

# LAKELAND ELEMENTARY SCHOOL

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www.fwps.org/lakeland

Jeff Soltez, Principal  
Nancy Fleck, Office Manager

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## Student Led Conferences are Important

Calling all parents! You and your child are invited to join us on October 30 or 31 for our fall Student-Led Conferences. These important conferences will tell parents about their child's performance in reading and math, and share goals for this year. We hope every family will be able to attend!

### 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.

Jeff Soltez, Principal

## Be part of the Federal Way Public School.

Need a part time job and get some exercise at the same time?

### Substitute Custodians Needed

Starting wage is \$12.58 per hour  
Apply on line [www.fwps.org](http://www.fwps.org) go to Jobs, Classified Posting, Substitute Custodians.

Shirley Wike  
Manager Facilities Services  
Phone 253-945-5932  
Cell 253-261-5505

## Music Update

"Music Is Always There". The first concert of the year is set for Thursday, November 15 at 7:00 p.m. It will be held in the Lakeland Gym. Please plan on joining us for a fabulous night of music if your child is in one of the following classes: 3 Adum, 3 Coonradt, 3 Wright, 4 Abrahamson, or 4 Sowers. Details will be coming home two weeks before the show. Please mark your calendars now! See you there.

## PTA Update

### Volunteers Needed

We are looking for helpers for both Family Night and for Book Fair. If you are able to help out please contact Jeanette Haffner at (253) 735-1216.

### Family Night

Plan to attend Family Night, October 26, 6:30 p.m. It's Trick or Trunk night. Join in the fun by decorating your trunk and be sure to provide candy for the kids. Best trunk wins a **Prize!**

## IMPORTANT DATES TO REMEMBER

October 26	Book Fair ~ 3:00-4 & 6:30-7
October 26	PTA Family Night ~ 6:30 p.m.
October 29	Black and Orange Day
October 30	Book Fair ~ 9:00-12 & 1:00-6
October 31	Book Fair ~ 9:00-12:00
November 15	Music Concert ~ 3/4th Grade

## Lakeland Self-Manager Program

Your child's education is very important. We all value high academic standards, however, it is equally important to raise good people. It takes the family and school working together to achieve this goal. Consequently we are starting our "Self-Manager" program again this year at Lakeland. This program encourages responsible and respectful behavior – characteristics for success now and in the future.

Each student must complete a "contract" in order to become a Self-Manager. The classroom teacher gives the contract to the student and the first step toward earning a Self-Manager badge is their teacher's signature. Each classroom teacher has their own requirements for giving their signature. Appropriate classroom behavior, classroom work completion or homework completion are examples. Once the student has their teacher's signature, they proceed to get signatures from the PE teacher, Music teacher, lunch and playground supervisors, parent/guardian and finally the principal. Lakeland expects the same behavior of their students as put forth in the Rights and Responsibilities Handbook of Federal Way Public Schools. After the signatures are collected, the student is presented with a Self-Manager badge.

Students must continue to demonstrate Self-Manager behavior to remain a Self-Manager. Any staff member who observes misbehavior can remove the badge, and the student will lose Self-Manager privileges. In order to get the badge back there will be negotiation with the student and the staff member that has the badge.

Please review the contract with your child, Talk to them about the program, and if you have questions please call or come and see me.

Mrs. Drury  
Lakeland School Counselor  
(253) 945-3008



### News from the nurse

#### **EAT BREAKFAST EVERY DAY**

A day never passes without a student complaining of "not feeling well" and a "headache". We ask the student about breakfast and many times they've said they "didn't have any." Often they say they "didn't want anything", "they weren't hungry", or they were "running late". I encourage all students to eat in the morning. If they aren't hungry to go ahead and eat something of small quantity anyway. Some children do not prefer traditional breakfast foods but may be happy with a sandwich instead. Research shows that kids are more successful in school when they eat breakfast. Breakfast continues to be the important meal of the day

#### **FREE or LOW-COST HEALTH INSURANCE For KIDS UNDER 19**

Have you been laid off work? Are the costs of paying for insurance for your child taking up the bulk of your paycheck? Stop worrying about health care expenses for your children. The PROCESS IS EASY and MANY WORKING FAMILIES QUALIFY. Income, family size (including pregnancy), and some monthly expenses are reviewed for eligibility. Call 1-877-543-7669 (toll free) for an application or information or ask the nurse at school for an application.

#### **Hand washing—A simple thing?**

Hand washing seems like such a simple thing yet it is proven to be the single most effective practice in preventing the spread of germs among children. The germs acquired through inadequate hand washing can cause illness such as colds, flu, pneumonia, diarrheas and vomiting. Germs are easily spread through coughing; sneezing, hand-to-hand contact and using shared objects. These germs accumulate on your hands as you perform daily activities and begin to spread through contact with your eyes, mouth, nose and to other surfaces. Teaching children the importance of good hand washing can reduce or prevent their incidence of illness thereby increasing their opportunity for learning in a healthier environment.



