

Welcome Back!

We are so happy to be back with you all and be learning! All our Salish Staff hope you had a wonderful break with your scholars, family, and friends. Happy New Year to you all!

Please stay connected with Flash Alerts, so you will know what is happening in these winter months as the weather changes. Here is a link to get the updates:

https://www.bing.com/ck/a?!&&p=16ae72d3be24a459JmltdHM9MTY3MTU4MDgwMCZpZ3VpZD0y YzYyOTMxOC0xYTljLTZlYTMtMTc5OC04MmU2MWU5YzYwZjUmaW5zaWQ9NTE3Ng&ptn=3&hsh=3 &fclid=2c629318-1a9c-6ea3-1798-

82e61e9c60f5&psq=flash+alert&u=a1aHR0cHM6Ly93d3cuZmxhc2hhbGVydC5uZXQv&ntb=1

This month, specifically

We have many amazing things happening at Salish Ponds, and we love to have you part of the activities!

PTO!

Salish Ponds has a PTO (Parent Teacher Organization) and we want YOU to join us! Parents for Salish Ponds is a growing group of parents working to support our students, teachers, and school community by organizing events, fundraising, and staying informed about school and district needs. Want to be involved? Here are two ways to participate:

- 1) Come to our next in-person meeting! <u>Tuesday, January 23rd at 4pm</u> (either in the SUN room or library). Please <u>RSVP to parentsforsp@gmail.com</u>. In order to make the best use of our limited time, we will have an agenda of tasks to work through which we will send out in advance via email. If you can't make it to the January meeting, keep an eye out for February meeting dates, which will include at least one Zoom meeting.
- 2) Join our community business directory! If you are a business-owner in our community, we'd like to include you in our upcoming community business directory. Email parentsforsp@gmail.com with your business name, website, address/phone, and a 1-2 sentence description. Items are due by the end of January for inclusion in the February newsletter.

Immunization Exclusion

Exclusion day for the state of Oregon is Wednesday, February 15th. Letters will be mailed to parents whose children are not up to date or whose records are incomplete. If you receive a letter, please update your information as soon as possible to avoid your student being excluded from school. If you need help locating a health care provider or clinic, please contact our school Nurse Pham Tram.

Counselors Corner!

Happy New Year!

Welcome back Dragonflies!

We hope you all had a restful and meaningful Winter break. We look forward to seeing you all as we kick off 2024 with our theme of Resilience! We define resilience as the ability to bounce back from difficult situations or challenging times. Challenges like starting a new school or falling off your bike while learning how to ride are part of our growth. Experiences that feel like setbacks provide us with opportunities to learn, problem-solve, and build our confidence! Resilience is the ingredient that reminds us that we might not have met our goal YET!

Here are some resources to continue the conversation at home!

Grades K-2 Books
After the Fall by Dan Santat
I Choose to Try Again by Elizabeth Estrada
I Can Do Hard Things: Mindful Affirmations for Kids by Gabi Garcia

Grade 3-5 Books

The Bad Guys in the Baddest Day Ever by Aaron Blabey Whatever After: Bad Hair Day by Sarah Mlynowski I, Cosmo by Carlie Sorosiak

If you or your family are in need of any resources to help your student be successful in school, please reach out to the school social worker, Michael Vanpool. Email: mvanpool@rsd7.net or call/text: 503-808-1276.

Please feel free to call us if you have any questions or concerns as well: Arianne Delos Reyes, K-2 School Counselor, adelosreyes@rsd7.net, x3008 or Virginia Rose, 3-5 School Counselor, vrose@rsd7.net, x3037.

Family Potluck!

We are starting our potlucks again! Our first of the new year will be on Thursday, January 25th. Please feel welcome to join us with a dish to share with others and come together for a meal. We hope to make this a monthly event and would love to have you there!

State Testing Opt Out

State standardized testing will start at Salish Ponds soon. If you do not want your student to participate in the state testing this year, please contact the school so we can provide you with further information. The opt out form will be online soon.

https://www.ravnolde k12 or us/district/parant-ont-out-and-evamption-quidalines-state-tasting

The ELPA (English Language Proficiency Assessment) will open on January 9th. Your child's attendance during our testing times will be imperative for the success of their completion and results.

If you have other questions, you can contact Mrs. Bentley or Mrs. Stevens.

Cultural Awareness: World Religions Month

In January we will be learning about World Religions and celebrations.



Building Resilience!



Resilience is key!



Keep going strong. You can do anything!

Toys

Toys can be a disruption for the learning of oneself and others. We ask that toys do **not** come to school with your scholar. This leads to emotional struggles, attachment, and loss. As adults, we know things get lost and broken, and we don't want that for your scholar during a learning day/time.

Please check with your scholar's teacher about any days where toys will be brought to school, there are special days for this in some classrooms. Until then, please keep them home, where they are safe and ready for your scholar to play with after school. Thank you for your support on this!

Valentines Day

Valentine's Day is around the corner and we wanted to remind everyone that Salish Ponds is a candy and sweets free school. Please remember that these items should not be used on cards or other holiday gifts. If you are looking for prizes remember items that can be helpful to our students at school are always welcome (pencils, erasers, pens, etc.)

Being at School Matters!

Did you know students who attend school regularly are more successful academically and have a better chance of graduating high school? When students are out, they miss the consistency and connection of their friends and class, too. Being a regular attender means <u>missing no more than two days</u> each month!

But what should you do if your student is sick? Students can go to school if:

- They have a runny nose or little cough, but no other symptoms.
- They haven't taken any fever reducing medicine for 24 hours and have been fever-free during that time.
- They haven't thrown up or had diarrhea for 24 hours.

If the above isn't true, keep students at home and call the office or send a Parent Square message so we know why your student is missing school.

Check out the Everyday Matters toolkits for families for support.

Oustide Recess

We will continue to take our classes outside as much as possible for recesses. Please remember to send your student to school with clothes to be outside.

Upcoming events in January!

January

- 2nd: No School- Staff workday
- 8th: Assembly: Student of the month, LifeSkills acknowledgement
- 9th: Parent snacks with Stevens, SUN Room 4:10-4:35pm
- 15th- No School, Holiday
- 16th: Winter SUN begins.
- 21st: Whole School Assembly-Golden Awards
- 23rd: PTO Meeting, SUN room, 4pm
- 25th: Family potluck, 5:30-7pm, in the Cafe. (This is OPTIONAL)
- 29th No school, planning/grading day



We are the Salish Ponds Dragonflies!

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