



Spring 2022

First bell rings at 8:40am
School begins at 8:50am

Calendar:

February 28 – March 4

International Supply Drive

March 1

PTO General Meeting

March 7 – 10

National School Breakfast Week

March 10

Student Council Spirit Neon Day

March 11

No School – Mark Reporting Day

March 14

Tri 3 begins

March 15

Kindergarten Orientation for 22-23 SY

March 21

Student Council Spirit Crazy Sock Day

Coffee with the Principal

March 22

4th Grade Recorder Program

March 23

Report Cards posted to ParentVue

March 28 – April 1

No School – Spring Break

April 13

PTO General Meeting

April 15

No School – Conference Release Day

May 2

No School – Workshop Day

May 2 – 6

PTO Staff Appreciation Week

May 13

PTO Carnival

Elm Creek News

Dear Elm Creek Families,

We just wrapped up Parent/Teacher Conferences. These are the last conferences for the school year. We value these conference times; this is an important time for teachers to share students' progress and to build on the home/school partnership it takes to promote student success both in school and at home. We thank you for taking the time to meet with us.

In April and May, we will be taking state standardize testing (MCA's) for our 3rd - 5th grade students. Reading: April 6,7 (make-up April 8, 11)
Math: April 19-20 (make-up April 21-22) and Science (5th only): May 4-5 (make-up May 10-11).

The teachers are busy preparing the students for the tests. Please avoid scheduling appointments on these test dates. A good night's sleep the night before and a good healthy breakfast in the morning will set your child up for success.

Please remember that we go outside each day for recess and students should be dressed for the weather. We have a bit of winter left and as the warm weather settles in, our playground gets very wet!

Watch your email later in March for the Student Placement Form for next school year. We ask that you complete this form if your child will not be attending Elm Creek next year due to a move or change of schools. You may also fill out the form if you have information to share that may be helpful when planning classrooms for next year.

Report Cards will be available to view on ParentVue March 23rd. If you do not have a ParentVue account, please contact the office and Staci will help you get an account created.

We have several No School Days coming up. Please mark your calendars.

March 11 – No School for Students for Mark Reporting Day

March 28 – April 1 – No School for Spring Break

April 15 – No School for Conference Release Day

May 2 – No School for students for Workshop Day

May 30 – No School for Memorial Day

Thank you for your continued partnership and support as we strive to provide a safe and positive educational experience for our Elm Creek Students!

Beth Ness - Principal

May 25

3rd Grade Music Program

May 30

No School – Memorial Day

June 2

Annual school BBQ

K-2 Field Day

June 3

Grade 3 – 5 Field Day

June 9

Last Day of School!

Mark your calendar for the end of year BBQ and Field Day events! Parents will be invited to attend.



Health Office notes:

Thank you to all who were able to provide clothing donations for the Health Office. Your generosity makes it possible to provide a change of clothes while at school to students who may need them.

PBIS Corner: Calming Skills Toolbox for Home

At Elm Creek Elementary, we will support positive behavior in a consistent manner to create a safe and effective school environment to maximize student achievement and social-emotional competence of ALL students.

We will teach and support all our students to SOAR:

Strive to do your best

Own your Actions

Act Respectfully

Ready to Learn

Here at Elm Creek, classroom teachers have a space in their classrooms for students who need a break to reset or calm down when things get challenging. In this space, students can find breathing posters, fidgets, timers, and other calming tools.

Here are the steps to creating your own family calming corner:

- 1) Work together to pick out a space that feels calming, safe, and peaceful. This may be different for every individual in the family and that's okay. Allow everyone to pick out their own calming space.
- 2) Pick out a few calming tools or objects to put in this space that create a sense of calm such as rocks, shells, a sand timer, fidget, slime, etc. You can also make your own calming jar or worry stones.
 - a. Calming/Glitter Jar directions: <https://www.goodto.com/family/things-to-do/glitter-jars-how-to-calm-down-jar-105300>
 - b. Worry stone directions: https://www.ehow.com/how_7527194_make-worry-stones.html
- 3) Create a calming toolbox: pick out 5-10 coping skills from the list below and hang the ideas in your calming space

COVID updates:

We have moved to masks recommended and masks are no longer required on school buses.

We are still practicing distancing in the classroom when we can, extra sanitizing, hand washing and supplying masks and test kits to those who want them.

If you need a test kit sent home with your student, call Staci in the office and we will be happy to send one home. You may also stop by the office 7:30 - 4:00 to pick up test kits.

Remember to take a picture or screenshot of the COVID test result in case you need proof of the results.

Attendance Concerns:

Please remember to call your child in to school each day they are absent. Call the absence line at 763-315-7692.

We are seeing an increased number of students arriving to school late. Please have your children to school by 8:40 each day to allow them time to get to class by 8:50 when school starts.

Thank you!

Calming ideas:

- 1) Buffalo breath: Take a deep breath in through your nose. As you breathe out shake your entire body.
- 2) Hot cocoa breath: Pretend you are holding a cup of hot cocoa. Take a deep breath in through your nose and smell the delicious cocoa. Breathe out through your mouth to blow on the cocoa. You can also imagine hot soup or tea.
- 3) Wall push-ups
- 4) Write, draw or color
- 5) Count to 10
- 6) Read
- 7) Listen to music
- 8) Go for a walk
- 9) Squeeze a stress toy or fidget
- 10) Take a mind vacation: imagine a place that makes you feel safe, calm, and relaxed
- 11) Talk to someone
- 12) Do something you enjoy such as a puzzle or building with Legos
- 13) Ocean breath: Cover your ears with the palm of your hands as you take deep breaths in and out. This effect should create the sound of ocean waves.
- 14) Fire hands: Rub the palms of your hands together as fast as you can. When you feel the warmth, close your eyes and put your hands gently on top of your head. Take a few deep breaths and return your arms to your sides.
- 15) Bubble breath: Pretend you are holding a bubble wand. Take a deep breath in, hold it a moment, and then breathe out visualizing shimmering bubbles floating through the air.
- 16) Rocks and socks: Take a deep breath in and squeeze your hands into fists as tight as you can as if you are turning them into indestructible rocks. As you exhale, release your hands and arms as if they are floppy socks.
- 17) Gratitude list
- 18) What I See: Sit comfortably and notice what's around you. Pick out 3 things that you can see and really focus on what they look like. Focus on the color, size, shape, purpose, etc. You can do this same activity with things you hear or things you can touch.
- 19) Cuddle or play with a pet
- 20) Watch funny animal videos
- 21) Play a board game
- 22) Exercise