



Parent News from Armstrong Elementary

Main: 651-425-4100

Attendance: 651-425-4106

Website: aes.sowashco.org

School hours: 8:40 a.m. - 3:10 p.m.

September 16, 2021

Fall Pictures & Ordering

Student fall pictures will take place on **Thursday, September 23rd**. Re-Take Day is Monday, October 4th.

All photo ordering is done online at the Josten's link: <https://shop.jostenspix.com/login>

Please Note: There are no paper flyers or order envelopes.

Please use the following **Armstrong Event Code: FE16521** when you sign in to view photos.

Feel free to call Anne in the office at 651-425-4101 if you have any questions.

More information and a flyer can be found on the Armstrong website at <http://aes.sowashco.org/>

Rocket Run

The Armstrong Rocket Run will take place on **Wednesday, September 29 during the school day**. Students will get t-shirts again. HyVee donated water bottles. These will be sent home before the Rocket Run to be washed and should come back on Rocket Run day filled with water please.

Armstrong Sportswear

Advanced Sportswear is excited to be the local provider of apparel for Armstrong Elementary this school year. Please follow the link below to see the inventory and order. If you have any questions please contact candi@advswear.com.

<https://advanced-sportswear-5a7111.printavo.com/merch/armstrong-elementary/?page=1>

Shout Outs

In the month of **September**, our Armstrong students are focused on the rocket trait of **"RESPONSIBILITY"**. We use Shout Outs to show off our students using good Rocket Traits! Below are the students that received Shout Outs last week for their awesome work. Certificates will be sent home with students through their classroom teacher. Great job everyone!!

- **Nala S.** – Knd, Mrs. Myers (from Mrs. Theis): “Being responsible and following your classroom rules”
- **Carter N.** – Gr 1, Mrs. Kielsa: “Doing a great job listening & following directions”
- **Olive K.** – Gr 1, Mrs. Festvog: “Following directions”
- **Soliana Z.** – Gr 1, Mrs. Haley: “Following directions and being a good friend”
- **Madelynn S.** – Gr 2, Mrs. Strander: “Showing responsibility completing daily tasks”
- **Ellie N.** – Gr 2, Mrs. Strander: “Being responsible and sharing your thinking”
- **Cree T.** – Gr 2, Mrs. Fuller: “Working hard to do your best work”
- **Boden K.** – Gr 3, Mrs. Berling (from Mrs. H’s room): “Being a great friend”
- **Lydia M.** – Gr 3, Mrs. Fuglestad: “Being such a responsible and hard-working student”
- **Mason R.** – Gr 3, Mrs. Berling (from Mrs. H’s room): “Being a great friend”
- **Henry K.** – Gr 4, Mrs. Davis: “Being responsible & making a good transition to Armstrong”
- **Amanda H.** – Gr 4, Mrs. Marek: “Being responsible with expectations and routines”
- **Cristian J.** – Gr 4, Mrs. Marek: “Being responsible in his learning”
- **April Y.** – Gr 5, Mrs. McGuire (from Mr. Caflich): “Being responsible & helping her little brother get to class in the morning”
- **Quincy M.** – Gr 5, Mrs. Larson (from Mrs. Theis): “Being responsible and a great role model”
- **Grey M.** – Gr 5, Mrs. Larson: “Always offering to help in the classroom”
- **Goodness A.** – Gr 5, Mrs. McGuire: “Always willing to help others”

Free Meals To Go

SoWashCo Cares is offering free meals in September and October. Meals are freshly prepared, no sign-up required, curbside pickup, free to everyone!

Saturdays 5:00-6:30 pm

- **September 18** – District Program Center, 8400 E Pt Douglas Rd S, Cottage Grove
- **September 25** – The Grove Churches (Woodbury and Cottage Grove)
- **October 2** – Basic Needs Services, St. Paul Park
- **October 9** – Newport Lutheran Church, Newport
- **October 16** – District Program Center, Cottage Grove
- **October 30** – The Grove Churches (Woodbury and Cottage Grove)

SoWashCo District Ambassador Committee

The SoWashCo District Ambassador Committee includes one parent or guardian from each school in the district. Members provide feedback to district administrators, learn about the challenges in a large school district and will establish themselves as ambassadors to their school community.

Please review the commitment and eligibility requirements below. Applicants will be reviewed and selections will be made based on creating a team that is representative of South Washington County Schools. Please review the information below to determine if you are interested in applying for and committing to this collaborative opportunity. **The deadline to apply is Thursday, Sept. 23.**

Committee Co-Leaders

- Julie Nielsen, Superintendent

- Pepe Barton, Director of Communications

Goals of the District Ambassador Committee

- To establish healthy and solution-oriented methods of two-way communication between families and the district.
- To inform and gather feedback directly from members on district initiatives, school changes and ongoing or upcoming challenges.
- To provide open communication and feedback between the superintendent, communications director and stakeholders on current and future issues.
- To establish members as district ambassadors and additional sources of information to their school communities.

Commitment

- Members will commit to one school year (Sept. to June).
- Members will be available to attend regularly scheduled meetings once a month. Meetings will be held at 5:30 p.m. and are typically held on Thursdays.
- Members will participate in focus groups, parent panels or surveys.
- Members will help publicize and support district initiatives and events.
- Members will serve as ambassadors between the district and their school community through representation at events, social media or other venues.

Eligibility

- Completion of the District Ambassador Committee application form.
- Applicants must be a parent or guardian of a current South Washington County Schools student.
- Applicants must be collaborative and solution-oriented.
- Applicants must be able to communicate with people from all different backgrounds.

2021-22 Meeting Dates: Thursdays, 5:30-6:30 p.m.

- Oct. 14, 2021
- Nov. 11, 2021
- Dec. 9, 2021
- Jan. 13, 2021
- Feb. 10, 2021
- March 17, 2021
- April 14, 2021
- May 12, 2021

[APPLY HERE](#) Please apply by Thursday, Sept. 23.

Free Covid Testing Kits for Students

Students are able to get a Free Vault Covid-19 Saliva Test Kit from the school nurses. **You must call the health office at 425-4102 to request a test and only one test can be sent at a time.** It needs to be returned the week you request it.

How Vault COVID-19 Testing Works:

- Pick up a Vault COVID-19 test at no cost from the school's health office
- Create a Vault account with a username and password
- Complete the COVID-19 test **at home with help from Vault test supervisors over Zoom**

- Students under 18 will need a parent or legal guardian present at the time of the test to provide consent
- The test needs to be done with Zoom on Wednesday night or Thursday morning
- Seal the sample tube and place it in the biohazard bag
- Bring completed and sealed tests to the school's health office before 1pm on designated collection days
- Staff at school **cannot** help students administer the test. **The test must be completed and sealed prior to bringing it into a school building**

Upcoming Vault COVID-19 Test Collection Days:

- Thursday, Sept. 23
- Thursday, Sept. 30
- Thursday, Oct. 7
- Thursday, Oct. 14

The test kits from the school are only for student use and have to be sent in on the designated Thursdays. You can't mail these back on a different day.

If you would like free family Covid-19 Test at Home kits from the Minnesota Department of Health, you can request them to be sent directly to your house and you drop completed tests off at a UPS location. These kits are turned in on your own and can't be accepted by the school. [COVID-19 Test at Home](#). * They look the same but are coded differently so be careful not to mix them up.

ADHD in Girls – Free Parent Education Series

September 29, 6:30-7:45 pm, VIRTUAL

Symptoms, Superpowers, Self-image and Support

ADHD in girls can look different than it does in boys. That's why girls with ADHD are more often overlooked and undiagnosed than boys. Too often girls will struggle in silence. This session will outline the signs and symptoms to watch for so that girls can get the support they need early on to harness their superpowers and nurture a positive self-image.

Dr. Liz Adams, PhD, LP, ABPP - Neuropsychologist Dr. Adams is founder of Minnesota Neuropsychology, a provider of diagnostic assessments for children and adults experiencing difficulties with reading, writing, math and/or attention.

Sign up at Community Education here - <https://commed.sowashco.org/>

Upcoming Events

- **Tuesday, September 14, 2021** – PTO Meeting, 3:30 p.m., Armstrong Media Center
- **Thursday, September 23, 2021** – Fall Picture Day
- **Wednesday, September 29, 2021** – Rocket Run
- **Monday, October 4, 2021** – Picture Re-Take Day
- **Tuesday, October 12, 2021** – PTO Meeting, 3:30 p.m., Armstrong Media Center
- **Wednesday, October 13, 2021** – Wendy's Night, 5:00-7:00 p.m., Cottage Grove Wendy's
- **Thursday, October 21 & Friday, October 22, 2021** – NO SCHOOL, MEA Weekend