



Sisters Elementary School  
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## Principal's Message

October has been quite a fun and busy month! Thank you for your participation and support of our first Carnival- our SPTC did an amazing job of organizing the event and so many parents contributed a piece of their evening to ensure that we had a fantastic event for all of our students and their families. With over 450 people in attendance, SES was the place to be that night! It was wonderful to see so many in our community connecting with one another! We had a fantastic Halloween celebration once again as we continued one of our annual Sisters traditions- thank you to each one of you who contributed to the fun. We are looking forward to a really engaging STEM and Book Fair Night on Tuesday, November 5. We are so thankful for our community partners, Sisters Science Club, Sisters Astro Club, Seed to Table, Central Oregon STEM Hub, and Sisters Forest Service who will be bringing interactive and fun activities for all.



We appreciate our community partner, Deschutes County Sheriff's Office, for coming out and bringing a variety of vehicles and a police dog. We had a wonderful morning celebrating outstanding attendance and learning more about the work of our peace officers. This year we are "Striving for 95." Students with 95% or better attendance are much more successful in school and we have set this as our goal. 95% attendance can be thought of as less than 2 absences each quarter.

Thank you to each one of you who have invested in our Un-Fundraiser - this is our main way of funding the myriad of activities we provide annually for our students. These include our family nights such as Carnival, STEM night and our family barbeque, instructional materials, running club and field trips, including our trips to the Bend Science Station and the 4<sup>th</sup> grade overnight field trip. We want to keep our field trips free for all students to attend. Bend Science Station field trips cost \$34 per student; thankfully, with our SPTC support and the support of a generous community donor, we are able to keep the experience free and available to our students. If you haven't already contributed to our Un-Fundraiser, please consider doing so and helping us reach our financial goals. The suggested investment is \$20 per student and the donation may be tax deductible.

This year our enrollment in kindergarten was much higher than previous years. In order to maintain our smaller class sizes, we embarked on the process of hiring a new Kindergarten teacher. I would like to introduce our newest staff member - Mrs. Nicki Gregg will be our new Kindergarten teacher. Her first official day with her students is Tuesday, November 5. We are grateful to have her on our team.

Thank you for making your child's education a priority and attending your student's conference. Your partnership is vital to your student's success. Our staff at Sisters Elementary is committed to working with you to help your student to have the best experience and to achieve to their fullest potential.

As we enter into the season of gratitude, I want to express my appreciation for the opportunity to serve and partner with you in supporting your students. It is truly a joy to be a part of the Sisters Elementary community. I hope that each of your families has a wonderful and special season of Thanksgiving this year.

My door is always open. Thank you for being a partner in your child's education.

Happy Thanksgiving~

*Joan Warburg*

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## **What To Do When Something Is Wrong At School:**

All parents have experienced, at some time, the reality that their child is experiencing problems related to school. Maybe it is a problem on the playground, a problem with another child, a group of children, or a misunderstanding with a teacher. These things happen and will always happen. How we handle these situations will determine whether our children benefit and grow from the experience. Ignoring or running away from a situation will only set the stage for problems in the future. So, as a parent, what should you do? The following is my suggested plan of action:

### **1. CONTACT YOUR CHILD'S TEACHER IMMEDIATELY**

Your child's teacher knows your child better than anyone at school. He or she is in a position to observe and experiment with different solutions to the problem. You should contact the teacher first when you feel the problem has to do with the student - teacher relationship. In any human interaction, there is the potential for disagreements and problems. There are times when your child's teacher won't know there is a problem. It is only fair that they have the opportunity to try to correct the situation. Often times, the problem will quickly disappear once the teacher is made aware of the problem. By meeting with the teacher, a plan of action can be agreed upon to help remedy the problem.

### **2. CONTACT THE SCHOOL COUNSELOR**

Mrs. Kuitert is available to meet with parents and students. She works with our students and families who have concerns regarding a problem on the playground, a problem with another child or group of children, and to help children solve their problems. She is also available if a child is struggling in other areas of relationships and emotional well-being.

### **3. CONTACT THE SCHOOL PRINCIPAL**

I am available to meet with parents and students. If an agreed upon plan of action is not working and another approach is needed, or if something arises that is not connected directly to the classroom, please feel free to give me a call or contact Shannon, in the office, to set up a time to meet.

Remember: You are not alone. Interpersonal problems are a fact of life. By working together, we can teach children a valuable skill that will help them throughout their lives.

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## Latino Family Connections News

The first Latino family event for our Spanish speaking families was the evening of October 1st. We were excited to extend personal invitations to each family. This first event focused on secondary and elementary grade information for parents. Our future Latino family events will be held January 14th, 2019 and April 14th, 2020. Each event will have a different focus based on parent input. These events are held in the evening from 6-7:30 p.m. in the library at Sisters Middle School. We encourage our wonderful families to join us!

We hope to have a new bilingual community liaison for our Latino Family Connections Center in the near future. More details on this will be coming soon!

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## Weather

Colder temperatures are upon us. Parents often inquire about having outdoor recess when the thermometer reads 32 degrees. We follow the district guidelines that states outdoor recess will be cancelled only if the temperature falls below 20 degrees or conditions are unsafe. Students are expected to participate in all recesses during school. Therefore, it is important that students come to school with appropriate attire (coats, hats, gloves, boots, etc). Dawn Cooper or Theresa Slavkovski, our Family Advocates, can help provide needed winter clothing. They can be reached at 541-549-1105.



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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.

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 10:30 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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## **From the Nurse**

Greetings from the school nurse!

As you know the weather is changing and the mornings are cold! Please be sure to send your children with warm clothing, jackets/coats, and possibly gloves and hats (boots and snow clothes if snow is on the ground). The school will keep children in for recess if the temperature is less than 20 degrees. Also, sometimes it is necessary for students to borrow clothing from the nurse's office. If your child comes home in clothes that they needed to borrow please wash and return them to the school as soon as possible!



If you have any questions please contact the School Nurse. Thank you and have a happy Fall!

Nurse Beth RN

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## **Reminders From the Front Office**

- If you will be traveling for the holidays and your student will be gone for more than 5 days, please stop by the office so that you can fill out the appropriate paperwork.
- Our lost and found is growing, please check it for items that your little ones may have left behind. Also, a car key has been turned into the office. Please contact us if you believe this may be yours.
- Remember to “like” Sisters Elementary School’s page on Facebook in order to get school updates and see photos from around campus.



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## **Physical Education**

School is now in full swing and so are Physical Education classes . It has been apparent that the students are enjoying their time learning different ways to enjoy physical activity. In Physical Education we have been covering locomotor skills such as skipping, hopping, sliding, galloping, and running. Ask your child to show you all of these different skills. We have been having fun and learning new skills with hoola hoops, long jump ropes, line dancing and square dancing. Ask your child what has



been their favorite activity so far. Ask them to teach you how to play it. Playing games as a whole family will help promote healthy living.

I also wanted to remind your child to bring their tennis shoes to class so they can fully participate in PE.

I have thoroughly enjoyed having your students in class. Physical activity is important in everyday life so encourage your child to be physically active.

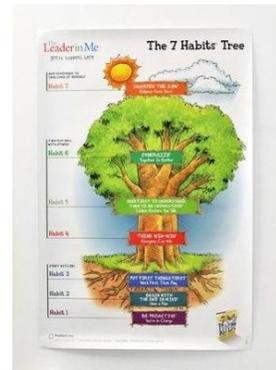
Mrs. Thomas

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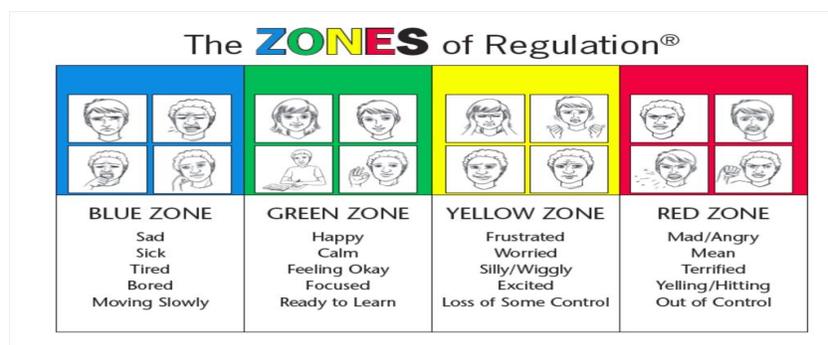
## Counselor's News

### SES Families-

It has been wonderful getting into the classrooms to teach about The 7 Habits! I love seeing your children and connecting with them. We have been focusing on Habit #1- Be Proactive.



In 1st-4th grade we started with being in charge of our choices. We talked about how we have the power to choose and discussed how there are either positive or negative consequences for our choices. We then talked about how we are in charge of our attitudes, moods, and feelings. We can "choose our weather". We can decide how we let people or situations impact our moods. Many students connected The Zones of Regulation to this idea and we matched different types of weather to each zone. We all have feelings and we don't always stay in the green zone. When we are proactive we notice when this happens and we do something to help us with those feelings and moods. The Zones of Regulation is a great tool to help students with their emotional vocabulary, identify how they feel, and self regulation. I reviewed different strategies with students on how to regulate and be proactive with those difficult feelings. If you would like more information on this, please contact me!



I will also be teaching these concepts in Kindergarten in the upcoming weeks. We are just getting started with what a leader looks like in school and the importance of making good choices.

Kate Kuitert (School Counselor)

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## Social Emotional Learning (SEL)

We will be moving into learning about The 7 Habits. Our focus leading up to our next awards assembly will be on Habit #1-Be Proactive.



### Habit #1-Be Proactive-I am in charge of me

I am a responsible person. I take initiative. I choose my actions, attitudes, and moods. I do not blame others for my wrong actions. I do the right thing without being asked, even when no one is looking.

With your child, think of ideas of how they can be proactive at home. Picking out their clothes at night, getting ready for school in the morning, picking up after themselves, or knowing how to manage hard feelings.

### November & December Character Award Theme: Be Proactive

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

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## Art Bungalow news

The first 2 months of school have been very busy in the art room. First-Fourth graders learned about Pop art and created a piece inspired by that art movement. We had the drawing, paint and collage centers open for that. The 3rd and 4th graders then made pop art food sculptures. Now, we are starting our folk art unit and the weaving center has been opened! Kinders are practicing how to use the art materials and learning about line and shape. Don't forget to visit our facebook page for more information and photos! SES artbungalow on facebook!

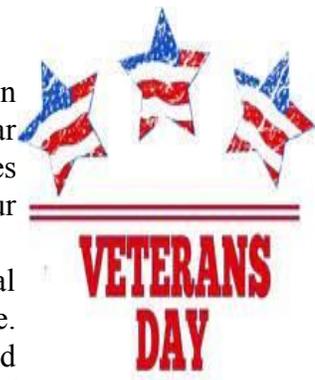


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## Musical Notes

We invite our families to join us for our Veteran's Day assembly on Friday, November 8th at 8:45am. Parents, please have your students wear red/white/blue on Friday, November 8th (no hats). All students in grades 1st through 4th will be performing during this assembly to honor our Veterans.

Also, if you are a Veteran, please know that we extend a very special invitation to you to join us during this time of honor and remembrance. We will briefly recognize you during the Armed Forces Medley, and would love to have you join your student for a special time of remembering. RSVP is appreciated but not required – join us on Friday, November 8th at 8:00 am for a special breakfast.



## Dates to put on the Calendar for future musical events:

- **All-American Christmas** - Friday, December 20th, 8:45am in SES Gym - come celebrate the last day of school before Winter Break with a Musical presentation showcasing each grade level K-4, sharing how America celebrates the diversity of our holiday traditions.
  - **DATE SWITCH:** 3rd grade performance is now on February 13; 4th grade performance is now on April 28th. Please notate this on your calendars.
  - **3rd graders** will begin rehearsing during their music time for their upcoming performance on Thursday, February 13th at 5:00pm of **COMPOSE YOURSELF** (a musical bridging years of history as students have the opportunity to interact with famous composers like Bach, Beethoven and Mozart!) This 40-minute long musical will feature all 3rd graders singing, in addition to a dramatic cast of 30 actors. If your student is interested in auditioning for a speaking role, please discuss the responsibility of practicing and memorizing their lines from home as we won't be running lines in class. This will be a team effort at home (*thank you, parents!*)
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## Deschutes Public Library – Sisters

Explore the digital collection at Deschutes Public Library! Download an audiobook on the Libby app over the holidays or stream a children's movie on Kanopy. All free with your library card! Or visit the library Tuesday – Saturdays, ask Paige for a new book recommendation. See you at the library!

