

SUNRISE PARK MONTHLY NEWSLETTER



January 2020

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

January 20:	No School, MLK Jr. Day
January 21:	6th & 7th grade Band Concert, District Auditorium
January 23:	8th grade Band Concert, District Auditorium
January 23:	6:30 pm, Parent Connection Meeting, Sunrise Media Center
January 24:	January Jubilee
January 24:	End of 2nd Quarter/1st Semester
January 27:	No School, Teacher Work Day
January 30:	History Day Showcase Night
February 14:	No School, Teacher Work Day

Middle School Registration

Parents of current 6th and 7th Graders (classes of 2025 and 2026)

Students will be registering for classes during advisory from January 13-17. The registration window will close on January 21. Click here for the [registration directions](#). Click on this [video link](#) for information about the Middle School Course Changes for 2020-2021.

AVID

If your student is interested in interviewing for a spot in the AVID program, please have them see their counselor or contact Abby Skurdalsvold (abigail.skurdalsvold@isd624.org) for more information.

Parents of current 8th Graders (class of 2024)

Time to register for High School! The high school counselors will be presenting registration information to all 8th grade science classes on Tuesday, January 14th. Your child will get a registration catalog and directions on how to register in Skyward. Students can schedule appointments with his/her counselor anytime if they have any questions. All 8th graders will meet with their counselor at some point in the next 2 months or so to go over a 4 year plan and make sure they have registered for what they need. Please reach out to your child's counselor with any questions!

January Jubilee

Our annual activity day is on Friday, January 24! Students will participate in a variety of in and out-of-school activities. Events offered this year include Grand Slam, Snow Tubing, Ultimate PE, Ninja Warrior, Movies and more. Descriptions of all events, including the permission slip and costs are listed on FeePay. There are a number of no cost activities available to choose from. ALL activities must be registered for on [FeePay](#). Any student who has not registered by January 15 will be assigned to a no cost activity in the building. Please note, January Jubilee is dependent on consistent positive behavior. Students not exhibiting positive school behavior may be excluded from field trips outside of school. Attendance is still required on January 24. If your child will be absent that day, please send them with a note or leave a message on the attendance line, 651-653-2723.

Peace Poster Contest Winners

Students met in September and October to celebrate The Future of Peace with the White Bear Lake Lions Club.

Calli Lacktorin (6th Grade) won first place.



Julianne Garas (6th Grade) won second place.



Yearbooks

New this year, we will offer a soft cover yearbook. The price increased to \$25.00 on January 1, 2020. Be sure to order your yearbook as soon as possible to guarantee your student's copy at the end of the school year.

Orders can be placed on [FeePay](#) or in 105B. 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](#).

Drop Off & Pick Up

Help us keep children safe. Please DO NOT drop off/pick up on the Cedar side of the building during these times: 7:45 - 8:15 am and 2:45 - 3:15 pm. This creates a dangerous situation as students walk from behind a bus down the side in between the buses when the buses are pulling in and out of the loading zone. Bus drivers have major blind spots all around the buses, and despite their best efforts, they cannot always see students.

Parents may drop off/pick up students on the east (Jay Lane) and west (Door B and C parking lot) sides of the building during these times.

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.

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>

LIKE: A Documentary About The Impact Of Social Media On Our Lives

LIKE is a documentary that explores the impact of social media on our lives. Technology is a tool. It is here to stay and social platforms are a place to connect, share and care. Is that what is really happening? Are we too addicted? How do we stop? What do we need to know? By understanding the effects of technology and social media on the brain, our lives and our civilization, we can learn to navigate it more safely together. Screenings will be followed with a Mental Health Panel/Q&A sessions, led by Youth Service Bureau.

Upcoming LIKE Showings:

Wednesday, January 15th, 6:00pm - 7:30pm

Hosted by: Lake Middle School, 3133 Pioneer Dr. Woodbury, MN 55125

[Register](#)

Thursday, January 16th, 6:30pm - 8:00pm

Hosted by: East Ridge High School, 4200 Pioneer Dr. Woodbury, MN 55125

[Register](#)

Thursday, January 23rd, 7:00pm - 8:30pm

Hosted by: Hill-Murray School, 2625 Larpenteur Ave E, Maplewood, MN 55109

[Register](#)

Teacher of the Year

It's time to celebrate educator excellence as part of the White Bear Lake Teacher Associations' Teacher of the Year program. The process begins with nominations from community members, parents, students and colleagues. Please take the time to nominate an exceptional educator who goes above and beyond and who makes White Bear Lake Area Schools a great place to send our students every day.

Former Teachers of the Year Nick Marty and Abby Kath are coordinating this year's process. Nominations are open until January 10th, 2020, at 4:00 pm. Once the nominees are announced, they will have the option to continue to participate in the WBLTA Teacher of the Year selection process by submitting their responses to a series of questions regarding teaching and learning. Of those teachers aspiring to represent our district as the 2020 WBLTA Teacher of the Year, six will be chosen as finalists. All nominees and finalists will be honored at the South Campus Theater on April 23rd when the White Bear Lake Teacher of the Year will be announced.

[This nomination form](#) is also being included in official White Bear Lake Area School district communications, but you are encouraged to share this link with all staff, parents and students who might want to nominate an amazing member of the White Bear Lake Teachers Association.

Community Mental Well-Being Series

Sitting in Circle: How to Support the Middle School Girl You Love

Date: January 16, 2020

Time: 7:00-8:30 pm

Location: District Center Community Room (112)

Description: Middle school is a turning point for our girls: no longer children, but not yet fully women. Anxiety runs high as they navigate big challenges like puberty, social media, academic pressure, and more. At the same time, it's often a turning point for parents and guardians as we face our own midlife crises. I invite you to sit in circle with me so we can consider different ways to guide our girls and ourselves. If you've never sat in circle, it's a way of meeting with a focus on deep listening, non-judgment, and sharing respectfully. Together we can support each other and help our girls to become healthy, resilient, thriving young women.

Hosted by: Christina Nguyen, Dreaming Sky Coaching

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.