

# SUNRISE PARK MONTHLY NEWSLETTER



## MARCH 2019

Attendance Office [651-653-2706](tel:651-653-2706) | Attendance Hotline [651-653-2723](tel:651-653-2723) | Health Office [651-653-2713](tel:651-653-2713) | Main Office [651-653-2700](tel:651-653-2700)

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[Sunrise Upcoming Events](#)

[Sunrise Daily Announcements](#)

### Spring Break

Spring break is the week of March 11-15. Have fun and enjoy your time off! We will see you when we return on Monday, March 18.

### White Bear YMCA Youth Sports Leagues

Registration for 3 on 3 Basketball and Indoor soccer is now open! Both leagues will run March 18<sup>th</sup>-May 12<sup>th</sup>. At a minimum eight skills practices and six games are guaranteed throughout the eight week session. The White Bear Y offers leagues for grades 1-8. Learn more or register at [ymcamn.org/lessonsforlife](http://ymcamn.org/lessonsforlife) Questions? Contact Tessa Stener 952-582-8241 [tessa.stener@ymcamn.org](mailto:tessa.stener@ymcamn.org)

### E-Cigarettes and Vaping

Parent information night on e-cigarettes and vaping

- Tuesday, March 5
- 6:30-7:30 pm
- District Center Auditorium: 4855 Bloom Ave

### Parenting Website and Support

Many parents find that approaches that worked when children were younger are no longer effective when students reach middle school. The [Parent Encouragement Program](#) provides a website with a great blog and many online resources. Also, remember we at Sunrise are happy to help! If you have questions or concerns, we encourage you to get in touch with your child's guidance counselor/social worker. Call the guidance office at: 651-653-2715 or find your guidance counselor's contact information on the [Sunrise website](#).

### Sunrise Community Dinner

Tickets are available to purchase on [FeePay](#). Presale price is \$6.00 which includes Donatelli's dinner and ice cream. They will be available at the door for \$7.00 and ice cream will be another \$1.00.

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

## Monthly Staff and Community Mental Well-Being Series

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

When: March 19, 2019  
Time: 7:00-8:30 pm  
Where: North Campus Theater  
Topic: ADHD/ADD Supports and Toolbox  
Speaker: Nicole McKinney, WBLAS

[Mental Health Well Being Series flyer](#)

## H2O for Life

Contest Deadline for entries has been extended to **March 7, 2019!** Posters can be turned into the main office. Please have your name, grade and school name clearly written on the back of the poster and be aware that you will not get your poster back after the contest.

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

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

## 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.

## 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. On the left, the text "Yearbooks on sale" is written in large, bold, yellow letters. Below it, in smaller white text, is the slogan "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, with "Walsworth" in a white serif font and "yearbooks" in a smaller sans-serif font. 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.