

Salish Ponds Elementary

January, 2023

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=16ae72d3be24a459JmltdHM9MTY3MTU4MDgwMCZpZ3VpZDQyYzYyOTMxOC0xYTljLTZIYTmtMTc5OC04MmU2MWU5YzYwZjUmaW5zaWQ9NTE3Ng&ptn=3&hsh=3&fclid=2c629318-1a9c-6ea3-1798-82e61e9c60f5&psq=flash+alert&u=a1aHR0cHM6Ly93d3cuZmxhc2hhbGVydC5uZXQv&ntb=1>

In the month of December, our attendance rate was higher than the previous months! We want to continue to build on your scholar being at school, feeling valued and seen, supported in their academics, and being resilient! Dragonflies get through anything and everything together! With your support, we want to continue to learn, listen, and grow our scholars. We encourage you to talk with your scholar's teacher about any concerns you may have, or supports you need. We are better together!

PTO!

We have some families who would like to create a Parent Teacher Organization (PTO). If you are interested in being a part of this, please reach out to Mrs. Stevens and Mrs. Rose

rjones@rsd7.net and vrose@rsd7.net

We look forward to supporting our scholars!

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!

January - Resilience

Happy New Year!

We are so excited to begin 2023 with you all! As we think about how we want this new year to look, we lean on what we have learned about inclusion and optimism, and how we can integrate these new learnings more intentionally.

This month, we highlight resilience and our ability to bounce back after experiencing a disappointment, difficulty, or a failure. These past few years have been a testament to the resiliency of our community and the work we continue to do to empower each other. Our hope is to work alongside families and teachers in modeling what this means and why it is so important!

Resiliency comes when children know it's safe to make mistakes. Have these conversations at home so your student knows there are many safe spaces to be resilient! Here are some questions you can ask at home:

1. If you lose your basketball game, what would you do to cope with the disappointment?
2. What would you feel if you failed a test after studying well? How would you cope with your emotions?
3. How would you react if your sibling tore the drawing you worked hard on?
4. How do you feel about being put down by people? How would you stand up for yourself?
5. What would help you keep going when you face adversity in life?
6. What was the toughest thing that happened in your life? What did you learn from it?

You know your student best, tailor these questions that fit to them and their experience.

With the New Year, we think about the connection between resolutions and resilience. Be intentional about goals you hope to achieve. Acknowledge that it is okay to start small. Give yourself grace and celebrate your growth!

1. Think of your resolution as a goal.
2. Set small goals first. For instance, if you want your student to be a stronger reader, start them reading 10 minutes extra per day. In addition, you read too, whether you read with them, or read the newspaper or a magazine or your own book. Then build up to more minutes next month. Start small and you are more likely to reach your goal and so are they.

Please feel free to contact us if you need any help or more information: Puka Ahina, Social Worker, x3008, Arianne Delos Reyes, K-2 School Counselor, x3016, Virginia Rose, 3-5 School Counselor, x3037

Freedom of Expression

Coming into the new year, we want to support students in expressing their feelings, without causing harm to anyone around them, an atmosphere free from assault, (verbal and physical) name-calling, profanities, obscenities, racial or ethnic slurs, ridicule, threats of physical harm, harassment, and privacy invasion, discrimination or other forms of disenfranchisement. Students also have the freedom to express their feelings for friends, staff, or anyone else in an appropriate manner.

Please refer to our student handbook on this policy:

<https://www.reynolds.k12.or.us/district/student-handbook#freedom%20of%20expression>

Family Potluck!

We will be having another potluck on Thursday, January 26th. 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 the appropriate form.

The ELPA (English Language Proficiency Assessment) will open on January 17th. 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.

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 missing no more than two days 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.

Outside Recess

We will continue to try and 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!

- 4th: Scholars back to school!
- 5th: PBIS School Assemblies K-2 @ 12:30-1pm, 3-5th @ 11:10-11:40 AM
- 9th, 23rd, and 30th: Late start days
- 16th: Martin Luther King Day- No School
- 26th: Family Potluck, 5:30-7 PM
- 30th: No School- grading day



We are the Salish Ponds Dragonflies!

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🌐 reynolds.k12.or.us/salish

