



Hawk Herald

Feb/March Edition

Arrowhead Elementary School

February 8, 2019

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Hello Arrowhead! What a wild week it has been with snow and ice, and it seems there is more on the way! Underneath the snow in front of my house are crocuses, so I know spring is knocking on the door.

This mid-year period is when we see students adjusting to their older spring selves. They have grown emotionally, socially and academically so much since September. While that growth is exciting, it can be exhausting and sometimes the new territory is scary. Academics are picking up in classrooms now that reviewing last year's work has been over for some time. Friendship groups evolve and as student mature, their interests and behaviors change. Social circles become more complex as the year progresses and things can be emotionally challenging for students. All of this growth can result in children at every grade being a little more unpredictable, tired, fragile, and distracted, so please check in with your child and remember that ample rest, good food, being listened to and plenty of down-time can work wonders.

We believe our relationships with students are essential. We will continue to focus on supporting the whole child – pushing each child academically and ensuring they have the explicit social and emotional instruction and support to spread their spring wings and soar.

Kristin



Calendar

2/8 EARLY RELEASE-12:30PM
 2/13 Yearbook Orders Due
 2/18 NO SCHOOL-President's Day
 2/19-2/22 NO SCHOOL-Mid-Winter Break
 2/26 2nd Grade Field Trip-Village Theater
 2/27 Yearbook Group Picture Day
 3/1 Family Fitness Night-Gym-7:00
 3/6 4th Grade Field Trip-Seattle Children's Theater
 3/20 Kindergarten Information Meeting-NPAC-7:00
 3/29 Family Fitness Night-Gym-7:00



5th Grade Camp

Paperwork for 5th Grade Camp will be going home with your students in March. Save the date! We will be going May 6-8 this year. We will be looking for parent chaperones to join us!

Yearbooks

Order forms came home with your students at the end of January. The office will be accepting orders through February 13th. Cost is \$15.00 each.

Yearbooks are distributed in June for those who purchase by February 13th. There are a very limited number for sale in June at a cost of \$17.00 each. Order early to guarantee your student gets one!





Music News

The Arrowhead Marimba Club has had a wonderful winter preparing to perform at the Multicultural Night and MLK Assembly. It has been such a blast that we have decided to sign up for the Northshore School District "Schools in Rhythm" concert! Come cheer on our wonderful musicians and rock out to fantastic groups from other Northshore elementary, middle and high schools! [See you at 7:00 pm Wednesday, April 3rd at the Northshore Performing Arts Center, 18125 92nd Ave NE, Bothell, WA 98011](#) Questions? Contact Elise Harris - eharris@nsd.org

Kindergarten

Kindergarten registration packets are available in the school office now. We encourage parents of prospective kindergarten students for the 2019-2020 school year to stop by the school office between 9:00AM-3:30PM to register their child. Students entering kindergarten must be 5 years old on or before August 31, 2019. When you come to register you will need: birth certificate, immunization dates, and proof of residency, family information, emergency information, doctor information, and daycare information.

District Kindergarten Orientation

Kindergarten information night for students entering the 2019-20 school year is Wednesday, March 20, 2019 at the Northshore Performing Arts Center on the Bothell High School campus at 7:00 PM. Teachers, administrators, and curriculum specialists present parents with information about the Northshore School District's kindergarten program. The evening is intended for parents only and does not require registration to attend.

A livestream of the event will take place with translators available in Spanish, Russian, Korean, Vietnamese and Chinese in the Black Box Theater adjacent to the main auditorium.

Highly Capable-Eligibility Process

The 2018-2019 Highly Capable Eligibility Process is a district process handled by the Highly Capable Department. Should you have questions pertaining to screening, assessment, assessment scheduling, student scores, HiCap programming, etc. please direct those to the HiCap Department - hicap@nsd.org. Assessment, Step 2, of the eligibility process is underway and school assessment schedules are posted on the HiCap website as they are created. Thank you.

Smarter Balance Testing Windows-Please Plan Ahead

Students in grades 3rd, 4th and 5th will participate in standardized testing during May and June. All students will be using the computer to complete the Smarter Balance Assessments. It is important that your child be at school for the entire testing window so please try to schedule appointments outside of these times. Following is the Arrowhead testing schedule per grade:

Save the dates!

SBAC Schedule

May 20-24 3rd grade ELA and Math

May 28-31 4th grade ELA and Math

June 3-7 5th grade ELA and Math and Science



A Word from Nurse Anne

Reminders for cold weather days...

Please be sure your students are properly dressed for the weather ie. Coats, boots, gloves and hats as needed. The health room has a limited supply of these items to loan. Also, if your student wears basketball shorts “all year” (as many boys especially do!) please be sure to encourage long pants in cold weather.

When to stay home from school:

If your student becomes ill it is sometimes hard to determine if he/she should stay home. Here are a few tips to help you make the best decision. If you are still not sure, please don't hesitate to call Nurse Anne at 425-408-4006.

Fever: A temperature taken orally, that is over 100 degrees Fahrenheit, is considered a fever. **Children should be fever-free for at least 24 hours (without fever reducing medication such as Tylenol or Advil) before sending them to school.**

Vomiting/Diarrhea: Anytime a child vomits or has diarrhea, he/she needs to be isolated from other children for 24 hours. If your child vomits in the night, keep him/her home from school the following day and until they are symptom free for 24 hours.

Colds: A runny nose by itself is not necessarily cause to keep your child home. However, if your student cannot manage their nasal drainage, or the runny nose is accompanied by a headache, nausea or the child is too tired to concentrate on schoolwork, he/she is probably too ill to come to school.

Strep Throat: Strep throat is a sore throat caused by streptococcal bacteria. A diagnosis of strep throat is done by a throat culture by your healthcare provider. The treatment for strep is antibiotics. **A child may return to school after being on antibiotic treatment for at least 24 hours and when all symptoms (including fever) are gone.**

Good health habits are our best defense against winter illness. This includes getting enough sleep, proper nutrition, and hand washing, as well as staying up to date on immunizations and flu shots. Also, **please be honest with your child's friends – do not invite friends over if your children are sick or still recovering from illness, and limit sleepovers with playmates.**

****It is critical for the health of our whole community, including our staff, that you limit exposure of illness to others. Thank you in advance for making this a priority over the temporary disappointment your child may experience due to missing a party or special event. ****

PLEASE DO NOT SEND MEDICATION OF ANY KIND TO SCHOOL WITH YOUR CHILD. This includes over-the-counter products also such as cough drops, Tylenol, or Ibuprofen. All medication required by students during the school day must be brought to school by an adult and have a medication authorization form completed **by parent and physician.** All medication must come in it's original packaging and have a current pharmacy label. Please see the attached Northshore School District guidelines for more information. [Medication policy](#). Please call Nurse Anne at 425-408-4406 if you have any questions. Thank you

A Quick Note about Head Lice...

No one likes to talk about it, but please let Nurse Anne know if your student has (or had) head lice.

- In colder weather when students bundle up more it can easily go unnoticed, but you should check your students head at least monthly and more often in winter.
- A student can return to school once treated and they have a brief check-in with the nurse.
- Students do not need to be "nit-free", but you must continue to comb through and check hair daily for a couple weeks to be sure all nits are completely gone.
- If you would like a tutorial on how to do this, please stop by or call Nurse Anne
- It is always best to have long hair tied back
- Please teach your student not to share hats, combs or brushes
- Be honest with your children's friends and playmates if you discover lice on your student - this limits exposure and spread to others in our community. Thank you!!