

School News

Washington School



Hot Topics

- ◆ Family Picnic—pg. 10
- ◆ Where to Play in Crookston—pg. 3
- ◆ Safe Kids Helmet Fitting—pg. 8

Important Message from Ms. Gina

It's hard to believe we are winding down the 2025-2026 school year. It's been so rewarding watching your children learn and grow this year. As summer approaches, I encourage you to keep challenging them each day. Read to them, get outside to play and explore, go on adventures, and play games to maintain what they have learned during the year to prevent the "summer slide."



Avoid the
Summer Slide

School Readiness Registration

Registration information for 2026-2027 School Readiness will be mailed to age-eligible children in the community. You must complete a registration form if you would like your child to attend next year, *even if your child is currently attending School Readiness.*

Parents are asked to use the QR code, mail or deliver the form to the office. **Do not send the form in a backpack.**

The Countdown to Kindergarten

- Talk with and read to your child every day to help your child gain the skills to be ready to learn in kindergarten.
- Make plans now to have your child fully immunized before the start of kindergarten so your child will not miss the first day of school.
- Registration Day will be Tuesday, August 11th, to complete enrollment papers.

Upcoming Dates

School Readiness Family Day, 10 a.m./1:30 p.m.	May 1
Last Week of ECFE	May 11
WES PAC Family Picnic, 5:00– 6:30 p.m.	May 11
ECFE PAC Meeting	May 12
Last Day of School Readiness & ECFE	May 15
2026-2027 School Readiness Registration Deadline	May 15
2026-2027 School Registration Day at CHS for School Readiness thru Grade 12	Aug. 11

Washington School

Community Education Director
Brandon Niebauer-Adams

Early Childhood Coordinator
Gina Gunderson

Admin. Assistant
Brenda Crane
281-2762

Transportation Director
Rick Niemela
281-5444

School Readiness Family Day, Friday, May 1st



The School Readiness teachers are planning a special event for parents and guardians of students to enjoy time with their child on Friday, May 1st. There

will be activities in the classroom, snacks, and, hopefully, great weather to enjoy time on the playground, too!

Please note the scheduled time for your child's class:

10—11 a.m.—Ms. Karen's Red Family and Ms. Kiely's Orange Family
1:30—2:30 p.m.—Ms. Brigitte's Blue Family, Ms. Carrie's Yellow Family, Ms. Jenni's Green Family, and Ms. Bobbie Jo's Purple Family.

We hope you are able to attend!



ORDER DEADLINE: MAY 11TH



<https://form.surveymonkey.com/r/244576860222454>

**SAFE
K:IDS**
GRAND FORKS



Safe Kids Grand Forks will be offering **all students** from your school the opportunity to purchase and be fitted for a helmet at a reduced price.

Click the link or use the QR code to see the helmets we offer!

Helmets will be fitted on May 13th.
We will NOT accept any orders after May 11th.

Washington Bike and Multi-Sport Helmet Fitting and Sale



Everyone enjoys a good book. Read to your kids.



HIGHLAND SCHOOL BOGO BOOKFAIR

ALL ITEMS ARE BUY ONE GET ONE FREE!

MAY 13, 14 & 15TH

WEDNESDAY, MAY 13: 4PM TO 8PM

THURSDAY & FRIDAY, MAY 14 & 15: 4PM TO 6PM

HIGHLAND SCHOOL LIBRARY

There are no "last copies" options. When it's gone, it's gone.

BOGO offers apply to EVERYTHING!

Posters, Books, Kits, Pencils, Fidgets, **EVERYTHING!**



STOCK UP FOR SUMMER READING

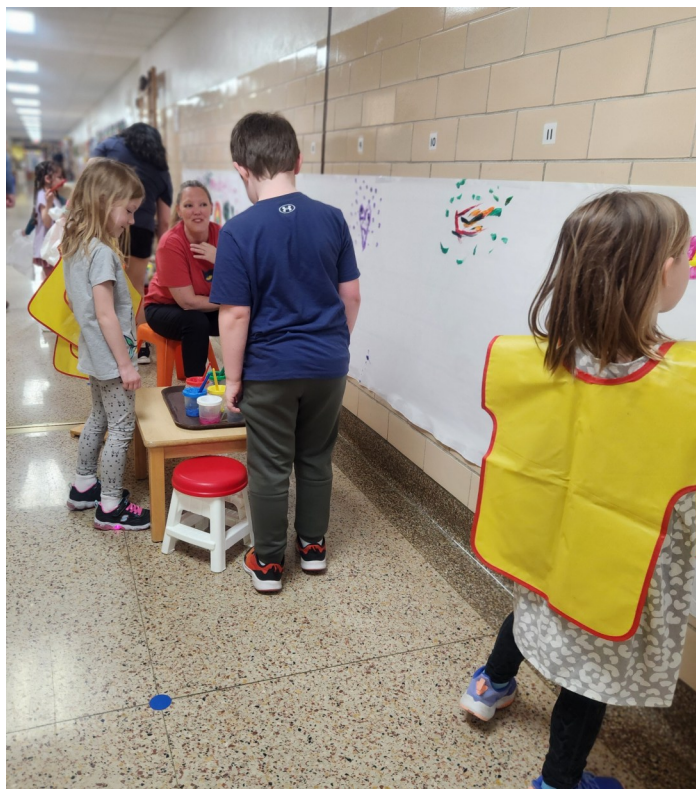


Pete the Cat Celebrated at the Family Festival!



It was all things Pete the Cat at Washington School on Tuesday, April 21. Families with children birth to eight years old were invited to an evening full of creating, learning and adventure activities based on Pete the Cat themed books. Some of the activities included creating Pete the Cat with their food, listening to a Pete the Cat story, exploring an obstacle course, an ice cream sensory table, painting, creating cupcakes, and a Pete the Cat photo booth. Informational booths were available to showcase resources our community has to offer young families, as well as answer any questions parents may have. Outside activities and the playground allowed families to enjoy the beautiful evening, too. Thank you to everyone who took part in the event!

Thank you to the Celebrate the Young Child Collaborative for planning and organizing this event – Polk County Public Health, RiverView Health, UMC, Crookston Public Schools, Tri-Valley Head Start, Our Savior's Lutheran School, Crookston Public Library, Family Resource Center. Also a big thank you to the Crookston Early Childhood Initiative for providing the food at the event! Our community is fortunate to have so many people who invest their passion and time to provide wonderful opportunities to all children and families!





EARLY CHILDHOOD FAMILY EDUCATION

The final Parent Advisory Council's final meeting will be held on Tuesday, May 12th, from 5—6 p.m. Please RSVP for childcare by noon on Monday, May 11th. The agenda will include ECFE ideas for next year and the closing of Washington School.

The staff at Washington School are grateful for the work of the PAC which provided enhancement opportunities for our students' classrooms.



Thank you to each parent for contributing to the Parent Advisory Council by attending meetings and events, assisting with projects, and financially supporting events. Your partnership makes a difference in our students' education!

More from Raising Socially Competent Kids

Dr. Gary Chapman and Arlene Pellicane discuss more on the topic of real relationship skills for a screen-driven world in their book, Raising Socially Competent Kids. The book describes how technology, though it connects people across the world, can actually separate people living in the same house, which results in showing less affection towards each other. Keep specific times of the day as "no-screen zones." Talk to each other in the car, during meals, and before bedtime.

Children draw from their supply of affection during difficult times. As a parent, choose to fill your child's life with affection by listening and responding to your child, doing household tasks together, reading with your child, and hugging your child. Children learn by example. Show your child that real face to face time is best!



Make it a goal to explore each of the **Crookston Parks** listed on the next page. Take a walk to or a walk through a park. Stop and play. Sit on a bench and read a book together. Have a picnic. What other ways will you adventure with your child this summer at a local park?



Many articles of clothing have collected in the Lost and Found bin by the entrance of Washington School. You are asked to claim the items by the last day of school. Remaining items will be donated to a charity.

Accidents Happen

Your student may need a change of clothing because of spilled milk, wet weather, or other reasons. Please send an extra set of underwear, socks, pants, and shirt with your child to keep in their locker to avoid having to bring clothing to school during the day should an accident happen.



CROOKSTON PARKS

Crookston Sports Center (801 Fisher Ave.): 2-5 Year Play Structure, Ice Skating Rinks, Artificial Turf, Sports Floor, Walking Track

Ray Ecklund Complex (Central Ave. N & Barrette St.): 2-5 & 5-12 Year Play Structure, Skate Park, Baseball Field, Softball Diamonds, Tennis Courts, Sand Volleyball Courts, Splash Pad is open 10 a.m.—9 p.m. daily, Picnic Shelter

Central Park (Central Park Dr.): Camping, Frisbee Golf, Green Space, Skate Park

Wildwood Park (Myrtle St.): 2-5 & 5-12 Year Play Structure, Green Space, Basketball Hoop, Shelters, Restrooms

Schuster Park (Memorial Dr & Locken Blvd.): 5-12 Year Play Structure, Tennis Courts, Pickleball Courts, Basketball Court, Shelter, Swings, Green Space, Picnic Tables

Castle Park (Castle St & Carroll St.): 5-12 Year Play Structure, Natural Play Space, Dog Park, Green Space, Woodland Trails, Picnic Shelter

Landslide Park (6th Street & University): Green Space, Shelter

Maplewood Park (W Loring St.): 5-12 Year Play Structure, Green Space, Picnic Tables

Alexander Park (Apple) (Alexander St & 4th Ave. NE): Swings, Basketball Court, Climbing Toys, Rocking Toys, Green Space, Basketball Court, Shelter

Wildflower Garden (S Main St & Hwy. 75 S): Gardens & Benches

Carman Park (Erskine St & 5th Ave. S): 2-5 & 5-12 Year Play Structure, Soccer Fields, Green Space, Shelter

Eugene Field (Nelson St & Woodland Ave.): 5-12 Year Play Structure, Swings, Basketball Court, Green Space, Picnic Shelter

Hoven Lane Park (Hoven Ln & Radisson Rd.): Swings, Slide, Basketball Court, Rocking Toys, Benches, Green Space

Locken Park (S Ash St & E Robert St.): Sitting Area, Green Space, Wooded Area, Trail

Riverside Community Gardens (Riverside St.): Community Gardens

Walsh Park (Walsh St, Linden Ave, and Summit Ave.): 2-5 Year Play Structure, Swings, Shelter

Evergreen Park (Evergreen Dr & Cedar Ct.): 2-5 & 5-12 Year Play Structure, Basketball Court, Swings, Green Space, Picnic Table

Stearns Park (5 Corners) (Stearns St & N Broadway): Swings, Slide, Rocking Toys, Basketball Hoop

Browns Park (Washington Ave & State St.): Picnic Table, Green Space

North Broadway Park (Spider) (N Broadway & 6th Ave NW.): Climbing Structures, Swings, Picnic Table, Green Space, Rocking Toys

Johnson Park (Stephens Dr & Radisson Rd.): Swings, Slide, Climbing Toys, Picnic Table

Crescent Park (Crescent Ave.): 5-12 Year Play Structure, Slide, Rocking Toys, Picnic Table

Old Museum Park (Washington Ave & Jerome St.): 5-12 Year Play Structure, Swings, Rocking Toys

Courtyard (N Main St & W Robert St.): Tiered Garden, Sitting Area

Town Square (N Ash St.): Event Shelter

Teach Your Children the ABCs of Good Nutrition

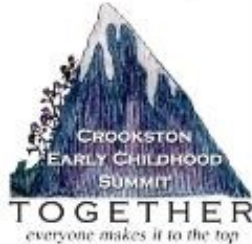


- Eat meals with your children whenever possible. Let them see you enjoying fruits, vegetables, and whole grains at meals and snacks.



- Your children should eat and drink only a limited amount of food and beverages that contain added sugars, solid fats, or salt.

- Encourage water instead of fruit juice or sugary drinks – Too much 100% juice or sugar-sweetened beverages, such as soda, juice drinks, or sport drinks, can add more calories than your child needs.



"Outside of a dog, a book is a man's best friend. Inside of a dog, it's too dark to read."

— Groucho Marx

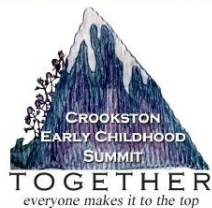


Limit "Screen Time"

The American Academy of Pediatrics recommends children under two have NO screen time and older children have no more than two hours a day.

- ⇒ Television
- ⇒ Computer
- ⇒ Movies/DVDs
- ⇒ Video games

- Turn commercial breaks into activity breaks.
- Turn off the television during mealtimes.
- Do not use screen time as a reward or punishment.



There is no music as sweet as your child's voice.

SHUT OFF THE RADIO.
TALK WITH YOUR CHILD.

CROOKSTON EARLY CHILDHOOD SUMMIT
Together everyone makes it to the top

Together is a wonderful place to be.



Too Much, Too Soon, Too Scary!



Little people are like sponges. They take everything in. Do not let them watch any inappropriate media—including R rated films. 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 Problem
- ◆ Aggression
- ◆ Violence

“Know Better, Do Better!”

Katy Smith, MN Teacher of the Year

It doesn't take money to make a memory.

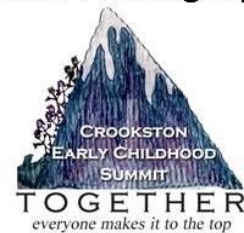


Protect Your Child from the Summer Slide



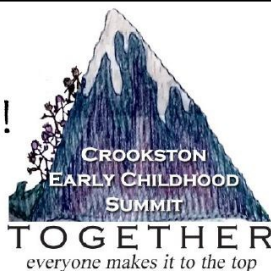
Children who don't read during the summer can lose up to two months of learning by the time they return to school in the fall.

Make summer reading a priority!



Seize the Summer with Your Kids!

- Talk, play and laugh
- Share adventures
- Embrace teachable moments in everyday life





Here comes the sun! Warmer weather means more outside activities like riding your bike, scooter, or skateboard. A few easy tips to remember:

Always wear a properly fitting helmet. Helmets are different for different activities—scootering and skateboarding are safest with a multisport style helmet. Bikers of all ages are encouraged to wear bike helmets.

Fit all helmets to the rider with a snug fit and fasten the chin strap so the helmet stays in place. Abide by all traffic laws. If your helmet has been involved in a crash – replace it.

Ride with both hands on the handlebars. Ride in single file with traffic. Stop at all stop signs and obey traffic lights.

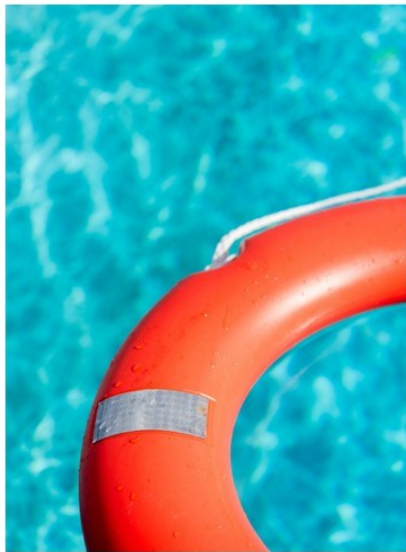


CHILD PASSENGER SAFETY



CAR SEAT INSTALLATION AND EDUCATION

One of the most common misuses our team sees with motor vehicle safety is transitioning kids too soon to the next seat up. For kids using booster seats, keep them in their seat until the seatbelt fits correctly. To determine correct fit, the young one should sit with their back against the seat back, their knees bent at the edge of the seat, their feet flat on the floor, the shoulder belt crossing at the chest and collar bone (not at the neck) and across the hip bones (not on their soft tummy muscles). If you have questions about seat belt or car seat use, please reach out to our team of car seat technicians who would be happy to help.



Drowning remains a leading cause of death for our kids. Children account for one of every four drowning deaths in the US. For every child that drowns, 5 more are treated in the emergency room for near drowning injuries. This means learning to swim and water competency is more than just a sport—it's a survival skill.

For our young students: designate an adult water watcher for young swimmers at all times, be within arms reach with young and new swimmers. Never leave a young child alone in the bathtub or in the care of another child. It is recommended that all kids have some type of water safety training by age five.

For our teens: Every year about 370 children and teens ages 10-19 drown. Many of these happen in lakes and rivers. If you haven't yet, enroll your student in swim lessons from a qualified instructor and make sure they still have adult supervision.

When enjoying the water—choose a safe place and time to swim, learn to recognize water obstacles—boat and jet ski traffic, water currents, water temperature.

Never go into the water or commit to supervising young or inexperienced swimmers while under the influence of alcohol or other substances that may impair your judgement. No matter what the skill level, never allow children to swim alone.



Altru Health System is proud to serve as the lead agency for Safe Kids Grand Forks. For more information on this and other childhood injury prevention topics, visit safekidsgf.com, call us at 701.780.1489 or email safekids@altru.org.



This information is brought to you by Safe Kids Grand Forks & our partners at MN Toward Zero Deaths.



Tips for Reading with Small Children

A Few Minutes at a time is OK. And don't worry if you don't finish the story. Young children can only sit for a few minutes for a story, but as they grow, they will be able to sit longer. You may find that your child has a favorite page or even a favorite picture. She may want to linger there for a while, and then switch books or activities. Babies may just want to mouth the book! That's okay. When you let your child explore books in the ways that interest her, the reading experience will be more meaningful.

Talk or Sing About the Pictures

You do not have to read the words to tell a story. Try "reading" the pictures in a book for your child sometime. When your child is old enough, ask him to read the pictures to you!

Let Children Turn the Pages

Babies cannot yet turn pages on their own, but an 18-month-old will want to give it a try, and a three-year-old can certainly do it alone. Remember, it's OK to skip pages!

Show Children the Cover Page

Explain what the story is about. If you have an older toddler, ask them to guess what the story might be about.

Show Children the Words

Run your finger along the words as you read them, from left to right.

Make the Story Come Alive

Create voices for the story characters and use your body to tell the story.

Make It Personal

Talk about your own family, pets, or community when you are reading about others in a story.

Ask Questions About the Story, and Let Children Ask Questions Too!

Use the story to have a back-and-forth conversation with your child. Talk about familiar activities and objects you see in the illustrations or read about in the story.




Let Children Tell The Story

Children as young as three years old can memorize a story, and many children love to be creative through storytelling.

For even more information check out zerotothree.org



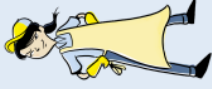
May 2026





Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:30–11–Oh, The Places You'll Go	2
3	4 10–11–Books Alive	5 10:30–11–Baby Bounce 5–6–Unplug & Play	6 10:30–12:15–Mixed Age Magic	7 4:30–6–Mixed Age Magic PM	8 9:30–11–Oh, The Places You'll Go	9
10 	11 10–11–Books Alive 5–6:30–End of the Year Picnic	12 5–6–Parent Advisory Council Meeting	13 10:30–12:15–Mixed Age Magic	14	15 Last Day of School Readiness & ECCE 9:30–11–Oh, The Places You'll Go	16
17	18	19	20	21	22	23
24	25 	26 5–School Board Mtg.	27	28	29	30
31						



MAY 2026 LUNCH MENU

Washington Elementary School



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>4 Chicken Strips (16) Potato Smiles (15) Fruit (8)</p>	<p>May 1st is School Lunch Hero Day! Thank you to all our lunch heroes for all that you do for our students!</p>  <p>5 Chicken Mac & Cheese (32) Shredded Lettuce Fruit (8)</p>	<p>6 Mini Corndogs (30) Broccoli Fruit (8)</p>	<p>7 Deli Sandwich (26) Bell Peppers Fruit (15)</p>	<p>1 Italian Dunkers (28) Marinara Sauce (5) Fresh Vegetables Fruit (8)</p>
<p>11 Chicken Burger (36) Celery Fruit (8)</p> 	<p>12 Cheese Pizza (32) Cucumbers Fruit (8)</p>	<p>13 Grilled Chicken Sandwich (28) Broccoli Fruit (8)</p>	<p>14 Hot Dog (29) Ice Cream Cup (16) Baked Beans (12) Fruit (8)</p>	<p>8 Pantakes (16) Breakfast Syrup (29) Yogurt Parfait (23) Fresh Vegetables</p>
<p>Have a great summer!</p> 				
<p>15 French Toast Sticks (38) Breakfast Syrup (29) Cheese Omelette (1) Fresh Vegetables Fruit (8)</p>				

Preschool Menu
Pre-school students will receive all items. Pre-school quantities of fruits and vegetables are a minimum of 1/4 cup each.

Prices
Students: FREE
Adult Price: \$5.00
Extra Milk: \$0.50
Lactose Free Milk: \$1.00

Daily Milk Choices
Plain Skim (11)
Plain 1% (11)
Lactose Free (11) (upon request)

Carbohydrate Count
Numbers listed in parentheses () are the carbohydrate for that item in full.

Questions?
Contact Emily Scheresky at emilyscheresky@isd593.org or 218-281-5313 ext. 7



This Institution is an Equal Opportunity Provider

All Menus are subject to change without notice due to supply chain, availability, and delivery changes.



Washington School Family Picnic

For: ECFE and School Readiness Families

Monday, May 11th 2026

Washington School Playground

5:00-6:30 p.m.

If it rains or is too cold, the picnic will be moved inside at Washington School.

The evening will include food and fun outdoor activities!!!

Hot dogs, chips, giant pickles, and chocolate chip cookies will be sold.

Raffle tickets will be available for purchase at the picnic

for a chance to win a Bike or a Themed Basket.

All proceeds from the picnic will help with the cost of educational materials for the classrooms.



\$2



\$1



\$1



\$1

Bring your picnic blanket or lawn chairs!

Water will be complimentary!



Drawing will take place at 6:15.

Buy chances to win a...



Bikes



Themed Baskets:

Art, Games, Sensory, Summer Fun, Education, Bath Time, Movie Night

Raffle tickets for sale at the door.

\$1.00 per ticket or 6 tickets for \$5.

Picnics Games and activities will include:

- Obstacle Course
- Sandbox Toys
- Scoops and Balls
- Playground Fun
- Bubble Station
- Paint the School
- Sidewalk Chalk
- Face Painting
- Hula Hoops

