

I love the fall...
 footballs, conferences,
 report cards and more!



Cat Tracks- The Juanita Newsletter 10/14/09 (PTA Update comes out on 10/21/09)

On the web: Juanita Elementary School: <http://www.lwsd.org/juanita>

For Community fliers: <http://www.lwsd.org/school/Juanita/For-Parents/Bulletin-board/Pages/default.aspx>.

Lake Washington School District: <http://www.lwsd.org>

Month-Ahead Calendar of School and District Events

| Day | Time | Activity |
|----------------|-------------|--|
| Every Wed. | 2:00 | Early dismissal |
| Every Thursday | AM | School Banking |
| 10/15 | 7:00PM | PTA General Meeting |
| 10/19 | 7:00PM | 5 th grade Outdoor Ed Parent Meeting |
| 10/27 | 6-7:30 | 2 nd Grade Pumpkin Carving Night in the Commons |
| 10/28 | 9:00-11:45 | Kindergarten to the Farm |
| 10/30 | 2:15-3:15 | Fall Harvest Celebration (room parties and costume parade) |
| 11/4 | AM | School Picture makeup |
| 11/9 | 6-8:00PM | Skate King |
| 11/10 | 9:15-9:45 | Veteran's Day Assembly |
| 11/11 | No School | Veteran's day |
| 11/13 | | Report Cards go home |
| 11/16-20 | | Dance Week |
| 11/20 | | Dance |
| 11/20, 23, 24 | 12:00 | Half Days Parent conferences |
| 11/25 | 12:00 | Half Day |
| 11/26; 11/27 | No School | Thanksgiving Vacation |

The fall is a fine time of year. Footballs fill the air along with the fluttering leaves and the sounds of recess squeals. Parents know how to help their child be successful "now and in the future" from Curriculum Night presentations. The life skills we emphasize now are "Respect and Responsibility". Talk to your child about how their words, body language, and actions all can show respect and responsibility. It is my hope that every parent will come to student conferences which will be scheduled 11/22-11/26 and learn what appropriate respect and responsibility are for our students in each grade.

I recently read some articles about these positive character traits. People with self-respect take satisfaction in appropriate behavior and hard-won accomplishments. They don't need to put others down in order to respect themselves. People who respect themselves also view selfishness, loss of self-control, recklessness, cowardice, and dishonesty as wrong and unworthy of them. In addition, people who respect themselves respect their own health and safety and are unwilling to be manipulated by others. If students have learned the lessons of responsibility, they will develop a memory of what they need to do. Sometimes parents take on responsibilities that really belong to the child. They run homework or backpacks in to school or do too much of the homework for them. We know that your child is capable of handling responsibilities such as keeping their back pack organized, remembering the proper jacket, footwear and rain gear. The bright side of responsibility at Juanita is that most of our children are responsible for school, sports, extra curricular activities, completing chores, taking care of a pet, saving money and more. There are many ways that we can teach responsibility in school or at home. Hopefully your family will have some excellent discussions on these characteristics.

The Harvest Festival is coming on 10/30! We will have the following schedule:

| | |
|-------------|----------------------|
| 1:45 - 2:00 | Change into costumes |
| 2:00- 2:15 | Parade |
| 2:15 | Parties afterward |
| 3:15 | Clean up |
| 3:30 | Dismissal |

Please discuss the following rules with your children: (1) Costumes are optional; (2) Violent costumes will not be allowed. No blood, gore, real or pretend weapons; (3) Children can bring costumes and change into them before the party, but not wear them all day...however, they have to change fast; and (4) at the party, fun activities are emphasized over scary. Alternative activities will be available in the library for those not participating.

PTA Meeting this Thursday, 7:00 pm: Hope to see you at this Thursday's PTA meeting. Free childcare is provided in the gym.

5th Grade Fundraiser for Outdoor Ed.: The 5th grade classes are currently selling gift wrap and cookie dough. If you would like to make a purchase please contact a 5th grade student or Amy Lofquist at alofquist@msn.com. Money made on this fundraiser goes directly toward supporting 5th grade students for their Outdoor Education trip scheduled in December.

Fun Lunch Fridays: 5th graders have been selling licorice and beef jerky for \$.25 at both lunches. This Friday they will be having a bake sale during lunch. All items are \$.25. The following Friday (Oct. 23rd) popcorn will be sold during both lunches. All proceeds will go toward 5th grade Outdoor Education. Have your student bring their quarters.

Daily after school childcare until 5:00 PM at Juanita Elementary! The Juanita Schools Foundation is offering DAILY, DROP IN CHILDCARE. The price is \$4 per half hour (family and Free and Reduced rates as well) If you have questions, please call the school office.

Lost and Found: Please remind your child to check the lost and found for missing sweatshirts, coats, etc. Periodically unclaimed lost and found items are collected and donated to charity.

ATTENTION: SAFEWAY SHOPPERS can give **Back to School** support for Juanita El through the Juanita Schools Foundation until October 10. **10%** of the purchase price can support the school of your choice when you use your registered Club Card. Look How Easy It Is: If you are already registered with eScrip, your contribution will be automatically donated. If you are **NOT registered** with eScrip, (1) simply give your school your Club Card number complete and return at once.

Eastside CHADD Forums: Fall 2009 Eastside CHADD meets the third Tuesday of each month at Evergreen Hospital, Suite Tan 101, 12303 NE 130th Lane in Kirkland, from 7:00-9:00 PM. Free!

- **Tuesday October 20th: "Helping Kids and Teens Get Organized for Success at School"** Susan Small, Director of Student Services at ETC/Educational Tutoring and Consulting, will offer practical strategies for managing homework, organizing school supplies, and staying informed of your child or teen's progress at school.
- **Tuesday November 17th, "The Risks of Not Treating ADHD: A Lifetime of Academic and Social Failure"**. Dr. Harlan Gephart, a nationally recognized authority on ADHD. Dr. Gephart has over thirty years experience working with kids with ADHD. Visit www.nwchadd.org for more information. **From:** Crystle M. Lockwood, School Psychologist