

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 3

September 23, 2011

School and Principal Notes

Upcoming Events:

September

30th—Friday
PTSA Fun Run

October

3rd, 4th, and 6th
Half Days - Conferences

3rd - 5th
5th grade Camp

7th
No School - LEAP day

11th
School Picture Day

13th
General Membership Meeting

18th
Reflections Entries Due

20th
Watch DOGS: Pizza Night

28th
Egg Drop Challenge

31st
Halloween Parade

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

Peter Kirk Elementary
Principal

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<http://schools.lwsd.org/kirk/>

Wellness Week-September 26-30

The Wellness Committee is holding a Wellness Week for students. Starting on Monday, we'll focus on a different health message each day. Below is what we'll cover, so you can talk about the topics with your kids at home and Monday a packet will be sent to families via email.

Monday: Keep Germs Away

Proper hand washing techniques

Tuesday: Eat Fruits and Vegetables

Bring your favorite fruit/vegetable for snack

Wednesday: Get a Good Night's Sleep

Pajama Day!

Thursday: Stay Hydrated

Bring a water bottle from home to school

Friday: Be Physically Active

FUN Run!!

Nutrition Bite

With sports practices and games underway for many families, keeping kids fueled to play their best is important. Here are a few before-practice and pre- or post-game snack ideas kids will love:

- ✦ Fruit – bananas, apples, grapes, orange slices
- ✦ Half whole-wheat bagel or slice of whole-grain bread spread with peanut butter (or soy nut butter, if your child is allergic), topped with banana slices
- ✦ String cheese and handful of pretzels
- ✦ Yogurt with a handful of granola mixed in
- ✦ Bowl of cereal with milk

Yogurt drink or homemade smoothie (dollop of yogurt, splash of juice, frozen fruit; add a tablespoon or so of powdered milk for extra creaminess and calcium)

Remember to have them drink plenty of water before, during and after practice and games, too. Sports drinks aren't necessary – water is best!



Home and School Connection: Improving your Child's Study Habits

Learning skills need to be fostered at home. Parents need to be as active in their child's education as any teacher or tutor. You can help your children excel in school. All it takes is a little creativity and some cooperation from your family. There are lots of simple things you can do every day. Here are just a few:

Turn off the TV!

The television is a huge distraction. No matter what channel is on, it will grab your child's attention, especially if their homework assignment is especially challenging or boring. Even just hearing the TV, knowing others are watching can create problems for a child trying to concentrate. Make it a house rule that the TV is off during study time. That goes for mom and dad, too. No exceptions!

Consider Mozart

Some children are actually able to focus better with some background noise. Certain sounds help relax the mind, but that doesn't mean it's okay for your kids to listen to their favorite pop star during study time. Try playing some jazz or classical music. Let your child choose, but monitor the options. Listen to the choices yourself so you know what to expect and learn to recognize when silence is the best bet.

You Study Too!

Set a good example for your children. Start a project of personal study, complete with writing projects and reading assignments, so you can participate in study time along with your children. Let your kids see that you are serious about learning new things. Show them what a privilege it is to learn for the sake of learning.

A Place of Their Own

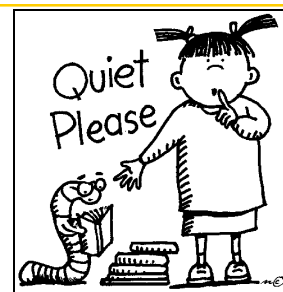
Set up a study space for your child. Make it a permanent area where they can leave their books and papers when they aren't using them. Give them a desk and a chair, a bright, clear lamp and a bulletin board or dry erase board where they can track assignments. Make sure they have everything they need to study efficiently and comfortably.

Time is of the Essence

Show your child how to use a planner. Teach them to write down assignments the moment they are given at school and to transfer them to a dry erase board as soon as they arrive home. Don't assume your child will understand the importance of an assignment pad. Walk them through the process every day until they're doing it on their own and then check in a couple of times a week. If they have trouble, ask their teacher to help by initialing the assignments in the pad. This won't take more than thirty seconds. Time management is a critical life skill that should not be taken for granted.

Maintaining direct involvement in your child's education is crucial to his academic success. The ability of plan, organize and manage time will benefit your child in every area of life. The demands of the classroom are an opportunity to foster those abilities. Create a home environment where good study habits are primary and appreciated. Your child will develop vital skills and confidence they will need to face the challenges of life in the classroom and beyond.

<http://math-and-reading-help-for-kids.org>



Life Skills Corner

Praise Note Prizes go to...

Sasha H (**Reubish**) Friendship, Organization

Aidan I (**Romano**) Responsibility

Emmie K (**Rice**) Cooperation, Effort

Daniel G (**P.Lotz**) Cooperation, Effort

Tabitha P (**Webster/Hubbard**) Caring, Cooperation, Friendship

Camille H (**Simpson**) Caring, Common Sense, Flexibility, Initiative

Dane H (**Underdahl**) Caring, Friendship, Responsibility



Way to Go! Keep up the good work!

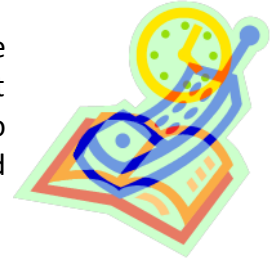
PTSA

PTSA MEMBERSHIP & PK PHONE BOOK FORMS: DUE NOW!

The PTSA is compiling the much awaited, yearly **Peter Kirk Student Directory**, but we can't do it without your help! There are still more than 160 families that have not filled out the **PTSA Membership/Student Directory Form**. So if you haven't done so already, please fill out the green form that was included in your first day packet, and turn it in to your child's teacher as soon as possible.

Questions? Concerns? E-mail Penelope Smith at penelope.smith@me.com

Thank you!



JOIN THE FUN, WITH THE PETER KIRK FUN RUN!

The thermometers continue to climb...we are now **24% of the way to our goal of \$43,000**. Please continue to solicit those donations and return your envelopes to your teachers. Individual and class participation prizes will be awarded.

Raffle prize winners this week received movie tickets, the all new PK sling bag, ice cream coupons, and gift cards to Noah's Bagels, WingDome and Kidd Valley. Congratulations to Casey, Chloe, Sam, Holly, Luca, Karsten, Mariana, Lauren, Matthew, Talia, Daniela and Grace!



Hopefully you have seen the "Ice Cream -O- Meter" on the wall in the front of the school. We will continue to add scoops to represent the percentage of envelopes that have been returned. **As of Thursday 9/22**, we have collected **\$10,238** and have **received 15% of the envelopes**.

Thanks to everyone who has contributed so far.

FUN RUN WILL BE HELD NEXT WEEK ON FRIDAY, SEPT 30TH

Grades 1,2 and 3 will run from 9:45-10:20am

Grades 4,5,6 and AM Kindergarten will run from 10:20-11:00am

All Day Kindergarten and PM Kindergartener will run from 1:00-1:30pm.

Parents are welcome and encouraged to attend--See you on the 30th!

CALLING ALL WRITERS, ARTISTS, DANCERS, & MUSICIANS!

Reflections is a national PTA sponsored fine arts recognition program and competition. All students in K-6 are invited to respond to this year's theme:

"Diversity Means..." Entries are due **Tuesday, October 18th**. For Entry Forms and Guidelines, visit the

Reflections page at www.peterkirkptsa.org. Questions? Contact Lorna Wheaton at lw@thewheatons.com



BEFORE & AFTER SCHOOL PROGRAM REGISTRATION: NOW OPEN!

Looking to enroll your student(s) in before or after school programs this fall? We are proudly sponsoring many offerings for students of all ages. If you are interested, please fill out a registration form (one form per child per program) available at www.peterkirkptsa.org

****ENROLLMENT FOR BEFORE & AFTER SCHOOL PROGRAMS HAS BEEN EXTENDED. TO ACCOMODATE THIS, PROGRAMS SCHEDULED FOR START NEXT WEEK WILL ACTUALLY BEGIN THE WEEK OF OCTOBER 10TH. SORRY FOR ANY INCONVENIENCE.**

CHESS CLUB COMES BACK NEW AND IMPROVED!!

A NEW vendor, Chess4life, will be coaching our scholars this year! Chess4life strives to teach life skills through CHESS by encouraging students in a positive, safe environment. Experienced Coaches will emphasize sportsmanship, good decision making, patience, planning and learning from mistakes.

Chess study has shown to increase math skills, memory and self confidence!

WHO: Grades Kindergarten through 6th

WHEN: Tuesdays 3:20 -4:20 (10 sessions)
October 11th through Dec. 13th

COST: \$125.00

WHERE: Peter Kirk Library

REGISTRATION ONLINE (ONLY):

at <http://www.chess4life.com/chess-event/peter-kirk-chess-club-fall-2011/1786>

CONTACT: Hae Sue Park haesuepark@hotmail.com 822-4549

OR Larissa Tambawala larissatambawala@gmail.com

**FUN SPANISH AND FRENCH CLASSES AT PETER KIRK!**

Hola! Bonjour! Come join us for fun, active **Spanish** and **French** classes before school with **Lango!** Lango offers foreign language classes to kids across the country and this fall at Peter Kirk we'll be exploring the Spanish and French languages through games, adventure challenges, singing, role-play and storytelling. Research into the importance of children acquiring a second language is overwhelmingly positive, showing such benefits as: a positive effect on intellectual growth, improved SAT test scores, an expanded world view, and the ability to learn additional languages more easily! In our **level 1** class, recommended for new learners (grades K-2), we'll focus on basic vocabulary and important phrases. In the **level 2** class, recommended for students with at least one year of foreign language study (grades 2-4), we will build vocabulary, communication and reading skills. In **level 3**, recommended for students with more than one year of language study (grades 3 – 6), our instructors will reinforce previously learned vocabulary, improve communication ability, expand reading and writing skills and cover basic grammar. **(see page 5 for registration details)**



SPANISH CLASS:**Who:** Kindergarten through Grade 6**When:** Level I (K-2): Wednesdays from 8:00 –8:40 a.m. (20 sessions).

Level II (3-4): Mondays & Wednesdays from 8:00 –8:40 a.m. (40 sessions)

Level III (5-6): Tuesdays & Thursdays from 8:00 –8:40 a.m. (40 sessions).

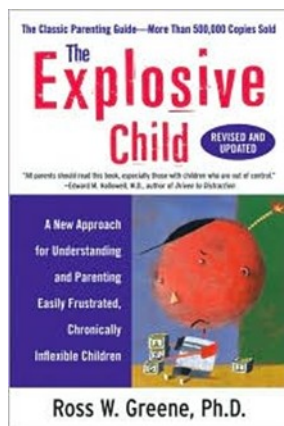
Year-Round Session begins week of October 10th - March**Cost:** Level I: \$200 plus a \$46 Materials FeeLevels II & III: Two Payments of \$200 plus a \$46 Material Fee (due in Oct. & Jan.)**Register Online (ONLY):** www.seattlelangoeastside.com**Contact:** Denise Campbell at denisec123@comcast.net**FRENCH CLASS:****Who:** Kindergarten through Grade 6**When:** Level I (K-2): Wednesdays from 8:00 –8:40 a.m. (20 sessions).

Level II (3-4): Mondays & Thursdays from 8:00 –8:40 a.m. (40 sessions)

Level III (5-6): Tuesdays & Fridays from 8:00 –8:40 a.m. (40 sessions).

Year-Round Session begins week of October 10th - March**Cost:** Level I: \$200 plus a \$46 Materials FeeLevels II & III: Two Payments of \$200 plus a \$46 Material Fee (due in Oct. & Jan.)**Register Online (ONLY):** www.seattlelangoeastside.com**Contact:** Irene Neumann at deedee2king@yahoo.com**LAKE WASHINGTON PTSA COUNCIL PRESENTS: HELPING THE BEHAVIORALLY CHALLENGING CHILD**6 Week Series of Classes starting Thursday, September 29th & ending November 3rd*Register by Monday, September 26th, 2011*

This 6 session program teaches parents & caregivers to understand and communicate with children in order to solve behavioral problems and build skills. This method works for children with many different disabilities, and also for children with no disability. It has been used successfully with children with *Autism Spectrum Disorders, ADHD, OCD, Bipolar Disorder, Oppositional Defiance and many more*. Weekly email consultation is included to address individual concerns.



You will learn:

What's getting in your child's way

Why traditional behavior plans aren't working

Communication methods that will create solutions and foster independence

Common roadblocks and how to deal with them

How to help your child become a flexible, tolerant problem-solver

Instructor: Sara Gardner is the parent of a formerly "challenging" child and has been a professional trainer for 25 years. She is President of the Autism Society of King County and on the Advisory Board of CHADD OC North. For more information on Sara & a class outline, go to <http://tinyurl.com/bcchild>

Class Dates: Thursday evenings, Sept. 29th; Oct. 6th, 13th, 20th & 27th; Nov. 3rd**Time:** 7:00 – 9:00 PM**Location:** Lake Washington School District Resource Center (16250 NE 74th St., Redmond)**Fee:** \$120 per person, add \$60 for co-parent. Course includes book & workbook.*Financial aid available upon request***To register:** Contact Joanne Hall, Acting Chair, Parent Education at lwsdparented@gmail.com

LAKE WASHINGTON SCHOOL FOUNDATION: SEPTEMBER MESSAGE

The Foundation thanks all of those who donated during this year's back-to-school campaign. Donors represented nearly all District schools, and also included many first-time donors. The Foundation is truly appreciative of all donations and works hard to ensure that they are used to directly support student learning.



Donations fund reading programs like "Blazing Books for Boys" that identify and provide books that better appeal to boys. Research shows that boys gradually read less than girls over time, and books targeted to boys can help alleviate that trend. Says AG Bell librarian Julie Hembree, "I have a special place in my heart for getting all boys to read, and these funds really help out so much!" Visit the Foundation website to discover more about the programs that your donations support and to learn about how teachers, staff, and parents can apply for grants this fall.

There is still time to contribute to the back-to-school campaign. Send in the donation form or give directly on the website at www.lwsf.org. Also remember that during workplace giving campaigns, you can designate the Lake Washington Schools Foundation through United Way or similar giving methods.

Know that your donations do make a difference in the lives of students. For more information about the Foundation and volunteer opportunities, visit www.lwsf.org or email info@lwsf.org

Community Notes

Boy Scouts of American Annual Popcorn Sale

The Scouts have been selling Trails-End Popcorn for 30 years to fund scouting programs. Today's product is even better with no hydrogenated oils and less packaging. Please help support Peter Kirk's local **Cub Scout Pack 550** by buying some popcorn from a Scout you know or visiting us this weekend at our site sale locations:

Saturday, 9/24 – **QFC Parkplace** 10 – 2pm or **Lowe's Bellevue** 10 – 2pm

Sunday, 9/25 – **Metropolitan Market** 10 – 4pm

70% of your purchase is returned to local scouting and helps fund camps, scholarships, achievements, training and activities. You can also donate your purchase to our Troops! Thanks for supporting scouting!