

# THE POST SPOTLIGHT



Mrs. Voni Walker, Principal  
1220 E. 5<sup>th</sup> Street, Arlington, WA 98223

Mischelle Darragh, Assistant Principal

January-February Newsletter 2016

Hello Post Families,

We hope you had a wonderful holiday season with your family and friends. Here at Post, we are approaching the half way mark of the year. Second quarter ends on January 28<sup>th</sup>. Please encourage your student to check family access and look for any missing assignments or assessments they might want or need to re-take. Most teachers will not accept late work the last week of the quarter. This allows them time to finalize their gradebook and be ready for the new quarter.

Each Thursday after school, volunteers from Arlington High School come to Post Middle School to provide tutoring services for our students. If you are interested in having your student stay after school in a quiet, safe place and finish their homework this is the place to do it. Students need to be picked up at 3:45 in front of the school. The middle school years are the first time students need to study for tests. A good idea might be to ask your student if they have homework and then also ask if they need to study for any upcoming tests. Soon they will begin to combine these two ideas into one plan for their homework.

Overall, the year is fantastic here at Post. Teachers are working hard to encourage and promote learning in their classrooms. They are also making amazing connections with children learning about their interests outside of school. If you have a great event you would like us to know about where we can recognize your child for their hard work and perseverance, please feel free to let us know by phone or email.

Have a safe and happy January and February. Remember to vote by February 9<sup>th</sup> for our district replacement levy.

Voni Walker



APRIL 4<sup>TH</sup>-8<sup>TH</sup>

## **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

<b>Symptoms</b>	<b>Cold</b>	<b>Flu</b>
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

**Nurse's direct line: 360-618-6454**

## Dates to Remember

### JANUARY

- 11 JV Basketball at Port Susan MS
- 11 JV Volleyball Home
- 12 Boys Varsity Basketball Home
- 12 Varsity Volleyball at Cavelero/LSMS
- 13 Early Release 11:30
- 14 Boys Varsity Volleyball Home
- 14 Varsity Volleyball at Haller MS
- 15 Martin Luther King Jr. Assembly
- 18 MLK Day, no school
- 19 Boys Varsity Basketball Home
- 19 Varsity Volleyball at Park Place MS
- 21 Boys Varsity Basketball Home
- 21 Varsity Volleyball at Cedarcrest MS

### FEBRUARY

- 1 Inservice Day – No School
- 9 Band Concert 7:00 pm PAC
- 9 JV Girls Basketball at Port Susan MS
- 10 Early Release 11:30
- 10 Varsity Wrestling at Totem MS
- 11 Girls Varsity Basketball at Totem MS
- 11 JV Wrestling at Haller
- 12 Excellence Assembly 1:30
- 15 President's Day – No School
- 17 Varsity Wrestling at Centennial MS
- 17 JV Girls Basketball Home
- 18 Girls Varsity Basketball at Stanwood
- 18 JV Wrestling at Lakewood MS
- 22 JV Girls Basketball Home
- 23 Girls Varsity Basketball at North Lake MS
- 24 Varsity Wrestling at Sultan
- 24 JV Girls Basketball at Haller
- 25 Girls Varsity Basketball at Cedarcrest MS
- 25 JV Wrestling at Sultan MS



Current sports are Wrestling and Girls Basketball. Matches and games will begin the 2<sup>nd</sup> week of February.

The next sports season will be Track. Sign-ups will begin March 1st. Sports packets are due March 22nd. 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 Ms. Remington in the main office for an Emergency Treatment Form. For any questions please call Ms. Remington 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](mailto: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](mailto: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



### What We Do

We provide support to students in need through partnerships with those closest to the student: the teachers, counselors, coaches, and staff at the student's school. Once the InvestED Fund Coordinator learns of a student's need, they can use program funds to help keep the student in school, to get the student more involved in school activities, or simply remove a roadblock to their success.

Each August, InvestED provides an initial round of program funding to eligible schools. The school principal along with two InvestED coordinators allocate funds as needed for specific student needs, including school activity cards, musical instruments, appropriate clothing or uniforms, school supplies, and test fees. The idea is to make funds available immediately with minimal bureaucracy. At the end of each year, schools report back to InvestED to share exactly how the funds were used.

During the 2014-2015 school year, InvestED served 20,793 students statewide through this unique partnership. Since our inception in 1963, we've granted more than \$12 million to students in need at secondary schools throughout Washington state.

### Parent Drop Off & RAP Breakfasts

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. We also appreciate families of RAP Award students not parking in the staff 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](http://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.

## 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](mailto:aconley@asd.wednet.edu).

### 2. Using the Electronic Calendar System:

The district website at [www.asd.wednet.edu](http://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](http://www.asd.wednet.edu) and follow this path: For Families > For Parents > Family Access Instructions.

Time to replenish  
Paper, pencils and erasers  
School supplies



---

# I N S I G H T S

---

FOR FAMILIES



## The importance of soft skills



*January 2016*

INSIGHTS FOR FAMILIES is provided by your child's school in recognition of your role as a partner in education. Insights is produced by Marcia Latta, communications consultant.

Academic instruction in Science, Technology, Engineering and Math (STEM) is essential preparation for many high-demand jobs that today's students will be seeking. While it is critical that students are prepared to do the work in their future chosen field, the academic skills that students learn in school are not the only skills future workers need.

Many employers say soft skills are among the most valuable workplace skills when making hiring choices among two or more job candidates.

### **What are soft skills?**

A qualified candidate will be able to perform the job, but a desirable candidate will also have the interpersonal skills to be able to function in the environment and with others on the team. Those are soft skills.

Soft skills are generally defined as character traits. Internet search results include lists of the most important soft skills for employers. These lists include a range from six to 60 "essential skills" for job success that generally fall under two categories: people skills and self-management skills.

Most lists include:

- Communication
- Attitude
- Teamwork
- Self-management/self-control
- Adaptability
- Problem solving
- Professionalism

### **The need for soft skills**

Employers are actively seeking candidates with soft skills that will ensure high productivity and success as a member of the team. A qualified candidate will have the ability to do the job – a computer programmer will have coding skills – but they must also demonstrate the ability to work.

A Forbes' article from 2014, "The 10 Skills Employers Most Want in 2015 Graduates," includes results from a survey of employers about what they seek in job applicants:

"The National Association of Colleges and Employers (NACE) a Bethlehem, PA non-profit group that links college career placement offices with employers, ran a survey from mid-August through early October where it asked hiring managers what skills they plan to prioritize when they recruit from the class of 2015 at colleges and graduate schools. Though the survey sample is small—NACE collected responses from just

*(Over)*

260 employers—the wisdom is sound. New and recent grads should pay attention. (Most of the respondents were large companies like Chevron, IBM and Seagate Technology.)  
...cutting across all majors and degrees, employers want new hires who can work well on teams, and who are decisive problem-solvers.”

[www.forbes.com/sites/susanadams/2014/11/12/the-10-skills-employers-most-want-in-2015-graduates/](http://www.forbes.com/sites/susanadams/2014/11/12/the-10-skills-employers-most-want-in-2015-graduates/)

### **Learning soft skills**

A poll by Gallup found that most Americans believe that schools should teach soft skills. “More than three in four adults ‘strongly agree’ that K-12 schools should teach critical thinking and communication to children. And 64% of respondents strongly agree that goal setting should be taught.” The general outlook was that students need to build these skills while they are in school. [www.gallup.com/poll/164060/americans-say-schools-teach-soft-skills.aspx](http://www.gallup.com/poll/164060/americans-say-schools-teach-soft-skills.aspx)

The United States Department of Labor has developed a curriculum to help students build workplace interpersonal and professional skills. The program, called Skills to Pay the Bills: Mastering Soft Skills for Workplace Success, is geared toward students who are 14-21 years old and focuses on six skill areas: communication, enthusiasm and attitude, teamwork, networking, problem solving and critical thinking, and professionalism.

The program is best as a school curriculum, but it can be a helpful resource for students to explore on their own. There are tip sheets and videos to illustrate and reinforce skills that students are learning or will need to know. [www.dol.gov/odep/topics/youth/softskills/](http://www.dol.gov/odep/topics/youth/softskills/)

### **Demonstrating soft skills to employers**

It may seem difficult for students or new graduates to demonstrate their soft skills to prospective employers. Forbes career and leadership writer Susan Adams said to spell out how activities and entry-level jobs have contributed to soft skills.

“The trick is to demonstrate that you have those skills through your cover letter, résumé and interview. Think about class projects where you have been a team member or leader and jobs where you have had to plan and prioritize. Describe those skills specifically in your resume and cover letter and in your job interview.

For instance if you staffed a campus snack bar, say you worked on a team of five people and handled food orders. Or if you worked in the library, include the size of the staff and that you handled requests from 50 students a day at the circulation desk. Even a job as a counselor in a summer camp can involve team work, decision-making and planning. Make sure you spell out those responsibilities briefly but specifically.”

[www.forbes.com/sites/susanadams/2014/11/12/the-10-skills-employers-most-want-in-2015-graduates/](http://www.forbes.com/sites/susanadams/2014/11/12/the-10-skills-employers-most-want-in-2015-graduates/)