



SEAVIEW SHARKWATCH

Seaview is a community school that nurtures children encourages responsible citizenship and inspires lifelong learning in an environment of mutual respect.

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Principal: Heather Pickar
Assist. Principal: Julie Echols
Editor: Leslie Bennett

Seaview Elementary
8426 188th St. SW
Edmonds, WA 98026
Office 425-431-7383
Attendance 425-431-3517

Dear Seaview Families,

Welcome to the 2018-2019 school year!

I hope you enjoyed a wonderful summer. I also hope you are recharged and ready to start a new school year. I am so delighted that you are part of our amazing learning community. I welcome and value your positive energy and dedication to excellence in education, and I look forward to working with you and your children.

All signs point to another incredible and productive school year. Our skilled and devoted staff is already planning and preparing for your children. Our enthusiastic office team is still registering new families, ordering needed materials and updating student files. Our hard working and conscientious custodians have spent the entire summer thoroughly cleaning the facility. And, our much-appreciated PTA is welcoming families, providing volunteer opportunities, and offering many other exciting events and programs. We are indeed a joyful and caring community with the common goals of S-Striving for Success, W- Working Together, I- Inspiring Others, and M- Making a Difference!

A warm welcome to our new Seaview families. I look forward to meeting and working with you. It was wonderful to see so many parents at our **Seaview Curriculum Night**, on September 27th. Right now, teachers are working with parents to schedule conferences for the week of October 22nd. Both of these events are great opportunities for communication between teachers and families.

This year we are working to improve our daily, on-time attendance as a whole school and for EACH Seaview Shark. Our motto is "at school, on time, every day (that you are well)." To start us out, we are including some practical tips to help get your child to school on time. Check them out and try one or two out for your family!

TOP TEN TIPS to Get Your Child to School on Time

10. Know what "on time" means.

Our campus opens at 7:40am, classroom doors open at 7:50am, and class begins at 8:00am sharp. Your child is to stop in at the office for a pass if they arrive after 8:00am.

9. Know why it matters to be on time.

In the first few minutes in your child's class they might talk through the schedule, complete classroom jobs, turn in homework, put away and obtain materials, do the Flag Salute, take lunch count, start a morning meeting and get rolling in the routine of the day. Missing any part of this is a big deal!

8. Consider eating breakfast at school.

Mrs. Ball is ready for you to come eat a hearty breakfast in the MPR beginning at 7:40am each morning. Your child may even qualify for free or reduced priced breakfast - check in with the office about this program.

7. Consider taking the bus.

If you live more than a mile from school you can ride the bus to school. It is a good, predictable way to go. The bus gives you a chance to get your child ready and we take it from there -our friends in Transportation get our students to school on time, like clockwork! If your child has not tried it, now might be the time!

6. Start an evening routine.

This might include your child setting their backpack by the door, putting their homework in the backpack, and getting pesky items like shoes and coat ready by the door as well. Could you get lunch and breakfast set out before you head to bed? Then follow this routine up with getting to bed at a good time. School and play are hard work and students need more sleep than you might expect!

5. Establish a morning routine.

You might consider a checklist or a schedule with simple pictures of the step by step of the routine. If you don't want to be getting your child ready for work when he's 21, this is a great step toward independence and a tool that can help him get there! An alarm clock is another powerful tool and makes you less of the enemy at wake-up time! Most devices have alarms on them as well. Give it a shot!

4. Trick yourself!

Set the clock on the microwave or in the car a few minutes fast so you can leave some flex time for yourself and your child. This may work for a chronically late spouse or partner as well!

3. Have a Plan B.

What should your child do if they wake up before you do? What will you do if your car won't start? What about if you are too sick to drive your child to school? Plan ahead for these scenarios and you'll have less stress!

2. Empower your child to do their part.

Whether they are in Kindergarten or 6th grade, typically developing or with a disability, your child CAN and SHOULD have some ownership in their daily routines. If your child can't yet tie their shoes, choose a breakfast item or select an appropriate outfit, think about how over time, with guidance and feedback, they CAN do it! I have heard it said, "Your child will be as independent as you allow them to be!" Let's add, as independent as you allow, expect and guide them to be!

1. Do your part as an act of LOVE.

Often times, it's our actions as adults that cause our students to be late to school. Think about the times that you have been late to a meeting at work or a doctor's appointment and how that made you feel. It can throw off your whole day, can't it? Make it a priority to get your child to school on time to show them that school is important to you but more importantly that THEY are important to YOU!

Always know that we are here to support you and your children! Together, we are off to an AMAZING new school year, GO SHARKS!

Heather Pickar, Seaview Elementary Principal

Seaview Elementary would like to notify you of our procedure for ABSENCES

Seaview uses an automated phone call system for absences. IF your child is not at school AND you have not reported the absence you will receive a phone call around 11:00am to let you know that your child was marked absent and that you need to call the school to clear the unexcused absence. The call will go to the primary number that we have on record.

Steps for reporting an absence:

Call the school attendance line at 425-431-3517, before 8:30am or send an email to kellihere@edmonds.wednet.edu. Please provide the following information: Child's name, teacher and reason they are absent.

You can view our attendance policy online at <http://www.edmonds.wednet.edu/families/attendance>.

If you don't call or email, please send a written note when your child returns to school. The note must be received within two days of the absence or tardy. The note should include the date or dates of the absence or tardy, the reason, and the parent/guardian signature.

What can I do to make things go smoothly? It is important on your end to make sure we have the most up-to-date phone number. Please let our office know if any of your phone numbers have changed. You can also check with us to make sure that your primary number is up-to-date. The primary number is the number that is used for automated calls. Our office number is 425-431-7383.

What if I get a phone call but my child went to school that day? Don't panic, glitches happen. Please call our office to make sure that your child made it to school and so that we can look into the reason why you received the call.

Celebrate Schools 5K

October 6, 8:00 am Alderwood Mall at Loews Theater

Ages 0-12 \$7 | Ages 12-18 \$15 | Ages 18+ \$25

[Registration](#) is open for the 10th Annual [Celebrate Schools 5K](#) sponsored by Virginia Mason and presented by GGP/Alderwood Mall and the City of Lynnwood. This year's event has a Halloween theme complete with a costume contest. Schools will be competing for team prizes from Old Spaghetti Factory, Red Onion Burgers and Lynnwood Bowl and Skate as they battle to be the largest school team. School teams with 20+ participants will also get a share of 50% of the event proceeds; the larger the school team, the larger their slice of the proceeds pie.

[Online registration](#) is available (credit card processing fees apply) or pay by cash/check with a paper registration form. Same day registration is also available starting at 7 am at the event. Fees for adult registrations increase to \$35 on October 5, so be sure to register today for this fun-filled community event that raises funds for our schools!

Questions? Please contact the [Foundation](#) or visit the [event page](#) for details

NEWS FROM JULIE KEATING YOUR SCHOOL NURSE

YOU CAN HELP STOP THE SPREAD OF FLU. You can help prevent the spread of any flu virus by washing your hands often with soap and water, especially after coughing or sneezing; by covering your mouth and nose with a tissue, or by coughing or sneezing **into your elbow or shoulder** rather than your hand; and by getting your family vaccinated. If a person does get sick, the medical experts say the best thing for him or her to do is stay home at least 24 hours after the fever has passed without the use of fever reducing medication.

The Shark Café is pleased to continue our seating practice related to nuts and nut allergies. Each classroom has two assigned tables in the Shark Café. The table closest to the stage area for each classroom is noted as a “NO NUTS” table for students who have purchased lunches (Foodservice does not knowingly put any peanut products in school lunches) and for students who have brought a lunch without **any nut** products. Having this practice allows students with nut allergies the opportunity to sit with their own classmates. Thank you for communicating with your child when you have packed a lunch with nut products.



**Seaview Elementary Physical Education - PE
Parent Information Letter**

The Seaview Physical Education curriculum is designed to help students acquire the skills and knowledge necessary to develop and maintain a healthy and active lifestyle. It is our goal for every student to have the best possible experience in class. Your child should come to class ready to participate and learn, prepared with appropriate shoes and clothing, and a positive attitude.

Shoes and Clothing

You can ensure your child’s success and safety this year in PE by making sure they have proper footwear and clothing on the days they come to the gym. Closed toe tennis shoes are required to participate during PE. We do a variety of activities including running, kicking, jumping, hopping, turning, and landing. Shoes with a raised sole, heels, flip-flops, rain boots, snow boots, slip-ons, sandals, or anything with an exposed toe will not be allowed for safety reasons.

Please ask your child what days his/her class has PE so you can help them remember to wear tennis shoes or put a pair in their backpack to change into for class.

Illness or Injury

If your child is ill or has sustained some type of injury and you do not want him/her to physically participate in PE that day, please send a **WRITTEN NOTE** along with them to school. If your child went to the doctor for their illness or injury or will not be able to participate for more than a week, please send a doctor’s note stating when they can return to activities or any modifications needed.

Thank you for taking time to review our class expectations. Please feel free to contact me at any time with questions or concerns.

Curriculum

The Seaview Elementary P.E. curriculum is based on the Washington State Learning Standards as well as the National Association for Sport and Physical Education (NASPE) standards. To learn more about the state and national standards for health and fitness please go to the following websites:

Washington State: <http://www.k12.wa.us/healthfitness/Standards.aspx> (Adopted in 2016)

NASPE standards: <http://www.shapeamerica.org/standards/pe/>

Grades

Students in grades K-6 receive a “**SKILL**” grade and an “**EFFORT**” grade each Semester.

The **SKILL** grade is based on the above standards. The **EFFORT** grade is based on behavior, sportsmanship and being prepared for PE with the correct attire. As a teacher I recognize that children are at different developmental levels, with a variety of needs and interests. For this reason in every class I attempt to provide all of the children with experiences that are both beneficial and enjoyable. Each lesson is also adjusted to take into account the wide range of skill and fitness levels that characterizes children in elementary school. Please feel free to contact me with any questions regarding PE.

Sincerely,
Maria. Jackson
jacksonm@edmonds.wednet.edu

COUNSELOR NOTES

Conflict or disagreement is normal and often happens when children get together. However, hurtful words, gestures, or physical attacks are unacceptable ways to deal with conflict and disagreement at school.

This school year, Seaview students will be learning or revisiting problem solving guidance lessons from the curriculum Kelso's Choice (grades kindergarten to 2nd grade). Seaview is teaching Kelso's Choice to help students develop skills needed to solve developmentally appropriate conflicts. Students will learn to distinguish between big problems (those that are unsafe, dangerous, against the law, or cause them to feel unsafe or frightened), and small problems. The solution for big problems is to report them to a trusted adult as soon as possible. If it's a small problem, students are encouraged to try at least two of the nine problem-solving strategies before reporting the problem to an adult. If, after two attempts the child is unsuccessful at solving the problem, it is time to ask an adult to help.

Problem-solving strategies include:

1. Go to another game or activity.
2. Share and take turns.
3. Respectfully talk it over and listen to each other.
4. Walk away from the problem.
5. Ignore the problem behavior.
6. Tell the person to stop the problem behavior.
7. Apologize.
8. Make a deal or compromise.
9. Wait to cool off.

By using this plan, we believe that our students will develop effective problem-solving skills that they can use again and again. It will help them to deal with conflict in a positive manner and to make appropriate decisions. Knowing what to do will help students reduce the stress and number of conflicts they have at school and in their neighborhood.

Charts illustrating ways to deal with conflict are posted throughout the classroom and school so that all children will know their choices. We encourage you to become familiar with this program and use it in your home. By working together, we can develop healthy life skills for young people to use at home and at school. Please contact me if you have any questions about this problem solving approach.

Melissa Falleroni and Logan McAuley, School Psychologists

OCTOBER CALENDAR

5	SVE SHARK RUN	19	NO SCHOOL-Non Student Day
6	ESD FOUNDATION 5K	22-26	Early Dismissal-11:00am-Conferences
8	Student School Photos	26	PTA Fall Dance -6:30pm-8:00pm
9	PTA Meeting-7:00 pm-library	29	7 Habits Assembly-1:35pm
9-10	Hearing Re-checks		

