

Terminal Park Elementary

1101 D St SE

Auburn, WA 98002



THE EXPRESS

Terminal Park families,

We are grateful for the privilege to work with your children each day. Their curiosity and genuine enthusiasm for learning is energizing. 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.

Calendar-School in Session on May 27

We will make use of one of the alternate emergency school closure days this school year. School will be in session on Wednesday, May 27th to make up for the school day that was cancelled on November 12th due to power outages. Please make sure you have this noted on your calendar so that you'll remember to send your child to school on Wednesday after the four-day Memorial Day weekend.

PTA

Following are some announcements for PTA. More details about each item will be communicated separately by PTA as well.

PTA officers needed:

Some of our current PTA officers are moving and won't be able to continue in their positions after this school year. Please consider volunteering to be a PTA officer. We need a president, vice president, and treasurer/co-treasurers for next school year. We work hard to adapt these positions to whatever works best for your schedule and the amount of time you have available. Involvement in PTA is not only a great way for you to support your child's education, it also allows you to be more aware of what is happening at our school and provide feedback to help us improve.

Walkathon fundraiser:

Our spring PTA fundraiser will be a walkathon, which will take place during school on Friday, May 22nd. The fundraising will start a couple weeks before the walkathon. We hope that all students will help raise money, even if it's only a small amount. If students can find

at least three people (parents, relatives, trusted neighbors, family friends, parents' coworkers, etc.) who can give \$5 (for a total of \$15), we can earn approximately \$6000 altogether! Every cent of these donations goes directly to PTA to support our school. We realize that some students will earn much more than \$15 and others might not be able to do that. All students will participate in the walkathon event regardless of how much money they raise. More details about fundraising and rewards will be communicated through a flyer and sponsor form that will be sent home with your child. Thank you for helping support PTA so they can support our students!

Movie night:

PTA is going to have a family movie night at Terminal Park on Friday, May 29th. Admission is free and concessions will be for sale.

School Picnic

Please mark your calendar for our annual school picnic on Friday, June 5th. A special lunch will be served during regular lunchtimes, and visitors are invited to come and eat lunch outside with students. More details about food and pricing will be included in our June newsletter.

Kindergarten Registration

If you have a child who will be in kindergarten next year, we encourage you to register as soon as possible. If you register at our 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.

We appreciate your involvement in our school and the education of your child. Our partnership is important for helping every student succeed.

Sincerely,

Tom Dudley, Principal

Counselors Office ~ Julie Gragg and Heidi Erdmann

How to listen so kids will talk about their feelings. Children who are allowed to feel their feelings, and helped by their parents to identify their feelings and learn from them, are learning the skills to deal with life in a responsible way. Feelings in children that are suppressed, express themselves in a wide variety of misbehaviors. Some of the ways which we as parents unknowingly stop feelings in children are:

Rescuing - "I'll make sure you that cat stays out of the house from now on. You don't worry about it anymore!"

Punishing - "You're grounded from playing with the cat for one month!"

Solving the Problem - "Why don't you just cheer up, we'll go out for ice cream and you won't have to think about it anymore."

Moralizing - "How could you be so irresponsible? When I was young I was a very responsible girl and would never have let something like this happen!"

Denial - "You shouldn't feel guilty, it wasn't your fault!"

Humiliating - "I can't believe you let this happen, how could you do this, I'm so ashamed of you. I'm going to make sure your friends know what you've done so you never let something like this happen again!"

Pitying - "Oh, honey, that bad cat, she shouldn't be picking on the hamsters like that and scaring you!"

Lecturing - "From now on young lady, you are going to be more careful. I want you to always check before...." (This is only a partial list of feeling stoppers, for more information please see pages 173-175 of the Redirecting Children's Behavior Book)

While our intention is to teach our child a lesson in the above examples, our results are often much different. The child focuses on how unfair we are, or how bad they are, rather than learning from their mistake. If we want our child to learn, it is critical that we address the feelings first and then work with them on dealing with the situation. Some ways to encourage feelings are:

Be Empathetic - "I understand how you are feeling; I have felt that too, it hurts doesn't it?"

Validate Feelings - "You have a right to feel that way. If it happened to me, I probably would feel the same way."

Identify Feelings - "Sounds like you feel ____." or "That must feel ____." or "Are you feeling sad?"

Listen Intently - Make direct eye contact and listen for what is going on in her life. Listen as if it were your best friend talking to you. "I am listening. I am interested in what you are saying."

Be Curious - "That's interesting, I want to know more about how you are feeling about that." or "How could you handle that next time?" or "Anything else?"

Affirm Feelings - "You're feeling really sad!" or "I can see how angry you are!"

Invite Expression of Feelings - "Tell me more. I want to know how you feel." "I'm on your side."

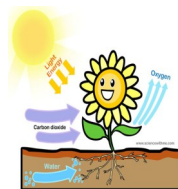
Once you have acknowledged the child's feeling, you will see visible relief in the child and will feel very close in your relationship. This is a wonderful window of opportunity for you to share in communication with your child, a time of feeling close and connected with your child. It is these times when you will feel you and your child are really listening to each other and hearing each other. When you build closeness in your relationship this way, you will find that you have much greater influence in your child's thoughts and decisions, they will begin to ask you what you think!



Primary Learning Specialist ~ Marissa Iams

My name is Marissa Iams. I am the Primary Learning Specialist for kindergarten through second grade. It is my pleasure to teach science to your kindergarten students and writing to your first and second grade students.

Your kindergarteners have been learning about the weather, plant and animal life cycles and force and motion.



Your first and second graders have been writing about a variety of top-

ics including cats and dogs, traveling and the coolest egg!



This is my seventh year of teaching though my first year that I have joined the Terminal Park staff. My hobbies include baking, playing my guitar and hiking with my husband, daughter and two dogs. Thank you for the opportunity to teach your students!



Reading Corner ~ Jesslyn Kuzaro and Team

Seven Ways To Prevent Summer Reading Loss.

Your child has worked on strengthening their reading skills all year long. You don't want them to lose those skills over the summer! Yet research shows that summer reading loss is a real problem.

Thankfully, there are countless ways you encourage your child to maintain—and even improve her reading skills during vacation. You can:

1. **Read together daily.** In addition to reading books, ask for your child's help with following recipes, looking up information online and making lists.
2. **Keep reading materials handy.** Leave comics, magazines, books, newspapers and other materials around the house where your child is likely to pick them up.
3. **Choose irresistible materials.** Look for books and articles about your child's interests, such as sports, art, fashion or even a favorite movie.
4. **Talk with experts.** Ask your child's teacher or a librarian for summer reading suggestions.
5. **Visit the library regularly.** Give your child frequent opportunities to find materials that appeal to her.
6. **Take books with you.** Bring them on trips,, into waiting rooms and anywhere else your child might complain "I'm bored!"
7. **Be creative.** Listen to audio books. Play word games. Visit a museum and read about displays. Start a book club with neighborhood children.



Health Room ~ Carrie Sasser, Nurse and Lisa Cullum, Health Tech

Concussion is a mild traumatic brain injury which temporarily interferes with the way the brain works. Most concussions are mild and complete recovery occurs. However, concussions in children can cause serious health risks.

Head injuries take time to heal. Children need to rest until their symptoms are gone, which takes several days to weeks. Children with concussion need to rest from both physical and thinking (cognitive) activities for a day or two after a concussion and then return to activities gradually as their symptoms allow.

Children who return to school after a concussion may need some classroom adjustments—lighter work load or a shortened school day. If an activity (reading, running) causes symptoms, such as headache, then the child should take a break, then resume the activity for shorter periods and gradually work up to the pre-concussive levels.

Children can develop serious complications if they return to sports before the first concussion has healed. Another blow to the head while the initial concussion is healing can occasionally result in longer lasting symptoms, permanent brain damage, or even death. Therefore, if your child gets a head bump or shaken head

(fall), be sure to notify your Doctor of any concussion symptoms: headache, dizziness, nausea/vomiting, blurred/double vision, sensitivity to light, sluggishness, grogginess, difficulty paying attention, memory problems, confusion, numbness/tingling in limbs, sleep problems, and/or changes in mood and behavior.



The School should be notified of a child's concussion so that adjustments can be made in the child's activity/schedule to allow full healing to take place.

Although concussions and brain injuries can occur with accidents, prevention is important. Remind your child to always wear his/her helmet with sports which involve risk of TBI—biking, scooter riding, skateboarding, and horseback riding. As children enjoy our sunnier weather, they need reminders to be safe. Please check out some free resources to get a helmet for head protection.

<http://www.kingcounty.gov/healthservices/health/injury/traffic/bicycles.aspx>



May 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	3rd, 4th and 5th grade SBA testing continues through May 21st.				1	2
3	4 1 HR LATE START	5	6	7	8	9
TEACHER APPRECIATION WEEK. DO SOMETHING SPECIAL FOR YOUR STUDENT'S TEACHERS!						
10	11 NO SCHOOL— WAIVER DAY	12 5TH GRADERS LEAVE FOR CAMP	13 3RD GRADE TO WHITE RIVER MUSEUM	14 INCOMING KINDERGARTEN ASSESSMENTS	15 5TH GRADERS RETURN AT 12:30 FOR P/U	16
17	18 1 HR LATE START	19	20 	21 SOCCER FAMILY NIGHT 5 TO 7 PM	22 PTA WALKATHON 2:20-2:50	23
24 	25 NO SCHOOL— MEMORIAL DAY	26 NO SCHOOL— NON USE OF SNOW DAY	27	28	29 PTA MOVIE NIGHT 6:00-8:00 PM	30
31	KINDERGARTEN REGISTRATION CONTINUES—PLEASE REMIND NEIGHBORS/FRIENDS					