School to home….

Research shows that missing 10% of the school year (about 18 days total), negatively affects a student’s academic performance. That’s just two days a month! -and that’s known as chronic absence. When students improve their attendance rates, they improve their academic prospects and chances for graduating. Sometimes your child doesn’t want to go to school. When "school refusal" happens, it can be frustrating for everyone in your home. What is school refusal? It is one or more of the following: the inability or reluctance to wakeup and get dressed in the morning, frequent visits to the school nurse, not wanting to remain in class, or frequent complaints of physical pain and sickness like headaches, stomachaches, nausea, or diarrhea. Anxiety and defiance may be present, as well. As a parent, it is hard to know what to do. The behavior can be disruptive to the family and it’s heart wrenching to see your child in pain and unable to manage school. However, the most important step in dealing with school refusal is to understand why your child is having difficulty getting to school in the first place. School refusal is often a manifestation of an illness like depression or anxiety, but it can also be the result of bullying or issues with friends or family members. If your child is avoiding or refusing to go to school, please know that a trusted staff member at Wonder Park is always here to help. Together we can develop strategies to help resolve the situation, such as addressing your child’s sleeping habits so that he is ready for school in the morning. If it is an issue of bullying, we will helpmediate the situation between the children involved. If the school refusal is rooted in family problems, family therapy may be helpful. Regardless of the reason for school refusal, it may be beneficial to speak with someone at Wonder Park. We have a full-time counselor, a full-time Positive Behavior Specialist, and many other caring adults who may have ideas about how to help. Everyone’s situation is different; therefore, blanket advice on this topic is not fitting. However, we are here to help your child and your family find success in school. Please do not hesitate to call upon us at 337-1569.

Alana Haider, Principal of Wonder Park Elementary
Please make sure that your students are coming to school prepared to stand in line outside before school and go outside for recess. We have a limited amount of snow gear for students without proper gear. Please let us know if your child needs something and we will do our best to help out!

*While you are searching your closets, if you happen to come across gear that is too small for your children, we would love to have it for students that may need it! Please bring all clean and washed items to me, Mrs. Jensen, at the front office. Thank you for helping us take care of our families!

Do you have young children (ages 0-5) at home?

Check out this website to get free books! [http://www.dollysimaginationlibrary.com](http://www.dollysimaginationlibrary.com)

**It’s that time of year again when Alaska residents can apply for the Permanent Fund dividend. If there is anything I can do for your student or your family, please do not hesitate to contact me at jensen_cristy@asdk12.org or call me at 337-1569.**
Explorations Day!
Dear Parents,

When there is a crisis in the family, many people are not comfortable talking about their feelings with anyone. Participating in an activity can create a very special memory. The activity listed below can spark very interesting “conversations” while you and your children sing or talk about music favorites.

Also, during the months of March and April an Educational Support Group will be facilitated for students in grade 4 and grade 5 who may need extra support or could benefit from sharing similar concerns with other students. In this group students may talk their feelings, describe fears they may have about the future, identify the people in their support group at school and at home. If you would like to know more, please contact me.

**Activity:** Ask your children to pick out some of their favorite music. Listen to the songs. Talk about why they like the songs. Ask them how feels when they listen to it. Share a song or two that are your favorites. Have fun!

Sylvania Ginn M.Ed., MA

Wonder Park Elementary 742-7131

Wonder Park Families~

Do you want to know what your children are doing on their phones, tablets and computers? A great resource for families is Common Sense Media. Visit [www.commonsense.org](http://www.commonsense.org) to find articles and videos about kids using social media and other technology. Common Sense reviews websites, apps, video games, and movies to support smart choices in our digital world. Included in this newsletter is an list of tips for keeping kids safe online from Common Sense Media.

Here is a link to a list of events at all Anchorage Public Libraries in March. [http://www.anchoragelibrary.org/events/events-for/kids/](http://www.anchoragelibrary.org/events/events-for/kids/)

Spring Break is a great time to read with your family, and visit the library for new books!

Happy Reading,

Mrs. Sam

Wonder Park Librarian
**Help Kids Make Friends and Interact Safely Online**

**Check out these 4 tips**

1. **Give them the right words.**
   Kids learn about appropriate verbal and physical communication from watching you. But online conversations can be invisible. Occasionally, narrate as you’re writing texts or social media comments when your kids are in earshot.

2. **Play a game of telephone.**
   Discuss how a message can change depending on the person delivering it or the delivery method. Read a question like “What are you doing?” with different tones of voice. Talk about how emoji and punctuation can help communicate tone and emotion in text messages.

3. **Help kids navigate online friendships.**
   In the beginning, you might limit all communication with strangers online. As kids get older, you can monitor any online chatting. And once they’re more independent, you can discuss which methods of communication are appropriate as well as which types of information to keep private from online-only friends.

4. **Develop their instincts.**
   Help kids trust their guts so they can exit iffy or inappropriate online conversations. Discuss different scenarios and ask how they would feel and what they would do.

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https://www.commonsense.org/education/family-tips/k-5-relationships-and-communication

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NOT ALL MEDIA IS CREATED EQUAL

Common Sense Media publishes independent ratings and reviews for everything kids want to watch, read, play, and learn. Their unbiased ratings are conducted by expert reviewers and aren’t influenced by the creators or by funders. Common Sense rates media based on both age appropriateness and, for digital media, learning potential. They take the guesswork out for you - check it out!

BEST MEDIA FOR LEARNING

Discover the best in learning apps, games, and websites for your kids. "Best of" lists offer handpicked, carefully reviewed titles grouped by category. Topics range from skills essential to life and work in the 21st century, to traditional academic subjects, to recommendations for particular settings or types of kids. And these titles are FUN! After all, excited, engaged kids are primed for learning.

MEDIA USE - KEY FINDINGS

This is a large-scale study that explores young people's use of the full range of media and technology. It offers a comprehensive picture of the use of media by kids, age 8 to 18 in the U.S., including the level of enjoyment, frequency of use, and amount of time devoted to a wide array of media activities and devices.
Is it just a bump on the head right? It's all part of the game and it's not like it's bleeding! You feel fine! And you were wearing a helmet? How hard could the ground really be? How much damage can a soccer ball really do? It's round and full of air! The truth of the matter is that a concussion can be a serious issue, and they tend to happen during summer and sports more than any other time.

Learn the signs, and take them seriously. ~Nurse Jennifer

Concussions are serious business!

CONCUSSION: SIGNS TO LOOK FOR

- Headache or dizziness
- Feeling confused and irritable
- Feeling sad and anxious
- Can't concentrate or remember
- Tired or sleeping changes
- Nausea or vomiting
- Sensitive to light or sound

IF YOU FEEL THESE THINGS TELL AN ADULT
State of Alaska Child Care Assistance Spring Break and Summer Programs

If you currently receive State of Alaska Child Care Assistance, below is a listing of Spring break and Summer break programs. Spaces are limited, so please call early. All families are eligible to apply. When registering, please be certain your child’s age matches the program’s services.

**Kids’ Corps Early Head Start, Marian Vasquez, Erica Espinosa, or Charles**
3350 Commercial Drive
272-0133
[https://www.kcialaska.org/](https://www.kcialaska.org/)
four months to 3-years-old
7:30-5:30 M-F

**Kids Corps Head Start, Marian Vasquez, Erica Espinosa, or Charles Freeman**
3710 E 20th Ave. Suite 2, 99508
272-0133
[https://www.kcialaska.org/](https://www.kcialaska.org/)
7:30-5:30 M-F

**Rural Cap Child Development Center, Tracy Breimo**
545 E 5th
907-278-0068 ext. 101
[https://ruralcap.com/](https://ruralcap.com/)
19 months to 5-year-old

**Thread Alaska**
A resource to help you find the best licensed early childcare options available from infant to school age that is safe, healthy, and playful.
265-3100
[https://www.threadalaska.org/](https://www.threadalaska.org/)
Anchorage Gymnastics Association, Rachel Gebauer
525 W. Potter Dr. Anchorage
907-563-3041
http://www.anchoragegymnastics.org/
SPRING BREAK SPORTS CAMP: March 8-15
SUMMER SPORTS CAMP: May 23 - August 19

Camp Fire Alaska
(907) 279-3551
https://www.campfireak.org/
SPRING BREAK CAMP: March 8-15
SUMMER BREAK CAMP: June 3 - August 2

*The Alaska Club, East
(907) 365-7393
http://www.thealaskaclub.com/camps
SPRING BREAK CAMP: March 11-15
SUMMER BREAK CAMP: May 28 - August 16
5-12 years-old

*If DCA authorization is not submitted with a packet, parent(s) or guardian(s) are required to pay the amount in full and a credit will be applied to account upon receipt of the authorization form. DCA payments are received monthly. Any balance left after DCA payment must be paid in full before a child will be allowed to continue in camp. (We charge a flat rate per week. We DO NOT pro-rate the weeks if your child is not in attendance all five days. DCA will not pay for days a child does not attend)

*YMCA, David Koch
563-3211
http://www.ymcaalaska.org/
SPRING BREAK CAMP: March 11-15
SUMMER BREAK CAMP: June 3 - August 9

*If you are on Day Care Assistance through the State of Alaska, please register in person to avoid charges on your account before the contract being applied. You may download and fill out the packet (step # 3), bring to YMCA to finish the registration process.
Youth Art Show participants from Wonder Park!

Order your Child's yearbook online at ybpay.lifetouch.com the code for Wonder Park is 11134419.

Yearbooks are $15.00 and you have an option of adding stickys for $2.00.

24 pages of beautiful color pages, lots of photos of activities.