

# Polar Paw Press

Tahoma School District No. 409

Glacier Park Elementary School

November 2011

Dear Families,

On behalf of the Glacier Park Staff, I would like to extend a heartfelt thank you to those of you who volunteered your time on "Make a Difference Day" working on our school grounds and garden area. Your service to our school and community truly does make a difference.

If you or a family member is serving in our Armed Forces or is a Veteran, you are cordially invited to our Veteran's Day assemblies on Wednesday, November 10th. Times are 9:20 and 10:10; location is our multi-purpose room. Our fifth graders will entertain us with patriotic songs!

Thank you for supporting our recent Food Drive. This opportunity gave us a chance to demonstrate our Tahoma District Outcome of being Community Contributors!

Parent-Teacher Conferences are just around the corner! Conferences will be held at Glacier Park November 16-23. During these days, students in grades 1-5 (including Full Day Kindergarten) will have a shortened school day and will be dismissed at 1:10 p.m. Students in the a.m. and p.m. kindergarten classes will not have school on any of the Parent-Teacher Conference days.

Our upcoming book fair will take place November 14-23. Each day, new and exciting books will be displayed for students and parents to review and purchase. This is a great opportunity to share a reading experience with your child! For your planning, please review the book fair schedule below:

M: Nov 14th 9AM-4PM  
T: Nov 15th 9AM-4PM  
W: Nov 16th 9AM-4PM  
Th: Nov 17th 9AM-7PM - Evening time to review and purchase books!  
F: Nov 18th 9AM-4PM  
M: Nov 21st 9AM-4PM  
T: Nov 22nd 9AM-4PM  
W: Nov 23rd 9AM-12PM

Daylight savings time happens on Sunday, November 6<sup>th</sup>. Don't forget to set your clocks to "fall back!"

Warmly,  
Chris Thomas



## Upcoming Events

**November 9<sup>th</sup>**  
Picture Retakes

**November 10<sup>th</sup>**  
**Veteran's Day Assemblies**  
9:20 Grades 1, 2 & ADK  
*Betlach/Blechsmidt/Reynoldson perform*  
10:10 Grades 3, 4 & ½ Day K  
**Conklin/Hagen/Pierce perform**

**November 10<sup>th</sup>**  
Early Release @ 1:10 PM K Attends

**November 11<sup>th</sup>**  
Veteran's Day – No School

**November 14th-December 16th**  
Nominations for Discovery Program Open

**November 14-23**  
PTSA Book fair in the library

**November 16-23**  
Early Release @ 1:10 for Conferences  
(No AM or PM Kindergarten)

**November 24-25**  
Holiday Break – no school

### Community Notices:

Please remember to check the TSD website for notices of all extracurricular activities. Go to [www.tahomasd.us](http://www.tahomasd.us) and click on "community notices" on the left side of the page. A copy of the Tahoma Learning Community Catalog can be viewed there as well.

For Glacier Park PTSA News:

Please visit [www.gpesptsa.org](http://www.gpesptsa.org)



## Glacier Park Honor Choir

*The Glacier Park Honor Choir will present their winter concert on Tuesday, December 20<sup>th</sup> at 7:00 in the Glacier Park Gym. Come join us for some holiday cheer!*

## Health & Fitness

The P.E. teachers will be starting a week long "health challenge" for all students beginning on Tuesday, November 1<sup>st</sup> and ending on Friday, November 4<sup>th</sup>. We are encouraging students to trade in 1 quart sized bag of their Trick-or-Treat candy in exchange for a pedometer. We would like kids to think about the foods they eat and what benefit (s) each food has for their bodies (if any benefit). Candy does not provide any nutritional benefit and therefore should be consumed sparingly. Teeth are also not fond of large amounts of sugar ☺. Last year we sent all of the collected candy to the troops over-seas. We plan to do the same this year. If your child would like to participate in the challenge, they simply need to pack up their quart sized Ziploc bag and bring it to one of the P.E. teachers during the first week of November. Supplies are limited to the first 150 students. We use pedometers in P.E. during our monthly jogging logs. Most of the students have been shown how to use them appropriately. We are hoping that having a pedometer will encourage kids to be even more active outside of the school day.

~Mr. Deutschman, Ms. Sloan, Ms. Gronowick

## Glacier Park Elementary 5<sup>th</sup> grade presents A Veterans Day Program

Thursday, November 10, 2011

9:20-9:50 am

Betlach, Blechschmidt & Reynoldson performing  
Grades 1, 2 & All Day K attending  
and

10:10-10:40 am

Conklin, Hagen & Pierce performing  
Grades 3, 4 & AM K attending  
Glacier Park gym

All military personnel are cordially invited.  
Please RSVP to our school office @ 425-413-3702

This program is in honor of all the brave men and women of the US Armed Forces, past and present. Please join us!

Families and friends of our  
5<sup>th</sup> graders are also welcome.

**Please remember that birthday treats  
must be non-food items only.**

No Food Treats at School



**Tahoma School Board  
Policy #3420**

## A Message from the Glacier Park Green Team

### Recycle More! Tips and Free Compostable Bag Sample from King County

Fall is here, so it's time to think about recycling your leaves and storm debris – and your food scraps!

If you don't already have curbside yard waste service, now is a good time to subscribe. It's easy to sign up -- ***and*** you can recycle your **food scraps and food soiled paper** along with your yard waste. Start with delivery pizza boxes, fruit and vegetable trimmings and paper napkins.

Your garbage hauler will collect your yard waste and food scraps in the yard waste cart and it will be recycled into nutrient-rich compost that can be used in yards and gardens.

Receive a free compostable bag sample from King County to help you get started. King County residents outside the city of Seattle may request a free compostable bag sample by e-mail at [sample.swd@kingcounty.gov](mailto:sample.swd@kingcounty.gov) or by phone at 206-296-4466.

For more information, visit [www.recyclefood.com](http://www.recyclefood.com) or become a Recycle More Facebook friend at [www.facebook.com/recyclemore](http://www.facebook.com/recyclemore).

### LUNCH BOX TIPS

#### How to Pack a WASTE FREE LUNCH

As a King County Green School, our school encourages waste reduction and recycling in the lunchroom and classrooms. Students sort their lunch waste into recyclable materials (milk cartons/juice boxes, plastic bottles, and aluminum cans) and trash.

Easy ways to make a waste-free lunch for your child:

- **PACK ONLY WHAT YOUR CHILD CAN EAT** - Have your child bring home everything they don't eat so you can see what they are able to eat in a lunch period. Only pack a half-sandwich is that's all your child can eat during lunch.
- **USE REUSABLE CONTAINERS to pack the lunch.** There are many options for purchase: [www.laptoplunches.com](http://www.laptoplunches.com), [www.reusies.com](http://www.reusies.com), or use any durable plastic containers instead of plastic baggies.
- **USE A REFILLABLE DRINK BOTTLE** instead of disposable containers.



Waste Free Lunch Box

# Make a Difference Day

On the 18th of October the large storage container was moved from in front of the Glacier Park Garden. Make a Difference Day is Saturday and I have big plans for this space; but am overwhelmed by the amount of work that needs to be done. The Maple Valley Make a Difference committee has awarded us \$250.00 to build 6 new boxes, Cedar Grove compost has donated compost to fill the boxes, P&D tree service will supply wood chips, and I am counting on a large crowd of Glacier Park families to provide the manpower.



On Saturday morning I rise extra early to give my son a ride to the airport; it's 4:30 a.m. and raining so hard that it is almost impossible to see the white lines on the road. Each time I splash through one large puddle on the road my heart sinks a little lower with the knowledge that our turnout will be small if at all in this wet, wet, wet weather.

Once home, I load the lumber into the truck, the rain has changed from pelting to a drizzle, and I head for Glacier Park. From the top of the hill; I catch my breath, look at all the cars! I drive around back, through the gate, and see many families have arrived. Awesome! Glacier Park Families rock! Everyone is anxious to chip in; several dads start on the boxes and the garden is a beehive of activity.

In the end, everything on the "To Do" list is done. Glacier Park has a well-organized garden with 14 raised beds ready to plant in the spring. What an honor it is to work with families that have such a strong sense of community. All of the produce grown in the garden is donated to the Maple Valley Food Bank.

Our Garden has become a great outdoor classroom. The worm bin gives us the opportunity to show students decomposers, vermiculite, anatomy of a worm, and sustainability. This year we plan to add Orchard bees to the garden. Orchard bees are a non-stinging bee that does not colonize or create honey. They are an early spring bee and are the primary pollinator of fruit trees. This will naturally lead into pollination, plant life cycle, and photosynthesis. Last year my class noticed that the fruit trees had little bugs that were causing the leaves to roll up. We used the computer to research and found that the trees had aphids; upon further observation we noticed that there were 1,000's of small ants all over the tree branches. This was an opportunity to show how some insects have a symbiotic relationship. The possibilities are endless.



Thank you to Mr. Maryanski, who could see the possibilities and helped to get the container moved. This wouldn't have been possible if it wasn't for the parents and students who care for the community and volunteered their time to work in the garden. Thank you to the support we received from the community; P&D tree service, Cedar Grove Compost, and Make a Difference Committee.

~Mrs. Cathy Haws

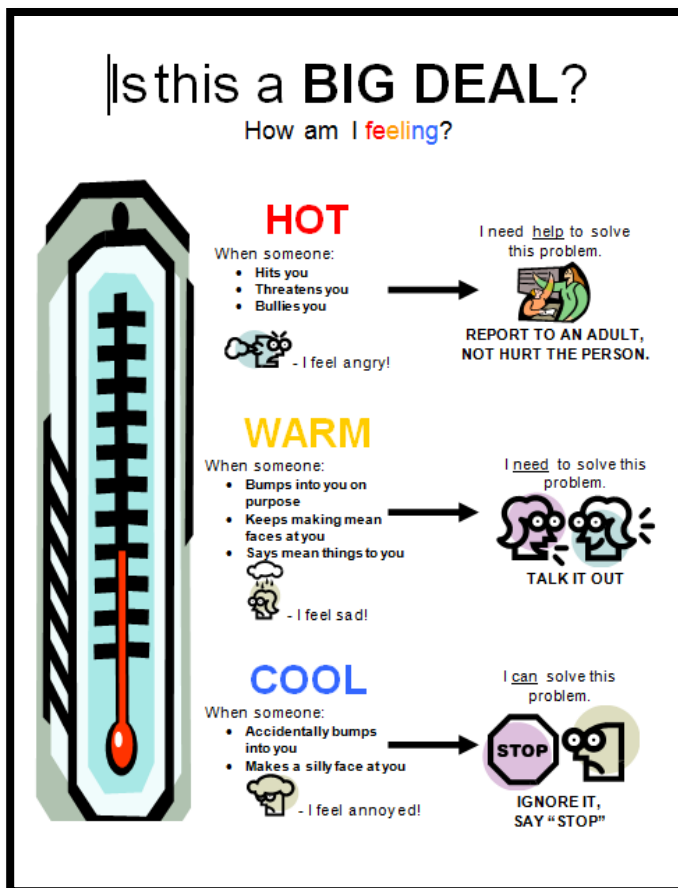
3<sup>rd</sup> Grade Teacher/Green Team Advisor

# Harassment ~ Intimidation ~ Bullying

It is important to us at Glacier Park that our students have a safe and positive learning environment. We would like to share some of the strategies we use to ensure a positive experience for all of our students at Glacier Park.

Each year, all Glacier Park families are asked to review school and district discipline policies and expectations for student behavior. All parent/guardians are asked to verify with a signature that our rules and expectations have been reviewed with their child. Thank you for your help with this! It gets all of us off to a great start!

We began the year on the very first day with high expectations for respectful student behavior. During the first week of school we had pod assemblies to review expectations for respectful behavior and introduce the adults at school. Some of the things we covered at this assembly included examples of helpful and kind actions, good sportsmanship, and manners. Also during the first week of school, teachers shared a Glacier Park Expectations video where the students watched demonstrations of respectful behaviors.



Our Social Worker, Mrs. Closser, visited every 1-5 classroom in the first two weeks of school to review problem solving strategies. This year she shared the concept of Cool – Warm – Hot Problems, as well as strategies for dealing with each level of problems. Strategies included using “one-liners” for cool and warm problems and reporting to an adult immediately for hot problems.

It is our intent to empower the students to solve problems on their own as well as know they can access any staff member at Glacier Park for assistance as needed.

Mrs. Closser and Mrs. Stewart, our

Dean of Students, held a grade level assembly for grades 1 – 5, to learn about conflict. It is important for the students to understand the difference between bullying, mean behavior, and normal conflict. It is important to understand what bullying is: repeated, purposeful, and one-sided, as well as what it is NOT: occasional mean behavior or conflict. Developing shared language and understanding of bullying is important for creating a caring environment for all.

As the year progresses all classroom teachers will revisit this information as needed and Mrs. Stewart or Mrs. Closser are available for additional lessons in individual classrooms.

District curriculum includes *Steps to Respect and Second Step*. Both are research based programs from Committee for Children. Teachers facilitate the 30 minute weekly lessons that help students learn to recognize, refuse and report bullying behavior as well as teaching empowerment, empathy, and friendship building. To read more about *Steps to Respect and Second Step* please visit:

<http://www.cfchildren.org/> In addition, this year Mrs. Closser and Mrs. Blechschmidt are implementing another anti-bullying program called *Roots of Empathy*. *Roots of Empathy* is also research based and has shown a significant effect in reducing levels of aggression among school children while raising social/emotional competence and increasing empathy. To read more about *Roots of Empathy*, please visit: <http://www.rootsofempathy.org/>

At Glacier Park we use a variety of responses when there is a concern about an incident of conflict or bullying. A staff member intervenes, offering care, problem solving support, re-teaching of the expected behavior and/or other strategies or logical consequences to resolve the incident. Often this is enough to solve the problem. When an incident requires additional intervention, students are referred to Mrs. Stewart, Mrs. Closser or Mr. Thomas. The goal is for the students to recognize the poor behavior choice, take responsibility and be an active participant in resolving the issue. Follow up is confidential between school and the parent/guardian. As needed, we involve parents and specific Glacier Park staff to support students who have initiated or been the victim of unkind actions or unsafe behavior.

We are proud of our Glacier Park students; countless positive choices are made again and again, every day.

If you have questions or concerns we encourage you to contact Mrs. Stewart, Mrs. Closser or Mr. Thomas.