



RAM News

16516 10th Avenue NE * Shoreline, WA 98155 * 206-393-4272 * Dr. Sue McPeak, Principal

Ridgecrest Elementary: Creating Change Together

School Attendance

Thank you to the families that are contacting the attendance office if their student will be absent or late. It is extremely helpful to receive this information in advance. Please send an email (and cc your student's teacher to be sure they know) to: rc.attendance@shorelineschools.org or call 206.393.1493. If we are unable to answer, please leave a message. Absences that are not excused within three days are permanently unexcused on your student's record.

Breakfast at School?

Elementary breakfast is only \$1.75; if your student qualifies for free or reduced price meals, breakfast is absolutely free! You are welcome to join your child at breakfast for \$2.75. Take one thing off your morning to-do list and have your child join us for a nutritious breakfast at school. Doors open at 8:05am.

Safety Reminder - Please sign in!

For the safety of all Ridgecrest students, staff, and visitors we ask that you stop in the office to sign in and get a visitor's sticker even if you are only going to be in the school "for a minute." Then, please sign out when you leave. This helps us keep track of who's in the building in the event of an emergency. Thank you for your cooperation!

Hi Cap Info Night

The Shoreline Public Schools Highly Capable Department will be held on Tuesday, November 22 from 6pm-9pm in the Shoreline Room at the district offices located at 18560 1st Ave NE, Shoreline, WA 98155. This will be an opportunity to hear about the services we provide to our most highly capable students and get an update on the work that is going on this year to improve our services. There will also be an opportunity to speak with a Highly Capable Program teacher and the program Director.

If you have any questions about the Information Night, please contact our office by e-mail: spencer.glushak@shorelineschools.org or by phone at 206.393.4771



MARK YOUR CALENDARS!

Nov 22	Hi Cap Info Night 6pm[9pm, Shoreline Room
Nov 23	Early Dismissal 11:15am
Nov 24-25	School CLOSED - Thanksgiving/Native American Heritage Day
Dec 5	No School - Non-Student Work Day
Dec 21-Jan 3	School CLOSED - Winter Break

Shoreline School District #412 does not discriminate against any protected class. Further information on notice of non-discrimination, including the address and phone number of the Title IZ office, visit: <http://www.shorelineschools.org>

Nurse Notes

Hello Ridgecrest Families,

In the health office, we have been seeing students experiencing gastrointestinal issues with and without fever, sore throats and coughs, and the flu (physician diagnosed). Good reminders to control coughs by coughing into elbows and tissues and **washing hands and washing hands again**. If you have put off getting flu shots for yourself and children, now would be the time. If your child has a fever (100 F and over), please keep them home for recovery. We have also seen lice again, so please check your child's hair weekly. If you need guidance on how to assess for lice, please call the RC nurses. 206.393.4276.



A Note of Thanks!

Thank you to the health screening volunteers who assisted Nurse Stacey and I on Friday.

We so appreciate you all sharing your kindness and time with our students!

THANK YOU TO:

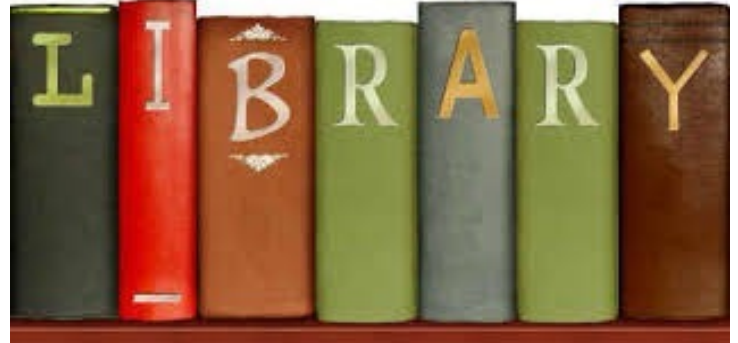
Kelsey Hughes, Coral Janisse, Annie Nguyen-Vermillion, Amy Nyhof, Maria Vaughn, Susan Cantu, Ying Huang, Deborah Baron, Michelle Darlington, Jamie Malek, Meghan Nash, Kristin Bates, Argelia Paredes.

THANK YOU!

RC Nurses Joan and Stacey

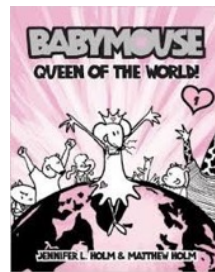


News from the RC



Graphic Novels and Comics at the Library

The word "graphic" suggests images not usually found in an elementary school, but it means books that are visual in style, as in graphic art. Our library has a graphic novel and comic book section that expands every year, and it is very popular!



I believe having these books available in our library is important for several reasons:

- 1 Reluctant readers are intrigued by the illustrations, which help them understand the story even if they aren't able to read all of the words.
- 2 They are fast-paced and keep the reader's attention through the end of the book.

3 Graphic novels can have complex storylines, and students have to look at both the illustrations and text together to comprehend the whole story.

- 4 They are fun and promote positive reading experiences!

We have traditional comics like Garfield, Batman, and Calvin and Hobbes, and some newer comic book titles such as Babymouse and Simon's Cat. There are also nonfiction titles about Apollo 13, Queen Elizabeth I, and the Titanic, among other subjects.

The Arrival by Shaun Tan tells the story of an immigrant as he travels to a new world, in sepia-toned panels. A Booklist review calls it "a compelling, beautiful piece of art."

The Invention of Hugo Cabret by Brian Selznick won the 2008 Caldecott Medal, usually given to a picture book. The illustrations blend with text over 500 pages to tell the story of a boy living in a Paris train station, and a mystery involving a strange drawing.

Students may check out one graphic novel or comic book at a time, to encourage them to explore a variety of genres in the library and their classroom.



Elementary Night at SC Basketball



Shorecrest would like to invite future Scots and their families to their home basketball game on Friday, January 6th. You are asked to wear green and gold, if possible, and come to cheer on the Scots!

Missing School Hurts!



Research shows that students who miss 10 percent of school, or two days per month, show negative academic

progress. This can have a long-lasting effect on a student's ability to succeed in school and life. #ShorelineEvery Day

Friday Family Story Time

Please join us every Friday at 8:40am-9am in the Ridgecrest library for Friday Family Story Time. This is an opportunity for our families with siblings who are not yet school age to get together. During this time our littlest Rams can practice sitting, listening, and enjoy stories. Stories will be read by various Ridgecrest teachers and staff members.

Thank you!

The Green Team would like to thank Amy Nyhof, Trena Carpenter, Thanh Kirkpatrick, Conni Johnson, and Misty Berg for their help kicking off recycling in the lunchroom and making recycling posters. We are continuing to make our school GREEN! And big thanks to Mrs. Rae, Mrs. Tombelaine, the lunchroom staff, and Dr. McPeak for all their help as well.



*** PTA NEWS ***

The following link will take you to the current PTA newsletter:

<http://ridgecrestpta.org/Doc/Public/RC%20PTA%20News%2012.2016.pdf>

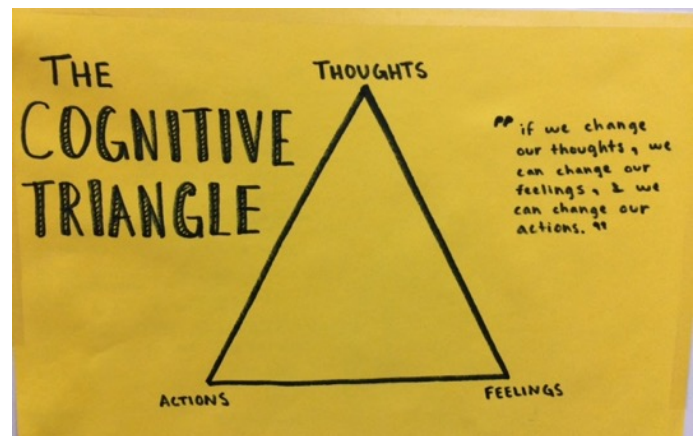




Counselor's Corner

Here's another tool I use when working with students: The Cognitive Triangle. It sounds complicated, but it's simple and powerful! The Cognitive Triangle teaches us that our thoughts impact our feelings, which impact our actions towards others and ourselves—all in one cycle. Therefore, if we simply change our thought, we can change how we feel, and change how we're likely to treat ourselves and others.

For illustration, consider the following situation: a student is frustrated when working to complete their math and they just want to give up. Often times, students (and adults like me), will have unhelpful thoughts during situations like this that may impact how they feel and, then, how they act. For example, one may think: "I'm never going to get this. I'm bad at math!" If they think that, how are they likely to feel? Frustrated. Sad. Hopeless. And, out of those feelings, how are they likely to act? They'll likely give up. Or, crumple up their paper and throw it. Or, cry. Our thoughts impact our feelings, which impact our actions.



However, what may happen if they replaced this unhelpful thought with a more helpful thought? Let's find out! Say they thought (which is much more accurate): "This math is tough for me right now. But, I know I'll get it if I keep practicing because I've learned so many things that were hard for me before in math!" If they think this, how might they feel? Motivated. Excited. Hopeful. And, out of these feelings, how are they likely to act? They'll likely work really hard. They may practice. They may ask a question. Again, our thoughts impact our feelings, which impact our actions.

A good way to teach this to students is to draw two triangles side-by-side, and to fill in the "unhelpful" thought in one triangle, then the "helpful" thought in the other triangle. Then, fill in the corresponding feelings and actions that may be associated with each of those thoughts on each respective triangle. I'll usually ask students: "Which triangle would you rather have?" Of course, the choice is obvious. Practicing this with students can help them have more helpful thoughts that leave them feeling better and acting in more prosocial ways.

Grateful to be with you,

Mr. Dom



Ridgecrest PTA

Holiday Basket Food and Teen Gift Drive

What is the Holiday Basket Food and Teen Gift Drive?

In conjunction with the Shoreline PTA Council, schools across Shoreline donate food and gift items that are given to over 500 Shoreline families in need. Boxes of food, paper goods, toiletries, toys and teen gift cards are assembled and distributed to families to assist during the holiday season.

When is it?

The Holiday Basket Food & Teen Gift Drive runs from **December 6th through December 16th**.

Where do I drop off items?

Send your food or teen gift card donations to school with your student during this time period. There will be a collection box located in each classroom.

What food items are needed?

Each Shoreline school has been assigned one item to focus on.

This year, Ridgecrest's item is **GRANOLA / SNACK BARS (5 pack of more box)**.

In addition, there are many other items that will help our Shoreline families this Winter Break such as peanut butter, pasta, beans, canned items such as soup, vegetables, fruit and tomato products, hot & cold cereal, granola bars, and gluten-free items

What types of teen gift items will be collected?

Rather than soliciting teen gift items, we will be collecting **gift cards** (\$15-\$25) for teens & tweens between the ages 10-18 that need our support this year. Fred Meyer, Target, Walmart, clothing stores, fast food, iTunes, and Amazon cards would be greatly appreciated.

Is there anything I can't donate?

Please do not donate food in glass jars or large Costco-sized containers. (Multi-packs of an item from Costco are acceptable.) Also, please check the expiration dates on your donated food items.

Who do I contact if I want to volunteer during the drive or if I have questions?

Food Drive Chairpersons: Julia Prosser & Lori Lynass

Emails: mamaprosser1@gmail.com and lynassl@gmail.com

Please help us ‘Treat the Staff’ with a

Cookie Exchange



This December we're asking people to bring a dozen cookies of every kind available, so that we can send home a bag of them to EVERY member of our fabulous Ridgecrest Staff. Please go to the perfect potluck link to sign up to bring something for our wonderful Ridgecrest Staffers. This feeds over 65 people and we can't do it without YOU!

Don't have time to bake?? Come help us make bags to send home.

Where: Staff lunchroom When: Tues Dec. 13th

Time: 9am to 11am

To sign up to bring cookies please visit the site below and let us know what you are bringing.

<http://www.perfectpotluck.com/meals.php?t=PFTP3301&welcome=1>