



## **Sisters Elementary School**

Joan Warburg, Principal

611E Cascade Ave., Sisters

[www.ses.ssd6.org](http://www.ses.ssd6.org) 541-549-8981

### **Principal's Message**

Sisters Elementary is a school that focuses on community, and it's a wonderful place to be. As 2018 is coming to a close, I would like to thank the students, families, and staff for your warm welcome and for a great start to this school year. We look forward to the awesome things ahead in 2019, as we move into the second half of this school year. Sisters is a special place, with a staff that shows a tremendous amount of care and joy working together to meet the needs of each individual student.



Here at Sisters Elementary we rely on our parent and community volunteers to provide the enhanced opportunities our students enjoy. We have a small group of dedicated parent volunteers who are vital to our success as a school community. We would love to have more parents come and invest into our school, as there is so much more we could do with more support. It takes a lot of man power to keep our school moving forward.

As we look towards the New Year I would like to encourage you to consider ways that you might invest a small piece of your time into making special opportunities happen for our students. With each of us investing a little, we can make a significant impact.

Generosity is our character trait that we are focusing on- I want to personally thank you for your generous support of our school and our SPTC. We had wonderful contributions of candy to send to Operation Gratitude and are currently collecting socks to support our FAN program- our goal is 600 (about 2 pairs per student). We also want to provide one more opportunity to share generously. We would like to shower three of our SES families this season with special holiday surprises. We will have our very own Outlaw Giving Tree in the Commons on December 10. If you would like to help bless these families, please remove an ornament and purchase the item listed and return it on December 17. We will have more details coming home in a separate flyer.

We have an arts focus here at SES. We are excited that all of our students will have the opportunity to perform musically in the next few months. Our 4<sup>th</sup> graders will be participating in the Central Oregon KIDS choir festival in March, our 3<sup>rd</sup> graders have been invited to join the Sisters High Desert Chorale in their performance on Dec. 9, our 1<sup>st</sup> and 2<sup>nd</sup> graders will be performing with the middle and high school choirs on Dec. 14 and our kindergarteners will be performing for the Rotary on Dec. 18 as well as having a morning performance here at the school on Dec. 20. Then we will all musically celebrate the holidays together on December 21. Additionally, our fourth graders are sharing their artistic talents throughout the community as they paint windows. We are excited to have our students giving back to our community in a variety of ways.

The staff at Sisters Elementary would like to wish you all a safe and relaxing holiday season and hope you all have the opportunity to share time with your family and friends.

Thank you for your support. My door is always open.  
Joan Warburg, Principal

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## SES December Calendar

**Sunday, Dec. 9:** 3<sup>rd</sup> Grade to perform @ 2:30 pm @ Sisters Community Church  
**Tuesday, Dec. 11:** SPTC General Meeting, 6:30 pm @ Sisters Saloon  
**Friday, Dec. 14:** Sock Drive Ends  
**Friday, Dec. 14:** Generosity Assembly @ 2:10 pm  
**Friday, Dec. 14:** 1<sup>st</sup> and 2<sup>nd</sup> Grade to perform @ 7 pm at SHS Holiday Showcase  
**Thursday, Dec. 20:** Kindergarten Holiday Performance @ 8:30 am  
**Friday, Dec. 21:** Holiday Assembly @ 8:10 am in Gym-ALL grade levels performing, parent invited!!!  
**Tuesday, Jan. 8:** SPTC General Meeting, 6:30 pm @ Sisters Saloon



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## SPTC Un-Fundraiser

A **HUGE** shout out and thank you to our families for your investment in our school community! Our SPTC Un-fundraiser surpassed our goal of \$6,000 and raised a **new grand total of \$6,688**. Your contributions will be used to support each classroom as well as to support family and community events this year. You can continue to invest in our SPTC throughout the year; every dollar donated will be invested into our school this year. Thank you for your support!"



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## Classroom Parties

Classroom Winter Parties will be held on Friday, December 21.  
If your child is not participating in Classroom Winter Parties please notify the classroom teacher.  
A fun alternative will be provided with our school counselor.



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## From the Front Office

Please check the lost and found before Winter Break. We will donate any items that are unclaimed, to charity during Winter Break.



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## From the Nurse

Greetings from the school nurse!  
It's getting colder and kids are coming into the office with very chapped lips and very dry (sometimes cracked) hands. Please don't hesitate to send a mini bottle of lotion and chap-stick with your children to keep in their back packs! We are not allowed to provide either of these in the nurse's office. Also as we continue into winter please remember to send your children to school with cold weather appropriate clothing!



## Musical Notes

Attention 4<sup>th</sup> grade students and parents:

Our very first **Sisters Kids Choir** is kicking off this January! If your student is interested in participating, please contact Sara Miller right away at [sara.miller@sisters.k12.or.us](mailto:sara.miller@sisters.k12.or.us). This is an amazing opportunity being brought to our 4<sup>th</sup> and 5<sup>th</sup> grade students via the generosity of our friends with the *Sisters Folk Festival*. Through their partnership, they are sponsoring this new Sisters Kids Choir during the months of January, February and March. We will be holding rehearsals each Wednesday morning at the Middle School (choir room) from 7:30-8:30am with Sara Miller teaching the students six different choral pieces, all in the theme of “Animalia – a Celebration of Animals!” Our rehearsals will then culminate in joining hundreds of Deschutes County students from area elementary schools at the annual **KIDS CHOIR FESTIVAL**, held at Bend Senior High School in Bend on **Saturday, March 16, 2019**. We will have a bus available Saturday morning, 3/16 at the Elementary School to bus our Sisters Kids Choir students to Bend High for a full day of rehearsals with Mrs. Kim Skondin, who will be our guest conductor from Portland, as well as participate in a drum workshop with Mr. Dale Largent. Our day will end with over 200 students performing in concert together on stage to a packed BSH auditorium! Parents are encouraged to attend the concert and will need to pick up their students in Bend and transport them home. Carpools can be arranged, if needed.



Please, discuss this opportunity with your student. It will be a lot of fun and a valuable experience for them, and will develop their musical gifts – which will be especially helpful for them as we pursue learning on the recorders here at SES this spring, and as they prepare to enter the world of middle school music with keyboarding and band and choir opportunities. If you have any questions, don't hesitate to reach out to Sara Miller at any time.

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## Counselor's News

Hello SES Families!

For counseling in December we are still looking at Kelso's Choices Wheel and we are practicing Ignore It, Walk Away, Share and Take Turns and Tell Them To Stop. We are also practicing making sure that we aren't getting stuck using only one of Kelso's Choices, because some choices work better for different situations. During our counseling time we are role-playing the different choices on Kelso's Wheel so that we are comfortable using them all. Have a wonderful December!



*Jo Martinez (School Counselor)*

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## Social Emotional Learning

**Generosity:**  
**Our Character Trait for December is GENEROSITY.**



### Social Emotional Learning (SEL) Tidbit:

We can make the most of this season by instilling generosity and gratitude in our children. Teaching our kids to say “thank you” is important, but truly instilling a sense of gratitude in them is another matter entirely. Gratitude goes beyond good manners — it’s a mindset and a lifestyle. Studies have revealed that instilling a sense of gratitude in children increases empathy, self-esteem, hope, and overall happiness.

Here are some things you can do at home to encourage gratitude:

- Have them name their blessings on a regular basis, encourage them to think about things they may take for granted.
- Resist the urge to shower them with too much “stuff”.
- Have them ‘pitch in’ when they want something.
- Insist on thank you notes, encourage them to include why they are thankful.
- Give them opportunities to give back to others (practice generosity).

The good news is that optimism, gratitude and generosity are learned behaviors; therefore through consistent modeling and opportunities to practice, all children have great potential to be positive, grateful, and generous individuals.

When you show **generosity**, you might give away things or money or put others before yourself. But **generosity** is about more than giving things. You can also show a **generosity** of spirit when you're forgiving and gentle to people. There are three qualities present in true **generosity**:

- Giving something of value to you- this might be time or something that is important to you.
- Focusing on the other person- what is it that the other person might want or need? We give even though we don’t receive recognition or a reward for giving.
- Going above and beyond- it is something that is freely given and not required. We go above and beyond what is expected.

Our students will have multiple opportunities as a community to be generous by donating Halloween candy and writing cards for Operation Gratitude in early November and by donating socks for our FAN program in December. We hope that you can use these opportunities to reinforce the quality of generosity as a family.

**Fridays are school spirit day-** Show Outlaw pride by wearing black and white on Fridays

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## Outside Recess During the Winter Months

Please be sure to dress your child appropriately as the weather begins to cool down. Warm clothing is important for students as they do go out for recess throughout the day. Students will go outside for recess if the temperature is 20 degrees or above. We would appreciate it if you would write your child's name in his/her clothing so that if it is lost we can return it to them. If you need assistance obtaining winter clothing for your child, please contact our FAN advocates Dawn Cooper or Theresa Slavkovsky. They can be reached at **541-549-0155**.



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## School Snow Rules (Clothing & Play)

What to wear to play in the snow:

- Boots, Snow Gloves/Mittens, Coat and Hat

If you do not have the proper snow clothing, you will need to stay on the black top areas where it is plowed. Dawn Cooper or Theresa Slavkovski, our Family Advocates, can assist people who need winter clothing-please contact them at 541-549-1105.



How to play safely in the snow:

- Snow and ice stays on the ground unless you are rolling big balls for snowman or fort.
- This means no kicking, throwing or shoving snow at anyone or anything.
- If some games that we usually play become unsafe due to snow, the people on duty will cancel them for the day.
- Work Cooperatively - Do Not Destroy other's work
- Snow is community property. If you built it; share it.

If you need help, please see a duty teacher.

Any student wearing snow boots, snow pants and a snow coat may do the following activities:

1. Roll around in the snow and be safe and have fun.
2. Slide down snow hills or mounds on their bottom, feet first.
3. Make snow angels.
4. Create snowmen of various sizes, snow forts or any structure they choose made of snow.

The purpose of these rules is to keep students dry and safe. Appropriate outside gear keeps people dry. No snow or ice flying through the air keeps people safe. We will have outside recess unless the temperature (with wind chill) is below 20 degrees. Game time (inside) recess rules are reviewed by classroom teachers for students. **If a student gets wet during recess, they will stay wet as we do not have loner clothes for them.**

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## School closures and Delays: Weather Delays and Closures

When the weather is bad (usually extreme snow or ice), our auto-dialer calls families in the morning to ensure they know of schedule changes. In addition, be sure to tune into the television and / or radio stations listed below to see if the schools in the Sisters School District are closed. If schools are closed or delayed, the decision is made between 5:00 and 5:30 a.m. by district officials and reported to the news media. At this time, calls and emails go out to families. **Please make sure you have provided us with your updated contact information so that you receive these calls and emails.**



If we do have a delayed start, buses still run, just 2 hours later than usual. So if your child is picked up at 7:30 am they will be picked up at 9:30 am instead. School will start at 10:00 am; lunches are served and dismissal is as usual.

### Television Station

- KTVZ (NewsChannel 21)

### Radio Stations

#### FM Stations

- KLRR (Clear) – 101.7
- KMTK (The Bull) – 99.7
- KTWS (The Twins) – 98.3
- KQAK (The Duck) – 105.7
- KWPK (The Peak) – 104.1

#### AM Station

- KBND (News / Talk) – 1110 AM
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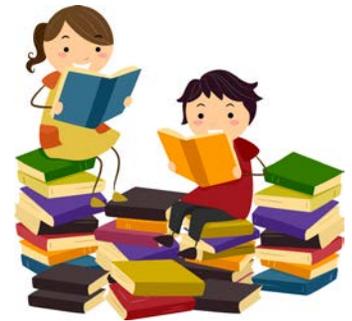
## Holiday Window Painting

As is tradition in Sisters, Our 4<sup>th</sup> graders will be decorating store windows throughout the downtown area. Please look for these holiday works of art as you are shopping downtown Sisters this holiday season.



## Battles begin in January, but reading starts now!

Sisters Elementary is again looking forward to participating in the **Oregon Battle of the Books** competition this year. **OBOB** is a *voluntary* reading incentive program developed for **3<sup>rd</sup> -5<sup>th</sup> graders**. **OBOB** provides a reading list of 16 (fabulous!) books to be read by each 4-5-member team. Teams then “battle” other teams by answering questions in a quiz show-type competition.



Check out the website for more details and a list of books: <http://oboblsta.pbworks.com>  
Questions? Email Mrs. Kanzig @ [Deirdre.kanzig@sisters.k12.or.us](mailto:Deirdre.kanzig@sisters.k12.or.us)

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## Deschutes Public Library – Sisters

Discover a new book at the Sisters Library over winter break. The library is open Tuesdays – Saturdays.

**10:00am – 6:00pm Tuesdays – Fridays**

**and**

**10:00am – 5:00pm on Saturdays**



LEGO Block Party on Friday, January 4<sup>th</sup> at 2:00pm. See you at the library!

## **Parenting With Integrity**

*An introductory workshop for anyone who loves and lives with a teen.*



### **Who should attend?**

Are you someone who loves a teen and wants to support them through the emotional roller-coaster that often defines a teen's life? Do you often find yourself at a loss for words, not knowing what to say or saying the "wrong" thing? You are not alone!

*Being a support to a teen can be challenging. Being a teen can be even more challenging! Join us to reflect, share, and learn what it looks like to support your teen with courage and integrity, allowing you to love your teen through their adolescence and beyond.*

This workshop is for parents/guardians who have a **10-19 year old** at home. It will introduce participants to a different way of being in relationship with a teen honors the individual and helps a teen thrive now and into their future.

**Introductory Workshop:** December 13, 2018 from 6-7:30 pm (Additional workshop opportunities will follow early in 2019)

### **Where:**

Sisters High School, Sisters, OR

### **Cost:**

Free

### **Workshop focus:**

- Opportunity to consider how you want to "show up" for the teen/s in your life.
- Techniques for responding vs. reacting to a teen's behavior while maintaining your integrity and the relationship.
- How to improve the adult/child relationship.

### **Facilitators:**

**Kirstin Anglea, EdD.**- Former middle school teacher and administrator, Coach, Facilitator with The Center

for Courage and Renewal

**Phoenix Ries, MS Counselor Ed.**- Counselor, Parent Coach & Educator, Yoga & Mindfulness Teacher