

SUNRISE PARK MONTHLY NEWSLETTER



October 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)

[Sunrise Park Website](#)

[Sunrise Park Calendar](#)

[Sunrise Park News](#)

Sunrise Park Upcoming Events

October 7:	No School
October 11:	3:15-4:45 pm, 6th Grade Party
October 15:	5:30 - 7:30 pm, Latino Family Night
October 17-18:	No School
October 30:	Picture Retake Day (rescheduled)
November 5:	No School
November 7:	5:30 - 7:00 pm, AVID Family Night

AVID Family Night

Attention AVID students and families: AVID Family Night is coming in November! Mark your calendars for Thursday, November 7 from 5:30-7:00 pm. Dinner will be provided. See you then!

Sunrise Students are Reading!!!

Sunrise students should be reading 40 to 60 pages a DAY in their independent reading books between home and school. It is important for students to read at night to continue the thinking that started in class and also prepare themselves for the new learning that will take place the next day. Please support your student's reading at home by offering a quiet time and place for reading every day.

Instrument Donation Request

Do you or does someone you know have an instrument that is no longer being used? Please consider donating your gently used instrument to the Sunrise Instrumental Music Program. We never want the cost of an instrument to keep a child from participating in band or orchestra. Donations from the community are used to provide this opportunity to EVERY child. Even if your instrument is in need of some repair, we are glad to take it off your hands and get it into good playing condition for a student.

We are looking for these instruments:

Flute	Clarinet	Saxophone	Trumpet	Trombone
Snare Drum	Marimba	Violin	Viola	Cello

Please drop off your instrument with your name, address and phone number to the Sunrise main office or band office. Your donation is tax deductible and you will receive a receipt for your donation.

Sunrise Strategic Plan

Last year, over 50 parents, students and staff came together to design a strategic plan for Sunrise. This plan will guide our work for the next few years. Here are some things we are already doing as a result of the new strategic plan:

- Added text messaging to parent communication
- Increased positive messages and diverse images throughout the building
- Started positive referrals - recognizing students for making good choices
- Added training for staff - Strategies for Inquiry, LGBTQ+, Trauma and Adverse Childhood Experiences
- Exploring flexible scheduling - BEAR Time - where students have opportunities for choice and building connections during part of the school day

Yearbooks

New this year, we will offer a soft cover yearbook for a lower price. Purchase your yearbook before 12/31/19 and lock in your price of \$20.00 and you will be guaranteed a copy. The price will increase to \$25.00 on January 1, 2020. Another new feature, customized covers! For an additional fee, you can add personalized text and icons to make your yearbook truly yours. Order forms are available in 105B and on the website. Purchase your yearbook on [FeePay](#) or in 105B.

FLEX

FLEX is a free after school program at Central and Sunrise Park Middle School. The program includes a variety of opportunities for students, including academic support, recreation time, clubs, and service opportunities. Clubs are teacher-led as well as youth-generated. The program runs Monday-Thursday after school only. Students can take the activity bus home, walk, or be picked up by a guardian. All students must be registered for the program.

More Information:

<https://communityservices.isd624.org/youth/flex>

Register online:

<http://bit.ly/SunriseFLEX>

Building Bond 2019 Referendum Update



On November 5, White Bear Lake Area School District residents will vote whether to provide funding for building needs across the district. If approved, the bond funding would provide space for our growing enrollment, improve school safety and security, address deferred maintenance needs and update classrooms for more flexible learning spaces.

We invite you to become familiar with the bond referendum, which impacts all of our buildings and students. We will provide updates throughout the fall via e-newsletters, voicedrops and social media. Please watch for these updates and familiarize yourself with the information.

The district will also host the following Bond Referendum Public meetings:

- 7:00 pm, on Wednesday, October 2 at Hugo Elementary, 14895 Francesca Ave N, Hugo
- 7:00 pm, on Thursday, October 3 at Vadnais Heights Elementary, 3645 Centerville Rd, Vadnais Heights

The district website - www.isd624.org/Bond2019 - houses the most complete and up-to-date information regarding the bond referendum.

Community Mental Well-Being Series

Date: October 10, 2019
Time: 7:00-8:30 pm
Location: District Center Community Room (112)
Theme: Understanding Eating Disorders
Hosted by: Emily Program and Jillian Lampert Ph.D., M.P.H., R.D., L.D., F.A.E.D.

WBLAEF: BEAR Legacy Fundraiser

The White Bear Lake Area Educational Foundation is holding their annual BEAR Legacy Fundraiser on Friday, October 11 at the Vadnais Heights Commons. All proceeds from this annual fundraising event benefit students and educators in the White Bear Lake Area School District. Visit www.wblaef.org for more information.

Seating is limited. Purchase your tickets here:

<https://wblaef.ejoinme.org/MyEvents/2019BEARLegacyEvent/PurchaseTickets/tabid/1071598/Default.aspx>

Self Defense and Awareness Class for Women

Learn how to identify a potential attacker and learn techniques on how to deal with such a threat. Class includes discussion and some skills instruction. Girls 16 and younger must be accompanied by an adult. This class is not recommended for girls under 14.

Date: October 21, 2019
Time: 6:30-8:30 pm
Location: South Campus, room 304
Cost: \$48.00

LUS CEEB TOOM! Yog koj xav tau daim ntwavv 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.