



THE HAWKEYE

FROM PROUD PRAIRIE VIEW PRINCIPAL NASLUND

February 2024



Vol. 2.8

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Hawks Have Heart!

We love to celebrate all the things around here, and February packs in lots of celebrations including our Drama Club production, Groundhog Day's, Valentine's Day, [Family Conferences](#), Century Celebrations (100 days), President's Day, Read Across America, Black History Month, and American Heart Month.

Following our festive start, it's crucial to recognize that our celebrations extend beyond mere events; they reflect our deep commitment to knowing, loving, and developing every Hawk that walks our halls. This month, as we navigate through an array of celebrations, we're reminded of the many ways our students shine. The Century Celebration marks not just 100 days of academic learning, but 100 days of personal growth, resilience, and community building.

At Prairie View, knowing our students goes beyond academic assessments; it involves understanding their stories, interests, and dreams. It's about recognizing the unique journey each student embarks upon and providing them with the tools they need to navigate their path successfully. Loving our students means creating a nurturing environment where they feel safe and valued. It's in the way, for

example, we celebrate Read Across America, not just for the love of reading, but to instill a curiosity of learning. Developing our students is our commitment to fostering not only high levels of intellectual growth but emotional and social development as well. American Heart Month isn't just a time to learn about physical health; it's an opportunity to emphasize the importance of our Hawk "I" Pledge to be safe, responsible, positive, and kind—values that are at the heart of our community.

As we move through February, let's embrace each celebration as an opportunity to further our mission of knowing, loving, and developing our Hawks. It's in these moments that we truly see the heart of our school. Together, we're not just a school; we're a community, a family, that grows stronger with every celebration.

Let's continue to soar high and spread our wings wide, for Hawks truly do have heart.

Principal Naslund

**MEAD SCHOOL DISTRICT
2024 REPLACEMENT LEVY
FEBRUARY 13, 2024**

PS. Mead School District voters will be asked to vote on a three-year replacement levy for educational programs and operations on the Special Election ballot on February 13, 2024. Click [HERE](#) for more information.

Daily Schedule

School Hours

- M, T, TH, F: 9:00a - 3:20p
- Wednesdays: 9:40a - 3:20p



Save the Dates

- 2/1: PV Drama Presents: "Beauty & the Beast"
 - 2/2: Early release (12:45pm)
 - 2/9: SUPER Friday!
 - 2/12: School Board meeting
 - 2/14: NO LATE START; Early Dismissal (12:45pm)
 - 2/14 - 2/16: [Spring Conferences \(no school\)](#)
 - 2/19: President's Day (no school)
 - 2/23: [PV Night at Spokane Chiefs](#)
 - 2/26: PTO meeting, 6pm
 - 2/29: Leap Year DAY!
 - 3/1: Kindergarten Enrollment Opens
- Click [HERE](#) for the 2023-24 District Calendar

Going to be gone? Please call the front desk (509-465-7800) or attendance line (509-465-7884) to report absences for any reason.

School Flyers

powered by

Let's fly! Together!

Dr. Jeff Naslund
Proud Principal
Prairie View Elementary
509.465.7810

"Courage starts with showing up and letting ourselves be seen." [Brené Brown]



PTO Updates

Our **next PTO meeting** of the 2023-24 school Year starts at 6pm on February 26, 2024 (in Portable 1). All PV parents and guardians are invited to attend. Oh, treats will be served! YOU have a vote on how fundraising dollars are spent which is why it's important to attend if you can. Childcare IS provided!

PTO has enthusiastically worked with Mrs. Toth and Mr. Naslund to support the launch of PV Pantry with the mission of "No Hungry Hawks!" We will share more as we get it off the ground. Just know that any of our restaurant night fundraisers go directly to funding this effort! Thank YOU for showing up!



Our PTO is always looking for more volunteers. ALL District volunteers are screened centrally through the District Office starting with the simple 2-step process: start [HERE](#) then let PTO know you are interested, too.

Keep up with all the happenings on our PV PTO on Facebook [HERE!](#)

Prefer Instagram? We got you! We often post similar things, but many people may only use one form of social media. Here is a link to the PV PTO IG page: https://www.instagram.com/pv_pto/

Counselor's Corner

This month's edition of Counselor's Corner has some health and wellness tips related to sleep & exercise. Did you know that The American Academy of Pediatrics (AAP) endorses the recommendations from the American Academy of Sleep Medicine (AASM) that Children 6 to 12 years of age should sleep 9 to 12 hours per 24 hours on a regular basis to promote optimal health. Mrs. Toth shares some interesting guidelines and more [HERE](#).

As always, please reach out e lindsey.toth@mead354.org or (509) 465-7849 at any time if you would like to connect! I appreciate each of you! ~Mrs. Toth



Healthroom Heartbeat!

Did you know, less than 30% of kids ages 2 to 19 met high healthy heart standards according to [American Heart Association's Life's Essential 8](#) metric: diet, physical activity, cigarette smoking, body mass index, total cholesterol, blood pressure, blood glucose and quality of sleep, according to a study completed in 2022

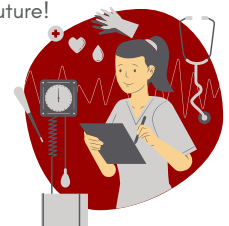
February is Heart Health month and now is a great time to talk with your kids about why it's important to maintain good heart health. Here are some topics to talk about:



- Schedule family time for physical activity. Weather permitting, go outdoors for a walk, or backyard games. Indoor activities can actually incorporate active or interactive sports video game.
- Plan a weekly menu and prep your meals. Encourage kids to help with meal planning and even grocery shopping. Have supplies on hand for healthy snacks or make your own- <https://www.heart.org/en/recipes/granola-bars>.
- Simplify your family's schedule. Try organizing your activities and see what you can do without so you'll have more time for the things that matter.
- Set a regular bed time - and wake-up time. Develop bedtime routines to wind down after a busy day. Encourage all age kids to develop their own rituals for a good night's sleep.
- Live by example. Be a role model for healthy behaviors. Set goals and take baby steps. Teaching your kids about heart health now will help them live longer, healthier lives for their own future!

Source: [Heart Health American Heart Association](#)

You can learn about and check a blood pressure monitoring kit from your local library ([SCLD - Library of things](#)) if your family is curious about blood pressure.



Here are some Heart Health Topics to improve Health Living by CDC for all ages:

- [Live to the Beat](#). Try some educational steps to learn more about improving your heart health.



Specialist Rotations

Our specialists continue their A, B, C rotation this year to ensure all Hawks get great access to PE, Music, and Library.

Check out February's at-a-glance [\[HERE\]](#) or check in with each:

- [PE](#) (follow Mr. Wisser's PE on Instagram @pvhawkspe)
- [Music](#) (Ms. Martin will share throughout the year)
- [Library](#) (follow Mrs. Chaffins on Instagram @pvhawklibrary)



23-24 The Family Handbook
Prairie View



2606 W Johanssen Rd | Spokane, WA 99208 | Main: 509-465-7800 | Attendance: 509-465-7884

<https://prairieview.mead354.org/> | <https://www.facebook.com/PVEHawksMSD>

“ PV Hawks are known, loved, and developed. PV Hawks are future ready! ”

We SEE you, HawkSI!
Let's fly! Together.

SPOKANE CHIEFS SCHOOL NIGHT



PRESENTED BY
Shriners
Children's
Spokane

FRIDAY, FEBRUARY 23 | 7:05 PM PUCK DROP



BOOMER PILLOWCASE GIVEAWAY
FIRST 1,000 KIDS 12 & UNDER

\$10 TICKETS

**OFFER VALID FOR STUDENTS,
FAMILIES, FRIENDS, AND FACULTY**

**CLICK
HERE**

**TEXT/CALL
509-431-6817**



**TICKET DEADLINE FEBRUARY 19.
TICKETS WILL BE DELIVERED DIGITALLY.**

**GAME DETAILS, SEATING MAPS, PROMOTIONS, & MORE AT
SPOKANECHIEFS.COM | CALL/TEXT 509-535-PUCK**

