

# The Friday Flyer

## Every Student Future Ready

*Peter Kirk Elementary is a creative learning environment where children feel they are valued and safe. Staff and community collaborate to provide the highest quality education to prepare students to be life long learners.*

Volume 4 Issue 7

October 21, 2011

### Upcoming Events

**October 28th**  
Egg Drop Challenge

**October 31st**  
Halloween Parade

**November 3rd**  
Reflections Reception

**November 10th**  
Veterans Day Assembly

**November 11th**  
No School—Veterans Day

**November 18th**  
Sock Hop 7-9PM KJH

**November 22nd**  
Picture Retakes

**November 23rd**  
Early Release at 11:45 AM

**November 24-25th**  
No School-Thanksgiving Break

At Peter Kirk, we respect diversity and follow a policy of non discrimination

See: <http://www.lwsd.org/school/kirk/About-Us/Pages/Human-Dignity-Policy.aspx> for Human Dignity Policy

### Sandy Dennehy

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Principal

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## School and Principal Notes

### Peter Kirk Elementary School Co-hosts "My Secret Bully" Author Visit

On **November 14th** Peter Kirk and Benjamin Franklin Elementary staff and parents will have the opportunity to spend time with Trudy Ludwig, children's advocate and best-selling author of *My Secret Bully*. Her book, which addresses emotional bullying among friends, was profiled on ABC's "Good Morning America" and PBS's nationally syndicated show, "Keeping Kids Healthy." Her subsequent releases, *Just Kidding, Sorry!, Trouble Talk*®, *Too Perfect*, *Confessions of a Former Bully*, and her newest release, *Better Than You*, have also received national praise for helping children cope and thrive in their social world.

Trudy will be providing a special evening parent presentation on **Monday, November 14**. The parent talk, "**Understanding Our Kids' Social World: Friendships, Cliques & Power Plays**," will take place from **7:00 – 8:30 p.m.** at Ben Franklin Elementary.

For more information about Trudy Ludwig, her books, and other resources on the topic of relational aggression, please visit the author's website: [www.trudyludwig.com](http://www.trudyludwig.com)

Hope to see many of you at this event!

### Home and School Connection—Stress Busters

Setting aside time to relax and finding ways to prevent stress are important for children as well as adults. Here are four tips to help your family.

#### **1. Laugh together.**

In addition to being a great stress reliever, sharing a laugh can strengthen relationships. Find ways to make each other laugh throughout the day. Tell funny stories at dinner about things that happened at work or school, or make up knock-knock jokes and riddles while riding in the car.

#### **2. Get exercise.**

Physical activity is fun—and it can reduce stress. To help your children let off steam, go outside together to toss a football or kick a soccer ball around. On weekends or over school breaks, consider heading to a bowling alley, an ice rink, or a miniature golf course

#### **3. Plan downtime.**

Your children may be busy with school projects, sports practices, and family parties. Be sure that they also have time to enjoy relaxing activities (toys, puzzles, board games).

**4. Stick to a routine.** Have a regular schedule for meals, homework, and bedtime. Knowing what to expect is comforting to children and helps eliminate arguments. **Note:** If your children's habits change during a school break, help her ease back into her regular routine a few days before school starts again.♥

### Teaching children about "stranger danger".

Stranger danger, are the buzz words commonly used to refer to the important topic of teaching children about the inherent dangers they may face as they venture out into the world. Unfortunately the world can be a scary place and there are people out there who prey on children.

No doubt, it is a very important issue that all parents must address – and one that requires ongoing, open communication with their children.

You want to equip your child with the knowledge and strategies they will need to protect themselves in dangerous situations. Also, keep your child's age and maturity level in mind and base lessons upon that.

Click here for [Stranger Danger Role Playing Scenarios](#)

Again, stranger danger lessons should be ongoing – adapt the conversation as your child grows as he/she is likely to encounter different types of situations. With Halloween night quickly approaching, this seems a perfect time to start approach the subject with your children. Below are some important tips and strategies

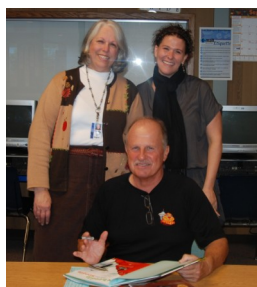
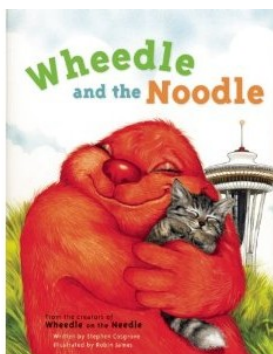
- Know your name, address, and phone number.
- Use the buddy system – avoid walking anywhere alone.
- Trust your instincts – if you feel you are being followed or something is not right, seek help immediately.
- If a stranger approaches you, you do not have to speak to him or her. Never approach a stranger in a motor vehicle. Just keep walking. Do not accept candy or any other items from a stranger. Never walk off with a stranger no matter what he or she tells you.
- If someone is following you try to remember the license plate of his or her vehicle and immediately tell a trusted adult.
- If a stranger grabs you, do everything you can to stop him or her from pulling you away or dragging you into his or her car. Drop to the ground, kick, hit, bite, and scream. Do whatever it takes to attract the attention of others who can help you. If someone is dragging you away, scream, "this is not my dad," or "this is not my mom."

Also, as parents it is important to be aware of your surroundings. Don't hesitate to call 911 if someone looks out of place or is acting in a suspicious manner.

### Stephen Cosgrove visits Peter Kirk

Peter Kirk students in grades 1 - 3 had the opportunity to hear Stephen Cosgrove read Wheedle on the Noodle out loud on Monday. Wheedle on the Noodle is the sequel (37 years later) to Cosgrove's classic north-west children's favorite, Wheedle on the Needle. Cosgrove took time to read the story with some help from a PK student, answer some questions about the book writing process, and sign a few copies of his new book. It was a delight and privilege to have Mr. Cosgrove as a guest at Peter Kirk. Thank you Mrs. Cranson for setting this special event up for our students to enjoy!

For more information on Stephen Cosgrove and his many books go to <http://www.stephencosgrove.com/>



## PTSA

### **WATCHDOGS PIZZA NIGHT WAS A HUGE SUCCESS!**

Thank You to all the dads and families that joined us Thursday evening to learn more about the Watch-DOGS Program here at Peter Kirk. We had a great turn out, had a lot of dads line-up & sign-up and even had a few pizzas leftover! If you were unable to make it and are interested in learning more, please visit [www.peterkirkptsa.org/watchdogs](http://www.peterkirkptsa.org/watchdogs). From there you will find next steps, all the necessary forms and links to sign-up dates for the entire year.

Questions? Contact Top Dog Coordinator, Sean DeBruler at [watchdogs@peterkirkptsa.org](mailto:watchdogs@peterkirkptsa.org)



### **2011 – 2012 PETER KIRK STUDENT DIRECTORIES HAVE ARRIVED!**

The Peter Kirk Student Directory was distributed by kid mail this week. Please note that your PTSA Membership cards were stapled on the back page of the directory.

A special **“Thank you!”** to Pénélope Smith for all the hard work she put into collecting and organizing every detail of information that goes into the directory. Also, Thank you to all the volunteers that helped with proofing the directory and getting it ready for distribution.

The Peter Kirk Student Directory provides phone numbers and email addresses for nearly every student at the school. This can come in handy for getting kids together to play, birthday party invitations or contacting the other parents in your child’s grade. It also contains contact information for Peter Kirk staff & the PTSA Board of Directors and Committee Chairs, the PTSA event calendar and much more. Please note that the PTSA does not condone use of the directory for solicitation purposes

If you are interested in obtaining a 2011-2012 Peter Kirk Student Directory or joining the Peter Kirk PTSA, contact Pénélope Smith at [membership@peterkirkptsa.org](mailto:membership@peterkirkptsa.org)

### **2011 EGG DROP CHALLENGE IN NEXT FRIDAY, OCTOBER 28<sup>TH</sup>!**

Can you build a vessel that will allow a raw egg to survive a 60-foot drop? That is the PTSA Egg Drop Challenge! The Kirkland Fire Department will be here with their hook and ladder truck (provided there are no emergencies) to find out.

The Egg Drop Challenge will take place on Friday, October 28<sup>th</sup> during lunch recesses. Flyers with details, rules and entry forms were sent home and are available at [www.peterkirkptsa.org](http://www.peterkirkptsa.org) If you would still like to volunteer for this event or have any questions, email Sean DeBruler at [sean.debruler@yahoo.com](mailto:sean.debruler@yahoo.com), head egg of this



**THE MAKE-IT, TAKE-IT FAIR IS STILL LOOKING FOR DONATIONS:**

We're currently seeking donations of the following items; a collection box is located outside the office.

Toilet Paper Rolls

Wrapping Paper (Holiday and Generic)

And, mark your calendars for the big MITI Fair event: Saturday, December 3<sup>rd</sup> from 9:30 a.m. to Noon in the gymnasium.