 28 schools and is the thirteenth largest school district in the state. The report provides information about our school district, schools, staff members and students and is designed to provide parents and community members with important demographic, budget, facility and student achievement data.

Additional information about our schools is available at the [Washington Office of Superintendent of Public Instruction](#).



## Upcoming spring assessments

Students in grades 3-8 and 10 will be participating in Smarter Balanced Assessment (SBA) in English language arts and mathematics this spring. Students in grades 5, 8 and 11 will also participate in the Washington Comprehensive Assessment of Science (WCAS).

Watch for information about test dates from your school and visit the [district's website](#) for more information.



## Annual Student Art Shows – date change for MS reception



Everett Public Schools, in partnership with the Everett Public Schools Foundation, is celebrating 26 years of student art shows.

The elementary art show will be on display at the Community Resource Center (CRC) (3900 Broadway) from February 16 to March 28, 2024. There will be an elementary art show open house on February 29, 2024, from 6 – 7 p.m. for families to view the art show in the evening.

High school art will be displayed for public viewing from April 11 to May 2. All participating students, their family members and friends are invited to the High School Art Show Reception on May 2, 2024, 6 – 7:30 p.m. at the CRC. Awards will be announced at this reception.

Middle school art will be displayed for public viewing from May 9 to June 6. All participating student artists and their family members and friends are invited to attend the **Middle School Art Show reception on June 6, 2024, 6 – 7:30 p.m. at the CRC**. Awards will be announced at this reception.

## Thank you, volunteers!

April 22-26 is Public Schools Volunteer Appreciation Week, which provides a yearly opportunity for schools and families to honor and highlight the powerful contributions parents and caregivers provide at school and home to support student success.

We are grateful for the support our school community volunteers have given to support student success. Your help matters. Thank you so much.







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 and ADA Coordinator:**

• Chad Golden  
• 425-385-4100  
• [CGolden@everettsd.org](mailto:CGolden@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