

THE POST SPOTLIGHT



Mrs. Voni Walker, Principal
1220 E. 5th Street, Arlington, WA 98223

Mischelle Darragh, Assistant Principal

March-April Newsletter 2016

Happy Spring Post Families,

The year is moving by rather rapidly and the next two months at Post MS are busy ones. This month we have our third dance of the year, our St. Patrick's Day Dance on March 17th. Students are welcome to dress up in green for school that day and join us for fun from 2:30 to 4:15. We also have a spirit week coming up before Spring Break that will give students the opportunity to express themselves on the themed days. Please do not feel like you need to spend money. The best dress-up outfits are those that are creative and come right out of what you already have around the house.

Following Spring Break we have three weeks of school before state testing begins. Teachers are excited for their students to show how much that have learned this year. SBA testing will take place throughout most of May. Please contact the office if you plan to be gone during that time so we can work with you and set up a make-up plan. A formal schedule of when your child is testing will be distributed in April. This can be a fun but stressful time for your students. Please remember to help them get plenty of rest and to balance their school and home commitments.

Finally, our staff is very excited to be bringing a motivational speaker to Post on March 22nd. Jerry Ackerman, a nationally known speaker, will be speaking to our students about bullying and bystanders. His presentation is titled, "I Will Defend." It helps focus the 90% of students who are neither; the bully or ones being bullied. Those are the bystanders. We are also adding an additional component for our families by offering a parent night that same date at Haller Middle school where Jerry will be doing a parent presentation called, "Parenting the Snapchat Generation." It will be taking place in Haller's Commons from 6:00 -7:00 pm.

Once again we would like to thank each and every one of you for sharing your amazing students with us. We enjoy our Post family and know it is great because of the support you give us.

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

WE ARE SEEING HIGH NUMBERS OF INFLUENZA AT POST

- ❖ 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

Nurse's direct line: 360-618-6454

Dates to Remember

MARCH

- 1 Girls Varsity Basketball at Centennial
- 2 Varsity Wrestling at Haller MS
- 3 JV Wrestling at Home
- 7 Varsity Girls Basketball at Marysville MS
- 7 JV Girls Basketball at Stanwood MS
- 8 Varsity Girls Basketball at Home
- 8 Crosstown Crunch at Haller MS
- 9 Early Release 11:30
- 9 Varsity Wrestling at Home
- 10 JV Girls Basketball at Haller MS
- 10 JV Wrestling at Home
- 14 JV Girls Basketball at Home
- 15 Varsity Girls Basketball at Home
- 16 JV Girls Basketball at Stanwood
- 16 Varsity Wrestling at Haller MS
- 17 Varsity Girls Basketball at Home
- 17 JV Wrestling at Lakewood MS
- 17 St. Patty's Day Dance
- 22 Post MS Band Concert, 7pm PAC
- 22 Varsity Girls Basketball at Home
- 23 Varsity Wrestling at Cavelero MS
- 24 Varsity Girls Basketball at Home
- 25 Early Release 11:30
- 28 Track Practice Begins

APRIL

- 4-8 Spring Break
- 15 Excellence Assembly
- 20 Track Meet at Marysville Getchell HS
- 27 Track Meet HOME (AHS track)



Current sports are Wrestling and Girls Basketball.

The next sports season will be Track. Sign-ups will begin March 1st. Sports packets are due March 22nd. Please fill in the Athletic packets on-line under Family Access. Once in Family Access, choose Online Forms tab on the left. All students must have a current sports physical to play. We will continue to need a copy of the doctor's physical on your student on file in the office. Payment may be made online and by cash or check in the office.

For any questions please call Ms. Remington at 360-618-6450.

Out of District Variance forms, also known 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



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 is 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 and Band parents not parking in the staff lot. Thank you!

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.

Time to replenish
Paper, pencils and erasers
School supplies

I N S I G H T S

FOR FAMILIES



School stress



March 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.

Stress is a part of daily life for most adults and a growing number of kids. Higher expectations and busy extracurricular schedules have resulted in higher levels of stress, especially among older students who juggle activities, school work and college preparation.

Stress related to school and work isn't going away. It is important for students to learn tools for managing stress so they can succeed, even when they face challenging situations.

School-related stress

The pressure to succeed in school is a big source of stress and anxiety for some students. If they learn to manage these feelings now, they will develop skills for work-related stress after graduation.

Also, students who are feeling overly stressed will not perform as well in the classroom. Research shows that too much stress is unhealthy mentally and physically.

“Children who are anxious about their learning, their abilities, their homework – almost anything – will have elevated levels of cortisol, the hormone associated with stress.

Though cortisol has its benefits, a perpetual state of elevated cortisol levels, or even regular spikes in levels are damaging to the body in numerous ways, including impaired cognitive abilities. Studies also show that increased instances of elevated cortisol levels leads to lowered cortisol levels down the road, which is also problematic. The other, more immediate effect is that the physiological energy needed for the body to regulate stress hormone levels detracts from the energy available to focus on learning.”

Mental state, then, has a big impact on learning ability. Students who are too stressed can't focus and won't perform as well in school.

Tips to help younger students reduce classroom stress

A student's environment can play a big role in stress levels. Classrooms can be a source of calm for students or add to anxiety. The following tips are based on recommendations from psychologists and may help parents understand their child's classroom environment:

1. Avoid clutter and too much visual stimulation.
2. Allow for movement and fidgeting: Too much sitting can affect concentration and focus.
3. Reduce noise. Too many hard surfaces bounce noise around the room. Keep the music station in a corner of the classroom.
4. Some kids have difficulty moving to new activities. Build in transition time to help them adjust.

www.teachthought.com/uncategorized/5-easy-ways-to-reduce-student-stress-in-the-classroom/

(Over)

Tips to help older students reduce classroom stress

In upper grades, time management plays a key role in stress management. The Center for Teaching and Learning at UC Berkeley offers these strategies for teachers that could also apply to work and home environments:

1.

Make expectations clear. Do students understand the course requirements? If your child seems anxious about school, it may help to discuss the class syllabus and assignments and help them plan a study strategy.

2.

Talk about your experiences and strategies studying for exams when you were a student. Your personal experience may provide valuable tips that your own children can use. Share what worked for you as a student – and what didn't work. There is also wisdom in mistakes. And they may appreciate that you also struggled or had challenges to overcome. If you can't remember your own student days, the following study tactics may help: make flash cards, explain concepts through pictures or on a poster board, make a study plan and timeline.

3.

Help students do a self-evaluation. Talk to your child about their learning style. It may help them to understand how they learn, so they can base study habits on their learning style. Is their style visual, auditory or tactile? Do they learn better by watching, listening or doing?

4.

Create a calm environment. Exam and study environments should be calm. Consider playing calming music during homework. Suggest destressing techniques, such as deep breathing, visualizing something unrelated to the stress of the moment, telling themselves to be calm while taking deep breaths.

5.

Encourage peer collaboration and mentoring. Encourage your child to connect with others in the class. They can share concerns with each other, provide reassurance or share notes during study time.

6.

Start with easy questions. To build confidence, suggest that they start study time with easy work. Get the less difficult assignments out of the way first.

7.

Create a "We're all in this together" environment. Remind your child that their peers are likely feeling the same way they are. If they are stressed out, chances are good that their classmates are, too. And if they feel unprepared, they are probably in good company.

8.

Teach students to channel stress energy into something positive and constructive. Homework and exam stress are not all bad. They can be effective motivators for working hard and preparing. Encourage students to plan the work and work the plan by organizing time, planning ahead, reflecting on what worked in prior classes and seeking information from teachers when they are confused.

<http://teaching.berkeley.edu/alleviating-students-stress>

Good stress vs. bad stress

When students are feeling overwhelmed or stressed about school, remind them that some stress – not chronic stress – is actually a good motivator and can push us to optimal levels of alertness and performance.

Researchers have found that stress hormones from short-lived stress can help our brains adapt. "I think the ultimate message is an optimistic one," said Daniela Kaufer, associate professor of integrative biology at UC Berkeley. "Stress can be something that makes you better, but it is a question of how much, how long and how you interpret or perceive it."

<http://news.berkeley.edu/2013/04/16/researchers-find-out-why-some-stress-is-good-for-you/>