

Mountain View Elementary

Newsletter

October 2019



A Note from Mr. Woodward



Hello everyone. This week marks the 8th week of school for most of our students and we are well past the midpoint of the first quarter. Time has really flown by since the beginning of the school year and I have to say that I am very proud of our teachers and students for all of the hard work they have put in so far this year. We have seen a lot of learning take place and are looking forward to even bigger and better achievement this year. Keep up the excellent work and the awesome attitudes everyone!

I'd like to thank everyone who came to our recent Open House and Title 1 Annual Meeting. We had a good turnout and it was great to see and chat with all of you!

October 17 is our first family event of this school year. Lights on After School will begin at 5:30 PM. We have some great activities planned and we will also have a meeting of our parent leadership team to take a look at our Title 1 School-Wide Plan and Family Engagement Plan. We will also be taking a look at attendance data and Nurse Tammi will talk to us about absences due to illness. It is very important that we share this information and get parent and community feedback, so I hope to see you all there.

As I said last month, please make sure your children are dressed appropriately for the weather. Long pants and coats are necessary at this point--gloves and hats are not a bad idea either. Snow boots and snow pants will be needed soon. Please do not let your kids leave for school without the proper gear. Please contact the office if you need assistance in providing these items for your kids.

I am looking forward to seeing everyone at our upcoming parent-teacher conferences on October 23 and 24. Please see information elsewhere in the newsletter about that.

Please remember that my door is almost always open and I do enjoy having visitors. Feel free to stop in to see me.

Christopher Woodward, Principal

Important Dates

Wed, Oct 16th
Picture Day

Thurs, Oct 17th
Lights on
Afterschool
5:30PM - 6:30PM

Fri, Oct 18th
End of 1st Quarter
NO SCHOOL

Oct 21-25
NO After School
Program

Wed, Oct 23rd
Parent Teacher
Conferences
EARLY RELEASE at
12:30PM
Book Fair
12:30PM-7PM
NO PRE-SCHOOL

Thurs, Oct 24th
Parent Teacher
Conferences
EARLY RELEASE at
12:30PM
Book Fair
12:30PM-4:30PM
NO PRE-SCHOOL

Fri, Oct 25th
In-Service Day
NO SCHOOL

Dedication of our New West Playground

On Friday, September 27th our West Playground was officially dedicated and reopened. We invited our business partners the Mountain View Lions Club to enjoy in this celebration as they donated \$20,000 to help with the cost. Thank you so much Mountain View Lions Club!



In July of 2018 our Primary Playground was destroyed by fire. Through generous donations and a joint effort from several school business partners and community supporters, we have an awesome new playground! On Friday, September 27th, we celebrated with a ribbon cutting to reopen our new playground. This year our school has four preschools and the playground was designed especially to be preschool compatible.

Our new playground would not have been possible without the support of our community. The community really came together and turned a negative experience into a positive one for our students. Mountain View Lions Club donated \$20,000 toward the purchase of the equipment. The manufacturer of the equipment, Little Tikes Commercial, donated the shipping costs from their plant to Seattle. Tote Maritime Alaska donated shipping from Seattle to Alaska and Carlile Transportation delivered the equipment to the school property.

If you haven't had a chance to see the playground, please stop by and have a look. The playground is open for families from our neighborhood to use after school hours and on the weekends.





Student Council Members After Giving Their Speeches!

(pictured right to left: Asma, Meletia, Zealous, Rome, Lily, Jadiel, Sina, Lani, Nyagoo, Misty) -

Mrs. Mariscal, Advisor

Wow, what an impressive group of students who are running for Student Council Executive positions! Their speeches were phenomenal!

Today, they gave speeches to the student body. Here is what they had to say after they gave their speeches. It is nerve-wracking to talk in front of a lot of people.

Misty-"I felt like I was going to faint!"

Zealous-"My legs were shaking! And they still are!"

Nyagoo-"I was so scared!"



Sina-"I felt scared and wanted to scream!"

Jadiel-"It felt like I was going to have a heart attack!"

Lani-"I felt like I was going to puke and like I had butterflies in my stomach!"

Asma-"My whole body was shaking!"

Lily-"I was scared and nervous!"

Meletia-"I felt scared!"



Rome-"I was nervous, obviously, but excited too, because everyone was clapping!"

I would like to thank Mr. Woodward, our principal. He gave them excellent advice and practiced how to give a speech with all of the candidates. He has always been supportive of the student council throughout the years. He gives them opportunities to build on their leadership skills. We are lucky for all of his help!

Nurse Notes

School Nurse Tammi Bailey



KIDS NEED SLEEP

If your kids are unable to get to school on time or are too sleepy to focus they are NOT learning. Kids need sleep. Please review these tips for (on the following pages) amount and techniques to provide better sleep and learning for your students.

WE WOULD LIKE TO THANK SUSAN HAUTH FOR HER GENEROUS DONATION OF GYM SHOES FOR OUR STUDENTS.





Handy Handouts®

Free, educational handouts for teachers and parents*

Number 480



Vitamin Zzz

by Abby Sakovich M.S., CCC-SLP

During sleep, our bodies are hard at work preparing for the next day. Problem solving, decision-making, controlling our emotions and coping with change are affected by how much or how little sleep we get. Lack of sleep affects a child's ability to think, learn, and get along with peers. Getting enough quality sleep at night can benefit a child's health and development through adulthood.

What Happens When We Sleep?

While we sleep, our body cycles through four different phases – stages 1, 2, 3, and REM (Rapid Eye Movement). Each phase plays an important role in our mental and physical health and development.

Stage 1 – Otherwise known as "light sleep," this stage lasts for 5-10 minutes. It involves being awake and falling into sleep, all the while being somewhat alert and easy to wake.

Stage 2 – In this stage, our breathing and heart rate evens, body temperature drops, and we become less and less aware of our surroundings.

Stage 3 – Known as "deep sleep," our muscles and tissues are repaired during this stage. Also, this phase stimulates growth and development, boosts our ability to fight disease, and stores up energy for the following day.

REM – Rapid Eye Movement plays an important role in learning and memory. REM sleep is essential to learning, and making or retaining memories.

How Much Sleep Do We Need?

The amount of sleep we require varies depending on age. The sleep cycle of a newborn will look very different from the sleep cycle of an adult. Below is the recommended amount of sleep for various ages per 24 hour period:

Newborns (0-3 months) – 14 to 17 hours

Infants (4-11 months) – 12 to 15 hours

Toddlers (1-2 years) – 11 to 14 hours

Preschoolers (3-5 years) – 10 to 13 hours

School-Age Hours (6-13 years) – 9 to 11 hours

Teenagers (14-17 years) – 8 to 10 hours

Young Adults (18-25 years) – 7 to 9 hours per day



Why Do Children Need More Sleep?

Sleep is essential to healthy cognitive and physical development throughout childhood and into young adulthood. Kids who do not get enough sleep may not only have difficulty in the classroom, but are at risk for diabetes, obesity, and heart disease. Problems may arise in the following areas if children consistently go without enough sleep:

Growth – Growth hormone is released during deep sleep. If a child does not get enough sleep, cells do not grow or do not grow enough, affecting height, weight, and overall physical development.

Heart Health – Children who do not get enough sleep may undergo damage to the walls carrying blood from the heart to the body.

Weight – Research is beginning to uncover that a child's struggle to maintain a healthy weight may begin in infancy. The hormones that signal the brain to stop eating may be affected by lack of sleep. In addition, kids who do not get enough sleep tend to crave foods higher in fat and carbohydrates.

Immunity – The body relies on certain proteins to fight infection, illness, and stress. When kids do not get enough sleep, they are unable to make the amount of proteins necessary to stay healthy.

Safety – Lack of sleep often means kids are clumsier and more impulsive, contributing to more accidents and injuries.

Attention – Research has shown that kids under age 3 who consistently sleep for ten or fewer hours per night are more likely to have problems with hyperactivity and impulsivity by age 6. It is important to note that the symptoms of Attention Deficit Hyperactivity Disorder (ADHD) and sleep-deprivation look very similar, and ruling out sleep deprivation is an important part of the ADHD diagnosis.

Learning – Lack of sleep diminishes planning and organization skills, affects mood and behavior, reduces focus and attention, and impedes short-and long-term memory function.

Steps to a Good Night's Sleep

Parents play an important role in helping children get the sleep they need. When parents prioritize sleep, children learn when and how to wind down appropriately.

Get on a Schedule – Go to bed at the same time every night and wake up at the same time every morning. A manageable nighttime routine should last 20-30 minutes and may include activities such as brushing teeth, putting on pajamas, and reading a bedtime story.

Exercise – Encourage your kids to run and play outside or play a video game that encourages movement. Twenty to thirty minutes of exercise a day may help kids sleep more soundly at night.

Cut the Caffeine – Soda, bottled teas, energy drinks, and even kid-friendly foods contain enough caffeine to disturb the sleep cycle. Parents can find a chart outlining the caffeine content of food and drinks marketed to children on the Center for Science in the Public Interest's website at www.cspinet.org.

Give Advanced Warning – Whether ten minutes or an hour away, notifying kids that bedtime is around the corner prepares them to wrap up any tasks they may be working on in time to start the nighttime routine.

Environmental Control – Kids will be more likely to fall asleep and stay asleep when calm and relaxed. Limit technology, light, and noise distractions as much as possible.

Toss the Tech – Research has shown that kids who have access to bedroom computers and televisions tend to get less sleep than those who do not. If it is not possible to remove technology from the bedroom, establish a non-negotiable "turn-off time."

All children need a good night's sleep every night in order to promote cognitive, physical, and emotional growth and well-being. Trying to tackle all of the items on the list above may leave parents feeling overwhelmed and discouraged. Choosing one task, such as limiting technology, may allow parents to make small and manageable changes to the bedtime routine. One change at a time can help set children on the path for social, academic, and lifelong success.

SOURCES:

The 7 Reasons Your Kids Need Sleep by Sarah Mahoney. Retrieved 12/29/2016 from www.parents.com.

"How Much Sleep Do Babies and Kids Need?" by the National Sleep Foundation (2016). Retrieved 12/29/2016 from <http://kids.nslf.org>.

"At a Glance: 4 Ways Sleep Problems Affect How Kids Learn (2014). Retrieved 12/29/2016 from www.understood.org.

"Brain Basics: Understanding Sleep" by the National Institute of Neurological Disorders and Stroke. Retrieved 12/29/2016 from www.ninds.nih.gov.

Caffeine Chart by the Center for Science in the Public Interest. Retrieved 12/29/2016 from <http://cspinet.org/>.

Helpful Products

The list of Super Duper® products below may be helpful when working with children who have special needs. Visit www.superduperinc.com and type in the **item name** or **number** in our search engine. If you're viewing this Handy Handout on a computer, click the links below to see the product descriptions.

MagneTalk Turns & Topics

Item #GB-46

Webber Problem Solving Photo Lotto

Item #BGO-176

Big Vocabulary Nouns Photo Cards

Item #BIG-753

Webber Photo Cards Function Pair-Ups

Item #WFC-62



Counselor's Corner

School Counselor Laura Tufi-Gho

I go to each classroom (K-5) each week to teach a Social and Emotional Learning (SEL) lesson. SEL involves teaching and facilitating skills that students and adults need to be successful at home, at school, in the workplace, and in life.

When students and adults have social and emotional skills, they are self and socially aware and have the ability to manage themselves both independently and while interacting with others. They can listen to the perspectives of others, use positive communication, be aware of cultural issues and differences, set and achieve goals, and take personal responsibility for their learning. The role of parents: Long before children can say their first word or take their first step, they respond to the touch, tone of voice, and moods of their parents.

This is the beginning of learning about emotions and relationships. It happens as naturally as their bodies grow and develop. By working together, schools and parents can promote children's social and emotional learning. Key SEL skills include:

- Self awareness- Recognizing feelings and managing anger
- Understanding others- Developing empathy and taking the perspective of others
- Making responsible decisions and following through- Includes considering long-term consequences of actions
- Understanding yourself- Handling emotions, setting goals, dealing with obstacles
- Building healthy relationships- Saying no to negative peer pressure, working to resolve conflicts constructively.

How to Help Focus on Strengths

1. Talk about what your child did well before talking about what could be improved.
2. Ask children how they feel. This lets your child know that feelings matter and that you care. Use feeling words around your child to explain your own emotions.
3. Be willing to apologize. This shows your child how important it is to apologize after hurting someone, physically or emotionally.
4. Ask questions that help children solve problems on their own. For example, "What do you think you can do in this situation?" or "What do you think would happen if you made that choice?"
5. Read books and stories together. Stories can help your child explore how people deal with common issues like losing friends or handling conflicts.
6. Choose a few responsibilities that your child can do successfully at home, and encourage them to help. This helps them learn cooperation and responsibility.

Adopted from "Ten Things You Can Do at Home" by the Committee for Children. You can download more tips from asdk12.org website.



Ms. Brittany Hanson, Library Media Specialist

It's almost Book Fair Time! Our book Fair will be on the week of October 21st in the Library. Flyers will go home next week so that students can preview some of the exciting titles that will be coming to our fair.

You are also able to shop the fair online as well and it will be shipped directly to your door. Orders containing books only receive free shipping. Online ordering opens October 14th and runs one week after the Book Fair.

Help us bring more books to the Mountain View Elementary School Library by supporting our Book Fair. Donations are always gladly accepted. We do accept credit cards as well



This year, our school will be using an evaluation screener to look at school-wide systems of support for social emotional learning and behavior. This screener, much like our academic Universal Screeners (FastBridge and MAP Growth), will be completed with all students in the Fall (October), Winter (December) and Spring (April). Teachers will evaluate students relative to various behavioral risk factors. The evaluation tool is called the Social, Academic, and Emotional Behavior Risk Screener (SAEBRS). The tool will help teachers identify students who may need additional support to increase their academic and social emotional success. This screening is completed by teachers and will not involve lost instructional time for students. Should you have any questions about the use of this universal screener, please don't hesitate to contact your building principal.

FastBridge
Learning

Sara Smith

Behavior Specialist/ Instructional Coach



Mountain View Lights On SEL Family Night

**SOAR into Positive
Interactions With Your
Child**

Activities Include:

- Balloon Caterpillar
- What Would You Do Walk
- Hula Hoop
- Family Charades
- Flip Cup Tic Tac Toe

Join Us for an Evening of:

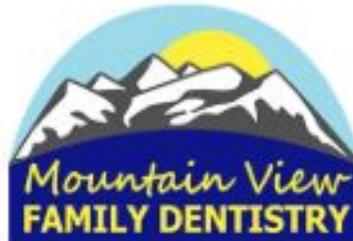
Games
Pizza, Salad and Dessert
Free Take Home Reading Books

Prizes for Completion of Passports

**Wednesday,
October 17th
5:30-6:30 pm**



Mountain View Elementary School Business Partners



"Thank you"

A huge  to our School Business Partners for your continued support of our school and our students! We are so fortunate to have your support.