

# NEWSLETTER

*Each Student Learning, Every Day!*

**Dear Families,**

Happy December! I hope your family has a restful and memorable winter vacation. Happy Holidays!

**Safety** is important at Edmonds Elementary. We practice safety drills monthly. Our December drill occurred on Tuesday, December 4. The drill was Shelter in Place. This response is for an environmental concern. In a real emergency we gather in the gym. We use pre-cut plastic to seal the doors and windows. The gym provides access to water and bathrooms during the duration of the shelter. The students and staff did a great job of practicing this emergency response.

You may have noticed a difference at the front of the school and in the courtyard. The district grounds staff cleared a lot of overgrowth and trimmed back trees and bushes. The courtyard totem pole is more visible and the school is now more visible from the upper parking lot.

As we end 2018, I want to extend **appreciation** to my entire staff for their dedication, hard work and enthusiasm since September to create a positive and supportive school environment. I have the best staff members who truly care about students – academically, socially and emotionally. We look forward to starting 2019 rested from winter break and ready to **Dive Deep Into Learning!** The first semester ends at the end of January and report cards are provided in early February.

Thank you for your continued support of Edmonds Elementary!

**Brett Hagen, Principal**

## **Greetings Edmonds Elementary from Mr. Seeberger, the new Band Teacher at Edmonds Elementary!**

It's already December, and the Musicians in the Edmonds Elementary 6<sup>th</sup> Grade Band have been diligently practicing a variety of Holiday music in order to prepare for a series of daytime concerts from 11:25-12:00 in the music room on Dec. 12, 17, and 19. Some of the 3<sup>rd</sup> and 4<sup>th</sup> grade classes will be attending these performances, but parents of course are also welcome to attend!

The 5<sup>th</sup> grade Band has also been making great progress, and learning a variety of music! They will be giving their first performance after the New Year on Wednesday, Jan. 30 in the Edmonds Gym along with Mr. Alvarez's 5<sup>th</sup> grade orchestra!



Brett Hagen, *Principal*

Cindy Bartlette, *Office Manager*

Janet Keehr, *Office Secretary*

Main Office/Attendance:

425.431.7374

Fax:

425.431.7372

1215 Olympic Avenue

Edmonds, WA 98020

## **Attendance Reminders:**

*Be at school every day that you are well! Attending school daily is important for student learning. If your student is going to be late or absent, please call the attendance line at 425.431.7374 x.1 before 7:30 a.m., if possible.*

*Students arriving to school after 8:00 a.m. should report to the office for a tardy pass.*

*If your student is scheduled to be away from school for a planned absence lasting two or more days please complete a pre-arranged absence form. The form can be picked up in the main office. Thank you for your help in notifying us of these planned absences.*



**Thank you** to everyone who supported our School Council's Food Drive supporting the Edmonds Food Bank. The generosity of our school community is amazing. We collected 1,969 food items. **WOW!**

### Upcoming Events:

**Friday, December 7: PTA BINGO Night, 6:30 – 8:30 pm in the gym.** BINGO cards with raffle ticket are \$1 each. Refreshments sold separately. Play for a chance to win one of many \$5 gift certificates to Revelations Yogurt.

**Friday, December 14: Buddy Mix Match Spirit Day.**

**Friday, December 14: Early Dismissal.** School dismissal at 11:00 am. Milk/hot lunch served before dismissal.

**Wednesday, December 19: Meadowdale Middle School Choir Assembly for Grades 4-6, 10:30 am.**

**Friday, December 21: Last Day of School for 2018.**

**Monday, December 24 – Friday January 4: Winter Break.** Enjoy time with your family. In the article below you will find ideas for fun that do not include screen time.

**Monday, January 7: School resumes.** Happy New Year! We are excited to welcome everyone back to school!



### **Thoughts from our School Counselors: Media Guidelines for Grade School Age Kids**

Parents used to just worry about kids watching too much TV, or playing too many video games. We still worry about those things, but now the screen time list has gotten much longer. Phones, tablets, apps, social media, texting — they all can captivate kids (and adults) starting at a very young age. In a world where children are "growing up digital," it's important to help them learn healthy concepts of digital use and citizenship. Parents play an important role in teaching these skills.

– Watch things together. If you're worried that your kids are getting bad messages from the media, the best way to counteract them is to watch alongside your kids and point out when something isn't right. For instance, have a discussion with your child if you are seeing unhealthy relationships (including friendships) or unrealistic beauty standards. Besides reinforcing your values, this will teach your kids to watch television and movies actively, not passively, which is good for their self-esteem. Do this during commercials, too!

– Screen time shouldn't be all the time. The American Association of Pediatrics recommends that parents set sensible boundaries on how much screen time is appropriate for their child. Just as important: designating media-free spaces, like bedrooms and the dinner table. Establishing (and enforcing) these limits from a young age teaches kids to be healthy media consumers.

– Be discerning. Determining what quality screen time is and isn't might, not be obvious, but look for things that:

- Are age-appropriate
- Engage your child's imagination
- Have the right values

– Common Sense Media has good pointers for parents: [commonsensemedia.org](http://commonsensemedia.org). Conversely, if you don't want your child playing a particular game or watching a particular show, explain your reasons why and be specific — don't just say it's "bad."

– Don't make screens *the* reward (or consequence). Technology is enormously appealing to kids as it is, but when we make screen time the go-to thing kids get for good behavior — or get taken away for bad behavior — we are making it even more desirable, thereby increasing the chances that a child will overvalue it.

– Encourage other activities. There are many ways to have fun. Running around outside, playing a sport, reading books, doing crafts — variety is important for a balanced life. Encourage your kids to develop a wide range of interests. Model yourself doing this, too. Let your kids see you reading a book, making things, and having a hobby. Finally, present these things as just as rewarding as screen time — not alternatives to it. Equal billing is important!

### **SPIRIT SQUAD**



This year Edmonds Elementary has a "Spirit Squad". The squad is made up of students in grades 4-6. They practice during morning recess. The Spirit Squad performs during our Orca Assemblies and they lead the school in the school song at the end of the assembly. They have been a great addition to help bring "Spirit" to our school!