

# Robert Frost Elementary

October 9, 2007

TH 10/18  
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6:00-7:00 PM  
6:00-7:00 PM

ELL Curriculum Night (in Portable 4)  
Safety Net Curriculum Night (in the Safety Net classrooms)

**Remember! Every Wednesday is Early Dismissal at 2:00 PM (AM K at 10:55 AM, PM K at 2:00 PM)**

School Office: 425-821-8238 Safe Arrival: 425-825-7687

Recent and archived Tuesday Bulletins can be accessed online: <http://schools.lwsd.org/frost/>

## Message from the Principal:

*Sue Anne Sullivan*

All of us- teachers, staff and parents- care about the students here at Frost. How can we best work together to help our children develop the life-long skills of learning and getting along well with others?

Being a parent is one of the most difficult jobs imaginable. Given no job description, we plunge into this job with a fierce determination to do our best and to love, protect and care for our children. Our instinct is to keep them safe and sometimes when our children are in challenging situations, we tend to want to rescue them and solve their problems for them. We must constantly strive to find a balance between rescuing our children from difficulties and finding a way to support them as they learn to meet life's challenges without our assistance. In the book The Price of Privilege: How Parental Pressure and Material Advantage are Creating a Generation of Disconnected and Unhappy Kids, author Madeline Levine asserts that children must be given the chance to face the challenges that will result in their growth as problem solvers. Some children exhibit a kind of "learned helplessness" as a result of adults (parents and/or teachers) continually stepping in to solve their problems for them. A close parent and teacher partnership is critical as we try to best judge when and how to intervene and when to allow children to solve their own problems.



If being a parent is the hardest job in the world, being a teacher must come in second! Teachers also bring to their jobs a dedication to doing their best, caring for your children and helping them grow. There are ways that you as a parent can effectively work with your children's teachers as you focus together on their learning, independence and problem solving skills:



1. **Establish a positive relationship.** If you become acquainted with your child's teacher before problems occur, you can work together more effectively when a need arises. Having something positive to say, or a suggestion to help, creates an atmosphere in which an occasional concern or need can be addressed quickly and easily.
2. **Show appreciation.** We all work harder for those who say thank you!
3. **Share information.** If your child is struggling or has a problem, make the teacher aware of the situation. Ask for suggestions. Tell the teacher your ideas for dealing with the problem at home and indicate how she or he can help support them.
4. **Pick your battles.** Don't overlook important issues, but choose your battles carefully, as people can sometimes get hurt. Is it worth it? Many battles aren't. If you have a concern, start by talking with the teacher privately. This gives him or her a chance to explain what happened, which takes care of most problems.
5. **Respect the teacher.** If you multiply your needs as a parent times one teacher's 25 students, you will realize that the demands

on the minutes of a teacher's day are very high. Addressing every need of every child every single day is difficult, if not impossible. Teachers and parents work best as a team together when each honors their dedication to the children and respects the other's time realities. To show respect for teacher time, set up appointments when you need to talk.

Every staff member and parent at Frost cares deeply about all of our children and wants them all to succeed. By effectively and respectfully communicating with each other, we increase the likelihood that all Frost learners will reach their fullest potential!



**Safety Net Curriculum Night  
Thursday Oct 18  
6:00-7:00 PM**

All parents who have a child in a reading or math group with a Safety Net teacher are invited to our Safety Net Curriculum night on October 18 from 6:00-7:00 p.m. Safety Net teachers will explain their reading or math curriculum and provide information on how you can help your child at home. Childcare will be provided in the Library, if needed.

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|------------|----------------|
| Room 148   | Sharon Gossett |
| Room 150   | Karen Knerr    |
| Portable 1 | Marilyn Young  |
| Room 123   | Ann Dougherty  |



**ELL Curriculum Night  
Thursday October 18  
6:00-7:00 PM  
in Portable 4**

**La Noche del Plan de ELL  
el jueves octubre 18  
6:00-7:00 P.M.  
en edificio portátil 4**

Mrs. Nair will hold an information night for the parents of our ELL students on Thursday, October 18 from 6:00-7:00 PM. Come learn about our ELL program. Childcare will be provided (in the Library) if needed and a Spanish interpreter will be available.



La sra. Nair tendrá una noche de información para los padres de nuestros estudiantes de ELL el jueves, octubre 18 de 6:00-7:00 P.M. Venga aprenda acerca de nuestro programa de ELL. El cuidado de niños será proporcionado (en la Biblioteca) si necesitado y un intérprete español estará disponible.



**Seattle Kids Marathon!**

**When:** Monday October 22<sup>nd</sup> - Saturday November 24<sup>th</sup> at 10:00am (final race day!)

**Registration:** Permissions slips will be handed out in PE starting Thursday October 4<sup>th</sup> - Monday October 8<sup>th</sup>.

**Ages:** K-6

**Cost:** \$15.00 per child, checks are made out to Seattle Kids Marathon

**School Running:** Starts Monday October 22<sup>nd</sup>, before school from 8:30am-8:55am ( Meet at the stump chair in the back of school) also lunch recess for K-3<sup>rd</sup> from 12:05-12:35pm.

**Running at home:** Can be done at home anytime, please record distance and send child with a note stating the distance ran. (4 laps around a track= 1 mile) If using the Robert Frost course (6 laps = 1 mile)

**Final Race Destination:** Memorial Stadium, Seattle Washington

**Questions:** See Ms. **Jacobs** in the gym before school if you need an extra sign-up sheet or any questions or email at [shjacobs@lwsd.org](mailto:shjacobs@lwsd.org)

Additional info can be found on [www.seattle.marathon.org/kids.asp](http://www.seattle.marathon.org/kids.asp)

## Something Has Been Growing in Fifth Grade!

The fifth graders have developed quite the



"Green Thumb." In the Environments Science Unit, fifth graders are investigating optimal environments for plant growth.

After predicting where the plants would thrive, they planted corn, barley, radish, and pea seeds in four different types of soil: dry, moist, wet, and swampy. Students have been observing and recording plant growth in each of these environments over an 11 day period. Plant height, number of leaves, and length of roots are helping the students determine the best environment for these plants to thrive in. The students determined that the moist and wet environments were preferred by these plants. The dry and swampy environments were outside of the seeds' range of tolerance. No plants grew in these environments. And boy did the swampy environment stink!!!!

## First Annual Eastside Native American PowWow

The Eastside Native American Education Program is inviting the public to its First Annual Pow Wow on Saturday, November 17, 2007 at Lake Washington High School.



Grand Entry will be at 6:00 PM.

Learn the owl dance, round dance and join in intertribal dancing!

***This event is free!***

## Tips for Healthy Kids

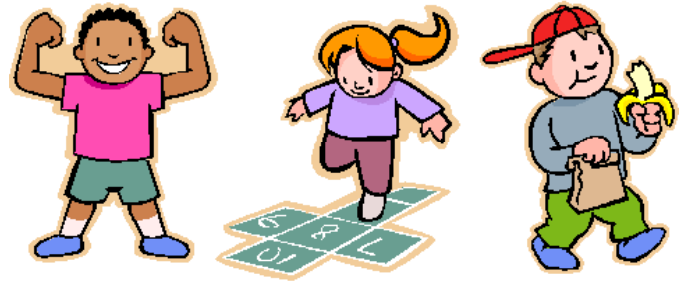
*from the Office of Public Instruction, Center for the Improvement of Student Learning*

Do your children like soda pop? Did you know students who consume two or more soda pops a day are two times more likely to see their grades fall than students who have one or none?

Do your children regularly exercise? Those who do decrease their odds by nearly 50 percent for academic risk.

Are your children overweight? Like those who drink two or more soda pops, overweight youth are at 50 percent increased odds for academic risk.

Those numbers come from the biannual Healthy Youth Survey, Spring 2007.



Tips for healthy children:

- Get a good night's sleep -about 10 to 11 hours for elementary school students.
- Backpacks should weigh no more than 15 percent of a child's body weight - about 9 pounds for a 60-pound child. Get a rolling backpack, or make sure your child uses both shoulder straps.
- Eat a nutritious breakfast. The cells in the brain are the first to be deprived from a lack of food. Stay away from sugar cereals.
- Skip the soda. Too much caffeine and sugar can overload the brain and cause jitteriness and nervousness and make it difficult to concentrate.