

SUNRISE PARK MONTHLY NEWSLETTER

FEBRUARY 2019



Attendance Office 651-653-2706 | Attendance Hotline 651-653-2723 | Health Office 651-653-2713 | Main Office 651-653-2700

[Sunrise Upcoming Events](#)

[Sunrise Daily Announcements](#)

Pick up/Drop off Information

For the safety of our students please do not pick up or drop off students in the bus lane on the south side of the building between the times of 7:45-8:15 am and 2:45-3:15 pm. After-school pick-up tends to be a busy time at Sunrise, especially on the west side of the building. Please be cautious and considerate. Parents might also consider picking up students on the north or east side of the building, where there is less traffic.

Staying After School

Students are only permitted to stay after school to participate in a supervised after school activity or to work with a teacher. Students may not stay after school to do homework or hang out with friends, as these activities are not supervised. FLEX is free after school option for students, Monday - Thursday. Although there is currently a waiting list, parents are encouraged to register their children, as students are added regularly. Click [here](#) or see the district website for additional information.

Health Office Reminders

Students must check in with the health office and call home from the health office to be excused home sick. Please remind your student that if they text or call to be picked up from school sick without following this procedure the absences will be marked unexcused.

E-Cigarettes and Vaping

- [see attachment for additional information](#)

According to the American Heart Association, the use of e-cigarettes, or vaping, is becoming an epidemic among teens. These devices often contain nicotine, as well as other substances. They are harmful to students because:

- Nicotine can harm the developing adolescent brain
- Nicotine addiction that occurs with e-cigarette use may lead to transition to use of combustible tobacco products
- Addiction itself, whether to nicotine or other drugs, can drive undesirable behaviors

Students who use or possess these devices in school are subject to the school's discipline policy. Consequences typically include suspension and a police referral. What parents can do:

- Do not use any tobacco products
- Talk with your kids about the dangers of smoking and the importance of avoiding any tobacco use (conventional cigarettes or e-cigarettes)
- Educate your kids that e-cigarettes contain nicotine, a HIGHLY addictive substance

- Advocate for comprehensive tobacco prevention policies (that include e-cigarettes)

PTO/SPMS Community News

Thanks for supporting our SPMS Community PTO! Help us celebrate a club, sport or other activity your SPMS student is involved with by sharing in our Facebook group at

<https://www.facebook.com/groups/spmscommunity>

Sunrise Community Dinner

Volunteer to help at the Community Dinner on Tuesday, April 2nd. You can also indicate if you would like to help plan the event. Please fill out this form: [Community Dinner Help Sign Up 2019](#).

What can parent volunteers do to help before the night of the dinner?

- Advertising
 - Hang flyers around town
 - Contact the WB press with dinner information
 - Print the updated banner
- Volunteers
 - Organize when and where we need volunteers stationed
 - Ensure all volunteer shifts are filled
 - Supply all volunteers with the information they need for the shift they are working
 - Reach out to school groups for volunteer help
 - NJHS: Huy Nguyen
 - Service Club: Brett Shand
 - Student Council: Odelis Anderson
 - NHS (South Campus): Sadie Johnson
- Set Up
 - Coordinate the set up of the gymnasium the night of the dinner
- Tear Down
 - Coordinate the take down of the gymnasium the night of the dinner

Monthly Staff and Community Mental Well-Being Series

District staff and families are invited to attend monthly presentations focused on mental well-being.

When: February 19, 2019

Time: 7:00-8:30 pm

Where: North Campus Theater

Topic: The Fallacy of Perfect Parenting

Speaker: FRre Family Recovery Resource Experts, St. Paul, MN

[Mental Health Well Being Series flyer](#)

H2O for Life

H2O for Life is once again sponsoring the annual **Water Resource Awareness Poster Contest for Minnesota Students!** Winners receive cash or gift certificates and top winners receive a water bottle filling station for their school. Our annual poster contest attracts more than 1,000 entries from around the state of Minnesota each year. Inspire your students to learn, engage and advocate to protect our water resources.

This year's theme: **"Upstream, Downstream...Clean, Clean, Clean"**

[Click Here](#) for complete information and the list of fantastic prizes!

Contest Deadline for entries: **March 1, 2019**

Activity Bus [Schedule](#)

- The activity bus leaves Sunrise at 5:00 pm, goes to South Campus, then leaves South at 5:15 pm
- Students must have a pass or student ID with a season sticker to ride the late/activity bus. Students in clubs, activities, or athletics can ask for a sticker to put on their student ID from Mrs. Boleen at the Activities/Athletics window. Students staying after with a teacher or Promise Fellow will need to ask for a daily pass from them.
- Please call transportation with any questions: 651-407-7538

Yearbook

A promotional banner for yearbooks. The background is dark blue. On the left, the text "Yearbooks on sale" is written in large, bold, yellow letters. Below it, in smaller white text, is "Remember the year forever, buy the yearbook today." To the right of the text are three white arrows pointing to the right. Further right is the "Walsworth yearbooks" logo in white. On the far right, there is a photograph of a yearbook cover featuring a school building and colorful geometric shapes.

Order your 2018-2019 yearbook now. You can order through [Walsworth](#) to customize your yearbook with a name stamp, book protector, autograph insert and more. Or you can still order through [FeePay](#) for the basic style. Cost for a basic yearbook is \$25.00.

LUS CEEB TOOM! Yog koj xav tau daim ntawv no, txhais ua lus Hmoob, thov hu rau Mas Lias Xyooj (651) 407-7626 los yog hu rau Xw Xyooj (651) 407-7623.

ATENCIÓN: Si usted necesita hablar con una persona que hable Español, por favor, llame al (651) 407-7625.