



One town
One school
One family

Mustangs
STRONG

Did you know?

Our Elementary school is a Schoolwide Title 1 program?

Our High School is a Targeted Title 1 program?

We have a late-start every Monday morning? School begins at 9:25.

Tuesday - Friday School begins at 8:25.

ALL students eat breakfast and lunch for FREE?



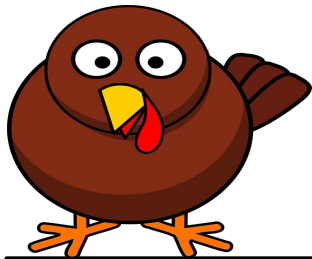
If your child is sick - stay home! A fever is 100.4 degrees.

Mask and Face-Shield Policy



According to the guidelines set forth by the DOH and OSPI, all students 5 years old and older, staff, volunteers, and guests must wear face coverings in K-12 settings.

If a cloth mask can not be worn, an alternative face shield may be worn instead. If the alternative cannot be worn, students will need to remain home and continue distance learning.



ATTENDANCE



If at any time your child is not attending school please contact the school office.

When do you think absences seriously affect a student's ability to do well in school? Is it when a student is absent 18 days or more during a school year? Or when they miss 10% of the total school days in a year? Or when they miss 2 days of school per month? **These are different ways of saying the same thing.**

A student who misses 2 days per month will end up missing 18 days during the school year, and that equals 10% of the school year. **This is what is known as "Chronic absenteeism."**

Key Point: Being present when information is delivered is critical. When your child misses one day or one lesson, that means when (s)he returns, (s)he may have missed something critical in her/his understanding of the next several days of instruction.

How to help your child(ren) at home

- Encourage them to be self advocates and ask for help from an adult at school.
- Talk to them about their day and ask them to tell you one thing they learned today.
- Assure your child is getting the proper amount of sleep at night - limit overstimulation before bed time.
- Establish after school and bedtime routines.
- Read to them or have them read to you!
- Play card games and integrate math with them! (Race to 100...Race to 0... multiplication war, addition war, Slap (largest number gets slapped - like "Slap Jack")

Here are some things parents can do when a child begins to show school avoidant behaviors:

- Make an appointment with a physician to rule out any illnesses if your child is experiencing physical symptoms
- Talk with your child about the reasons they do not want to go to school. If they can share their reasons, validate their feelings and talk about ways to resolve stressful situations
- Insist your child attend school every day, even if it is for a limited amount of time
- Discuss your child's school avoidance with school staff and ask for support and assistance
- Talk with your child's physician and/or mental health care professional about your concerns and work with them to develop a treatment plan

Parent Trainings:

There are several online self paced trainings available for parents:

Supporting your Child like a Coach:

<https://www.shiftingschools.com/module-3>

Encourage a Growth Mindset and Why Struggle Is Good for Learning:

<https://www.shiftingschools.com/module-4>

Creating an At Home Learning System/Schedule:

<https://www.shiftingschools.com/module-2>

Acts of Kindness for November

- | | |
|--|---|
| <input type="checkbox"/> Donate to a local food pantry | <input type="checkbox"/> Invite someone new over for a meal |
| <input type="checkbox"/> Volunteer for a worthy cause | <input type="checkbox"/> Make someone a handmade gift |
| <input type="checkbox"/> Start a gratitude journal | <input type="checkbox"/> Email an old friend |
| <input type="checkbox"/> Shop handmade on Black Friday | <input type="checkbox"/> Donate to a local rescue or animal shelter |
| <input type="checkbox"/> Make someone their favorite meal | <input type="checkbox"/> Thank you local police or firemen |
| <input type="checkbox"/> Donate a coat | <input type="checkbox"/> Thank your delivery drivers |
| <input type="checkbox"/> Compliment a cashier | <input type="checkbox"/> Leave unused coupons at the store |
| <input type="checkbox"/> Give yourself a yes day | <input type="checkbox"/> Let someone checkout before you |
| <input type="checkbox"/> Pay for someone's meal | <input type="checkbox"/> Bake something for a friend or loved one |
| <input type="checkbox"/> Thank a veteran | <input type="checkbox"/> Return someone's cart for them |
| <input type="checkbox"/> Show your gratitude to a loved one | <input type="checkbox"/> Compliment a loved one |
| <input type="checkbox"/> Jot down 30 great things about yourself | <input type="checkbox"/> Send flowers to someone |
| <input type="checkbox"/> Give something to a homeless person | <input type="checkbox"/> Hold the door for someone |
| <input type="checkbox"/> Let someone else have the parking spot | <input type="checkbox"/> Celebrate world kindness day (Nov 13) |
| <input type="checkbox"/> Donate to Toys for Tots | <input type="checkbox"/> Leave kind notes in library books |