

# LAKELAND ELEMENTARY SCHOOL

35827 32nd Avenue South, Auburn, WA 98001 253-945-3000  
www.fwps.org/lakeland

Jeff Soltez, Principal  
Nancy Fleck, Office Manager

October 23, 2008

Joleen Wieser, Secretary  
Phyllis Savini, Office Clerk

## Student-Led Conferences Scheduled October 30 & 31st

Elementary students across the district are preparing for two special days at the end of this month when they will tell parents about their performance in reading and math, and share goals they plan to achieve this year. These Student-Led Conferences will take place on October 30 and 31, and no regular classes are scheduled on these days.

### What is the student's role?

We believe that allowing students to talk to parents about their learning will give them a stronger sense of ownership and pride, and a greater understanding of how they can continue and improve their achievement. The student's job at conference time will be to explain some of the standards and goals they are working on, and to show examples of their current level of performance. With the support of teacher and parents, they will also set goals for future improvement.

### What is the parent's role?

One of the most important things a parent can do is attend the conference! This gives a strong message about the importance parents place on their child's learning. During the conference, parents are encouraged to listen, to compliment and talk with their child about his/her work, and to identify ways they can help their child reach his/her goals.

### What is the teacher's role?

Teachers have spent the first month of school getting to know the strengths and needs of each child. They have helped their students understand the standards and goals they are working on. By conference time, teachers will help children select work samples which show their level of performance in these areas. They will assist students in setting goals for the remainder of the year. Prior to the conferences, teachers will also provide opportunities for students to practice their part in the conference in order to put them more at ease.

Jeff Soltez, Principal

## IMPORTANT DATES TO REMEMBER

October 29 ~ **Orange and Black Day**

October 30-31 ~ Student Led Conferences

November 11 ~ **No School** ~ Veteran's Day

November 26 ~ **Early Dismissal** ~ 1:20 pm

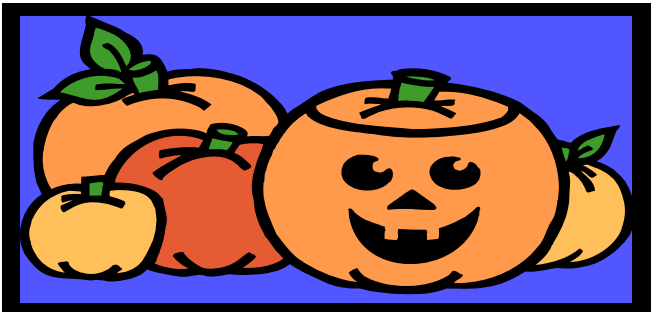
November 27 & 28 ~ **No School** ~ Thanksgiving Holiday

## November Concert Update

### Music Is Always There!

Look for more information to come regarding November Concert. These classes will be participating.

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### How Should You Wear a Backpack?

More than 40 million students in the United States carry backpacks. According to one study, six out of ten students 9 to 20 years of age reported chronic back pain related to backpacks.

The American Occupational Therapy Association has published ten tips to avoid backpack-related health problems:

1. Never let a child carry more than 15% of his or her body weight. This means a child who weighs **100 pounds** shouldn't wear a backpack heavier than **15 pounds**.
2. Load heaviest items closest to the child's back and arrange books and materials to prevent them from sliding.
3. Always wear both shoulder straps. Wearing only one strap can cause a child to lean to one side, curving the spine and causing pain or discomfort.
4. Select a pack with well-padded shoulder straps. Too much pressure on shoulders and necks can cause pain and tingling.
5. Adjust the shoulder straps so that the pack fits snugly to the child's back. The bottom of the pack should rest in the curve of the lower back, never more than four inches below the child's waistline.
6. Use the waist belt, if the backpack has one, to help distribute the pack's weight more evenly.
7. Check what your child carries to school and brings home to make sure the items are necessary to the day's activities to make sure the items are necessary to the day's activities.
8. If the backpack is too heavy, consider using a book bag on wheels if your child's school allows it.
9. Choose the right size pack for your child's back as well as one with enough room for necessary school items.
10. If a student is experiencing back pain or neck soreness, consult with your physician.



### Should I Send My Child To School Today?

Often parents wonder when it is appropriate to send their child to school. If your child has any of the following symptoms, please keep him/her home, or make appropriate child care arrangements.

- Eyes—thick mucus or pus draining from the eye or the eye is red, waters profusely and feels irritated—contact health care provider.
- Fever—temperature of 100 degrees F or higher in the past 24 hours.
- Greenish Nose Discharge And/Or Chronic Cough—contact your health care provider for appropriate treatment.
- Sore Throat—especially with fever or swollen glands in neck—contact health care provider. If strep throat, children may return to school after on antibiotics for 24 hours and feels okay.
- Diarrhea—3 or more watery stools in a 24 hour period especially if the child acts or looks ill.
- Vomiting—vomiting 2 or more times within the past 24 hours.
- Rash—body rash, especially with fever or itching, children may return when rash has cleared or has physician diagnosis and treatment.
- Ear Infections Without Fever—does not need to be kept home unless experiencing other symptoms as noted above. Contact health care provider as untreated ear infections can cause permanent hearing loss.
- Lice, Scabies—children may not return to school until they have been treated and are free of lice and nits (eggs). Children with scabies can be admitted to school after treatment.

Bringing a child to school with any of the above symptoms places other children and staff at risk. Keeping sick children home will, in the long run, result in having stronger, healthier, and happier children—and fewer lost work days and illness for parents.

Please note that there are no options for students to stay indoors for recess if they have been ill. Getting fresh air is helpful for children but please send your child to school with appropriate outdoor clothing—coat, hat, and gloves.

Cheryl Lambert, Lakeland Nurse

**W**ashington State Law Requires that any person volunteering within a public school district must have a Washington State Patrol Background Check completed. This form is available in the school office. It takes very little time to complete and is valid for two years. Volunteers having regularly scheduled unsupervised access to children must be fingerprinted. We appreciate your cooperation on behalf of the safety of all our children.

### BACK TO SCHOOL

As you send your child to school with personal supplies, lunch boxes, sweaters and coats, please remember this golden rule: Write his/her name on EVERYTHING!

Twice a year we send many coats, sweatshirts, lunch containers, hats and gloves to the clothing bank when our Lost and Found gets to full. Items with children's names are easily returned. Please help out by taking a few moments to identify your child's belongings with ink or a permanent marker. Thank You!

### KINDERGARTEN REGISTRATION

If you have not already enrolled your kindergartner for school you can visit the Lakeland Office 9:00 am - 3:00 pm for registration. To attend kindergarten for the 07-08 school year, children must be 5 years old on or before August 31. You will need to bring a copy of their birth certificate and a current immunization record.

### BUSSES ONLY!

Parents we have a lot of parking spaces available around the building. Please DO NOT use the Bus Loop during the day. We have busses coming to school at a variety of times through out the day. Please use one of the many spaces we have north and south of the building. If you are dropping/picking a child up before or after school and are not leaving your car please use our drop off lane north of the office. **Please do not drop your child off in the south parking lot, that is the exit route for the busses and is very unsafe!**

### ALL VISITORS AND VOLUNTEERS MUST SIGN IN AT THE MAIN OFFICE.

For the safety of all children and courtesy to our staff at Lakeland, always stop by the school office each time you enter the building to sign-in and get a visitor's name tag.

### FYI

#### Class Assignments

Class lists will be posted in the front of the school on Friday, August 31 after 4:00 p.m.

#### Supply List

Lakeland's supply list is posted on our front door, our website [www.fwps.org/lakeland](http://www.fwps.org/lakeland) and at most retail stores in the Federal Way area.

#### 2007-2008 Bus Schedule

If you are not sure of your bus route please feel free to contact the school office, District Transportation (253-945-5960) or Federal Way School District's website [www.fwps.org](http://www.fwps.org). We will also have the route posted on our front door.

#### Picture Day

Mark your calendar! Buteau's Photographers will be here on Thursday, September 27 for Individual Pictures. Watch for order forms to come home the week of September 18.

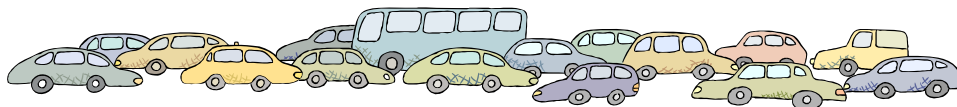
### Student Medication

School District Policy states any medication, either prescription or over the counter, must be accompanied by a physician's order and a parent release before it can be given here at school. If your child will need to take medication at school please stop by the office and pick up the required form. Also, all medication must be brought in by an adult, not a student.

### Federal Way Festival Days

**The Commons**

**August 24-26**



Lakeland Elementary  
35827 32nd Ave S  
Auburn, WA 98001