

LAKELAND ELEMENTARY SCHOOL

35827 32nd Avenue South, Auburn, WA 98001 253-945-3000

www.fwps.org/lakeland

Jeff Soltez, Principal
Nancy Fleck, Office Manager

March 19, 2009

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March 23-24 - Student-Led Conferences

Attention families! You are cordially invited to come to school with your children on March 23 or 24 to attend their Student-Led Conferences. If you have not received an invitation please contact your child's teacher.

Regular classes are canceled for these two days so that every family can visit the classroom of each child. Teachers have scheduled individual conferences for some students, and for others they may choose to have several students show off their work and achievements during one block of time. Any parent who wishes to have an individual conference may request one.

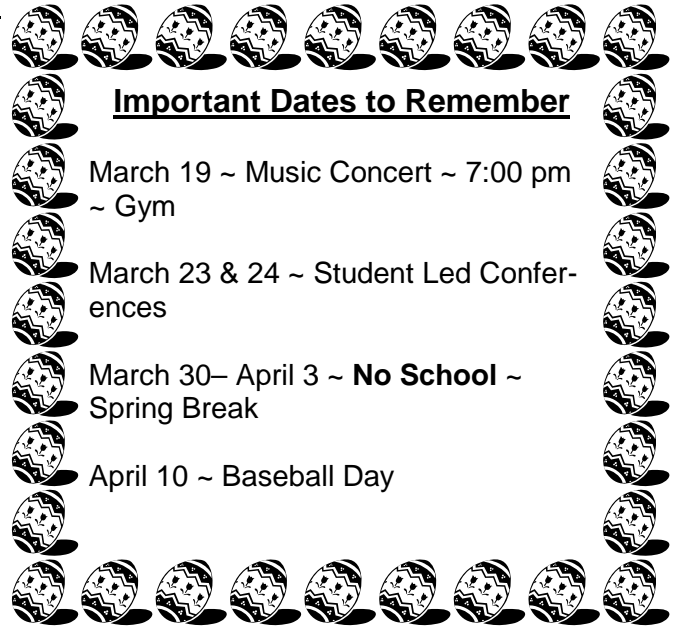
Teachers will provide progress reports which record students' performance in reading and math, for each child. In addition, many of our students have prepared portfolios, which contain examples of their learning. Others may have an opportunity to demonstrate specific skills, which they have been practicing in class. Don't miss out on this chance to view your child's accomplishments and to help him/her set goals for the remaining months of school.

What can parents do to prepare for these conferences?

1. Mark your calendar and plan to attend the conference with your child on the scheduled day.
2. Contact the school office right away if you need to reschedule the conference.
3. Note the celebrations, questions or concerns you want to discuss with the teacher, and bring those notes to the conference with you.
4. With your child, set goals and action plans for future achievement, and help him/her be accountable for follow-up.

We're entering the "final stretch" of the 2008-09 school year, and we will continue to give 110% effort so that all of our students can meet the goals they have set. We look for the same strong finish from our students. Let our good work continue!

Jeff Soltez, Principal



Important Dates to Remember

March 19 ~ Music Concert ~ 7:00 pm
~ Gym

March 23 & 24 ~ Student Led Conferences

March 30– April 3 ~ **No School** ~
Spring Break

April 10 ~ Baseball Day

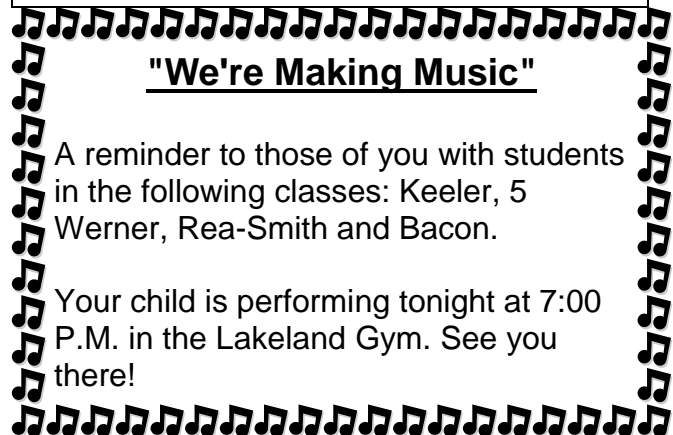
Asthma

Does your child have a history of asthma? Does he/she have an inhaler in the health room? If your student has been diagnosed as having asthma, and on occasion uses an inhaler, it is a good idea to have one on hand for use at school. This requires a medical order from your child's physician. All medications are kept in the health room and a log is kept when medications are given. Medications need to be brought in by an adult, and a parent must sign the order forms. Discuss your child's asthma with his/her physician to determine if an inhaler at school is recommended.

"We're Making Music"

A reminder to those of you with students in the following classes: Keeler, 5
Werner, Rea-Smith and Bacon.

Your child is performing tonight at 7:00 P.M. in the Lakeland Gym. See you there!



KINDERGARTEN REGISTRATION

Kindergarten registration for the 2009-2010 school year begins Monday, May 4, for students who will be 5 years of age on or before August 31, 2009. To verify the age requirement, you will need a certified copy of your child's birth certificate or a passport. You will also need your child's current immunization certificate.

Openings for All Day Kindergarten are first come-first served and require a complete registration plus a deposit of \$75.00. This deposit will apply to the September payment.

Choice Information

Parents and guardians who would like to have their students attend a Federal Way school that is outside their neighborhood attendance area may apply to participate in the district's Choice Enrollment Program:

Elementary Open Application Period
April 1, 2009-April 30, 2009

All applications must be submitted to the ESC. All Out of District applications must include a release from the home district.

Applications will be available in the school office on April 1, and should be sent or delivered to Paula Curtis at the Federal Way Public Schools Educational Service Center (ESC), 31405 18th Ave. S., Federal Way, WA 98003. For more information, call or e-mail Paula Curtis at 253-945-2013 or pcurtis@fwps.org.



Snow Make Up Days

Due to the three (3) snow days missed in December, the last day of school has been moved from June 12th to June 17th. Our District adopted calendar indicates snow make-up days will come at the end of the year. Superintendent Tom Murphy has confirmed that the three (3) snow days will be made up on June 15th, 16th and 17th. Please mark your calendar with this change.

MOVE AND LEARN

BRAIN RESEARCH SUPPORTS MOVMENT IN SCHOOL

Most neuroscientists agree that movement and cognition are powerfully connected. The cerebellum is the area of the brain associated with motor control and integrating sensory data but research has found a pathway from the cerebellum back to the parts of the brain involved in memory, attention and spatial perception.

Exercise actually grows the brain. It not only fuels the brain with oxygen but it supplies the brain with neurotrophins that increase the number of connections between neurons. Movement promotes higher cortical learning such as abstract learning, higher thinking skills, and creative thinking. It also promotes comprehension and the anchoring of new experiences.

FOUR SIMPLE MOVEMENTS TO DO IN THE CLASSROOM

1. Stand up/Sit downs - This activity stimulates the cardi pulmonary system and the vestibular system. The vestibular system helps us know where our body is in space and sends information to Central Nervous System to stimulate muscle tone.

2. Chair push-ups - This is a "heavy work" activity that uses large muscle groups and provides proprioceptive input. Proprioception sends messages to the brain from pressure receptors in the skin and joints. This information lets us know where our body parts are and how they are moving. Child lifts his total weight off the chair while remaining in a sitting position and feet off the floor. Hold for 3 to 10 seconds. Relax down and repeat several times.

3. Cross-crawls - This is a crossing midline activity that creates more nerve networks between the hemispheres of the brain. When done in standing it also challenges balance. Slowly touch the right hand or elbow to the left knee. Repeat on the other side.

4. Pretzels - This activity gets both sides of the brain switched on. It is especially good when learning new concepts or for stress relief. With arms in front, turn thumbs down, cross wrists, cross legs, and interlace fingers. Bring fingertips together at the middle of the body. Complete pretzel by uncrossing arms and legs and bringing fingertips together in front of the body.

