October 22, 2019

Ram News

16516 10th Ave NE, Shoreline, WA 98155 * 206.393.4272 * Principal: Elizabeth Nunes

As the Dean at Ridgecrest Elementary School, I often see our children when they are stressed or upset. Over the years I've developed a number of strategies that I use when children are in a dis-regulated state, but I'm always on the lookout for more. That's why I was so excited to find out that Cher Anderton, the very first person I met when I moved to Shoreline and who also happens to be a close friend, will be conducting a workshop. It is in conjunction with the Ridgecrest PTA, the Meridian Park PTSA, the Brookside PTA, and the Shoreline Special Needs PTSA, at Meridian Park Elementary on November 13 from 6:30 to 8:00pm, the workshop is entitled "Tools to Deal with Your Child's Big Emotions."

As stated on the Facebook blurb that I saw, Cher Anderton, MSW, LSWAIC, is a mental health therapist, former elementary school counselor, Trauma Informed Practices Consultant, and Positive Discipline Parent Educator. Cher will cover topics such as Modeling and Teaching Emotion Regulation To Your Kids and Simple Strategies to Model and Teach Kids Healthy Emotional Processing.

I usually use this space to talk about our vision for Ridgecrest, but I believe this is such an important aspect of a child's mental health that I think everybody needs this workshop. I fully expect to attend along with my wife because we don't always know what to do when our 5-year old screams at us and slams the door, which does happen. Teaching him constructive ways to deal with big emotions is as important a lesson as we can give him as he enters his school-aged years. I look forward to greeting you at this event.

Nathan Christian
Dean of Students
Ridgecrest Elementary School

Parent-Teacher Fall Conferences

This year, Fall Conferences will be held the week of November 4 - 8. Conference dates will be Monday, Tuesday, Thursday, and Friday.

Student dismissal times for conference week will be **11:15am EVERY DAY** that week (Monday - Friday).

Please be sure to contact your student's teacher if you have any questions regarding your conference time(s).

CALENDAR OF EVENTS

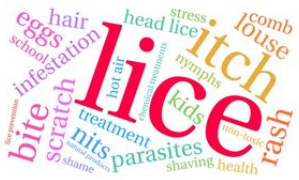
OCTOBER

23	Early Release @ 1:20
24	Camp Seymour Presentation for 5th Grade Parents 7pm, Room 308
25	Story Time in the RC Library for our Littlest Rams 8:40-8:55am Reader: Monica Bender (1st grade teacher at RC)
25	Walk-a-Thon 1-2:30pm
25	Parent Math Information NIght 6:30-8pm, RC Cafeteria
28	PTA Meeting 6-8pm, RC Library
30	Early Release @ 1:20

NOVEMBER

1	Picture Retake Day 9-11am
3	Daylight Savings Time Ends — Remember to turn your clocks back ONE hour
4-8	Half Day Release @ 11:15am EVERY Day Parent/Teacher Conferences on Mon, Tue, Thu, Fri
11	NO SCHOOL - Veterans Day
13	NO EARLY RELEASE TODAY - Students will be dismissed at 3:00 pm
12	Family Skate Night 6-8pm @ Lynnwood Bowl & Skate
13	Social Emotional Workshop for Parents 6:30-8pm, Meridian Park
20	Early Release @ 1:20
27	Half Day Release @ 11:15 for Thanksgiving Holiday
28-29	NO SCHOOL Thanksgiving Break

Nurse Notes



We are seeing cases of lice at school.

Please remind your student to not share combs, hats, hair accessories, scarves, clothing etc. Remind student to keep heads and hair away from one another's.

Please be vigilant about checking your student(s).

TIPS: Check your student for lice using a lice comb frequently. The tines are tight together and able to pull lice off hair.

The eggs are tiny (about the size of a small grain of rice) and white in color. Pull off the eggs (nits) using your fingernail (slide down hair shaft trapping the egg between nail and hair strand) and put eggs/lice in the garbage. Using very small sections of hair and good quality lighting will help your search.

Take the garbage outside right away. If you find lice/nits, checking two times a day for at least two weeks will help break their lifecycle.

Additional cleaning of clothing and sheets, pillowcases, towels in hot water is needed to kill eggs/lice on fabrics. Vacuuming home/car and upholstery is also recommended.

Check with your pediatrician to ask what she/he recommends. Professional lice removal clinics are also an option, but are expensive.

Please contact us if you need more information.

If your student will require medication while at camp, please remember to turn in the Permission to Administer Medication Form (signed by the doctor and parent) and bring the medication to the nurse.

ANY medication: over-the-counter or prescribed requires permission for the nurses to dispense. **The due date is October 30th.**

Thank you!

Nurses Joan and Stacey

News from the RC

Library Frequently Asked Questions

My child has misplaced a library book. Can they still check out?

We want students to love books and the library, and we want students to check out books. We want to help students take responsibility for their library books, but we don't want overdue or temporarily lost books to be stressful for students. We all misplace things sometimes. We encourage students to keep looking for missing books at school and at home, and usually they turn up!

Should we pay a fine for a lost book or buy a replacement?

Most books are eventually found, so please wait to pay unless you know a book needs replacing. If the book is permanently lost or destroyed (dog ate it, water bottle leaked, sibling colored in it, etc.), we hope the book will be replaced (new or gently used is fine) or a replacement fee will be paid so other students can enjoy the book. We accept cash or check or the same or similar title as a replacement.

If you would like to discuss a lost or damaged book with me, please email the library.

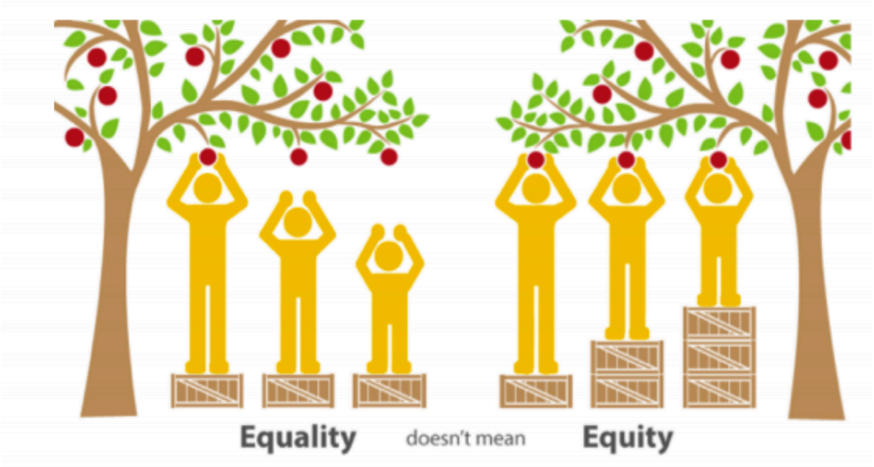
Joanna and Liz

Ridgecrest Elementary Race and Equity

Hello Ram families! I hope your school year is off to a great start. I want to introduce myself. My name is Rosie Moore. I am a sixth grade teacher here at Ridgecrest, and I also have the honor to serve as Ridgecrest's Race and Equity Lead. Over the past few years, the Shoreline School District has been examining the inequities that exist within our systems and communities, and working to combat racism within our schools. It is important work, and we know that we have a lot to learn as a community. Each school has a Race & Equity Lead, helping staff and students focus in and make changes so that we can start to see a system where race and ethnicity are not predictors of success. Currently, throughout the district, all schools are focused on the following statement:

As a district, we know institutional bias and racism exist in education and we are committed to reversing this in Shoreline.

I work with a team of staff members here at Ridgecrest, including Principal Nunes and Mr. Christian, to lead this work within our building. We examine data, lead professional development of our school staff, and connect with our community. This year we hope we can also be of service to you, our families and students. If and when concerns arise, we hope that you won't hesitate to reach out. We believe that all students, regardless of race, ability, gender identity, and socio-economic status are entitled to a quality education. If you'd like to get a hold of our team (or would just like to know more about who we are and what we do), I can be reached at rosie.moore@shorelineschools.org



Holiday Baskets

Food, Toys, Teen Gifts

Holiday Baskets provides holiday food and gift support to Shoreline School District families in circumstances that make it challenging to provide either for their children.

Holiday Baskets Food & Gifts Distribution to Families
Saturday, December 14th, 2019
11:30am - 4:00pm
Kellogg Middle School

For Families needing assistance with Winter break food & Holiday gifts, registration begins October 1st.

There are two ways to register!

- **Register online at: www.shorelinepta.org/holiday-baskets.html**
- **Fill out a registration form and give it to your school Family Advocate. Forms are available in their offices.**

Deadline for Registration is November 12th.

For more information go to: www.shorelinepta.org and click on Holiday Baskets.

Members of the Holiday Baskets partnership: The Shoreline PTA Council, the Shoreline Fire Department, Hopelink, Rotary Club of Lake Forest Park, the City of Shoreline, & Dale Turner Family YMCA.

Holiday Baskets

Food, Toys, Teen Gifts

Holiday Baskets ofrece comida festiva y apoyo de regalos a las familias del Distrito Escolar de Shoreline en circunstancias que hacen que sea difícil proporcionarles a sus hijos.

Cestas de vacaciones Distribución de alimentos y regalos a las familias
Sábado, 14 de diciembre de 2019
11:30 a.m. - 4:00 p.m.
Kellogg Middle School

Para las familias que necesitan ayuda con los alimentos de vacaciones de invierno y los regalos de vacaciones, la inscripción comienza el 1 de octubre.

¡Hay dos formas de registrarse!

- **Regístrese en línea en: www.shorelinepta.org En "Cesta de vacaciones": haga clic para registrarse**
- **Complete un formulario de registro y entrégueselo a su Family Advocate. Los formularios están disponibles en sus oficinas y en www.shorelinepta.org *Holiday Baskets, To Register.***

La fecha límite para registrarse es el 12 de noviembre.

Para obtener más información, visite: www.shorelinepta.org y haga clic en Holiday Baskets.

Miembros de la asociación Holiday Baskets: The Shoreline PTA Council, Shoreline Fire Department, Hopelink, Rotary Club of Lake Forest Park, City of Shoreline y Dale Turner Family YMCA.

Ridgecrest Elementary School

HARVEST CARNIVAL

Friday - October 25th 6 - 8 PM

JOIN US FOR A NIGHT OF FAMILY FUN!

TICKETS - $.50 each
25 for $10.00
50 for $20.00
(All students receive 10 free tickets)

Food will be provided as a fundraiser for Camp CABER

Awesome Activities!

Bobbing for Donuts

Selfie station
Bouncy Castle

Fortune Teller
Catapult

Quiet Room
Balloon Stomp

Pie Eating Contest
Cupcake Walk

Crafts, Harvest Carnival Store and So Much More!

Interested in volunteering or donating to the cake walk?
Contact Sara Hartmann at srhartmannn@outlook.com / (206) 549-6126

SHORELINE SCHOOL DISTRICT
INSTRUCTION DEPARTMENT
INVITES YOU TO

HEALTH CURRICULUM NIGHT

During Health curriculum preview families will have the opportunity to be introduced to and ask questions about the health curriculum in Shoreline prior to classroom instruction and receive modification/opt-out options if necessary.

Please see the Washington State Healthy Youth Act and SLSD procedures 2125 and 2169 for details.

TUESDAY, OCTOBER 22, 2019
6:30-7:30 PM
SHORELINE CENTER, SHORELINE ROOM
18560 1ST AVE NE, SHORELINE, WA, 98155

FIND OUT MORE AT

THE GREAT BODY SHOP: https://bit.ly/2kLrEoN
FLASH: https://bit.ly/2sgEvCq

206-393-4211