

Friday, January 27, 2012

[www.lwsd.org/school/muir](http://www.lwsd.org/school/muir)



# John Muir News

Weekly news from John Muir Elementary and the PTSA

## News From our Principal

Happy Friday! It was so great to have our students back in action for a full week. I am sure our students enjoyed playing in the snow and the fun that comes with "Snow Days". They all came back with stories to tell of sledding, building snowmen, and making snow angels. This week we have finished up middle of the year assessments and students are preparing to share this information with you at conferences next week. By now you have all received your invitations for conferences and teachers are looking forward to sharing with you the academic progress your children are making. Teachers will have data to show current reading levels, writing samples, and math assessments. I suggest preparing in advance any specific questions you may have. 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 achieve their best. If the teacher says something you don't quite understand, don't be shy about asking for an explanation. There is nothing more powerful than parents and teachers working together for the good of a child.

Now, I need to ask all parents who choose to drive their children to school or pick them up after school to model for our students patience and cooperation, two important parts of the John Muir Way. Please remember:

- If you have to leave your car to meet your child, please park in a parking spot and use the crosswalk.
- Do not wait for your child in the center exit driveway. This blocks parents or staff who are trying to back out and leave.
- Please pull as far forward in the drop off lane as possible, even if your student is in the primary grades, before having your child leave the car.
- On rainy days, be even more patient!
- Be respectful and follow the directions given by our adult and student helpers out there.

With the loss of the church parking lot this year, we are even more crowded and congested out front. Your flexibility and cooperation will be most appreciate and help insure the safety of our students.

Have a great weekend.

Jeff DeGallier



## John Muir Calendar



- Jan 31, Feb 2-3 Conferences, noon dismissal
- Jan 31 **No** Choir today
- Feb 1 Sewing Class, 2:00pm
- Feb 2 Kindergarten Registration, 1-7pm, Library
- Feb 3 **No** Cooking Class today

### Upcoming Events

- Feb 7 Choir, 3:30pm
- Feb 8 First Grade Fieldtrip
- Feb 8 Sewing Class, 2:00pm
- Feb 9 Vision & Hearing Screening

## 2012 Kindergarten Registration

Kindergarten registration for the 2012-13 school year will be held on Thursday, February 2nd in the John Muir Library from 1 pm—7 pm.

If your child will be five years old on or before August 31, 2012, they are eligible to enroll.

Please bring the following items with you: - Proof of child's birth date - Child's Immunization records - Emergency contacts - and for all-day kindergarten, a money order or check for one month's tuition. Full tuition for all day kindergarten is \$330.00 (subject to change).

## Reflections News - "Diversity Means..."



This year's theme of "Diversity" was inspiring to John Muir students. From now through February 29th—selected John Muir art, photography and literature finalist

entries will be displayed at the KCLS Kingsgate Library. Please stop by to view the creative work of your student or their classmates!



Directed by the LWSH Drama Director Jennifer Reif, this production of the Music Man is a great adaptation of the theater classic, with a new twist on showing how the love of music can unite and transform a community: the audience will be engaged not only by great acting, dancing, singing and charming music, but also visual hints in costumes and choreography. Two former JME students, Daniel and Lara Torres are participating. The brand new and professionally designed performing arts center rivals many other theaters in the area with its large stage, sets, lights, orchestra pit and the comfortable tiered seating – and not to forget the beautiful purple velvet proscenium curtain, color of the Lake Washington Kangs!

LWHS's *The Music Man* plays in the new Lake Washington High School Performing Arts Center January 27<sup>h</sup> and January 28<sup>th</sup>. All tickets \$8. For tickets call: 425-936-1777 or email [LWHSTheater@lwsd.org](mailto:LWHSTheater@lwsd.org)

Showtimes:

Friday, January 27 at 7:00pm  
Saturday, January 28 at 7:00pm

## Got Spirit?

Support our 6<sup>th</sup> graders and buy a JME paw print window cling for **only \$2**. Contact the office or look in an earlier newsletter for the order form, then return it to your student's teacher.



**Supplies are limited so order yours today!**

The Lake Washington School District does not discriminate on the basis of race, color, national origin, sex, disability, age, gender, marital status, creed, religion, honorably discharged veteran, military status, sexual orientation including gender expression or identity, the presence of any sensory, mental or physical disability, or the use of a trained guide dog or service animal by a person with a disability, in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups.



ONE MILLION PAGES ...just imagine.

**1,346,300 pages**

**One million? That's nothing. Let's keep on going. How many pages do you think we can read by the end of the school year?**

## PTSA Nominating Committee

This years PTSA Nominating Committee would like to hear from you if you are interested in being nominated for a position on the PTSA for the next school year and/or would like to nominate others for a position. Look for the nomination form and more information in next weeks Friday packet. Questions? Email the Nominating Committee Chair, Kris Sather [kristine\\_sather@yahoo.com](mailto:kristine_sather@yahoo.com)

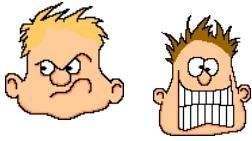
## PTSA Membership

Sign up for PTSA Membership between now & February 29<sup>th</sup> to be entered into a drawing for a Starbucks gift card! There are so many exciting reasons for signing up - supporting your student in school, getting involved in our spring activities like Field Day & Muir in Motion, helping us decide on a PTSA Board and budget for next year plus be in-the-know as we transition into the new school building! Look for the Membership form in this packet.

THE LIFESKILL FOR JANUARY IS:

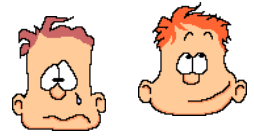


To act according to a sense of what's right and wrong. To be truthful.



# Counselor's Corner

with Mrs. Dryden



**SOUND DISCIPLINE**

*Teaching people to do the right thing....  
even when no one is looking.*

## Why are girls are so mean to each other and what can I do to help?

Contributed by Melanie Miller, M.Ed.

As a school counselor, when a girl walks into my office nine times of ten it is to talk about a friendship issue. I hear reports of glares, rumors, hurtful put downs, friends one day and exclusion the next. Nearly every girl is affected by girl bullying also known as relational aggression either by providing the hurt, receiving the hurt or watching it happen to others. *Relational aggression* has been a part of our girls' world for a long time. It often happens between friends and can result in long-term, devastating hurt for those involved. As parents, grandparents, aunts, uncles and caregivers, we can support the girls we love through these heartbreaking times. Here are a few ideas to help you support the girl that you love.

**Find out all you can about relational aggression.** Read books and articles. Share them with the other parents and caregivers in your community. A few books to consider: *Odd Girl Out*, Simmons; *Girl Wars*, Dellasaga & Nixon; *Queen Bees and Wannabes*, Wise. A great website: [www.opheliaproject.org](http://www.opheliaproject.org).

**Open communication channels.** Start by listening. *Our goal should be for her to want to talk to us again*, not for us to make our point. Ask open-ended questions that show a sense of curiosity. Use questions that invite: "What happened next?, Who said that?, What did you do?" Avoid giving advice or asking "Why" questions. ("Why" questions invite your daughter to feel defensive or blamed.)

**Listen to the whole story.** Sometimes venting is all that needed.

**Focus on your girl fully**, without the distraction of a computer, phone etc.

**Give her a hug and validate her feelings.** "This is tough, and it isn't any fun – and I have faith that we can work it out." "Wow, I can tell how hurtful that was." Remind her that you love her – no matter what.

**Be a fact finder.** Focus on the objective details rather than emotions. When she can give words to her problem, she gains power over it.

**Take care of your self.** It is hard when your loved one is hurting (or hurting others.) Watch your body language and your tone of voice. Keep listening even when it hurts.

**Your goal should be to help her see alternatives and to promote growth** through the situation, rather than to assign blame. Ask if there is something that she could say to the other students. Practice it with a role-play. Be accepting if all she can say is "I hate your guts." She doesn't need to say it to the others but she can voice it to you.

**Help her reconnect with the knowledge that she does have other friends.** After you've done a lot of listening and validation, gently remind your daughter of the positive relationships she has in other areas of her life; ie: soccer, girl scouts, church groups etc.

**And when it gets to be too much for you and your daughter, seek help.** Contact your school counselor or other professionals familiar with relational aggression.

Adapted from: *Girl Wars; 12 Strategies That Will End Female Bullying*, Dellasega & Nixon, 2001

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[www.SoundDiscipline.wordpress.com](http://www.SoundDiscipline.wordpress.com)

# John Muir PTSA presents



Playball is a program designed to improve children's lives by teaching life skills and building self esteem through sport and movement. Playball introduces boys and girls of all abilities to a wide variety of sports; teaching basic skills used in baseball, basketball, soccer, tennis, volleyball and hockey.

The 2nd session will be offered for 5-7 year olds on Tuesdays after school in the John Muir Elementary gym from 3:30-4:40 pm. Classes will begin on February 7th and run through March 27th. Parents need to pick up children at 4:30pm in the gym.

**\$80 for 8 classes**

Checks payable to John Muir Elementary PTSA. Payment and registration can be turned into the John Muir Elementary office. **SAVE YOUR SPOT TODAY!**

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Student's name \_\_\_\_\_ age/grade \_\_\_\_\_ Teacher \_\_\_\_\_

Parent name \_\_\_\_\_ phone \_\_\_\_\_

Email \_\_\_\_\_

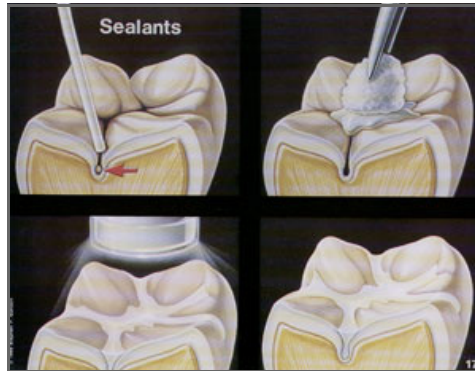
I agree to hold harmless PLAYBALL, any employees and John Muir Elementary of any injury or accidents that occurs to my child during class time.

X \_\_\_\_\_  
Signature of parent

**Joelle Kantor Playballsuperstars@comcast.net 206-612-4143**

# **\*\* FREE Dental Sealant Day!\*\***

## **(for kids ages 6-13)**



The Lake Washington Dental Hygienists' Society is offering a preventive dental program, Saturday, **February 4, 2012 from 9am to 2pm**. This program is in honor of National Children's Dental Health Month. We will be providing **FREE** dental sealants, exams, bitewing x-rays, and fluoride varnish to children who would not otherwise be able to receive this cavity-prevention treatment. Children whose teeth are unable to be sealed due to decay may have their cavities filled at a later date.

Sealants are white coatings applied to the chewing surfaces of the back teeth. They are non-toxic and protect teeth from cavities. This process is painless, can protect your child's teeth for 6-8 years, and is usually done in less than an hour. **Registered Dental Hygienists** from the state of Washington and **Dental Hygiene Students** will place the sealants on your child's teeth.

The cost of this program is **FREE**. This includes all of the services mentioned above, a total value of over \$300 per child.

Since enrollment for this terrific opportunity is limited, please call the dental clinic at **Lake Washington Institute of Technology** to make an appointment. The clinic phone number is **(425) 739-8130**.

**Directions to the Clinic:** 11605 132nd Ave NE, Kirkland, WA 98034

**From 405 Northbound:** Take Exit 18 (85th Street), take a right onto 85th St, take a left onto 132nd Ave NE, LWTC is approximately 2 miles ahead on the left hand side. Look for LWDHS signs.

**From 405 Southbound:** Take Exit 20 (NE 124th St Exit), left onto 124th St, right onto Slater Ave NE, left onto NE 120th St, NE 120th becomes 132nd Ave NE, enter LWTC and watch for LWDHS signs.

## **Call now for an appointment!**

### **425-739-8130**

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