



# Robert Frost Elementary Parent Newsletter March 2018

March is an exciting month for us here at Robert Frost. We celebrate Dr. Seuss's birthday with a chance for families to join us in our library to read some of your favorite books and have muffins and juice. Each grade level has their own date – I hope to see you there.

March 5<sup>th</sup> kicks off Classified Appreciation Week. I want to give a big thank you to our school's classified staff: our secretaries, custodians, kitchen staff, recess staff, and all of our fabulous assistants in classrooms! I know you all will join me in celebrating them during this special week, even though we appreciate them all year long.

We are hosting a Family Math Night March 14<sup>th</sup> from 6:00-7:00pm. We will have a variety of math games in each mezzanine and we will also be serving pie. Come join in the math fun on "Pi Day" 3.14. I look forward to seeing you there!

We end the month of March with a week of vacation, which can be an exciting time for our students and families. Thank you for all you do to support your child's learning at Robert Frost! I hope you all have a wonderful month and a lovely spring break!

*Leslie Roache, Principal*



### **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**

Feb. 28 - Mar. 2 - Muffins & Juice  
with Dr. Seuss

March 9 - NO SCHOOL - Grading Day

March 12 - NO SCHOOL - Conferences

March 14 - Family Math Night

March 26-30 - NO SCHOOL - Spring Break

April 9 - Early Release

April 27 - NO SCHOOL - Staff Development

April 30 - Early Release

Hello Robert Frost Families,

Robert Frost students have been working hard in my music class learning new skills and songs. As “performing music” is one of our standards, at the school, state and national level, all students will be required to attend and perform in a concert setting. In order to allow enough space for each grade level and their families, each grade will have their own performance night. We will be holding THREE Grade level Performances in May on the following days:



**Tuesday May 22nd: 3rd Grade**

**Wednesday May 23rd: 4th Grade**

**Thursday May 24th: 5th Grade**



Each performance will begin at 6:30 PM and will be around 30-40 minutes long. Students will be required to arrive at least 30 minutes before in order to be ready for the show. Please plan accordingly. More details will become available as we get closer to the event.

Thank you!

Mrs. Sasanna Botieff

### **Muffins & Juice with Dr. Seuss!**

**You are invited to Muffins and Juice with Dr. Seuss! Please join us from 7:40-8:05am in the Robert Frost Library with your student.**

**3rd grade: Wednesday 2/28**

**4th grade: Thursday 3/1**

**5th grade: Friday 3/2**

**Students must have an adult present to attend. Enjoy a muffin and a Dr. Seuss book before school starts!**



### **MEAL TIME PAY ONLINE!**

Did you know you can now view your child's meal account balance and pay online?

It's true! Just visit the

Mealtime Pay Online website

(<http://www.mymealtime.com>)

and sign up for an account. You can add all of your Silver Falls School District students to your account and view all their meal balances in one easy-to-use location. Please note: you will require the student ID (aka the "lunch number") for each child you wish to add.

Please check with your students, as most of them know their number already.

If you need further assistance, please contact your child's school.

You can always find this link and current meal menus on the SFSD website, on the meal menu page, found here: <http://silverfallsschools.org/lunch-menus/>.





**NATIONAL BREAKFAST WEEK**  
**MARCH 5-8, 2018**  
**FREE BREAKFAST FOR ALL STUDENTS**  
(Where Food Service is available)

**Getting More Students to Begin their Day with Breakfast**

*“I Heart School Breakfast” Campaign Encourages Silver Falls SD Families to Choose Breakfast at School*

–To encourage more families to take advantage of the healthy choices available for school breakfast, Silver Falls SD schools will celebrate National School Breakfast Week March 5-8, 2018.

Busy weekday mornings make it a challenge for many families to find time for a healthy breakfast. However, US Department of Agriculture data show that more and more students are starting their day with a nutritious breakfast in their school cafeterias. Nationally, the School Breakfast Program currently serves more than **14 million students** every day. Studies show that students who eat school breakfast are more likely to:

- Reach higher levels of achievement in math
- Score higher on standardized tests
- Have better concentration, memory and alertness
- Have improved attendance, behavior, and academic performance
- Maintain a healthy weight

The National School Breakfast Week (NSBW) campaign theme, “I Heart School Breakfast”, reminds the entire school community that school breakfast provides a healthy and energizing start to the day for students. Students will be encouraged to show their enthusiasm for “I Heart School Breakfast” from March 5-8.

“National School Breakfast Week helps us educate parents and students about all the healthy, great tasting, and appealing choices we offer”. School nutrition professionals in Silver Falls SD prepare breakfast and lunches every day that meet federal nutrition standards – limiting fat, calories and sodium – while encouraging students to choose from the fruits, vegetables and whole grains offered with school meals.”

## A Word from Our Counselor...

During Guidance in March we will be continuing to discuss managing strong emotions. This includes managing strong feelings, calming down, managing anxiety, avoiding jumping to conclusions, managing frustration, managing disappointment and managing hurt feelings. I have attached some 'How to Calm Down' information that comes from the 3rd grade unit. It is applicable to all grades as these steps are taught in each grade.

"Stop, name your feeling, calm down" are the 6 words that students can use in any situation that gives them strong feelings. Then the students can learn to focus on some problem solving to resolve issues in a better way when they can think through the problem instead of reacting to it.

After Spring Break our school will be using the Safer Smarter Kids Abuse Prevention Curriculum. Our district uses this curriculum and Safer, Smarter Teens for all our students from kindergarten through 12th grade.

I will be teaching the curriculum in classrooms; last year we had a very positive response from our students about the lessons. This is an approved curriculum that is used in over 28 states. The website for Safer Smarter Kids is <https://safersmarterkids.org/>

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

[Elliott\\_bruce@silverfalls.k12.or.us](mailto:Elliott_bruce@silverfalls.k12.or.us)

(503) 873-5301



