

Parent - Teacher Conferences are coming soon! See below for important information.



Cat Tracks- The Juanita Newsletter 11/12/09 (PTA Update comes out on 12/1/09)

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
11/16-20		Dance Week
11/18		Report Cards go home
11/18	After 1:00	Cookie dough pickup
11/19		6 th Grade to the Science Center
11/19	7:00 PM	PTA Meeting
11/20	7:00-9:00PM	Dance
11/20, 23, 24	12:00 Dismissal	Half Days Parent conferences
11/25	12:00 Dismissal	Half Day
11/26; 11/27	No School	Thanksgiving Vacation
11/30-12/3		Outdoor Ed for 5 th Grade
12/10	10-2:30	6 th Grade to the Nutcracker
12/10	7:00	PTA Meeting
12/11	6:30-8:30PM	Basket Auction

How to Make Parent-Teacher Conferences Work for Your Child: Remember, all children learn in different ways. They have their own individual personalities, listening skills and work habits. To help their students learn new knowledge and skills, teachers must know as much as they can about each child. No one knows more about these things than you, the parents. And no one has more influence over your children than you. That's why teachers need your help to do a first-class job. Working together, you and the teacher can help your child have a successful school year.

Here Are Some Things To Keep in Mind. Start the conference right, be there on time, and plan not to run over the amount of time that has been set aside, about 20 minutes. If you are a working parent who can't arrange to meet during regular hours, make this clear to the teacher and try to set up a time to meet that is good for both of you. The best conferences are those in which both teachers and parents stay calm and try hard to work together for one purpose only: to help your child do well.

You should get ready for each conference, too. Talk to your children before the

conference. Find out what they think are their best subjects, and what subjects they like the least. Find out why. Also, ask your children if there is anything they would like you to talk about with their teachers. Make sure your children don't worry about the meeting. Help them understand that you and their teacher(s) are meeting together in order to help them.

Before you go to the school, write notes to yourself about:

- things about your child's life at home, personality, problems, habits, and hobbies you feel it's important for the teacher to know
- your concerns about the school's programs or policies
- questions about your child's progress
- how you and the school can work together to help your child

At the Conference: Some good questions to ask are these:

- Is my child in different groups for different subjects? Why?
- How well does my child get along with others?
- What are my child's best and worst subjects?
- Is my child working up to his or her ability?
- Does my child participate in class discussions and activities?
- Has my child missed any classes other than ones I contacted the school about?
- Have you noticed any sudden changes in the way my child acts? What do the tests tell about my child's progress?
- How does my child handle taking tests?

It's a good idea to ask your most important questions first, just in case time runs out before you and the teacher have a chance to discuss them all. Be sure to ask the teacher for specific suggestions on ways to help your child do better. This is the most important part of the meeting. It will become your action plan. If the teacher says something you don't quite understand, don't be shy about asking for an explanation. It's a good idea to end the conference by summing up decisions you've made together. Afterward, work the plan for improvement together. There is nothing more powerful than parents and teachers working together for the good of a child. Adapted from the National Education Association website.

Lake Washington School District and its schools are taking steps to reduce the spread of flu, whether the regular flu or the H1N1 virus, also known as the swine flu. We need your help in order to keep our schools open and functioning normally during this flu season. Our school district is working closely with Public Health Seattle King County and the Washington Department of Health to monitor flu conditions and make decisions about the best steps to take concerning schools.

Here are some of the things that we are doing at school that you also can do to help:

- **Remind your student to wash their hands**
- **Remind your student to cover their coughs and sneezes** with an elbow, arm or sleeve instead of the hand when a tissue is unavailable.
- **Remind your student not to share personal items** like drinks, food or unwashed utensils.
- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.

Here's what to do if your student does become sick with flu symptoms:

- **Do not send your student to school if they are sick.** Students who are determined to

be sick while at school will be sent home. Students who exhibit flu symptoms at school will go to the health room and be separated from other students until a parent can pick them up.

- **Keep sick students at home** for at least 24 hours after they no longer have fever or do not have signs of fever, without using fever-reducing drugs. Keeping students with a fever at home will reduce the number of people who may get infected.

Please update your contact and emergency contact numbers at your child's school and plan to pick up a sick child within the hour. Parents are advised to arrange for childcare now in case your child becomes ill and is unable to attend school. **Additional information/sources of information: Public Health Seattle & King County:**

<http://www.kingcounty.gov/healthservices/health/preparedness/pandemicflu/swineflu.aspx>

Like nearby districts, we are planning to use School Messenger to call both parents and staff on days when school will be closed or delayed due to inclement weather. Calls to staff will begin at approximately 6:00 a.m. The district and school web sites and main telephone number will still be updated as soon as the decision is made, preferably by 5:15 a.m. On days when school will open but there might be a question in some parents' minds, we will not make a phone call but will still update the Web sites and district main number recording. A call will go to parents in mid-November letting them know how they can prepare for inclement weather - watching for the inclement weather route postcard sent out by the transportation department if your student takes the bus, and to make sure their main contact phone number is up to date with their school. It will also outline the additional ways parents can find out whether school is closed or delayed.

Dance Week during your child's PE and Music Time begins next week, November 16-20th.

The Annual Juanita Elementary Dance is Friday Evening, November 20th from 7-9pm - Don't miss out!!! Reserve your spot and purchase your tickets for the family evening dance held in the Juanita Elementary Gym & Commons. Don't stand out in the rain the night of the dance to purchase your tickets when you can pre-buy your dance ticket and get in the door much faster. I NEED VOLUNTEERS. Check out the our school website & click on **Family School Dance** under **Announcements** at <http://www.lwsd.org/school/juanita/> or call 823-8136 and then dial ext. 55715 for Mrs. Lynn Kohlwes or email me at lkohlwes@lwsd.org

2009 Poinsettia & Wreath Order - It is time once again for our annual poinsettia & wreath sale to benefit Juanita Elementary School. These items will make great gifts for teachers, babysitters, those difficult to buy for people . . . or you! Please note: *All wreath orders need to be turned in by Friday, November 13th. Orders will be mailed directly to the address(es) of your choice. All poinsettia orders need to be turned in by Monday, November 23rd and will be available for pick up Monday, December 7th location TBA.* Please contact Phyllis Pierce at 206/484-1494, email: kirklandjazz@comcast.net if you have any questions. **All Poinsettias available in red, white & pink (on the order form it looks like Nov 2nd, but if you look closely you will see it is Nov. 23rd).**

Mark Your Calendars: Basket Auction and Pasta Dinner, Friday Dec. 11th. This will be a fun-filled evening, come bid on a basket, try your luck at the raffle items, and enjoy a pasta dinner with family and friends. Kids will have the opportunity to buy specially priced gift items and make their bid at the "kids only" auction table. Look for more information to come on this event.

Needed now is volunteers to help with providing items for the pasta dinner and set-up. If you can help please contact Jamie Claypool at djaclaypool@juno.com

School T-shirts: Don't forget to order your school t-shirt or sweatshirt by next Wed., November 18th. Order forms can be found near the office. Questions: Amy Lofquist at alofquist@msn.com or 425-814-2228

Cookie Dough and Entertainment Books: Still need to order cookie dough or want to buy an Entertainment Book full of money saving coupons? The 5th graders have extras of both and would love to sell to you. All proceeds go toward their Outdoor Education camp. Cookie dough is \$15 a tub and Entertainments books are at a special rate of \$15. These are the same books that will be sold in stores for \$30. If interested please contact Jamie Claypool at djaclaypool@juno.com or Amy Lofquist at alofquist@msn.com.

Cookie Dough Pick-up: If you ordered 5th grade cookie dough it will be available for pick-up next Wed. Nov. 18th after 1:00pm. Please arrange to pick-up your order on the 18th.

The Lake Washington School District Elementary Quest Program for Highly Capable Students (grades 1-6) will accept [applications](#) for the 2010-2011 school year through 4 p.m. on November 30, 2009. The elementary Quest program offers two options for students who demonstrate superior ability, who exceed grade level standards in literacy and math, and who exhibit exceptional creativity in the classroom. Students who qualify for the Full Time program are enrolled in an accelerated, self-contained classroom for the full day, five days a week. Students in the Enrichment Pull Out program attend their home school four days a week and a pullout enrichment classroom one day a week. More information can be found in the Quest information packet that will be available at all elementary schools, in the [Quest section](#) of the Lake Washington School District Web site, and at the Quest Office on the third floor of the Resource Center (16250 NE 74th Street, Redmond, WA 98052). For more information, contact Janette Cimburek at 425-702-3238 or Quest@lwsd.org.