



Robert Frost Elementary

Parent Newsletter

January 2018

Hello Robert Frost Families!

Have you ever wondered how your child's teacher deals with inappropriate language, name calling, or mean behaviors between peers? Robert Frost classrooms use a few specific PBIS strategies such as classroom meetings and an anonymous box to drop reports into. This gives students a chance to practice restorative justice – they can acknowledge their poor choice and apologize. It also gives students a chance to feel heard by their peers and a chance to participate in problem solving. Teachers also refer information for consequences or follow-up to our Counselor Mr. Elliott and to me. I often visit with students about class or recess events. We use Kelso's Problem Solving wheel and the Zones of Regulation to discuss different choices and strategies students have the next time they may be in a situation they don't know how to handle. Here are a few of these resources to explore at home:

<https://kelsoschoice.com/free-resources/for-parents/> and <http://www.zonesofregulation.com/index.html>

Leslie Roache, Principal

Happy
New Year!

Communication:

Like us on Facebook:

[Robert Frost Elementary School](#)

Check out our website:

<http://robertfrost.silverfallsschools.org>

Manage your emails/phone calls/text messages with Intouch Edulink!

Upcoming Important Dates

January 8 - Early Release

January 9 - PTC Meeting @7:00

January 15 - NO SCHOOL - M.L.K. Jr. Day

January 29 - Early Release

February 2 - NO SCHOOL - Grading Day

February 12 - Early Release

February 19 - NO SCHOOL - President's Day

February 26 - Early Release

Robert Frost

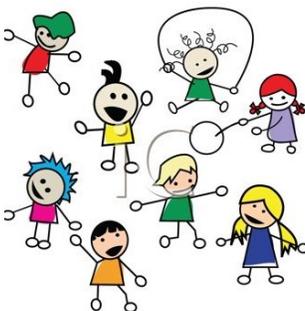
The place to be!

**PAWSitive Attendance for the
month of January**

Earn a Class Party!

Just by coming to school every day!

Earn a classroom star on the attendance chart each day everyone in your class is at school! Every time your class earns 5 stars in a row, your class will earn a class party! Hot cocoa, extra recess, or popcorn.





Ten Ways to Health



Roxanne Ellingboe, RN, Robert Frost School Nurse

From the website www.cdc.gov/family/holiday

Wash Your Hands Often

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water, and rub them together for at least 20 seconds. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

Travel Safely

Whether you're traveling across town or around the world, help ensure your trip is safe. Don't drink and drive, and don't let someone else drink and drive. Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt appropriate for his/her height, weight, and age.

Handle and Prepare Food Safely

As you prepare holiday meals, keep yourself and your family safe from food-related illness. Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.



Stay Warm

Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers.

Be Smoke Free

Avoid smoking and breathing other people's smoke. If you smoke, quit today! Call 1-800-QUIT-NOW or talk to your health care provider for help.

Prevent Injuries

Injuries can happen anywhere, and some often occur around the holidays. Use step stools instead of climbing on furniture when hanging decorations. Leave the fireworks to the professionals. Wear a helmet when riding a bicycle or skateboarding to help prevent head injuries. Keep vaccinations up to date.

Most residential fires occur during the winter months. Keep candles away from children, pets, walkways, trees, and curtains. Never leave fireplaces, stoves, or candles unattended. Don't use generators, grills, or other gasoline- or charcoal-burning devices inside your home or garage. Install a smoke detector and carbon monoxide detector in your home. Test them once a month, and replace batteries twice a year.

Watch the Kids

Children are at high risk for injuries. Keep a watchful eye on your kids when they're eating and playing. Keep potentially dangerous toys, food, drinks, household items, choking hazards (like coins and hard candy), and other objects out of kids' reach. Learn how to provide early treatment for children who are choking. Make sure toys are used properly. Develop rules about acceptable and safe behaviors, including using electronic media.

Manage Stress

The holidays don't need to take a toll on your health and pocketbook. Keep your commitments and spending in check. Balance work, home, and play. Get support from family and friends. Keep a relaxed and positive outlook. Make sure to get proper sleep.

Get Check-Ups and Vaccinations

Exams and screenings can help find potential problems early, when the chances for treatment and cure are often better. Vaccinations help prevent diseases and save lives. Schedule a visit with your health care provider for needed exams and screenings. Ask what vaccinations and tests you should get based on your age, lifestyle, travel plans, medical history, and family health history.

Eat Healthy, and be Active

With balance and moderation, you can enjoy the holidays the healthy way. Choose With balance and moderation, you can enjoy the holidays the healthy way. Choose fresh fruit as a festive and sweet substitute for candy. Limit fats, salt, and sugary foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2½ hours a week. Help kids and teens be active for at least 1 hour a day.



A Word from Our Counselor...

In January to further help our school be a safe and respectful place, we are going to teach Bullying Prevention as part of technology with Mrs. Renoud, physical education with Mr. Gerig, and guidance lessons with Mr. Elliott in all three grades. Students will learn how to: recognize when bullying is happening, report bullying to a caring adult, refuse to let bullying happen to themselves or others, and be a bystander who stands up and are part of the solution to bullying. Students will also learn about what cyber bullying is and what to do when it happens. The definition we use at Robert Frost is; "Bullying is when someone keeps being mean to someone else on purpose. The person it's happening to hasn't been able to make it stop. It is unfair and one-sided."

Please call or email Mr. Elliott if you have questions or want more information.

Elliott_bruce@silverfalls.k12.or.us
(503) 873-5301



2017 Tax Exemption for Parents of Children with Disabilities

The Oregon Tax Code provides an additional tax exemption for parents of eligible children with disabilities in Oregon. The procedure for claiming an exemption for the 2017 tax year is explained in the Oregon Individual Income Tax Return and Instruction booklets.

Who qualifies for the exemption?

A child qualifies if he or she meets **all** of the following criteria:

- Qualifies as a dependent of the parent(s) for tax year 2017;
- Is eligible for early intervention services (birth to age 3), early childhood special education services (ages 3 to 5) or receives special education as defined by the State Board of Education of the state where the child attends school; **and**,
- Is considered to have a disability as of December 31, 2017 under the federal Individuals with Disabilities Education Act (IDEA) and related Oregon laws.

What documentation must be submitted with the tax return to qualify for this exemption?

As the tax instruction booklet indicates, the child must have an Individualized Education Program (IEP) or an Individualized Family Service Plan (IFSP), as well as a current eligibility statement as a student with a disability. If you do not have these documents contact your District for a copy of the IEP/IFSP cover sheet, and eligibility statement. Copies of the IEP/IFSP cover sheet and eligibility statement are not required to be submitted with the tax return. However, parents are advised to retain a copy with their 2017 tax records as the Oregon Department of Revenue may ask the parents to provide such documentation. The link to the Tax Exemption Memo for Parents of Children with Disabilities, in Spanish is listed below. If you have any **Special Education related questions**, please contact Jeremy Wells at the Oregon Department of Education, Office of Student Services, at 503-947-5782.

<http://www.oregon.gov/ode/students-and-family/SpecialEducation/publications/Pages/Tax-Exemption-for-Parents-of-Children-with-Disabilities.aspx>

Oregon Department of Revenue Online Instructions and Forms

For further information and assistance in completing Oregon tax forms, consult a tax professional or contact the **Oregon Department of Revenue at 1-800-356-4222**. Oregon income tax forms/publications are available at the DOR website (www.oregon.gov/DOR). That process will allow you to claim the additional tax exemption for the 2017 year.



State tests and family rights

Family Advisory • 2017-18

State Law requires that each Oregon school district notify families of their right to exempt (opt out) their child from the summative English language arts and/or math tests given this spring, including the Smarter Balanced and Extended Assessments. The state has created a form available at your school which families can use to opt their child out of the testing. For many years, the state has allowed families to refuse testing for their students based only on reasons of religion or disability. In the past session the legislature passed a law that parents could opt their children out of the summative English language arts and/or math tests, including the Smarter Balanced and Extended Assessments, without stating a reason.

Parents/guardians who wish to opt out their child from state tests must inform their school office. The state form to opt out can be obtained at your school office. If a family wishes to submit a letter or other documentation with a signature, the ODE form will be attached to the letter or other documentation to ensure the necessary information is included to properly identify the student who will not be testing. A student who is 18 years of age or over may opt himself or herself out of the test. Families can fill out the form to opt out their student at any time, but are encouraged to submit as soon as possible to allow schools to plan prior to the beginning of testing.

The purpose of the assessments is to allow school districts to evaluate how well students are learning the Common Core State Standards. The learning targets which make up the Common Core Standards can be found here: <http://www.ode.state.or.us/search/results/?id=53> Achievement level descriptors for the Smarter Balanced Assessments can be found here: <http://www.smarterbalanced.org/assessments/scores/>. Results of the Smarter Balanced Assessments administered this spring are anticipated to be publicly available in September and can be found here: <http://www.oregon.gov/ode/educator-resources/assessment/Pages/Assessment-Results.aspx>

The Smarter Balanced Test may be administered beginning March 12, 2018 in SFSD schools, but each school determines when testing will be done in their building. For specific testing dates for your child, please contact the school. The Smarter Balanced Assessments are untimed tests, and the approximate class time a student is anticipated to spend testing is eight hours. Some students may spend less or more time, depending on their individual progress through the assessment.

The new law only applies to summative English language arts and/or math tests, including the Smarter Balanced and Extended Assessments. If families wish to exempt their child from the science assessment, it must be based on reasons of religion or disability. The form for these tests may also be obtained from the school office. The form must be signed and returned to the school office.