

THE POST SPOTLIGHT



Mrs. Voni Walker, Principal

1220 E. 5th Street, Arlington, WA 98223

Mischelle Darragh, Assistant Principal

November-December Newsletter 2015

Hello Post Families,

We are well into the school year here at Post and this year has been fantastic. The students are so compassionate and hard working. We could not ask for more. During our first two and a half months of school we have begun implementation of our school improvement plan. Teachers have collected baseline feedback and data around literacy tools, grading practices, and our school culture. Now we have formed smaller task forces that will dig into analyzing the feedback and looking for drivers and barriers to our goal. Next, we will begin the process of researching best practices to overcome those barriers that stand in our way. Finally we will develop a specific action plan including the whole staff in professional development around the goal. As with any of our work, we will assess the effectiveness and make needed adjustments to our plan as we go.

The holiday season is upon us and it is a wonderful time of celebration with family and friends. This is also a time for our students to learn the importance of community. We have several opportunities for students to support those in need in the coming months. Our first big event is our annual food drive. Students can bring in non-perishable food items or cash donations that will be donated to the Arlington Food Bank. The food banks depend on our generosity each year to keep the shelves filled. If you or your child would like to donate, please bring items to their first period teacher. This is not a competition and we do not give away prizes. Instead, we specifically talk with the students about the bigger prize... an internal reward of knowing you did what you could to help others. We are raising such great kids in our Post family and the staff and I cannot thank you enough for the work you do at home.

The second sports season is in full swing and a big thank you goes out to all of those dedicated parents who are bringing their students in for morning practices. The coaches are getting the gym foyer open by 6:00 am each morning for practice to start at 6:15. Feel free to walk them to the door if you would like to. It is dark and sometimes wet and stormy in the early morning hours.

Finally I want to share with you our new Post Middle School vision.

Making it REAL

Relevant

Engaging

Accessible

Lifelong

This supports our continuing mission statement:

"Utilizing research-based practices, Post Middle School will collaboratively increase student achievement while engaging all students as independent learners in an academically, socially, and emotionally supportive environment."

Have a fun and safe holiday season. Please contact us if you have any questions or comments or would like to volunteer to be a part of our Post community.

Voni Walker

Post Student's Developed our School-Wide Purpose Statement

As mentioned in our last newsletter, Students at Post Middle School had the opportunity to identify their purpose for being at school through a class "Purpose Statement". This process promotes student voice, allows students to own their commitments, and shares the control of developing expectations for the classroom. We are very proud of what they collaboratively came up with:

Post Middle School Purpose Statement

As we prepare for our future, our purpose at Post Middle School is to develop our dreams through discovering our strengths so that we can achieve our goals. We will do this through trying our best, and being responsible while having fun and making life-long friendships.

The Following are Ways We Commit To Our School Purpose Statement:

- Trying our best
- Making new friends
- Discovering our strengths and improving them
- Achieving our goals
- Being responsible
- Following our dreams
- Being Growth-Minded
- Having fun!

We Welcome Parent Volunteers!

We would love to have Volunteers! Whether you'd like to come volunteer on a weekly basis or at dances, etc. let us know! We also have a specific volunteer program called, Parents on Campus. These Parents provide a positive presence before school, after school and at lunches when they can. This makes a huge positive impact on our culture and climate! If you are interested in more information, please contact Mischelle Darragh, Volunteer Coordinator at school,



We always welcome your comments and questions. As you can understand, our teachers are very busy, so please call or email your child's teacher or office staff to set up a time to meet with them. When you arrive please always check in at the front office first. Thanks so much!



News from the Health Room

FLU SEASON IS HERE

- ❖ Get vaccinated
- ❖ Keep your child home for 24 hours after any fever is gone
- ❖ Wash hands frequently throughout the day
- ❖ Keep hands away from your face
- ❖ Cover your cough with your arm bent, coughing into your sleeve
- ❖ Keep your child home with illness

Symptoms	Cold	Flu
Fever	Rare	Characteristic, high (100-102 degrees F); lasts three to four days
Headache	Rare	Prominent
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Quite mild	Can last up to two to three weeks
Extreme Exhaustion	Never	Early and prominent
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe
Complications	Sinus congestion or earache	Bronchitis, pneumonia; can be life-threatening
Prevention	Good hygiene	Annual flu shot or FluMist

PLEASE KEEP YOUR CHILD HOME UNTIL YOUR CHILD HAS BEEN FEVER FREE FOR 24 HOURS WITH NO FEVER REDUCING MEDICINE

If your child has been ill or you suspect that they will not be able to participate in all of their school activities due to illness, we are advising that they stay home until they may resume their daily school schedule.

Our goal is to keep your child healthy and to minimize exposure to illnesses. We also want children who are present well enough to participate in all activities, including PE.

We are having some issues with students calling their parents with their cell phones or calling from classrooms without checking in. Please remind your student they need to come to the health room with any health concerns, they are welcome to use the phone in my office.

Thank you in helping us keep our school healthy and the students prepared for education. If you have any questions or need assistance, please feel free to contact me.

Nanci Johnson
360-618-6454

Falalalala...lalala!!!

Dates to Remember

NOVEMBER

- 2 Volleyball meeting 2:40
- 3 First Day of Volleyball practice
- 5 First Day of Boys Basketball practice
- 10 Veteran's Day Assembly 8:05 am
- 11 No School – Veteran's Day
- 12 Middle School Conferences 12:30 -3:00, 4:30-7:00
- 13 Excellence Assembly 1:30 pm
- 17 RAP Breakfast 7:00 am
- 20 PTSA Fund Raising Auction
- 23 JV Volleyball at Stanwood Middle School
- 23 JV Boys Basketball at Home
- 24 Varsity Volleyball at Home
- 24 Varsity Boys Basketball at Totem Middle School
- 25 Early release 11:30
- 26-27 Thanksgiving Break
- 30 JV Volleyball at Home
- 30 JV Boys Basketball at Port Susan Middle School

DECEMBER

- 1 Varsity Volleyball at Home
- 1 Varsity Boys Basketball at Stanwood Middle School
- 2 JV Volleyball at Haller Middle School
- 2 JV Boys Basketball at Home
- 3 Varsity Volleyball at North Lake MS (7th only)
- 3 Varsity Boys Basketball at Home (7th only)
- 4 Early Release 11:30
- 7 JV Volleyball at Home
- 7 JV Boys Basketball at Stanwood Middle School
- 8 Varsity Volleyball at Home
- 8 Varsity Boys Basketball at Cedarcrest MS
- 9 JV Volleyball at Port Susan MS
- 9 JV Boys Basketball at Home
- 10 Varsity Volleyball at Centennial MS
- 10 Varsity Boys Basketball at Home
- 14 JV Volleyball at Haller Middle School
- 14 JV Boys Basketball at Home
- 15 Varsity Volleyball at Home
- 15 Varsity Boys Basketball at Marysville MS
- 15 Band Concert 7pm LBPAC
- 16 JV Volleyball at Stanwood MS
- 16 JV Boys Basketball at Home
- 17 Varsity Volleyball at Hidden River MS
- 17 Varsity Boys Basketball at Home
- 17 Holiday Dance 2:40 pm
- 18 Spirit Assembly 1:30
- 21-Jan 4 Winter Break



Current sports are Volleyball and Boys Basketball. The next sports season will be Wrestling and Girls Basketball. Sign-ups will begin December 14th. Sports packets are due January 15th. All students must have a current sports physical to play. Athletic packets can be downloaded from the Post website under For Families. If your student has already participated in one sport in the 2015-16 school year, please have them see Mrs. Thomas in the main office. For any questions please call Mrs. Thomas at 360-618-6450.

Out of District Variance forms, also know as Choice Transfers are now available online on the District Website under the tab labeled For Parents.



Arlington Public Schools provides equal educational opportunity and treatment for all students in all aspects of the academic and activities program without discrimination based on race, religion, creed, color, ancestry, national origin, age, marital status, honorably discharged veteran or military status, gender, gender expression or identity, sexual orientation, the presence of any sensory, mental, or physical disability, or the use of a trained dog guide or service animal by a person with a disability. The District will provide equal access to school facilities to the Boy Scouts of America and all other designated youth groups listed in Title 36 of the United States Code as a patriotic society.

The following employees have been designated to handle questions and complaints of alleged discrimination.

TITLE IX AND COMPLIANCE OFFICER

Mr. Mike Johnson
Executive Director, Human Resources
315 N French Ave.
Arlington, WA 98223
(360) 618-6212
mike_johnson@asd.wednet.edu

COMPLIANCE OFFICER(SECTION 504/ADA)

Ms. Diane Kirchner-Scott
Assistant Superintendent
315 N French Ave
Arlington, WA 98223
(360) 618-6217
dkirchner-scott@asd.wednet.edu

PARENT NEWS



Just a note to remind you that deposits of your student's lunch account must be made by 9:00 am to assure that your student has money for the current day's lunch. Thank you! The Kitchen Staff

SPORTS PHYSICALS

Winter Break would be a great time to get your student a sports physical if they are going to play a sport in Season 3 or 4. Sports physicals are good for 2 years!

Parent Drop Off

Please drop your students off in the front of the school. As it becomes darker in the morning, it becomes a safety hazard for both students and staff when students are dropped off in the staff parking lot.

Thank you

SEVERE WEATHER INFORMATION

The best way to find out if schools are closed, open on a different schedule or if school buses are operating on limited transportation routes is to visit www.FlashAlert.net. There is an option for parents to receive a text message when changes in the schedules are made as well. *Please do not call the Transportation Department or your child's school.* We want to be sure you get correct and current information.

Direct Lines

Attendance: 360-618-6451

Nurse: 360-618-6454



SAFESCHOOLS, ELECTRONIC CALENDAR & SKYWARD

1. Reporting using our SafeSchools Tip Line:

Do you have a concern about bullying or student safety? The district has set up a way to report an incident using text messaging, email, web or phone through SafeSchools Alert. The district and building websites have a link to the website for reporting under our Quick Links tab.

Once a report is made, an email and text message is sent quickly to the district office personnel who oversee the reports. The report can be forwarded to administrators at the school for investigation. This allows for a faster response time and tracking of reporting.

Reports can be made anonymously at any time. If you have questions, feel free to contact Andrea Conley, Public Information Coordinator, at aconley@asd.wednet.edu.

2. Using the Electronic Calendar System:

The district website at www.asd.wednet.edu has instructions for setting up your personal custom calendar under the calendar feed on the left of the home page. The instructions provide step-by-step help along with screen shots to guide you through the setup process. This option allows you to choose what school(s) and what events you want to see at a glance!

3. Skyward Mobile App (Family Access):

Parents can download the free Skyward app to their mobile devices allowing them to view absences or check the balance on their child's lunch account while they are on the run. For instructions on downloading the app for Apple and Android products go to www.asd.wednet.edu and follow this path: For Families > For Parents > Family Access Instructions.