

Terminal Park Elementary

1101 D St SE

Auburn, WA 98002



THE EXPRESS

Terminal Park families,

We're already through the first trimester of this school year. I hope you were able to attend parent-teacher conferences and had a good discussion about your child's progress. We are eager to collaborate with you to improve your child's education. 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.

Student and Family Handbook An updated Terminal Park Student and Family Handbook was recently posted on our website and emailed to all parents and guardians. We are sharing the handbook electronically as part of our efforts to save money and conserve the environment; however, if you don't have Internet access and would like a paper copy of the handbook, we will make a copy for you if you request it.

CEE Parent Survey Auburn School District administers a survey from Center for Educational Effectiveness every two years. The survey is available on the district's website at <https://www.research.net/s/auburntest-parent> (this link was emailed to all parents and guardians in the school district). We have paper copies of the survey in English, Russian, Spanish, and Ukrainian at our office that you can pick up if needed, or we can send one to you if you request it. Print versions of the survey are available in various languages on the district's website at <http://www.auburn.wednet.edu/site/default.aspx?PageType=3&DomainID=4&ModuleInstanceID=406&ViewID=047E6BE3-6D87-4130-8424-D8E4E9ED6C2A&RenderLoc=0&FlexDataID=25207&PageID=1>. We would like every parent/guardian to complete the survey by Friday, December 5th. This survey provides invaluable information that guides our improvement efforts as a school and district. This is an important way to influence your child's educational experience.

PTA Membership We are making a special effort to increase our PTA membership. The PTA is an important

part of the success of our school as they provide volunteer and financial support that improves our school environment and helps students learn. Please consider joining PTA, even if you don't feel you have much extra time. Joining PTA doesn't require you to attend meetings or volunteer. Simply joining PTA benefits our school. **We will have a PTA general membership meeting on Thursday, December 11th from 6:30 to 7:30 pm in the gym.** You don't have to be a PTA member to attend this meeting. We hope all parents will come to learn more about PTA and how you can help our school.

School Communication We are trying to increase our communication to families about what is happening at Terminal Park. We communicate with you through newsletters, phone calls, emails, our website, our Facebook page, etc. Please make our website a favorite so you remember to check it regularly. Also, please make sure we have accurate contact information for you so that you receive phone calls and emails.

Vision and Mission We recently revised our school vision and mission statements to make them concisely express the purpose of our school and what we do every day to accomplish that purpose. Here are the statements:

Vision: Empowering successful, lifelong learners.

Mission: Ensuring positive, personalized learning for every student, every day.

We hope you all feel invested in helping us accomplish our vision by carrying out our mission each day. I invite you to provide me with feedback on these statements and how you think we're doing with our vision and mission at Terminal Park.

As you know, parents and guardians are an essential part of every child's development, and we must partner with you to do the best we can as a school.

Sincerely,
Tom Dudley, Principal

Reading Corner ~Jesslyn Kuzaro~

Give Your Elementary Schooler The Tools Needed For Learning:

A carpenter would never come to a job site without a box of tools. He knows that he can't do his best work without the proper tools for the task. That's a good way to think about how your child can do her best in school. She needs to show up with the right tools to do the job. Here are a few tips:

- **Enough sleep.** A good night's sleep is essential to your child's health—and her/his success in school. Doctors say that children between the ages of seven and 12 need 10 to 12 hours of sleep per day. Without proper rest, they won't be able to concentrate in school.
- **A healthy breakfast.** Cars can't run without fuel and kids' brains are no different. Many studies show that children who eat breakfast do better in class, earning higher grades and test scores. They are better able to focus and have fewer behavior problems. Don't worry if your child doesn't like "breakfast food". Peanut butter on a tortilla or a slice of veggie pizza will give them a great start.
- **High expectations.** When you believe your child can do their best, they will believe it too. So send them off with an "I know you can do it!" and they will have the confidence they need to tackle another day.

Communities in Schools ~Aaron Dunham~

During my first month here at Terminal Park, it has been a pleasure to meet many students, parents, and staff at the school. For those of you who I have not yet met, let me briefly take a moment to introduce myself and explain what we do at Communities in Schools:

I grew up in Auburn and love the town. I even attended Terminal Park as a child. For the last few years I have taught music in the district, and during that time I discovered that I what I loved most was working with others and organizing programs to help students find success.

As part of Communities in Schools, we do just that. CIS identifies students and families that are struggling financially or academically and supports them to make sure that students are on track to graduate high school on time. Some of the programs we provide include providing clothing and supplies to students, giving extra food for the weekends to make sure all children are well-nourished, and allowing older students to reinforce their reading skills by tutoring Kindergarteners who need the extra practice.

The program I would like emphasize today, how-

ever, is our Holiday Giving Tree. The Holidays are a special time that involves family, happiness, and celebration. Unfortunately, for many families, financial difficulties and life hardships keep some children from experiencing the fullness of the season. Here at Terminal Park, we sponsor selected students and their families to provide gifts and clothing that they otherwise would not receive for the holidays. As you visit the school, please take a look at our Giving Tree and consider if you would like to support another Terminal Park family.

If you have any questions about any of our programs at CIS, please contact me at adunham@auburn.wednet.edu. I look forward to meeting more of you in the weeks and months to come!



Counselor Corner ~ Heidi Erdmann & Julie Gragg

Students who can **self-regulate** are better able to participate in and benefit from classroom instruction. Having **empathy** prepares students to manage their own strong emotions and solve interpersonal problems with others. Students who practice **emotion management** by recognizing strong emotions and calming down cope better and are less prone to aggressive behaviors. And when students use **problem-solving skills** to handle interpersonal conflicts with peers, they are less likely to engage in impulsive or aggressive behaviors. In short, **social-emotional learning** promotes students'

school success and connectedness and contributes toward a safe and respectful school climate. It also helps prevent problem behaviors, peer rejection, impulsivity, and low academic achievement. **Second Step** is a NEW curriculum that is being taught at Terminal Park in every classroom kindergarten through 5th grade. The social-emotional skills that are mentioned above are being taught throughout the school year. We are very excited to have Second Step at our school! Ask your children what they have learned about listening and focusing their attention!

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

"What To Do," and "What Not To Do"

During Cold and Flu Season

What To Do:

- Give fluids often
- Use a cool-mist humidifier
- Make salt water nose drops by mixing $\frac{1}{2}$ teaspoon of salt in 1 cup of water. Put 2-3 drops in each nostril.
- If your child is less than 1 year old use a bulb syringe to suck out the mucus before using nose drops.
- Check with your doctor before you give over-the-counter medicines

What Not To Do:

- Do not worry if your child does not eat for a few days. Drinking is more

important

- Do not use nasal sprays for babies, (homemade is ok one drop in each nostril).
- Do not use a hot-steam vaporizer



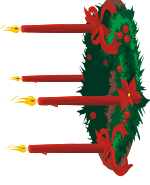



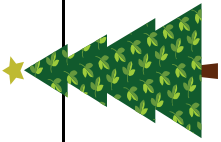
See a Doctor If Your Child:

- Is less than 4 months of age
- Has a cough for longer than 2 weeks
- Has a cough that wakes them at night
- Chokes or throws up from coughing
- Trouble breathing
- Complains of ear or throat pain
- Does not have a wet diaper or urine for more than 8 hours

Source: www.seattlechildrens.org

Please call the school office if your student is going to be absent: 253 253 931 4978

December 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 PLC 1 HOUR LATE START	2 	3 	4 SOCCER FAMILY ENGAGEMENT 5:00-7:00 (TENTATIVE)	5	6
7	8 PLC 1 HOUR LATE START	9	10	11 PTA GENERAL MEETING 6:30-7:30 GYM	12 	13
14	15 PLC 1 HOUR LATE START	16 	17	18 	19	20
21	22	23	24	WINTER BREAK ~ DECEMBER 22ND TO JANUARY 2ND ~ HAPPY HOLIDAYS!		
				25 	26	27
28	29	30 	31 