



Seward Sea Lion News

William H. Seward Elementary
Kenai Peninsula Borough School District

Principal, Mr. Kingsland

February 2016

News From KPBSD

A Kenai Peninsula Borough School District budget meeting will be held in the Seward High School library on February 16th at 5:30 PM.

Attendance

Remember to either call the school office or give your child a note when they have missed, or will miss, school. Without any kind of notification, children will receive an unexcused absence for the day. Please remind your child that if he/she comes in late, to sign in at the office and get a tardy slip. If you call in to excuse your child, please also feel free to use our phone answering machine. Don't forget to tell us who you are and your child's name.

February

- Feb 3 Early release, students dismissed at 1:30 PM
- Feb 4-5 Student Led Conferences
- Feb. 9/10 Battle of the Books Battles
- Feb 10 Muffins for Moms / Donuts for Dads, 7:30 AM - Library
- Feb. 12 Jump Rope for Heart – 3:15 to 4:15 - gym
- Feb. 16 KPB Public Budget Mtg., 5:30 PM, Seward High School Library
- Feb. 25 Family Night/Book Fair...math theme, 5:30 – 7:00PM
- Feb. 27 Forensics meet at Tusti. Schl.

Lost and Found

Missing boots, lunch boxes, gloves and hats? Be sure to check Lost and Found during conference time. We have quite a collection of smaller items in the office as well. All items left after conference days will be donated to local groups.



Our parking lot is busy in the A.M. Please drive slowly and take extra time to watch for little ones walking in with their parents.



Family Night

And

Book Fair

Please join us in our gym on February 25th from 5:30-7:00 pm. We are having a special time with all sorts of fun family activities. In addition, our Spring Book Fair will be held in the library. Don't miss it.

Jump Rope For Heart 2016

Students at Seward Elementary School have the chance to participate in a very special community service program: the American Heart Association's Jump Rope for Heart (JRFH). Our event will be held on Friday afternoon, February 12th, from 3:15 - 4:15 PM. By participating in JRFH, your child will join millions of other children across the country in a meaningful opportunity to learn and help others. Help your child get involved by signing the permission slip and by gathering pledges from friends and family.

Only students who bring a signed permission slip may participate. Permission slips and pledge envelope packets were previously sent home. Extra permission slips can be found on the office counter. The pledge packets include information about how to accept donations online. All children can participate whether they collect pledges or not. Last year, our students raised more than \$1,900.00!

We are really excited about this year's Jump Rope for Heart event and the experience it offers our students to make a difference. We hope you will support this lifesaving, educational event. To learn more about the American Heart Association and Jump Rope For Heart visit <http://www.heart.org/jump>.

Muffins for Moms and Donuts for Dads

On Wednesday, February 10th, Seward Elementary will be hosting an early morning family reading time from 7:30 to 8:00 in our library. Come with your child and pick out a good book or two. Grab some juice and a snack, and enjoy a little one-on-one reading time with your child. You can read to your child, or your child can read to you. This is a family reading event, so come ready to read, listen, and have fun.



SeaLife Center Science Week

During the second week of March, the Alaska SeaLife Center's Discovery Education Department will provide loads of exciting onsite classes just for us. They will be working with all students with hands-on science activities that are aligned to the state science standards. Some of the topics covered are: Marine Mammal Adaptation, Fabulous Fishy Fun, Bioluminescence, and Seashore Survivors.



BP Teachers of Excellence

To all students, parents, staff, and community members:

We all know some outstanding teachers; BP would like to recognize them with the BP Teachers of Excellence Program. To nominate your favorite teacher, please go to www.bpteachers.com and fill out the recommendation form.

Old Cell Phones cluttering your drawers???

Send them to school and we can recycle them for you. Have your student drop them off in the box by the office door.

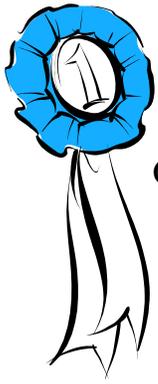
From the nurse's desk:

- February is American Heart Month. Cardiovascular Health. Heart Health! What does it mean to be heart healthy? Do you know your blood pressure (the **pressure** exerted by circulating **blood** upon the walls of **blood** vessels; how hard is your heart working to move blood around your arteries and veins)? Normal for adults is <120/<80. Factors that affect BP and heart health are quality/quantity of exercise, age, diet, and management of stress. Also, remember to get your student involved in The American Heart Assoc. *Jump Rope for Heart*. Paperwork was sent home with students recently. For more information, ask at the elementary front desk, or contact Mrs. Ray.
- The stomach bug has been making its way through Seward Elementary. According to KPBSD criteria, a student, parent/guardian/volunteer, staff member or community participant should **NOT** attend school if:
 - He/she has vomited during the night;
 - He/she has diarrhea;
 - He/she has a fever of 100°F or higher (including during the past 24 hours.) The temperature should be taken during a time an antipyretic medication is not being used to control a fever.
 - He/she has a frequent or persistent cough.

These standards apply to all without exception, and help keep the general population well and free from serious illness. **PLEASE** remember the importance of frequent hand washing!!

What have you done for your health today??

--Nurse Heather ph: 224-7574; HRothenberger@kpbsd.org



Congratulations to Geography Bee Champion, Paxton and School Runner-ups pictured L to R: Acacia, Shan Shan, Ozzy, Porter, Nickolas, Paxton, John, Alexi. Not pictured, Nora. The Geography Bee is sponsored by the National Geographic Society and Google.



Congratulations to Jack Waldron, winner of our local spelling bee. He now has the chance to compete at the state level in Anchorage.



Seward Emblem Club's 2016 student essay contest winners and teachers. L to R, Mrs. Lindquist, Stella, Mia, Joshua, Mrs. Fabian

Note: the following information is provided by the Child Development Institute.

Self Esteem is a Major Key to Success in Life

The development of a positive self-concept or healthy self-esteem is extremely important to the happiness and success of children and teenagers. Self-esteem is how we feel about ourselves, and our behavior clearly reflects those feelings. For example, a child or teen with high self-esteem will be able to:

act independently; assume responsibility; take pride in their accomplishments; assume responsibility; take pride in their accomplishments; tolerate frustration; attempt new tasks and challenges; handle positive and negative emotions; and offer assistance to others.

A child with low self-esteem will:

avoid trying new things; feel unloved and unwanted; blame others for their own shortcomings; feel or pretend to feel emotionally indifferent; be unable to tolerate a normal level of frustration; put down their own talents and abilities; and be easily influenced.

Parents, more than anyone else, can promote their child's self-esteem, so here are some suggestions to keep in mind:

- When you feel good about your child, mention it to him or her. Children remember positive statements we say to them. They store them up and "replay" these statements to themselves.
- Use what is called descriptive praise to let your child know when they are doing something well. For example, when your child completes a task or chore you could say, "I really like the way you straightened your room. You found a place for everything and put each thing in its place. You are very organized." When you express a value "organized," they have a positive self-descriptor, to build identity from.

Keep an eye out for more of these Parenting Tips as this is only part one of a two-part strategy for building up the healthy self-esteem of your child, youth or teen. Something to be aware of, an unhealthy positive self-image has been demonstrated to be tied to bullying as well. How you build up our children's identity will not only affect your child positively, but your community as well, but I hope to talk more about that in another newsletter.

For more information please contact Kristopher Staples. Kristopher is a marriage and family therapist at SeaView Community Services and can be reached at 224-5257.

Idita-read Coming in March
Read 20 Minutes Every Night

Red Cross Pillowcase Project

Recently, students in our south wing met with Sam Johnson, from the American Red Cross, to learn more about personal and family emergency preparedness. Students received a sturdy pillowcase in which to build their personal emergency supplies kit.



For more information go to:

<http://www.redcross.org/local/ky/disaster-services/pillowcase-project>



Zakia, Sam Johnson, and Riley displaying pillowcases that can double as an emergency supply bag. Items needed during an emergency are printed on both sides of the pillowcase.

Hey Mom - I need lunch money!

Need to add money to your student's lunch account? You can now do it using a credit card online! Go to the KPBSD's website and click on the Students/Parents tab. From the drop-down menu choose Online Payments. This will take you to the Web Store. Click on Food Service Payments and add funds to your students account. You will need their student number to complete the transaction. It's as easy as that!

