

Terminal Park Elementary

1101 D St SE

Auburn, WA 98002

# THE EXPRESS



Terminal Park families,

Springtime is here! I hope you've been enjoying the nice weather. The following information is intended to help you be more aware of what is happening at our school and better able to partner with us.

**Family Reading Night and Book Fair** We will have a family reading night on Thursday, April 2<sup>nd</sup> from 5:30 to 7:30 p.m., which will include pizza for dinner, various reading activities, and treats and prizes. We would like to emphasize that all children should be accompanied by a parent/guardian throughout the event. Flyers with more details were sent home. The book fair, which is open from 9:00 a.m. to 3:30 p.m. from March 30<sup>th</sup> to April 3<sup>rd</sup> will also be open during family reading night (Thursday, April 2<sup>nd</sup>, 5:30-7:30 p.m.).

**Lost and Found** The lost and found is overflowing. We will lay the clothing out in the main hallway by April 2<sup>nd</sup> so that students can more easily find missing items. If you're at the school, please come take a look to see if you can identify lost items. If not picked up before spring vacation, the items will be donated.

**Google Apps for Education** In the fall of 2014, Auburn School District implemented Google Apps for Education, which included access to instructional technology tools for all students and staff. As a part of this implementation, it becomes possible to securely access ASD Google Apps for Education anytime and anywhere via the Internet. Using the Google Chrome browser, personal data may be linked with the ASD Google Apps for Education accounts, which could result in a personal data breach. A letter about this along with an opt-out form was recently emailed to all ASD parents/guardians. If you did not receive this letter, you may contact us to request a paper copy. (It is very

helpful if we have a current email address for you on record, but we understand this might not be the case for everyone.)

**Parking and Drop-off/Pickup** Please be courteous of neighboring residents when parking by Terminal Park. Even if you are in a hurry and will only be there for a minute, please never block driveways. Also, please don't drive through the bus lane. You can drop off or pick up your child in the parking lot on the south side of campus or by pulling up along 10<sup>th</sup> St. or D St. at the northeast corner of campus. If traffic is too heavy in those areas, and parking isn't available by the building, you may need to park further down the street and walk to campus to pick up your child after school. We apologize for any inconvenience and appreciate your cooperation.

**State Testing - Attendance** We especially emphasize perfect attendance during the state testing period. Please make sure nothing is scheduled that would conflict with state testing. Specific dates for when grades 3, 4, and 5 are taking which tests were provided in a separate letter brought home by students. Please let us know if you didn't receive this information.

**Kindergarten Roundup** If you have children who will be in kindergarten next year, please attend kindergarten roundup on Tuesday, April 28<sup>th</sup> from 5:00 to 6:00 p.m. We encourage you to register for kindergarten as soon as possible rather than wait for roundup or the summer. If you register at one school and then move, you can change your registration to your new school. Please communicate this information to anyone else you know that will have a kindergartener next year.

Thank you for your effort to support our school and the development of each child. Enjoy spring break!

Mr. Dudley, Principal

## Reading Corner—Jesslyn Kuzaro

**Talking with your child promotes reading skills.** Did you know that each time you talk with your child, you promote reading skills? Talking builds vocabulary, language abilities and interest in reading. Here are some things to discuss with your child”

- \* **Everyday events.** Visit new places and use new words. You might say, “Look at that huge backhoe? I wonder what they are building.”
- \* **Books.** Ask her about what she is reading. Tell her about books you love. When her friends stop by, start conversations about books.
- \* **Characters.** Do any of them remind your child of herself? What would she do in their shoes? Can she guess what might happen to them later in the story? What if they had made different choices? How might the ending be different?
- \* **Questions.** Wonder about things, such as, “Why don’t clouds fall out of the sky?” Brainstorm, and then read to find the answer.
- \* **Words.** Choose a “Word of the Day.” Look up its meaning in the dictionary. Challenge each family member to use it three times that day. At night, review how you did.

Play word games, such as “Dictionary.” one person finds a strange word in the dictionary. Everyone else guesses what it means. Take turns picking words.

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## HEALTH ROOM ~ Carrie Sasser, Nurse and Lisa Cullum, Health Tech ~

With warm spring weather, there comes with it allergies and illnesses. This can cause runny noses, red, itchy, watery eyes, and lots of sneezing. If your child has any of these, please give them their allergy medication at home. They may not bring it to school without a **DOCTORS ORDER.**

We have a bug going around our school, the signs of which are:

- Headache
- Sore throat
- Fever and non-fever
- Cough
- Body aches

Please if your child has any of these symptoms keep them home. Also, if you need to give your child medication before school, due to **Fever, Diarrhea, Nausea,**

then that child should stay home because when the medication wears off, they will be in the Health Room. We do have a **FEVER FREE for 24 HOURS** without medication policy before coming back to school. This gives your child ample time to fully recover before returning to school activities.

Please make sure all your phone numbers as well as emergency numbers are updated in case we need to reach you. The health room is a comfortable place for your child temporarily until someone can pick them up—but not the ideal place if your child is really needing to go home.

If you tell your child they should go to the Health Room if they are not feeling well, please, please be prepared for a phone call, they will end up here.

## Counselor Corner ~ Heidi Erdmann & Julie Gragg

### Test and Performance Anxiety

Since we are starting state testing, you may have heard your student expressing some anxiety with statements like: "I'm afraid to take those tests." Or, "I have a stomach ache." We consulted the "experts" at the University of Cincinnati, and this is what we found out! I hope it helps.

- ◆ Many students experience some nervousness or apprehension before, during, or after an exam. This kind of anxiety can be a powerful motivator.
- ◆ Too much anxiety can be detrimental, especially if students find themselves thinking "I can't do this" or "I'm stupid," feel their heart racing or find it difficult to breathe, suddenly "know" the answer after turning in the test, feel like they "go blank," or become distracted, overwhelmed, or frustrated.
- ◆ Test anxiety can develop because of some prior negative experience with test taking, a lack of confidence, a fear of failure, a lack of preparation, or when a student's self-worth is too closely tied to the test.
- ◆ Fortunately, there are several things that students can do to make test anxiety manageable. However, if these suggestions do not work, please do not hesitate to call the school counselor.

**Preparations** - Make sure your child eats good foods & gets adequate rest prior to the test.

**Keep a positive attitude**-Help your child to develop reasonable expectations, avoid negative thoughts and learn how to encourage themselves. Teach your child how to engage in "positive self talk." Some examples might include "I'm ready...I can do this...I'm prepared...I will do my best...my best is good enough,"

**Relaxation techniques** - When anxious, we often take shallow breaths, and when we feel like we are not getting enough air, we tend to get more anxious. Have your child practice taking 2 - 3 slow deep breaths when they are feeling anxious. Have them imagine taking the test feeling confident and relaxed, as if it was another classroom assignment.

**Learn good test-taking skills** - Teach your child not to panic if they can't remember something right away; tell them to answer questions they know and then go back to other ones; teach them to read the questions and the directions carefully before they begin.

**Gain Perspective** - Teach your child that one mistake does not equal failure and that one bad performance does not mean they are worthless. Take some time to talk about the most likely consequences of their performance. Develop phrases that are realistic to counter the tendency to catastrophize. An example might be, "This is just one test."

## Library ~ Gina Hamilton ~ Sherrill Barkus

### **Big Changes in the Library!**

When you come to the Terminal Park library this year, you'll notice many new changes! With the move of Mrs. Anderson and the retirement of Mrs. Schwartz last year, the library is now under the direction of Mrs. Gina Hamilton and her assistant, Mrs. Sherrill Barkus. Mrs. Barkus also helps students on the playground as a lunchtime recess monitor.

Since September, all the library books have been re-shelved to new locations to enable students to find the books easier. Instead of eight different book locations, we streamlined the sections to four sections which include: Fiction, Non-Fiction, Everybody Books (Picture Books), and Reference. It seems less confusing to students and they are now able to find books more quickly!

At this point in the year, most students are able to check out two books per week. In order to check out new books, they must bring both books back each week. If they wish to renew those books they have that option also. There is no fine for overdue books, but if a student loses or damages a book beyond repair, they must pay for the book because we do not take substitute books this year. Fines can be paid in the library office.

Because of school book fairs and generous book donations, we've been able to add hundreds of books to our library collection since September. Whenever a new book is added to the library, the title and book information will show up on the Destiny program on the library section of our Terminal Park website. The titles change weekly, so check it out! Happy reading!

# April 2015

Sun

Mon

Tue

Wed

Thu

Fri

Sat

**APRIL 2ND**-LAST DAY FOR AFTER SCHOOL MATH.

**1** APRIL FOOLS'



**2** CRAMER'S CLASS TO WRV MUSEUM

FAMILY READING NIGHT 5:30-7:30

MCINTYRE MUSEUM OF FLIGHT

**3** JARMAN/MISCHKE'S CLASSES TO WRV MUSEUM

FULL LOCKDOWN DRILL

**4**

**5**



**6**

**7**

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**11**



ENJOY YOUR SPRING BREAK!

**12**

**13**

**14**



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**19**

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**21**

**22**

**23**



TAKE YOUR CHILD TO WORK DAY

**24**

**25**

**26**

**27**



**28**

2015-2016 KINDERGARTEN ROUND-UP 5-6 PM GYM

**29**

K CLASSES FIRE-FIGHTER VISIT

**30**



5TH GRADE CAMPERS: PAYMENT IS DUE MAY 1ST!

