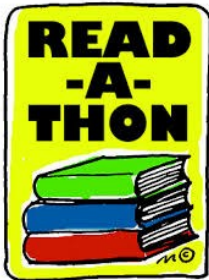


School News

WASHINGTON SCHOOL

NO SCHOOL: FRIDAY, OCTOBER 31: Staff Development Day



**Monday,
November
10
thru
Friday,
November
21**

Our Read-a-thon is a program that brings students together with family and friends to encourage reading and to build literacy skills. We hope our students are ready for an enjoyable reading adventure. We challenge each family to read every day during our two week event.

Each student will receive information to setup a personal web page. A calendar of daily dress-up themes will be sent home with students. **This will be the only fundraiser during the school year to supplement our classroom learning.**

Harvest Festival

Plans are underway for the Harvest Festival on Wednesday, November 26th.

- Students are invited to dress in harvest or western wear.
- The CHS Valley Fiddlers will provide special music at arrival time.
- CHS Pirate Dance Team will lead students in line dancing.
- Classrooms will enjoy related educational activities geared toward this special time of year.



**THURSDAY,
NOVEMBER 6
8:30 A.M.**

Washington School

**Community Education
Director**

Brandon Neibauer-Adams

**Early Childhood
Coordinator**

Gina Gunderson

Admin. Asst.

Brenda Crane
Washington School
281-2762

Transportation Director

Rick Niemela
281-5444



Grandparents Night

Monday, November 17

6—7 p.m.

Washington School



**Call 218-281-2762 to
register.**



*Due to
Election Day,*

Unplug and Play

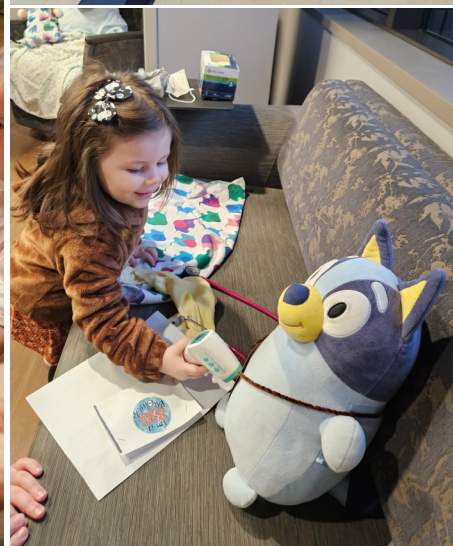
**will be on Monday,
November 3rd, 5—6 p.m.**



EARLY CHILDHOOD FAMILY EDUCATION

Teddy Bear Clinic

Children explored areas of River-view Health with their Teddy Bears and special adults during the October Early Childhood Event. Exploring the hospital included visits to the radiology and therapy departments as well ambulance bay. Families were able to see a patient room where their teddy bears were weighed and measured. In November, ECFE will feature **Grandparents' Night**. Call 218-281-2762 to register for this event.



Communication & Attendance

Please keep the school office informed of changes with phone numbers. We may need to notify you if your child becomes ill or injured. If you do not have a working phone number, please provide the name and phone number of a person we could contact in the event of an emergency.



The school staff will leave a voicemail message, when possible. We encourage you to check your messages before returning a phone call as the office staff may not know who called you or if a teacher is available at that moment. Teachers will return phone calls at the end of the day.

Please call the school office (281-2762) by 8:00 a.m. if your child is going to be absent. You may call earlier and leave a voicemail before 7:30 a.m.

We want to know that your child is safe. The school office provides a "safety check" by calling the home if we are not notified of a child's absence. If we are unable to reach the parent, the absence is considered unexcused.

Attendance is one of the biggest factors influencing academic achievement and a child's ability to be successful in school. Yes, even preschool attendance impacts future learning potential!

"Life doesn't require that we be the best, only that we try our best."

H. Jackson Brown, Jr.

Cold Weather is Here



Please be mindful of the temperatures when you are sending your child off to school. Hats and mittens are needed every day. From past experience, nylon gloves/mittens keep the children's hands warm AND dry. Knit gloves/mittens will keep a child's hands warm until they get wet and then freeze, causing cold hands and tears! Take time now to assess your child's winter wear to see what may need to be replaced. Once the snow falls and stays on the ground, students will be required to wear winter boots and snow pants on the bus and on the playground. Parents will be notified to bring winter gear to school if a child does not arrive properly dressed. Thanks for helping us keep your child WARM this winter.



Parent Advisory Council



The Washington parent group continues to represent Early Childhood Family Education and School Readiness. We are seeking a diverse group of parents to assist in program planning and decision making at our school. Involved parents will be supported and empowered through advocacy skills as family engagement is strengthened. Community professionals will also be welcome to provide input and guidance.

The first Parent Advisory Council Meeting will be Tuesday, November 11th, from 5–6 p.m. at Washington School. The agenda will include brainstorming for future events and activities and the discussion of current topics:

- ◆ Domino's Donate for Dough
- ◆ Progress of the Read-a-thon
- ◆ Grandparents Night
- ◆ Washington Family Picnic

Please let the Washington office know by Noon on Monday, November 10, if you would need childcare during the meeting.

Harvest your child's imagination!



***Read *Play *Create
*Move *Explore**





Fine Motor Skills Why Is That A Big Deal?

Children need to work at developing the skills and muscles needed to write with a pencil, cut with a scissors, and build hand-eye coordination. Play offers many opportunities to develop these skills as described in the list below.



FINE MOTOR ACTIVITIES FOR HOME

.....

- ◆ Insert Pipe Cleaners into Holes of a Box
- ◆ Use Markers on a White Board
- ◆ Cut Straws and Make a Necklace
- ◆ Press Items to Contact Paper
- ◆ Place Buttons on Drawn Lines on Paper
- ◆ Transfer Legos to a Muffin Tin
- ◆ Use a Hole Punch with Paper
- ◆ Push Sticks Through Holes in Cardboard
- ◆ Color on Sandpaper
- ◆ Press Piper Clears in Playdough
- ◆ Clip Clothespins to Cardboard
- ◆ Wrap Rubber Bands Around Cans
- ◆ Transfer Pom Poms into Cups of an Egg Carton
- ◆ String Buttons or Beads on Piper Cleaners
- ◆ Peel Masking Tape from a Table
- ◆ Wrap Toys in Paper

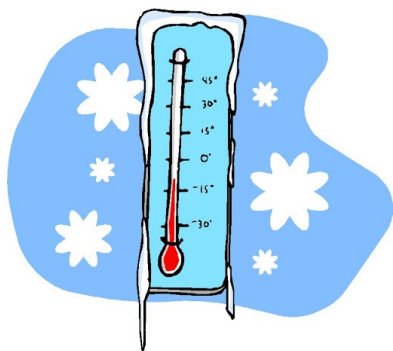
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Weather Related Information

School Messenger is an automated system that Crookston Public School uses to send weather related and other important messages to parents via current phone numbers. If you have changed phone numbers since the start of school, contact the Washington office to update your information.

Please tune to KROX AM 1260 Radio, Channel 3 TV, Channel 11 KVLV, and Channel 8 WDAZ for weather-related announcements. If possible, announcements will be made between 6 a.m. and 7:30 a.m. If no report is made, it can be assumed that school will be in session. **Please do not call the school,** as the telephone lines must be kept open for emergencies.



Winter Hazard Awareness Week: November 17–21

The Minnesota Department of Public Safety along with the National Weather Service and other agencies have designated a week to bring awareness to the hazards that the upcoming winter weather brings to our homes, driving, work, and play. Find ways for your family to prepare at

www.winterweather.state.mn.us so that your family can have a safe, warm, and enjoyable winter season.

Late Arrival at School Matters

When a child arrives late at school, they miss important events like assembly, teacher instruction and introductions. Children also feel embarrassed at having to enter the classroom late.

The table “Effects of Late Arrival at School” indicates how frequent lateness can add up to a considerable amount of learning being lost. This can seriously disadvantage children and disrupt the learning of others. Please help children in your care be punctual.

Effects of Late Arrival at School

Minutes Late per Day	Equates to Days of Teaching Lost in One Year	Which means this number of lessons missed
5 minutes	10 Days	17 Lessons
10 minutes	7 Days	35 Lessons
15 minutes	10.5 Days	52 Lessons
20 minutes	14 Days	70 Lessons
25 minutes	21 Days	104 Lessons

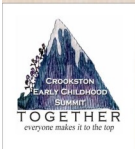


Overcome the challenges of cold weather by having a backup plan for getting your child to school if your vehicle is not working.

Emergency Contacts

Illnesses seem to occur more often in the winter months, giving need to contact parents when children become ill at school. Please update the school office with any new telephone numbers. Be sure to inform the people you have listed as an “Emergency Contact,” that you have done so and ask them to enter the Washington School phone number, 218-281-2762, into their phone’s contacts so they will know who is calling. It is helpful to have voicemail set up so that staff can leave a message about your child if you are unavailable. Cell phones have wonderful feature of returning calls, however, without listening to your message, the office will not be able to direct your call appropriately.

It's not about *Having* time,
it's about *Making* time!



Remember to take time to read and have enjoyable conversations with your child. These two simple tasks will build your child's vocabulary and problem solving skills as they continue to learn about the world around them.

Parent / Teacher Conferences Successful at Washington School!

We would like to thank parents for making the effort to attend our recent Parent/Teacher Conferences. Ninety-seven percent of Washington students had a care giver in attendance!

Parent/Teacher Conferences open the door of communication and provide the opportunity for parents to share information with the teacher. This exchange builds a support system that will contribute to a child's success. Studies have shown that children who know that their parent and their teacher communicate often have been found to perform better academically. Showing your child that you value his or her education will help the child understand its importance.

Make Lunch Great!

Minnesota offers free reimbursable breakfast and lunch to all Pre-K—12th grade students! All students are encouraged to try the nutritious and exciting meals offered daily. We ask parents who choose to eat with their student to promote healthy choices within the school by refraining from bringing in food from restaurants. You may bring a lunch from home. Please refer to the Wellness Policy, located on the school website.

Students may choose to bring a cold lunch from home at any time. When helping your child pack their lunch, please consider foods that will offer nutrition and be filling to help your child get through the day. Good nutrition will them to concentrate on his or her work and maintain self-control.



Treats such as chips and cookies should be the smallest portion of your child's lunch. Pop is not allowed. Milk can be purchased for .50 per carton. The US Department of Agriculture offers ideas on the website: choosemyplate.gov

**Too Much, Too Soon,
Too Scary!**



Restrict what your children watch. Children under the age of five might not understand the violence viewed on the news, in video games and in movies, but research shows they are still psychologically affected. Effects can include anxiety, phobias, sleep problems, aggression and violence.



“There are no perfect parents, and there are not perfect children, but there are plenty of perfect moments along the way.”

Parenting Help is Available



Parenthood is such a rewarding time in your life, watching your children learn new things, your hopes and dreams for their future, and the joy they bring each day. Sometimes however, the path of parenthood can surprise you. It can feel like you are on a winding road of emotions ranging from satisfaction and joy to some not-so pleasant feelings like anxiety and frustration.

Early Childhood Coordinator and Parent Educator, Gina Gunderson, serves families with children birth to five years old. Through her role with the the Early Childhood Family Education (ECFE) program, Gina Gunderson provides parent education and family support to enhance the quality of parenting, increase a parent's understanding child development, and works with parents to help their children learn, grow, and develop to meet their full potential. Gina loves partnering, reflecting, and facilitating parenting joys and challenges with the families attending ECFE.

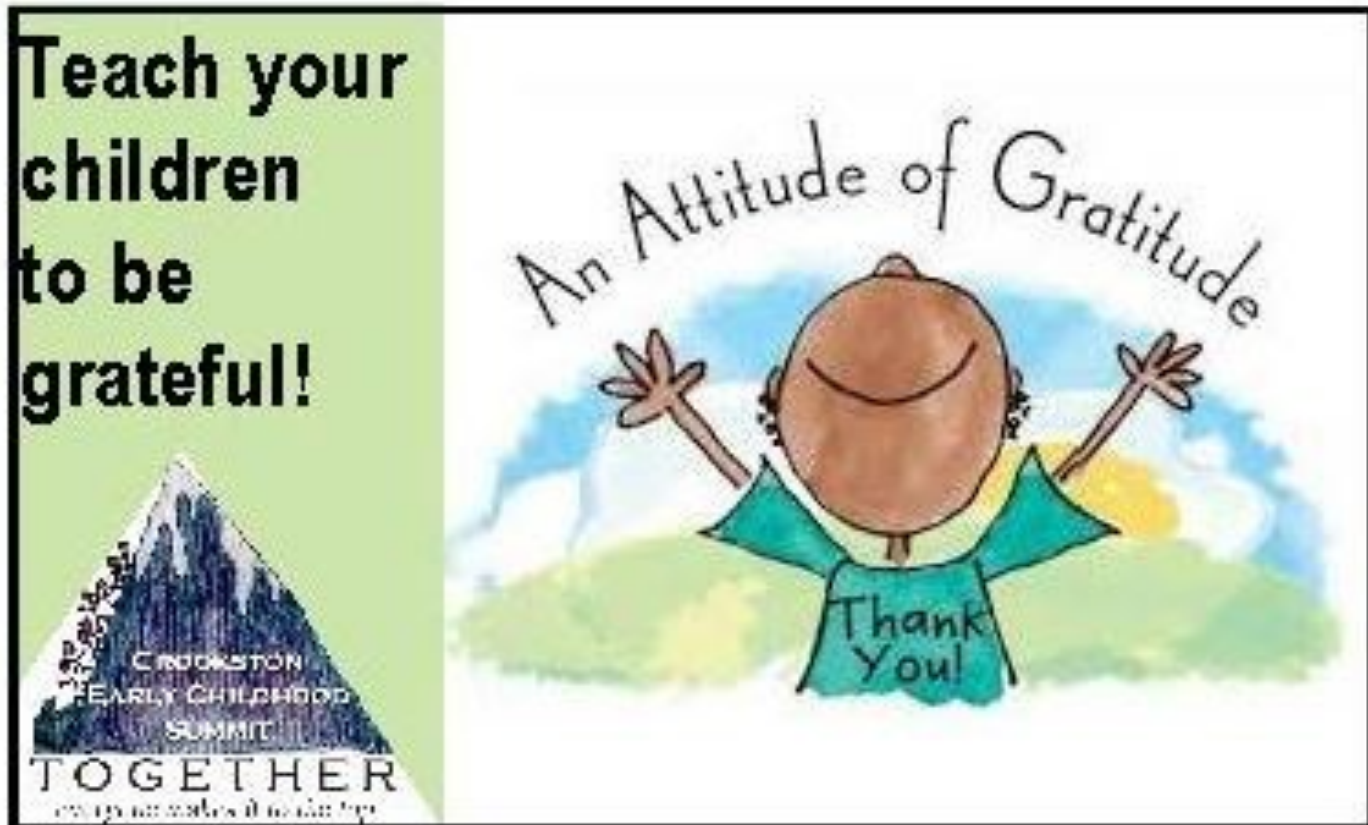
Gina Gunderson's services are open to all parents at Washington School. She is available to meet with parents anytime. If you would like to talk to about parenting, are needing some ideas on handling stressful situations with your child, or you are looking for support in our Crookston community, please feel free to email Gina at ginagunderson@isd593.org or call 218-281-2762.

Boo Run Run At Castle Park



Approximately, 200 adults and children enjoyed the fall colors, crunching leaves, pumpkins and books at Castle Park. Through the collaborative efforts of Early Childhood Family Education, The Early Childhood Initiative, Tri-Valley Head Start and Kids at Castle, the annual event provided an opportunity to explore Castle Park, connect with other families and professionals, show off costumes, and bring home a pumpkin and a book. The weather also contributed to the large turnout by providing a warm fall night with a spectacular sunset for all to enjoy!





The following information can be found at: <https://www.firstthingsfirst.org/first-things/teaching-young-kids-about-gratitude/>. First Things First is an essential leader and partner in creating a family-centered, equitable, high-quality early childhood system that supports the development, well-being, health and education of all Arizona's children, birth to age 5.

Your child's first five years are a great opportunity to help them develop the skills they need to be successful later in life. The upcoming holidays are the perfect time to teach young children a very important life lesson about gratitude that will last well past the season. Research shows that thankful people are usually more optimistic. They're also less depressed and stressed. So, when we teach our children to appreciate what they have, and what others do for them, we are helping them become happier, healthier adults.

So, how do we teach our children to be grateful? One way is to talk with them about being thankful. Not only for material things, but for acts of kindness from others, too.

Tips for Teaching Gratitude

Here are some tips from First Things First, gathered from child development experts and websites:

1. **Teach them to say thank you to the people who do things for them.** That can be their server at a restaurant, a brother or sister who helps them pick up toys, or a friend who gives them a birthday gift.
2. **Tell your kids why you are grateful for them.** Be specific in letting your children know they are special and loved. For example: 'I appreciate the way you help your brother tie his shoes.'
3. **Talk about the things you are grateful for.** This can be done in many ways, from a blessing before dinner to keeping a family gratitude journal.
4. **Support a charitable event or organization.** Whether you are donating clothes or toys, participating in a food drive, or baking cookies for a new neighbor, talk to children about what those actions mean to those who receive the kindness.
5. **Be consistent.** Like all skills, gratitude is not learned in one lesson.

Safety Education for Our Students

The Crookston Fire Department provided Fire Safety for Pre-K students during the month of October. It is important for children to be familiar with a fire fighter equipped in full gear. Children learned basic information that can make a difference in a fire. Classes took turns touring the fire truck.

Earlier, in September, the Transportation Department provided Bus Safety for all pre-school students. Part of the training included a fire drill on the bus.

Washington preschoolers also participate in fire drills and lock down drills required by the State of Minnesota.



Thankful

Thanksgiving is a special time to show gratitude for the many people and events that make Washington School a wonderful place to learn and work.

Washington School Gratitude List

- The Parents and Guardians who attended a Parent/Teacher Conference to hear how their child is learning and growing academically, socially, and emotionally.
- Tina Mason for organizing the Scholastic Book Fair.
- Marianne Isaacs and Lorri Capistran for organizing the Read-a-thon.
- Steve Nelson, Custodian, for keeping the school clean.
- Suzie Larson for serving breakfast and lunch each day.
- Don Edlund for teaching Bus Safety to our students.
- Crookston Fire Fighters for teaching our students fire safety.
- Mrs. Grunewald, School Nurse, for caring for our students' health.
- Our Teachers, Aides, and Paras who strive to make every moment count with our students at Washington School.
- Our Bus Drivers who diligently transport our students from home to school and back, again.



FACTS About...Being ABSENT From School

Start Strong

Absenteeism in the first month of school can predict frequent absences later in the school year. Nearly half of all students that missed more than two days of school in September went on to miss almost a month of school.

Chronic Absences

An estimated 5 to 7.5 million students in the United States miss almost a month of school every year. This adds up to over a year missed by the time of graduation.

Early Absences Lead to Attendance Issues in Later Grades

Absenteeism starts early. One in 10 kindergarteners and first graders are considered to be “chronically absent.”

Chronic Absence = Missing two or more days per month

Research shows students who miss 10 percent of school, or two days per month, show negative academic progress. In some schools, that adds up to 18 days a school year and is considered to be chronic absence.

Third Grade Reading Level

Poor attendance can keep children from reading proficiently by the end of third grade, which is shown to negatively affect their chances of graduating on time.

Dropout Indicator

By sixth grade, a chronically absent student is shown to have a significantly higher chance of dropping out of high school.

Excused Absences Hurt Too

Excused absences are just as negative as unexcused ones. Suspensions add additional missed time in the classroom, which in turn increases the dropout risk.

At Risk Students are at Risk for Absence

Students from low-income families are four times more likely to be chronically absent. Reasons for this are often out of the student’s control, such as unreliable transportation, unstable housing, and a lack of access to quality health care.

Every Minute Matters

If a student is 10 minutes late to school each day, this adds up to missing more than 33 hours of class time. A student with a 90 percent attendance average for Kindergarten through 12th grade will miss over a year of accumulated time in the classroom.