



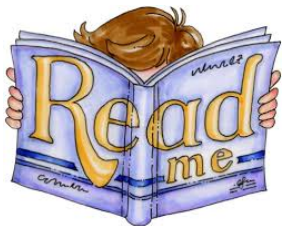
Skykomish Rockets News

February 2016 website: www.skykomish.wednet.edu

Strategic Planning Survey

The Skykomish School District seeks the input of all students, parents, staff and community members as we begin the strategic planning process. A survey has been set up (at SurveyMonkey.com) for you to give your input and opinions on three important topics: student achievement, communication and facilities. Your input is very important to us as we plan for the future. We strongly encourage you to take the survey on-line, however, if you are not comfortable with that format there are paper copies of the survey available at the post office and at the school office. The link for the survey is: surveymonkey.com/r/mtcvvd

Superintendent Message



I recently attended a wonderful Reading Summit with Mrs. Walker and Mr. Robinson. One of the many important

insights about reading instruction that we came away with was “the extraordinary impact that reading for pleasure at home has on students’ academic success”. The love of reading, we were told, begins in the infant years when a parent / grandparent holds their child / grandchild in their lap and reads to them. The importance of reading with and to your children and having them read to you cannot be overstated. For older students, parents talking to their children about what

they are reading conveys a strong message about the importance of reading and lays a strong foundation for the love of literature.

I believe that our library has a good collection of books for all reading levels, however if you would like to suggest a book series that you know that our students would benefit from, our librarian Ms. Olin would be happy to look into purchasing new books to meet the needs of each of our students.

Students having a choice in what they read is also an important component of a successful reading program. Our goal at Skykomish School is to have every student reading at grade level by the end of the school year. Student success in reading is one of our school’s focus areas for the next several years. If students can read at grade level they will have a much better chance of being successful in their studies.

We assess our students reading ability throughout the year. For elementary and middle school students who are far below proficient we assess their reading abilities every two weeks in an effort to keep track of how students are progressing and what skills need to be remediated. If, for example, a first grader is having trouble with the blended “ch” sound the teacher or Para educator can devote one-on-one time to working with the child on remediating that skill.

Another concept that we learned about at the Reading Summit was the idea of reading skill loss over the summer. Many students digress over the summer because they do not read during the summer. This summer we are going to begin a new program in which we make available for every student 15 books, chosen by the students, to take home for

summer reading. Our librarian, Ms. Olin, will be organizing this program and you will be hearing more about this in May.

Skykomish School continues to reward avid readers with new bicycles at the end of each year. Thanks to the generosity of the Masonic Lodge, students who have logged enough reading time each month will qualify for the drawing of a new bicycle on the last day of school. Ms. Slone who does a wonderful job organizing this program, can give students and parents more information.

Finally, you may have heard your child mention something about *Read Naturally*. *Read Naturally* is a supplemental on-line reading program that the school has recently implemented in the elementary and middle school. Some of the success that we are beginning to see in students' reading achievement, we believe, can be attributed to the use of the new *Read Naturally* program. If you have any suggestions as to how we might improve the school's reading program I would like to hear from you.

Martin Schmidt

Upcoming Events

- 1st Awards Assembly 2:30
- 1st Basketball HOME 6:00
- 3rd P.T.S.O. Meeting 4:30
- 5th Ski Program 3:00
- 10th Basketball Away 3:30
- 12th Ski Program 3:00
- 15th No School – Presidents' Day
- 24th School Board Meeting 6:30
- 26th Ski Program 3:00

CALENDAR CHANGE

Due to school being cancelled on December 18th, there will be three (3) changes to the calendar:

1. There will be school March 14th
8:00 – 2:45

An updated calendar is on our website at:
www.skykomish.wednet.edu

SKI PROGRAM

This Friday we are kicking off our first day of the Ski/Snowboard Program. Friday is a half-day, so we will be leaving the school around 12:15. If your child turned in forms to go up to Stevens Pass that day, they will need to have all of their ski gear here so that they may change and get ready to go immediately after lunch. You cannot have loose ski gear on the bus, so please bring your child's gear to the school sometime before next Friday. We will have a place set aside to store their gear here so that they don't have to bring it back and forth. If you need to make an arrangement to bring it in after school hours, please give me a call.
DeLana Slone 425-760-4154

Ready, Set, Read!

Congratulations are in order for the following students for reading 20 minutes, 20 times in December and getting their forms turned in. Way to go Austin, Mason, Bella and Brendan. I will accept forms for January on Monday February 1st. Keep up the good work.

TOP MIDDLE SCHOOL/HIGH SCHOOL READER THUS FAR...

Georgia has 104.3 Accelerated Reader Points!
You go girl!!!

Nurse News

The most wonderful time of the year has come to a close, sadly. The lights and decorations will soon be coming down, and maybe all the leftover sweets thrown out. The start of a fresh New Year is well upon us and maybe you have some New Year's resolutions to start working on.

Possibly, you want to get your grades up, or maybe you want to keep them up. Either way, that can be difficult after having time off. But did you know you can affect your studying and memory just by what you eat? Here are a few super foods to help you with New Years goals!

1. **Fish** – Omega-3 fatty acids help with focus
2. **Nuts** – Fatty acids (the brain is mostly made of fatty tissue after all) - & nuts are high in iron, increasing oxygen to the brain
3. **Whole Grains** – Refined carbs (white bread, pasta, etc.) lead to sleepiness and mental dullness. Whole grains give energy boosts.
4. **Apples** – Apple peel has antioxidants which increase memory
5. **Cruciferous Vegetables** – (i.e. broccoli, cauliflower, cabbage, Brussels sprouts, bok choy, etc.) Long-term study by Harvard Medical School shows these vegetables help memory retention.
6. **Dark Chocolate** – The darker the chocolate, the more benefits to the brain
7. **Spinach** – Lots of folic acid = shown to reverse memory loss

8. **Berries** – Nutrients lower toxins and improve blood flow to the brain
9. **Legumes** – (i.e. chickpeas, kidney beans, lentils, etc.) Lots of protein & folic acid
10. **Onions** – (Red onions in particular) Improve memory and focus

In addition, drinking lots of water, getting enough sleep, and eating a healthy breakfast before school will help you think better. So have fun experimenting with these healthy, brain-building foods!

Discrimination

The Skykomish School District does not discriminate on the basis of race, creed, religion, color, national origin, age, honorably-discharged veteran or military status, sex, sexual orientation including gender expression or identity, marital status, the presence of any sensory, mental or physical disability or the use of a trained dog guide or service animal by a person with a disability in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. Inquiries regarding non-discrimination may be directed to: Martin Schmidt- mschmidt@skykomish.wednet.edu - Superintendent, Title IX Officer and Civil Rights Coordinator 360 677-2623 x 101; Dan Bubar-dbubar@skykomish.wednet.edu- Athletic Director 360 677-2623 x223; Karen McEachern-kmceachern@skykomish.wednet.edu- 504 Coordinator 360 677-2623 x 232. District Office 105 6th St North Skykomish, WA 98288