



One community
One school
One family

Mustang
STRONG



ATTENDANCE



Facts

- Poor attendance can influence whether children read proficiently by the end of 3rd grade or be held back!
- By 6th grade, chronic absence becomes a leading indicator that a student will drop out of high school!
- Research shows that missing 10% of the school, or about 18 days, negatively affects a student's academic performance! That's just 2 days a month!
- When students improve their attendance rates, they improve their academic prospects and chances for graduation!



If at any time your child is not attending school, please contact the school office 509-732-4430.



Attendance Works

Advancing Student Success By Reducing Chronic Absence

There are 21 school days in January.

Chronic Absence (10%) = missing 2.1 school days this month. That's 133.5 hours of learning lost.

There are 19 school days in February.

Chronic Absence (10%) = missing 1.9 school days this month. That's 120.5 hours of learning lost.

Students daily hours at school in a week = 31.9 hours

FEBRUARY REMINDERS

If your child is sick - please keep them at home!
A fever is 100.4 degrees.



Did you know?

School begins at 9:30 on Monday's
Students are tardy at 9:25.

School begins at 8:30 on Tue-Fri's
Students are tardy at 8:25.

School Board Meeting - Jan. 25th @
6:00pm - school library

Mid-2nd Trimester is Jan. 26th.

World Read Aloud Day - Feb. 1st
Groundhog Day - Feb. 2nd

Lions Club Bingo - February 4th -
12:00 noon - school cafeteria.

PTO meeting - February 7th - 3:15pm
in the library

Paint and Sip - Free K-12
Parent/student event - February 15,
2024, 5:30pm-7pm, school cafeteria.
Light Dinner, snack and non-alcoholic
drinks are provided.

No school for students on Friday,
2/16/24 for a Professional Day for
teachers, and Monday 2/19/24 in
observance of President's Day.

School Board Meeting 2/22/24 @ 6pm
in the school library.

The 7 Habits of Happy Kids

Habit 1- Be Proactive: You're In Charge
I am a responsible person.
I take initiative.
I choose my actions, attitudes, and moods.
I do not blame others for my wrong actions.
I do the right thing without being asked, even when no one is looking.

Habit 2- Begin with the End in Mind: Have A Plan
I plan ahead and set goals.
I do things that have meaning and make a difference.
I am an important part of my classroom and school.

Habit 3- Put First Things First: Work First, Then Play
I spend my time on things that are most important.
I say no to things I know I should not do.
I set priorities, make a schedule, and follow my plan.
I am self-disciplined and organized.

Habit 4- Think Win-Win: Everyone Can Win
I want everyone to be a success.
I don't have to put others down to get what I want.
When a conflict happens, I look for a third solution.
I believe that we all can win!

Habit 5- Seek First to Understand Then to be Understood: Listen Before You Talk
I listen to other people's ideas and feelings.
I try to see things from their viewpoints.
I listen to others without interrupting.
I share my opinions and ideas.

Habit 6- Synergize: Together Is Better
I know that everyone is good at something.
Everyone needs to get better at something.
We can all learn something from each other.
Working in groups helps to create better ideas than what one person can do alone.

Habit 7- Sharpen the Saw: Balance Feels Best
I take care of my body by eating right, exercising and getting sleep.
I learn in lots of ways and lots of places, not just at school.
I take time to help others.

WORLD READ ALOUD DAY!!!!
February 1st!

Unexpected Places to Read Aloud

The great outdoors:
set up a reading tent in the back yard, or take turns reading while gardening

The car:
road trips are a great time to share stories or an audiobook together

The bathroom:
whether at bath time, or toilet training, you'll have an immediate audience

To a pet or at a shelter:
reading to animals builds confidence in nervous readers, & helps acclimate nervous animals to human companionship

The kitchen:
ask your child read aloud while you're unpacking groceries, cooking, or even at mealtime

LitWorld SCHOLASTIC #WorldReadAloudDay



Click the Facebook icon to visit our school page!

Join us for a fun and free family night of painting

When: 15 February

Time: 5:30pm-7pm

Who: All ages (K-12)

Where: School Cafeteria

Students and their families will be able create an 8x10 canvas painting that they can take home at the end of the night.

A light dinner, snacks and non-alcoholic drinks will be provided so you can fully enjoy the evening.



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Paint and Sip





Supporting Student Behavior After Breaks

Resources for School Staff & Families



Facts & Data

Irregular routines and inconsistent sleep patterns have been associated with higher risk-taking behaviors and higher levels of reported depression in youth, according to the [National Library of Medicine](#).

Holiday breaks from school can be rejuvenating for some, but according to the [National Alliance on Mental Illness \(NAMI\)](#), 64% of people with mental illness, including clinical anxiety and depression, report holidays can make their conditions worse.

[Research](#) shows that student mental health risks are greatly diminished when they have support from an adult they can trust. According to the [Regional Educational Laboratory](#), trusting relationships with adults are shown to increase student engagement and academic success.

According to the [Healthy Youth Survey \(HYS\)](#) results from 2021, only 14% of Washington students in grade 8-12 responded that they did not have a trusted adult to turn to when they were feeling sad or hopeless.

Action Items

- Keep a consistent sleep schedule and routine at home during breaks to help students transition smoothly back to school.
- Reinforce positive behaviors at home with consistent praise and compliments.
- Notify school staff if major changes at home may impact your student's learning or mental/emotional wellbeing.
- Model mindfulness that all families celebrate holidays and traditions differently and that some families may not be able to give gifts or go on vacations during a holiday break.
- Share school announcements with your student to review behavior expectations and reminders on upcoming events and deadlines.
- Check in with your student about how they're feeling as they return from break. Look for signs that they may be feeling anxious or worried and provide reassurance.
- Model problem solving conversations and practice ways your student can ask for help with academic or social concerns at school.
- Share strategies with your child for dealing with anxiety, such as taking breaks and getting enough sleep and exercise.

Conversation Starters

- How are you feeling about returning to school after break?
- What are you looking forward to? Is there someone or something you're excited about?
- Is there someone or something you're nervous about? Would you like to talk about it? Would it be helpful to practice how you could address your concerns?
- Is there anything you would like your teacher(s) to know as you transition back to school?
- Do you have a trusted adult at school you can talk to if you or a friend needs support?
- What are some things you can do to help yourself or a classmate when you are struggling?
- How are you able to ask for help from your teachers and school staff?
- I saw the welcome-back email from school reminding families about student behavior expectations, do any of these expectations feel challenging? What are some strategies we can practice to help you be successful when you return?

See a list of [34 Conversation Starters for Your Family](#) you can use to get your family talking during break.

Additional Resources

- [Leveraging Reset Opportunities](#) – The National Center on Safe Supportive Learning Environments provides information to help students and staff thrive after a challenging break or academic term.
- [Back to School and Mental Health](#) – The Substance abuse and Mental Health Services Administration (SAMHSA) provides information on supporting students as they return to school.
- [Sleep Tips for Teens](#) and [Ways to Help My Child Sleep](#) – These resources from UW Medicine provide guidance to help families establish healthy sleep habits for young children and teenagers.
- [How Families Can Support Student Health and Emotional Well-being](#) – The Centers for Disease Control and Prevention (CDC) provides guidance on what families can do to collaboratively support their student's experience at school.
- [Digital Drama Unplugged](#) – This lesson from Common Sense Education helps students learn to avoid or de-escalate online drama that may happen over a break.
- [How to Support Your Child with Stress, Worry, and Anxiety](#) – This handout by UW Medicine provides guidance and resources for parents on ways to support their child's mental health.
- [Social and Emotional Learning Games](#) – Five games you can play to help your child with social-emotional learning at home to practice managing their emotions and work on social skills.
- [Supporting Young Children's Learning and Well-Being at Home](#) – A collection of resources developed during the COVID school closure to support student emotional needs while at home.

