

THE POST SPOTLIGHT



Mrs. Voni Walker, Principal

1220 E. 5th Street, Arlington, WA 98223

Mischelle Darragh, Assistant Principal

September-October Newsletter 2015

Hello Post Parents,

The school year is off to a fantastic start. Our theme this year is “Infinite Possibilities”. We believe that student opportunities are limitless if they work hard and practice healthy learning habits every day. We are dedicated to teaching your children the skills they need to be inquisitive and independent learners.

We have several new staff members with us this year that I would like to introduce. Please welcome them to our community!

- JoAnna Schwartz- counselor
- Caroline Lefebvre – EBD teacher
- Val Hooton – Extended Resource Teacher
- Steve McKinney – Manufacturing Teacher
- Ashley Dailer – PE Teacher

The staff at Post is currently working on finalizing our learning goals for the 2015-2016 school year. The focus of our work is in three areas: 1) Strengthening our literacy instruction and grading practices with job embedded professional development, 2) Continuing to align our curriculum to Washington State Learning Standards, and 3) Ensuring that the school environment is safe and supportive. I encourage you to stop by Post and check out our school improvement binder located in the office.

On an additional note, our new STEM pilot program is off to a great start this year. The class is currently serving a wide spectrum of learners from our most talented to those who struggle. It is amazing to see how they are already working together to find each other’s strengths in the problem solving process. The class incorporates grade level Math, Science, Engineering, and Technology skills.

Finally, the ASB magazine sale is our first fundraiser of the year and is fast approaching. The kick-off assembly is on September 29th. We encourage all students to participate in any way they can. The money they raise is theirs to use how they want. In years past the students have used it to help fund BBQ’s like the one we are having on the 30th. As with any fundraiser we want to remind students and parents to be safe and only sell to people they know.

We at Post want to thank you for sharing your children with us.

Voni Walker

Health Curriculum Preview Night

On Wednesday October 7th, 2015 in the Post Middle School library there will be a parent preview night of our district-adopted Health curriculum from 5:00 pm to 6:00 pm. We invite you to join us to preview the curriculum used during the following presentations:

6th Grade

HIV/AIDS
Second Step

7th Grade

Human Growth and Development
HIV/AIDS
Youth Suicide Prevention
Second Step

8th Grade

HIV/AIDS
Second Step

In the HIV/AIDS unit students learn about the disease and it's prevention, which is included in our district-adopted curriculum *F.L.A.S.H.* (Family Life and Sexual Health) and the video *Understanding HIV and AIDS*. This is required for all three-grade levels and mandated by state law. *Second Step* is used in our prevention of harassment, intimidation and our bullying program. Our *Human Growth and Development* curriculum comes from the district-adopted F.L.A.S.H. curriculum written by the Seattle and King County Public Health Departments. The seventh grade *Suicide Prevention* curriculum is the Youth Suicide Prevention Program's *LOOK LISTEN LINK*.

Parents/Guardians always have the right to "opt out" of their child participating in any of these health units. An Opt Out Form will be available during the preview night or from the school office.

HEALTH ROOM NEWS

Welcome back to school.

As you may know we are already being hit with some illnesses in the community.

As a reminder, please keep your student home for 24 hours after a fever has resolved without the use of fever reducing medications, and 24 hours after any vomiting.

We have been seeing outbreaks of Pertussis (Whooping Cough) in the community. Please make sure you and your family members are current on immunizations. If it has been a while since your last Tetanus we recommend that you get a Tdap Vaccination.

This is also a good time to get your flu shot. The new flu vaccine is good for a year, so you do not need to wait until later in the year to get vaccinated. We recommend that you get your flu shots immediately. This will help keep the flu out of the schools and the community.

Finally, please return any paperwork that may be required at the start of each year. This includes: Any care plans for a serious health condition, a blue health updated checklist, and immunization updates.

As always if you have any questions or concerns please call me at 360-618-6454

Nanci Johnson, Post Health Room

Dates to Remember

SEPTEMBER

- 23 Cross Country at Willis Tucker Park 3:45
- 28 Cross Country at Snohomish High School 3:45
- 29 Magazine Kick-off Assembly

OCTOBER

- 1 First day of 2nd Season sports packet turn-in
- 6 First Magazine Turn-In
- 8 Cross Country at Cavelero Middle School 3:45
- 12 Cross Country at Lake Stevens Community Park
- 13 2nd Magazine Turn-In
- 15 Cross Country at Sky River Park, Monroe 3:45
- 20 Cross Country HOME, River Meadows Park 3:45
- 21 Sports Packets Due
- 22 Picture Re-take Day, during lunches
- 27 Band Concert, 7th & 8th grades, LBPAC 7:00
- 28 Cross Country League Finals, River Meadows 3:00
- 30 Halloween Dance 2:40 – 4:15



The next sports season will be Boys Basketball and Girls Volleyball. Sign-ups will begin October 1. Sports packets are due October 21st. 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.

HALLOWEEN DANCE

October 30th 2:40 – 4:15



Non-Discrimination Statement

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, national origin, age, marital status, honorably discharged veteran or military status, sex, sexual orientation, gender expression or identity, 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:

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, Teaching & Learning
315 N French Ave,
Arlington, WA 98223
(360) 618-6217
dkirchner-scott@asd.wednet.edu

PARENT NEWS

Post Student's Are Developing Their Purpose Statements

Students at Post Middle School have been working on what it means to be a student at Post. In every class students have 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. From these purpose statements, the leadership students have been working on creating a school wide purpose statement that will reflect every student's voice, and purpose for being at Post Middle School. From these statements we have also identified our code of conduct that focuses on the students' commitments to this purpose statement. This gives students a sense of ownership, and student created expectations, to create a co-created culture, and community environment at Post. Ask your student what input they gave in their classes!

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! We will be having a Parents On Campus Introductory Meeting this next Tuesday, Sept. 29th from 5:30-6:30pm if you are interested in more information. If you cannot attend the meeting but would still like to be involved please contact Mischelle Darragh, Volunteer Coordinator at school, Mdarragh@asd.wednet.edu for more information.

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

Direct Lines

Attendance: 360-618-6451

Nurse: 360-618-6454



September 2015

Middle Years

Working Together for School Success



Short Stops

I'm hopeful that...

Students who feel hopeful about the future tend to be more motivated and earn better grades. To foster hopefulness in your child, suggest that she write down her dreams for the near and distant future (making the lacrosse team, becoming a chef). She can start working toward them by setting goals for herself.

A day in the life

What do 24 hours look like in your home? Throughout one day, let your tween shoot video clips of family members enjoying a meal, laughing together, or walking the dog. Or he might take photos of these moments and make a slide show. Watch his creation together—he'll practice presentation skills and spend time with family.

Safe after school

Now that your child is in middle school, you may wonder whether she can stay home alone after school. Check your state law or guidelines, and consider your tween's maturity level. If she is going to be home without you, be sure she knows what to do (call or text you, start homework) and what not to do (use the stove, chat online).

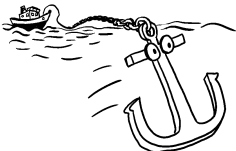
Worth quoting

"Think for yourself, and let others enjoy the privilege of doing so, too."
Voltaire

Just for fun

Q: What do you throw out when you use it and take back when you don't need it?

A: An anchor.



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Focused and ready to learn

Does your child like the idea of being his own boss? Tell him congratulations—he has a job! Managing his schoolwork is his responsibility, and he's in charge. Here are ways he can stay focused on this important role.

In class

It's a good idea for your tween to keep only what he needs on his desk. If he's allowed to pick his seat, he might choose a spot close to the teacher and away from windows, doors, and kids who like to talk a lot. And if he uses a laptop or tablet for classwork, he should close non-academic apps and windows so he's not tempted to play a game or check social media sites.

Study time

When your middle grader studies, he can use strategies to avoid interruptions. For example, he could hang up a "Do Not Disturb" sign, ask you to keep his siblings occupied, or go work at the library. Have him put electronics in another room when he's not using them to study. Also, he should pay attention to how he works and consider ways to focus better. If he tends to fidget, he



might walk around or squeeze a stress ball while he reads.

Everyday planning

To keep schoolwork front and center, encourage your child to record assignment deadlines in an agenda book or on a calendar as soon as he gets them. He can add commitments like practices and meetings, too. Then, he should review his plan each week to see what's coming up and make adjustments as needed. 👍

School: A hot topic

One of the best ways to support your tween's education is to make it a regular topic of conversation. Try these ideas:

- Let your child teach you something she's learning. If she tells you about the Lewis and Clark expedition, for instance, have her trace the explorers' route on a map for you.
- Think of questions that lead to more than one-word answers. *Examples:* "What was the most surprising thing you learned today?" or "What were the other kids' speeches about?"
- Focus on her favorites—she may have more to say about the things she enjoys most. So if she loves art, let her show you her latest painting or sculpture and describe the technique she used. 👍



Engineer that!

If your middle schooler is creative and likes to solve problems or help people, engineering could be the perfect career for her. Suggest that she tinker with engineering projects like these to see what she thinks:

- Let your tween try her hand at engineering a contraption to move a marble across a room—the way *automotive engineers* work on designing cars to move people. Like an engineer, she should design, test, and redesign until she's satisfied with her model.
- Using drinking straws and other household materials, can your middle schooler build a “hand” that could type keys on



a computer for someone with a physical disability? Maybe she'd like to be a *biomedical engineer*—they invent devices to help people with disabilities or other health concerns.

- A *packaging engineer* creates packing materials for products.

Encourage your child to build the strongest box possible out of a single sheet of paper. She could test (and retest) it by filling it with pennies. The more pennies her box can hold, the stronger it is. 🍊



Q & A Say no to skipping class

Q Last year, my son skipped class a few times. How can I make sure he doesn't do it again this year?

A Skipping class can become a habit and is even a risk factor for dropping out of high school. Kids skip for a variety of reasons, such as struggling in school, being bullied, or experiencing peer pressure.



Talk to your son about why he skipped and how to make this year different. Offer help for any problems he's having, and tell him he can always talk to you, his teachers, or the school counselor.

Then, remind him of the consequences he experienced for skipping class last year, such as detention or zeroes for assignments. And let him know you expect him to be in school all day, every day this year unless he has an excused absence. 🍊

OUR PURPOSE

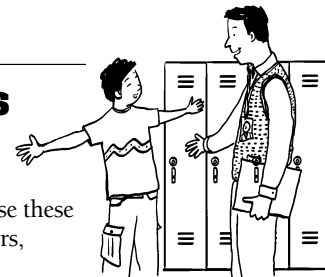
To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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Build good relationships

Whether in school now or in the workplace later, your tween will need to get along with people in authority. Encourage him to use these “people skills” when working with his teachers, coaches, or club advisors.



Listen well. Your middle grader should pay close attention when adults give directions. Being a good listener will help him know what he needs to do to follow through—a key way to build trust in any relationship.

Have perspective. Help your child see things from an adult's point of view. Maybe the teacher assigned him a project partner he's not happy with. Suggest that he consider why. (Perhaps the teacher hoped he would be a nice role model for the other student.)

Be cooperative. Focusing on the greater good can help your middle grader be a team player. Maybe he wants to run sound and lights for the school play, but the advisor asks him to make publicity posters. Changing gears will show he's willing to help—and teach him to be adaptable. 🍊

Parent to Parent Walking tall

My daughter Marley started feeling insecure about her looks when she began middle school. She complained that other girls were thinner or prettier. I remembered feeling the same way at her age, so I asked my mother to remind me how we handled it.

My mom said she helped me put my energy into looking and feeling my best instead of comparing myself to others. She had some nice suggestions for my daughter.

Marley has acne, like I did, so we shopped for skin care

products and found one that's helping. And we looked through her closet for outfits she feels good in. For example, she's more comfortable wearing skirts and dresses when she pairs them with colorful leggings. Finally, I suggested

that she use a journal to write about her strengths and the accomplishments she's proud of.

I know the middle school years can be a long haul. But I think Marley is feeling a little better about herself, and I hope that will continue. 🍊



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.