Welcome February!

**Friendship: Leader In Me Habit 5 Seek First to Understand, Then to be Understood**

Some of the very most important skills learned in school are how to acquire friendships and how to learn to be a good friend. This is often a joyful time in parent’s lives, as frequently your children’s friends’ parents become your friends as well! It can also be a difficult and anxiety-provoking time for parents because there are always ups and downs and emotional bumps and bruises in the world of childhood friendships.

According to the resource betterparenting.com, people with healthy friendships in their lives are 22% more likely to live a longer life. As a parent, modeling healthy relationships is one of the best ways to teach your children how to foster healthy friendships in their own lives. Some of the best tips for helping your children navigate the “world of friendships” are:

- Talk with your children about why you value the friends you have.
- Show your children how to be a good and supportive friend. When your friend is ill, talk to your child about how you support your friendships. If you send your friend a card to cheer him/her up…have your child sign it as well.
- Admit to your child when you make a mistake as a friend and teach them how you make amends and explain the importance of saying “I’m sorry” when you are remorseful.
- Help your child recognize healthy components of relationships they are forming…“I notice when you are with Johnny, you have a lot of fun and a lot of things in common.” But also, point out when you see unhealthy aspects of a relationship you may notice…“I notice when you are with Johnny, you are not making safe choices.”

My final thought about friendships for February is, to always encourage your child to be kind. Even if they need to stand up for themselves or advocate for themselves, it can be in the spirit of kindness. “I can’t play with you right now, because this is making me feel sad or frustrated or upset.” This sort of self-advocacy recognizes that it is not a good time to play but it is not filled with blame or hatred…just that it is not feeling right or good…for now.

In elementary school, experiences build the foundation for strong reading and writing and mathematical skills…it is also the training ground for how relationships are built and fostered. My hope for your children is that they will begin to form wonderful friendships that will continue to bring them joy all the way through their educational journey. Who knows…perhaps one of those friendships formed at Seaview Elementary will end up being that friend who marches up to your child’s doorstep in a time of need and or celebration decades from now.

**School Board Presentation: Student Leaders Presenting to the ESD Board Feb. 26th 6 pm**

Several Seaview student leaders will be coming home with an invitation to present their Leadership Roles to our School Board. This is such a great way to celebrate our students and how they represent our LIM Habits! We hope that you will come support our students!

**Safetly: 7 Tips To Teach Your Kids About Walking/Biking To and From School**

1. Start early. Teach children about pedestrian safety once they start walking. Take them out on frequent walks and discuss what to do in possible situations. Educate them about how to use the crosswalk and why to look back and forth when crossing the road.

2. When can they go alone? According to an American pediatric study, children don’t fully develop the cognitive skills to safely cross the street until the age of 10. They notice a car’s color before its speed and it’s difficult for them to assess whether the car is moving. It is up to the parents to decide. “The parent knows the child the best and they can decide how safe they think their child will be”.

3. Adopt a buddy system. We suggest children walk with “walking buddies” like a sibling or a friend. Organize community walks with a group of children and have parents take turns walking the kids to school. “The larger the group of people walking, the more careful the drivers are”.

4. Choose the best route. Discuss possible walking routes with your child and pick the one that works best. Map out the cross points and the stop signs. Also, speak to your child about how to avoid possible road dangers.

5. Point out landmarks to look for like crosswalks or traffic signals. Point out the houses of people you know where they can go if they need to.
6. Store away the electronics. Explain that electronics like iPods and cellphones should stay in their bag while walking to school. Also, explain that wearing earphones or texting while walking is distracting.

7. Stay alert. Stress to your children that it is important to be alert and aware of their surroundings. Explain that they need to always be prepared and follow safe habits such as crossing at crosswalks, crossing with crossing guards, looking before crossing the street and stopping at the light. Report unusual incidents to the office as soon as possible.

**Report Cards will be sent home with students Feb. 6, celebrate them for everything that they are!**

Saying and doing the right thing now can help your child build on their successes and overcome their obstacles in the years to come. Remember every child is different. Highlight their strengths. Ask questions, about the process/work that earned their scores. Set a new goal for any specific obstacles that have come up. If you do not understand the reasons for your child’s results, contact their teacher. We will always make time to meet with you!

**Attendance Reminder**

Please be at school every day that you are well! Attending school daily is important for student learning. Just call the Seaview office at 425-431-7383 and press 1 for attendance.

**ODC: Check out our Outdoor Classroom**

Every day we see new building happening in our Outdoor Classroom! From foundations to sidewalks, pavers to pillars we are on our way to outside learning this spring.

**Educationally yours,**

Heather Pickar, Principal

**PTA News**

The next General PTA meeting is February 12, 2019 from 7:00pm – 8:00pm and the Neon Dance is Friday, February 22nd from 6:30pm-8:00pm.

Any questions please contact us at seaviewpta@gmail.com

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**Leader in Me Parent Information** *(Source: Leader in Me Parent’s Guide and The 7 Habits of Highly Effective Families)*

**Habit 1: Be Proactive** means to take responsibility for your choices and behaviors. Habit 1 is the key to all of the other habits. Be Proactive says, “I am in charge of my own life. I am responsible for whether I am happy or sad. I can choose how I react to other people or situations. I am in the driver’s seat.” Young children can easily learn to understand that different choices yield different results. The goal is to teach them to think about those results before they decide what to do. Discussions can focus on taking care of themselves, taking care of their things, reacting or not reacting to others’ behavior, planning ahead, and thinking about what the right thing to do is.

With your child, think of ways to **Be Proactive at home**.

**Younger-Child Activities**

Most of us react to a situation immediately, without taking time to think about the results of our actions. Part of Be Proactive is being able to stop and think before we act. With your child, do some role-playing to practice the skill of stopping and thinking in different situations. Your goal in these role plays is to encourage your child to stop and think before reacting. Use the following ideas to get started, and then think of some that can be immediately applicable to your child’s life.

1. *(In this role play, you should play the part of your child’s friend.)* Say that you have a new best friend who lives close to your house and you don’t want to play with him or her anymore. Apologize and then wait for your child’s reaction. Discuss with your child the results of a positive reaction versus a negative (hurtful) reaction.
2. *(In this role play, you should be your child’s sibling.)* Tell your child that you broke his or her favorite toy by accident. Tell him or her that you don’t think it’s a very big deal because he or she has many toys. In this role play, help your child practice the skill of stopping and thinking before he/she reacts. How can the discovery of the broken toy be handled in a positive manner?
3. *(In this role play, you should play the part of your child and your child should play the part of you.)* Tell your child that you are “sooooo bored” and there is nothing fun to do. Complain that no one wants to play and that he or she (as the parent) needs to amuse you. In this role play, discuss with your child that we are all responsible for our own choices; having the freedom to choose based on values rather than moods or conditions.

**Habit 2: Begin With the End in Mind** means to think about how you would like something to turn out before you get started. Reading a recipe before cooking or looking at a map before leaving on a trip is beginning with the end
Younger Child Activities

1. Habit 2 provides a good base for activities around goal setting. As a family (or with an individual child), choose an area that needs improvement. The area of improvement, or the broad goal, becomes your end in mind. Then think of specific steps that will lead to achieving this goal. For example, if the goal is to improve as a reader, specific steps may include reading a certain amount of time every day or working several times a week to improve fluency.

2. Ask your child if there is something special he or she would like to buy, then help your child plan how much money he or she will need to save and how long it will take. Discuss ideas for earning extra money like doing additional chores and helping around the house.

3. Create a “wants” and “needs” collage with your child. Cut out pictures of various items (toys, candy, vegetables, cleaning supplies, appliances, books, etc.) from a magazine and then ask your child to paste them under the correct column of “wants” or “needs”. Discuss why he or she chose to put the items in the respective columns.

Attention 4th Grade Parents

Seaview Elementary will participate in the National Assessment of Educational Progress (NAEP) on February 27th, 2019. NAEP is administered by the National Center for Education Statistics, within the U.S. Department of Education. Not all students will participate and the selection of which 4th graders will take the test is completely random. Please contact Principal Pickar at pickarh@edmonds.wednet.edu with any questions.

Attention 5th Grade Parents

If your child is 11 years of age or older, they will need a Tdap before entering 6th grade. They can get it any time after turning 11 years old. Getting a Tdap can keep your child from getting whooping cough and stop it from spreading to younger children or those who cannot get vaccinated due to medical reasons. Please provide the office staff with the date your children received the Tdap or documentation from their provider as soon as they receive this important vaccination. Thank you! Thesa Hudson, RN Seaview School Nurse

Parking Lot Safety

Parents, we ask that you drop off your children at the front entrance of the school. The back entrance is left clear for staff and departing buses. It is a very narrow street and having back and forth traffic is dangerous when cars and buses may be coming in both directions. Also, please do not leave your vehicle unattended in the parking lot unless you are parked in a designated spot. We need to keep traffic flowing as smoothly and quickly as possible. Lastly, we remind you that the school zone speed limit is 20 mph during morning and afternoon school times. All other times the maximum speed is 25 mph. Our school neighbors appreciate your attention to community safety. Thank you for keeping the safety of students a top priority.

KEEP THOSE CALLS COMING

The office staff greatly appreciates the phone calls from parents regarding student absences. This communication saves the office staff time and prevents confusion. Just call the Seaview office at 425-431-7383 and press 1 for attendance. Thanks for your efforts!! Remember that you can check your student’s attendance on Skyward Family Access. This is a quick and easy way to keep track of information pertaining to your child, including their meal balance.
## FEBRUARY CALENDAR

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>4</td>
<td>New Parent/Family Tour – 8:00am</td>
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<tr>
<td>6</td>
<td>Report Cards Sent Home w/students</td>
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<tr>
<td>7</td>
<td>Donuts for Dads – 7:30am</td>
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<tr>
<td>7</td>
<td>PTA Meet &amp; Greet 3rd Gr. – 7:30am</td>
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<tr>
<td>11</td>
<td>Kick off to Kindergarten – 6:30pm</td>
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<tr>
<td>12</td>
<td>PTA Meeting – 7:00pm – 8:00pm</td>
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<tr>
<td>14</td>
<td>PTA Meet &amp; Greet 4th Gr. – 7:30am</td>
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<tr>
<td>15</td>
<td>Early Release – 11:00am</td>
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<tr>
<td>18-19</td>
<td>NO SCHOOL- President’s Day Holiday</td>
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<tr>
<td>20</td>
<td>5th Grade Orchestra Concert – 7:00pm</td>
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<tr>
<td>21</td>
<td>PTA Meet &amp; Greet 5th Gr. – 7:30am</td>
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<tr>
<td>21</td>
<td>NW Quad Band Concert @ MHS-7:00pm</td>
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<tr>
<td>22</td>
<td>Equity Team Meeting – 6:30pm – 7:30pm</td>
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<tr>
<td>22</td>
<td>PTA Neon Dance-6:30pm – 8:00pm</td>
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<tr>
<td>28</td>
<td>PTA Meet &amp; Greet 6th Gr. – 7:30am</td>
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### Kick Off to Kindergarten

An informational night for parents of students starting Kindergarten in September 2019  
**February 11, 2019**  
6:30-7:30 pm  
@ Seaview Elementary  
(your “assigned” home school)

**Kick Off to Kindergarten will:**
- Go over the “nuts & bolts” of the registration process
- Provide you with general information about Kindergarten
- Parents will receive a registration packet to complete at home—the first date you can return the packet to your school is **March 6, 2019**
- While no school tours will be available at “Kick-Off,” you will have the opportunity to tour the school on a future date
- Your Kindergarten student is welcome to attend, but the meeting is really for parents (child care for children aged 3-7 is available at no cost)

We encourage parents of all new kindergarten students to attend this important evening!

*Each student in the Edmonds School District is assigned to a school by address. Please go to www.edmonds.wednet.edu to access Neighborhood School Finder to find out which Kick Off event you should attend, or call 425-431-7176.*

*Students eligible to start Kindergarten in September 2019 must turn 5 years old by August 31, 2019. Call 425-431-7176 for information about Early Entrance for students born between September 1 and December 31, 2014.*
Early entrance into Kindergarten or first grade for the 2019-20 school year may be possible for students who turn 5 or 6 years of age between September 1 and December 31, 2019. Please contact Shelley Roehl at 425-431-7176 or roehls@edmonds.wednet.edu for additional information, or go to www.edmonds.wednet.edu to review the process and download a parent packet of information (Families/Registration-Enrollment/Early Entrance).

Kindergarten/New Student Registrations 2019

Do you have a student who will be 5 years old by August 31, 2019, or an older student who will be new to the Edmonds School District in September 2019? If so, registration season for the 2019-2020 school year will begin on March 6, 2019.

What you’ll need to register:
- Proof of residency: a recent lease, rental, or mortgage statement, or a utility bill from (PUD, gas, water, or garbage)
- Your child’s registered birth certificate (issued by the state/county of your child’s birth)
- Recent immunization history
- Names/addresses of 2 emergency contacts

Except for proof of residency, please start the process even if you are missing the other items listed above. If you don’t have a registered birth certificate, you may obtain one at for a fee through the Snohomish Health District, Vital Statistics. You may go in person to 3020 Rucker Ave. Suite 102, Everett and get a certificate immediately, or order online at www.vitalchek.com.

Our school’s registration hours are: 8:30am-3:00pm.

Packets to complete at home are available starting February 12th during the hours shown above. Even if you already have a student at our school, we will need to see recent proof of residency before we can accept a completed registration packet.

Our school offers full time kindergarten:
- Students attend 5 days a week the same hours as students in grades 1-6

If your child won’t turn 5 (kindergarten) or 6 (first grade) by August 31, 2019, please call 425-431-7176 for information about early entrance testing.