

# School News

Washington Elementary School

## Finding the Most Success in School

January is a great time to reflect on the areas in our lives where we have felt successful during the past year. It is also a time to consider how to make positive changes that can impact your child's education. Here are some ways you can help your child find the most success in school.

**Get Plenty of Sleep:** Scientists have found that students who do not get enough sleep have difficulty paying attention in class and do not do as well in school. It is recommended children get from 9 to 11 hours of sleep each night.

**Attendance:** Attend school every day and arrive on time. If a child is 15 minutes late each day, this means they have missed over a week of school in a year!

**Eat Healthy:** Eat more fruits, nuts, and vegetables. Drink a lot of water and limit the amount of pop and snack food your family eats.

**Exercise:** Get moving and be active inside and outside.

**Follow the Golden Rule:** Treat others the way you want to be treated.

**Time+Effort=Achievement:** Encourage your child to take their time to do the best work they can in school. This will increase your child's ability to learn.

**Read-Read-Read:** Success in school depends on a student's ability to read and understand what they have read. Read as a family and make this fun activity a part of your day together. You will never regret the quality time this creates with your family.

**May 2024 bring you health and great happiness!**



## Upcoming Events

No School—Teacher Workshop Day	<b>Jan. 15</b>
End of 2nd Quarter	<b>Jan. 19</b>
Winter Fun Day	<b>Jan. 26</b>
PTO Meeting, 5—6 p.m.	<b>Jan. 30</b>
Parent Teacher Conferences	<b>Feb. 14—15</b>
No School	<b>Feb. 16 &amp; 19</b>
No School Readiness	<b>March 6—8</b>

## FastBridge Testing

Each student at Washington will complete a series of computerized reading and math tests, administered one-on-one, that indicates an individual's strengths and areas needing improvement. Teachers use the information collected during the testing to plan curriculum according to each child's needs. Please help your child be prepared each day of school by ensuring a good night's rest. The testing window closes on

Wednesday, January 25th. Please make every effort to have your child in school during the month of January so they don't miss out on their testing.

**2nd Quarter Report Cards will be mailed after January 24th.**



- ⇒ MLK Day
- ⇒ WES PTO Meeting
- ⇒ Winter Fun Day
- ⇒ Photos of December's events

**Washington Principal**  
Denice Oliver

**Admin. Assts.**  
Brenda Crane  
Washington School  
281-2762

**Community Education**  
Lori Morgan  
281-5078

**Transportation Director**  
Rick Niemela  
281-5444

## Notes About Winter

### Weather Related Announcements

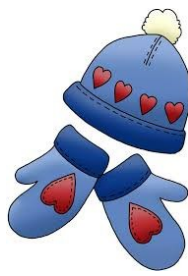
KROX—1260 AM Radio

KVLY—TV Channel 11

WDAZ—TV Channel 8

If stormy weather is eminent, please listen to these broadcasts. Always provide the school with updated phone numbers to be certain to receive automated messages.

### Prepare for Outdoor Play



Students need to wear coat, hat, mittens, snow pants and boots each day to school. Students are on the playground during recess when the wind chill is above negative 10 degrees.

When the wind chill is 10 below zero or greater during recess, children will stay inside for free choice time.

### Washington School Winter Fun Day

On Friday, January 26th, Washington School will have our annual Winter Fun Day. Kindergarten and School Readiness students will go sledding at Maplewood Park. Classrooms will offer winter-themed activities. WES PTO will provide hot chocolate to warm the students! Watch for changes due to snow and weather.



### More Important Notes



#### SCHOOL DROP OFF:

When dropping off your child in the morning, please be courteous to the drivers behind you and pull as far forward along the south sidewalk as possible. This will ensure children's safety and prevent traffic congestion. Thank you for doing the safe thing and the kind thing.

**2 Absences per month**  
**x 9 Months of school**  
**Less likely to graduate**

As early as elementary school, students who miss just two days per month are more likely to fall behind and less likely to graduate high school.

Find help at: [AbsencesAddUp.org](http://AbsencesAddUp.org)

MBK | M

**Mark your calendar!**

**The WES PTO will meet in on Tuesday, January 30th, from 5—6 p.m. RSVP for childcare by January 29th.**

**To be in your children's memories tomorrow, you have to be in their lives today.**

CROOKSTON EARLY CHILDHOOD SUMMIT  
**TOGETHER**  
everyone makes it to the top

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

TOGETHER

## Nurse's Notes

*It's that time of year again...cold and flu season! Certain symptoms in children may suggest the presence of communicable disease. Many parents and students are frequently concerned about when students should stay home or attend school. Follow these guidelines to help with this decision:*

- ◆ If your child has had a fever of 100 degrees, it's best not to return to school until 24 hours AFTER THE FEVER IS GONE, and without needing medication to keep the temperature down.
- ◆ The same 24-hour guide applies to vomiting and diarrhea. (for example, if your child vomits in the morning at home, DO NOT send him/her to school at all that day).
- ◆ If a student is not running a fever but is obviously not feeling well

enough to participate in classroom activities (such as- is excessively tired, has continual cough, has a runny nose) it is also a good idea to keep them at home. This child may need extra sleep, fluids, or medications to help with these symptoms.

- ◆ If you have a problem with day-care for your sick child or getting off work when you need to stay home with your child, please take time today to arrange your "emergency plan" to cover these days. Teachers are not equipped to care for ill students.
- ◆ Sending ill children to school also exposes the other children to your child's illness. At this age, children easily pass germs through their play and close *contact with each other.*

Please send your child back to school when they are fully recovered.

Healthy kids are better learners!



***I Care Cat  
&  
Whiskers the  
Mouse***



*Help us to remember to:*

**Do the safe thing.**

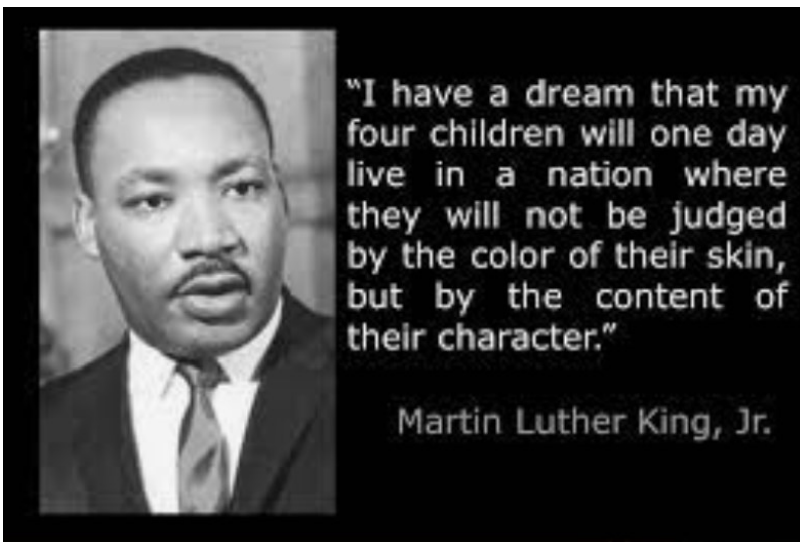
**Do the kind thing.**

**Do your best work.**

## Observance of MLK Day 2024

Class will not be in session in observance of Martin Luther King Jr. Day on Monday, January 15th. It is a time we celebrate and honor Dr. King's legacy. Aside from classroom discussions and activities, the following character words throughout January will focus on the qualities we can practice daily to help create an environment of respect for all people:

- ◆ **Perseverance**
- ◆ **Determination**
- ◆ **Tolerance**
- ◆ **Excellence**



**The Two Secrets of School Success—Sleep and Attendance!**

**You are your child's  
best teacher.**

**Behind every young child who believes in himself  
is a parent who believed first.**

# Diary of a Two Year Old

Children learn by doing. Practicing skills at each stage of development helps a child develop the cognitive, physical, social, emotional, and motor skills needed to prepare for the next stage of growth. The challenge in parenting is to allow the child time and space to practice these skills. The following blog shares the view a child may experience during a day.

“I am 2. I am not terrible...I am frustrated. I am nervous, stressed out, overwhelmed, and confused.  
I need a hug.”

## From the Diary of a Two Year-Old:

Today I woke up and wanted to get dressed by myself but was told “No, we don’t have time, let me do it.” This made me sad.

I wanted to feed myself for breakfast but was told, “No, you’re too messy, let me do it for you.” This made me feel frustrated.

I wanted to walk to the car and get in on my own but was told, “No, we need to get going, we don’t have time. Let me do it.” This made me cry.

I wanted to get out of the car on my own but was told “No, we don’t have time, let me do it.” This made me want to run away.

Later I wanted to play with blocks but was told “No, not like that, like this...” I decided I didn’t want to play with blocks anymore. I wanted to play with a doll that someone else had, so I took it. I was told “No, don’t do that! You have to share.” I’m not sure what I did, but it made me sad. So I cried. I wanted a hug but was told “No, you’re fine, go play”.

I’m being told it’s time to pick up. I know this because someone keeps saying, “Go pick up your toys.” I am not sure what to do, I am waiting for someone to show me.

“What are you doing? Why are you just standing there? Pick up your toys, now!” I was not allowed to dress myself or move my own body to get to where I needed to go, but now I am being asked to pick things up. I’m not sure what to do. Is someone supposed to show me how to do this? Where do I start? Where do these things go? I am hearing a lot of words but I do not understand what is being asked of me. I am scared and do not move. I lay down on the floor and cry.

When it was time to eat I wanted to get my own food but was told “No, you’re too little. Let me do it.”

This made me feel small. I tried to eat the food in front of me but I did not put it there and someone keeps saying “Here, try this, eat this...” and putting things in my face.

I didn’t want to eat anymore. This made me want to throw things and cry.

I can’t get down from the table because no one will let me...because I’m too small and I can’t. They keep saying I have to take a bite. This makes me cry more. I’m hungry and frustrated and sad. I’m tired and I need someone to hold me. I do not feel safe or in control. This makes me scared. I cry even more.

I am two. No one will let me dress myself, no one will let me move my own body where it needs to go, no one will let me attend to my own needs.

However, I am expected to know how to “share”, “listen”, or “wait a minute”. I am expected to know what to say and how to act or handle my emotions. I am expected to sit still or know that if I throw something it might break....But, I do NOT know these things. I am not allowed to practice my skills of walking, pushing, pulling, zipping, buttoning, pouring, serving, climbing, running, throwing or doing things that I know I can do. Things that interest me and make me curious, these are the things I am NOT allowed to do.

I am 2. I am not terrible...I am frustrated. I am nervous, stressed out, overwhelmed, and confused. I need a hug.

*A post by Mary Katherine Backstrom.*

# ECFE Activities in December



Oh the Places You'll Go class explored Castle Park.

ECFE enjoyed "Going to the Movies" at the Grand Theater which featured Curious George.



**EARLY CHILDHOOD  
FAMILY EDUCATION**



Balloon fun at Mixed Age Magic class!

Full STEAM Ahead class worked on science experiments.



The Kindergarten Polar Express tradition continued at Washington School with classroom learning, wearing pajamas to school, and watching the Polar Express movie. Right—Mrs. Wright's class poses for a photo.





# *Crookston Public Schools*

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*Washington Elementary School  
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*VOICE: 218-281-2762  
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## **Indicators of Kindergarten Readiness**

We believe that families, early childhood teachers, and caregivers all contribute to a child's readiness for a positive kindergarten experience. We understand the development of skills varies from child to child and it takes all of us working together to help children be successful in school. For children to have the best start in kindergarten, it would be beneficial for children to meet the following indicators when entering kindergarten:

- ◆ **Recognize and write the letters in their name.**
- ◆ **Name a minimum of 13 letters of the alphabet...uppercase and lowercase.**
- ◆ **Recognize and name numbers 0-10.**
- ◆ **Count objects 1-10.**
- ◆ **Be able to listen to a story and turn the pages of a book one at a time.**
- ◆ **Show independence with self-help skills such as toileting, washing hands, dressing self, and tying shoes.**
- ◆ **Is able to get along with others and use words to express their feelings.**



# Why Being Outdoors in Winter is So Very Good for Kids

by Meghan Fitzgerald

“There may not be two more important Capacities kids need for long term wellness than ***GRIT AND RESILIENCE.***”

Gina Gunderson, Parent Educator for Crookston Public Schools, solidly echoes an article written by Meghan Fitzgerald, published on the website: tinkergarten.com, “Why Being Outdoors in Winter is So Very Good for Kids.” Gina heartily agrees with Ms. Fitzgerald’s report:

“Winter offers unique sensory experiences that are inspiring and enriching for all ages. We grow more resilient when we learn to manage challenging conditions—something kids struggle with more and more.”



Alarmed by the article’s report of “studies showing that kids today spend, at best, anywhere from 50% to 70% of the time we did outdoors, adults need to make an effort to get children outdoors to play. Kids have lost 12 hours of play time out of each week since 1970— a huge loss. As a nation, we gave ourselves a D- on our US Report Card on Physical Activity for Children and Youth with more than ¾ of our kids failing to get the minimum required daily physical activity.”

“The increase in sedentary, indoor lifestyles coincides with increases in many chronic childhood health conditions, including childhood obesity, asthma, attention deficit disorder and vitamin D deficiency.”

## Exposure to nature and play provide these direct benefits:

- ◆ Kids who spend more time outdoors are more physically active, and there is no shortage of research that physical activity drives positive health outcomes.
- ◆ Doctors also know daily doses of fresh air and sunlight increase circulation, vitamin D, boost immune systems, and promote overall wellness.
- ◆ Time spent in natural settings also contributes to healthy sleep patterns in babies, toddlers and kids. And proper sleep drives all kinds of beneficial health outcomes.
- ◆ Kids who spend time outdoors get sick less often. The perception that you’ll catch a cold outside is just plain wrong. Stagnant, indoor environments are breeding and sharing grounds for all kinds of germs, and some studies show that being cold may even trigger the immune system.
- ◆ Nature and play lower stress. Time spent in natural settings is restorative and reduces anxiety for kids and for adults.
- ◆ Nature and play bring joy.
- ◆ Play in the cold gives kids grit.

The writer encourages parents to commit to trying to get outside every day this winter, even if just for a little while. **“Winter gives kids the opportunity to learn that they can manage when life gets a little challenging. They get the message that they have the resources to persist and make the best of what life hands them.”**



“There are no perfect parents, and there are no perfect children, but there are plenty of perfect moments along the way.”

- ◆ Need parenting strategies?
- ◆ Are you struggling with your child’s sleep routine?
- ◆ Need ideas on handling stressful situations?

**Gina Gunderson,**  
**Parenting Educator**  
Phone: 218-281-2762  
Email: ginagunderson@isd593.org

Receive support in the parenting journey from Gina Gunderson, Parenting Educator for Crookston Public Schools. The role of a parenting educator is to provide parent education and family support to enhance the quality of parenting, increase a parent’s understanding of child development, and work with parents to help their children learn, grow, and develop to meet their full potential. Gina’s services are available to all Washington School parents. Her schedule is flexible for meeting with parents.

**MARK YOUR  
CALENDAR!**

**ECFE classes resume the week of  
January 8th.  
Call 218-281-5078 to inquire about  
classes.**

## **Crookston’s Annual Early Childhood Screening, March 6th & 7th**

If your child turns 3 years of age by 01-01-2024 or has not yet been screened, **please contact Lori Morgan at 281-5078** to arrange your child’s screening appointment. All children in Minnesota have the right to receive a free early childhood screening. Because of the select group of professionals it takes to make this happen, please make every effort to have your child screened.

The State of Minnesota requires that all children are screened prior to entering preschool or kindergarten. The state encourages children to be screened at age 3 for early intervention. A team of teachers and health professionals will screen children in the following areas: social, emotional, developmental, health history, vision, hearing, and speech. Staff work hard to help shy or nervous children feel comfortable. More information will be released in February.

**There will be no School Readiness classes Wednesday—Friday, March 6th—8th.**



### **Early Childhood Build a Wood Project**

Calling all young carpenters (birth to five years)! Please bring an adult, a Phillips screwdriver, and a hammer to build a Project that will be useful for years to come. **Register early to save your spot** by calling 218-281-5078.

**Monday,  
January 29th,  
6—7 p.m.**