



Skykomish Rockets News

May 2015

website: www.skykomish.wednet.edu

Vision statement:

- The Skykomish School continues to focus its energy and effort to become a student-centric learning center which offers students a welcoming, comfortable, stable, safe, clean, organized environment, and a challenging, meaningful, rewarding, curriculum.
- The Skykomish School continues to strive towards healthy interpersonal relationships among all staff, students, and communities, and encourages active participation and individual responsibility among all.

Superintendent's Message



*Thank You
We Appreciate You*

During the last week of March we honored our classified staff for their dedication and hard work on behalf of our students. During the first week of May we celebrate Teacher Appreciation Week in recognition of the dedication of our teachers. Without the combined efforts of all of our staff, our students would not have an athletics program, ski school, Winter Play, Saturday service activities, fundraisers for student scholarships, dances, band, the Tea, robotics, yearbook, Me-to-We Club, Prevention Club, After-School Program,

Open Gym, Student Government, and many other events and activities. Many extra-curricular activities for students depend on the commitment and sacrifices of our staff.

Because our school is a small school all of our staff members wear many hats and put in many extra hours of their time to ensure that our students have many wonderful extra-curricular activities. Research tells us that students do better at school and are less likely to drop out of high school when they are connected to the school in opportunities beyond the classroom. Maybe the myriad of activities that we have for our students is one of the reasons that our school has one of the lowest dropout rates in the State.

I know that both parents and students really appreciate everything that our staff does for our school and students. I know I do. Let's take time this week to remember each of our staff with our kindnesses.

Sincerely,

Martin Schmidt

May Events

1st - Awards Assembly
4th - 8th – Teacher Appreciation Week
5th - School Bus Inspection
13th & 14th – D/A Team goes to Great Wolf Lodge
19th - Sports Banquet
22nd – No School – Snow Day
25th – No School – Holiday
28th – Microsoft Fieldtrip High School
29th – Parents’ Day Tea
June 1 – Awards Assembly

New Playground Equipment Being Selected

On Tuesday May 12th at 2pm parents, students, and staff will have an opportunity to look at a playground equipment proposal by Gametime A Playcore Co. If you are interest in participating with this event please inform Mr. Schmidt by May 7th at mschmidt@skykomish.wednet.edu

BNSF Railway Skykomish Cleanup Site Skykomish WA

The department of Ecology invites you to attend a community meeting on Wednesday, May 6, 2015 to learn about 2015 cleanup plans for the Skykomish School property.

Representatives from Burlington Northern-Santa Fe Railway (BNSF),

their consultants, and Ecology will be available to present cleanup plans and take questions.

Skykomish Community Meeting Wednesday, May 6, 2015 6-8 PM Maloney General Store Skykomish, WA

For more information visit the Ecology’s website: www.ecy.wa.gov/programs/tcp
Search Site Name: BNSF Railway Skykomish

Classified Staff

The classified staff would like to thank everyone for their generous donations to help raise scholarships money for the graduating class of 2015.

Library Program

On Tuesday April 21st students had the opportunity to listen to and learn from an interesting northwest award-winning author, Patrick Flores-Scott. Patrick is the author of Jumped In, a story about brave kids overcoming the hard stuff of life and how they tapped into their hidden wells of greatness. Students really enjoyed listening to his presentation. Students also had the opportunity to meet with Patrick individually and have him critique their writing samples.

SKI GEAR NOTICE!!!

Instead of having each student return his or her "loaned" ski and snowboard gear, they may keep it until next year's ski swap. If the gear still fits, use it for next season. If not, bring it back to the ski swap and trade for a different size. If you wish to bring gear back now, please call DeLana Slone (425-760-4154) to make arrangements for dropping off before the last day of school. Any student that moves out of district or is no longer planning on participating in the ski program must return gear as soon as possible.

READY-SET-READ

May is the final month to try and get your name in the hat for the end of year drawing for a new bike. To date, we have 12 elementary students in the running for the grand prize. Please turn in each month's signed and dated reading challenge forms by the end of the month.

The middle school and high school students are competing for cash prizes of \$50 per group for the student with the most Accelerated Reader points. The race is on for the middle school students. Michael has 4.1 points, Jaylee has 3.7 points, Hezykyah has 2.4 points and Ben has 2.2 points. For the high school, Kyrah has 63.5 points, with Anya in second place with 35.7 points. Keep reading you guys! Great work!

2015 Prom

By Ashley Wahl

It started with a phone call to Cascade High School, then soon became our 2015 Prom. Cascade High School in Leavenworth, was kind enough to let our fifteen high school students join them this year for their dance. The atmosphere within the groups of teenagers was continuously positive and the interaction between us was comfortable and fun. The dance hall was filled with elegant dresses and sharp tuxedos as we danced together. The evening was memorable and we're grateful to be able to share it with each other.

Sno-Isle Summer School Opportunities

The Sno-Isle skill center is offering a summer school session. All courses offered are exploratory "intro" programs and have no prerequisites or prior knowledge necessary. Classes are available to any student who has completed 8th grade and has not yet graduated high school. The dates are from June 18th to July 8th (no school on July 3rd). Attendance is required on every day so student achieve 90 hours and .5 elective/CTE credits. Registration begins on Monday, May 4th at 7pm. Information and registration can

be found on their website, <http://snoisletech.com>. If you are interested, or have questions, please contact Mr. Dempsey.

677-2643 or Kelly at Sky Valley Community Outreach at Kelly@SVCO outreach.org

PARENT'S DAY TEA

Mark your calendars for Friday, May 29th at 1:45 pm for the annual Skykomish School Parent's Day Tea. Please join us for this fun event! We will enjoy musical selections from our students, and eat goodies baked by the Intro to Culinary Arts class. We will also have a fun craft for the parents to make with their student. Parents, please plan on meeting your student in the school gym at 1:45 pm on the 29th!

Cedar Wood Backpack Kids/Operation Full Bellies

We provide nutritional meals and snacks for the weekend and during school breaks. Permission slips were sent home with students at the Skykomish School. If you need another permission slip, please let the school know. If you have questions or concerns, please contact Debra Janasz from Skykomish Food Harvest at 360-

MICROSOFT TOUR

The Skykomish High School students will be taking a tour of the Redmond Microsoft Campus on Thursday, May 28th. We will be visiting the Envisioning Center (a prototype lab and immersive showcase for Microsoft's new products), Visitor's Center, and the Microsoft Store. The students will also go on a campus tour and enjoy lunch at Microsoft. The tour not only provides career education for our students, but also provides insight into the organization who made the Microsoft Academy courses offered at Skykomish High School.

Sleep

Do you ever wake up to your alarm clock and think, "Just 15 more minutes," (a.k.a. "Just 5 more hours")? The vast majority of people in the U.S. are very sleep deprived, with many having the mantra of "You can sleep when you're dead." The fact is though, if you don't

get adequate sleep now, you just might die sooner.

Did you know that when you sleep, especially during stages 3-5, your body repairs itself? Stage 3 focuses on repairing muscles, bones, joints, skin and very small injuries that you might not even know you have. Stage 4 focuses on producing 70-80% of our daily growth hormone needs, which our body uses to maintain muscle function and energy. Essentially, if you don't have enough growth hormone, you'll probably feel as energetic as a soggy dishrag. During the 5th stage, also known as REM (rapid eye movement) sleep, your body actually works on storing and strengthening memories. So we can see from all our body does while we sleep, that an adequate amount is very important. However, if the sleep you do have is low in quality, that doesn't help us either.

Here are a few tips for improving sleep hygiene:

- 1) Temperature: Cool air temperature, warm hands and feet
- 2) Light: Pitch black for sleep and bright light as soon as you wake up
- 3) Noise: Invest in earplugs
- 4) Clutter: Clean bedroom helps the mind and body focus on sleeping
- 5) Pets: Movement or allergies from pets can inhibit good quality sleep
- 6) Bed: General rule is get a new one every 8-10 years and new pillows every 2 years
- 7) Space: Give yourself enough space from pillows, spouses who toss and turn, pets, etc.

8) Daytime Naps: No longer than 30 minutes and always before 3pm

9) Pill Popping: Often pills contribute to sleep problems any many can be solved with good sleep hygiene

If you want more detailed information please contact me at
jdumont@skykomish.wednet.edu or
(360) 677.2623 ext 341

Joy Dumont RN BSN

Skykomish School Nurse

Reference: "The Healing Power of Sleep" by Mary O'Brien, M.D.