

Bear News
Index Elementary School
360-793-1330
November 2020



We are the Index Bears!

Together We Are Inspiring
Life-Long Learners

Superintendent's Corner
November, 2020

Greetings from Index School District!

This is the month we celebrate Thanksgiving. Even with all the challenges facing us in school or in our nation, this is a great time to refocus and give thanks for so many amazing things:

Most of us have food each day.
Most of us have a home to stay in.
Most of us have a bed to sleep in.

Index School 2020-2021

Creative Expression

in

Art and Beyond

Important School Dates

11/1	Daylight Saving (End)
11/11	Veterans' Day (No School)
11/26	Thanksgiving. (No School)
11/27	No School



Most of us have friends or family to share our experiences.
Most of us have clothes to wear.

We all have the ability to take in the magnificent view of the mountains and river in index.



This is a time where each of us can give of ourselves to improve the lives of others around us. We are thankful for the time we have had the Sky Valley Food Bank at our school (they are now back at the church on Mondays). What a great organization and what a nice local resource for food and clothing. During this Thanksgiving season and beyond, I plan to find creative ways to encourage and support those around me who may not have all the things mentioned above.

We are hopeful we will be able to bring back our students to school soon. I know our teachers and staff are continuing to support both the learning and community building through remote learning. We are thankful for each of the students and their families.

Our staff is working through a book this month and next that helps us to better support students and foster resilient learners. We are learning practices which support students experiencing trauma and challenges.

We hope that your thanksgiving season is one filled with peace and thankfulness. Join me in finding ways to be an encouragement to many people around us who can use some hope.

Index School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination: Civil Rights Coordinator: Superintendent Brad Jernberg, 360-793-1330, bjernberg@index.k12.wa.us; Title IX Coordinator: Connie Fehrenbach-793-1330, cfehrenbach@index.k12.wa.us; and 504 coordinator Brad Jernberg: 360-793-1330, bjernberg@index.k12.wa.us. Address: 436 Index Ave. Index, WA 98256. Index school District will always take steps to assure the national origin persons who lack English Language skills can participate in all education programs, services and activities. For information regarding translation services or transitional bilingual education programs, contact our superintendent.



Fun, Offbeat, November Theme Days and Holidays

- 11/1 Hockey Mask Day
Go Cook For Your Pets Day
- 11/2 Pumpkin Destruction Day
Cookie Monster's Day
Play Outside Day
- 11/3 Sandwich Day
- 11/4 Candy Day
Color the World Orange Day
- 11/5 Love Your Red Hair Day
Play Monopoly Day
- 11/6 Nachos Day
- 11/9 Domino Day
Carl Sagan Day
- 11/10 Sesame Street Day
American Frog Day
- 11/11 Origami Day
Forget-Me-Not Day
- 11/12 Fancy Rat and Mouse Day
- 11/13 World Kindness Day
- 11/14 Loosen Up, Lighten Up Day
Pickle Day
- 11/15 I Love to Write Day
- 11/16 International Games Day
Historic Teddy Bear Day
- 11/17 Take a Hike Day
- 11/18 Mickey Mouse Day
Princess Day
- 11/19 Rocky and Bullwinkle Day
World Toilet Day
- 11/20 Name Your PC Day
Peanut butter Fudge Day
Universal Children's Day
- 11/21 World Hello Day
Use less Stuff Day
- 11/22 Random Acts of Kindness Friday
- 11/25 International Hat day
- 11/29 Slinkie Day
Flossing Day
Your Welcomegiving day
- 11/30 Stay Home Because You're Well Day
Personal Space Day



Sno-Isle Library Schedule

These events are online. Please go to sno-isle.bibliocommons.com under events to access current as well as past Storytime sessions. Please check for availability.

***Unless otherwise stated, a link to join the following events via Zoom will be sent to registered participants the day of the event. If you don't see the email an hour before the event, check your spam folder. You can access Zoom in your computer's browser, or download the app for free on an Apple or Android device. You do not need to have your own Zoom account in order to participate.*

Stay-At-Home Family Storytime with Miss Jordyn-Facebook Live

Nov. 2, 2020 – 10:00 AM-10:30 AM
Nov. 9, 2020 “
Nov. 16, 2020 “
Nov. 23, 2020 “
Nov. 30, 2020 “

Join Miss Jordyn from the Lynnwood Library. Enjoy stories, songs, rhymes and creative activities together as a family to prepare for the wonder of reading.

Storytime will stream on the Lynnwood Library Facebook page and be available for later viewing:

<https://www.facebook.com/LynnwoodLibrary/live>



Stay-At-Home Family Storytime with Miss Heather – Facebook Live

Nov. 4, 2020 7:00 PM - 7:30 PM
Nov. 11, 2020 “
Nov. 18, 2020 “
Nov. 25, 2020 “

Join Miss Heather from the Mill Creek Library. Enjoy stories, songs, rhymes and creative activities together as a family to prepare for the wonder of reading.

Storytime will stream on the Mill creek Library Facebook page and be available for later viewing:

<https://www.facebook.com/MCRlibrary/>

Online Russian Storytime: register for link

Nov. 4, 2020 11:00 AM – 11:45 AM
Nov. 18, 2020 “
Nov. 25, 2020 “

Enjoy stories, songs and activities in Russian.

Join Sasha for Russian Storytime for children and families! We will share songs, stories and rhymes presented in Russian.**

Stay-At-Home Family Storytime with Ms. Sherry -Zoom- register for link

Nov. 5, 2020 9:30 AM – 10:00 AM
Nov. 12, 2020 “
Nov. 19, 2020 “

Join Ms. Sherry from the Coupeville Library. Enjoy stories, songs, rhymes and creative activities together as a family to prepare for the wonder of reading.**



Stay-At-Home Family Storytime with Ms. Jay and Ms. Tracy -Zoom- register for link

Nov. 5, 2020 10:00 AM - 11:00 AM
Nov. 12, 2020 “
Nov. 19, 2020 “

Join Ms. Jay and Ms. Tracy from the Freeland Library. Enjoy stories, songs, rhymes and creative activities together as a family to prepare for the wonder of reading.**

Reading with Rover

(Part of reading with Rover)

Nov. 5, 2020 4:00 PM-4:15 PM
Nov. 12, 2020 “
Nov. 19, 2020 “

Children build reading skills and confidence by reading aloud to a certified therapy dog in a live video chat. For elementary students ages 6-12, with an adult.

One registration required per student.

Reading with Rover is a community-based literacy program working with schools and libraries.

(Part of reading with Rover)

Nov. 5, 2020 4:15 PM-4:30 PM
Nov. 12, 2020 “
Nov. 19, 2020 “

(Part of reading with Rover)

Nov. 5, 2020 4:30 PM-4:45 PM
Nov. 12, 2020 “
Nov. 19, 2020 “

Stay-At-Home Family Storytime with Ms. Esme-Facebook

Nov. 6, 2020 9:30 AM-10:00 AM
Nov. 13, 2020 “
Nov. 20, 2020 “
Nov. 27, 2020 “

Join Ms. Esme from the Monroe Library. Enjoy stories, songs, rhymes and creative activities together as a family to prepare for the wonder of reading.

Storytime will stream on the Monroe Library Facebook page and be available for later viewing.

Stay-At-Home Family Storytime with Miss Tamra – Facebook Live

Nov. 6, 2020 1:00 PM-1:30 PM
Nov. 13, 2020 “
Nov. 20, 2020 “
Nov. 27, 2020 “

Join Miss Tamra from the Darrington Library. Enjoy stories, songs, rhymes and creative activities together as a family to prepare for the wonder of reading.**

Online Family Trivia – Comics and Cartoons

(Part of Online Trivia)
Nov. 6, 2020

Go it solo or grab a family member (or a few!) to test your trivia skills, right from the comfort of your own home. Join us for a fun-filled trivia event all about comics and cartoons! From newspaper “funny pages” to cartoons from many decades, this will truly be a multigenerational trivia game!

Family trivia is designed with young people in mind – we suggest a youth participant on each time

(Must preregister). If you are playing with team members who are sharing your screen device, only one team member need register. If team members are located in different households, at least one member of each household should register for trivia.**

Online Family Trivia – Into the Wilderness: Pacific Northwest!

Nov. 13, 2020 5:00 PM-6:00 PM

How much do you know about the wilderness that surrounds you in the PNW? Join us for online family trivia night!

Go it solo or grab a family member (or a few!) to test your trivia skills, right from the comfort of your own home.

Family trivia is designed with young people in mind – we suggest a youth participant on each time.**

Stay-At-Home Family Storytime with Edmonds Library Staff

– Zoom – register for link
Nov. 14, 2020 11:00 AM-11:45 AM

Join staff from the Edmonds library. Enjoy stories, songs, rhymes and creative activities together as a family to prepare for the wonder of reading.**

Online Family Trivia – Perfectly Pixar

Nov. 20, 2020 5:00 PM – 6:00 PM

Go it solo or grab a family member (or a few!) to test your trivia skills, right from the comfort of your own home. Join us for Perfectly Pixar!

Family trivia is designed with young people in mind – we suggest a youth participant on each team.

Online Family Trivia – Award-Winning Reads

Nov. 27, 2020 5:00 PM – 6:00 PM

Go it solo or grab a family member (or a few!) to test your trivia skills, right from the comfort of your own home. Join us for trivia all about award-winning reads: the Caldecott, Newbery, Pura Belpre, Coretta Scott King, Sasquatch, and more!



Animal Facts - did you know.....

A single pair of cats and their kittens can produce as many as 420,000 kittens in just 7 years.

Cats spend 16-20 hours of each day sleeping. With that in mind, a seven year old cat has only been awake for 2 years of its life.

The proper name for a group of cats is a clowder. A group of kittens is called a kindle.

Cats are lactose intolerant. When grown up, a cat loses the ability to digest dairy. Feeding milk to a cat can encourage stomach upset so even though you think a cat would like a nice bowl of milk, this would be a bad idea.



Dogs are about as smart as a two or three year old child. They can understand about 150 – 200 words including signals and hand movements with the same meaning as words.

Dogs wet noses help them smell better. The mucus attracts and catches more chemical scent particles in the air.

Your dog or cat can read your moods. If you're sad or under stress, you may also notice a difference in your dog or cat's behavior. The same applies when watching sports. If you yell, your dog will react as if you are yelling at them. Some dogs will become agitated and have anxiety as soon as a televised sporting event comes on.

A dog pacing and shaking for no apparent reason is usually the sign of a fast approaching thunderstorm. Dogs can feel the barometric pressure changes and are very aware of oncoming inclement weather.

Get Involved!

How Parents and Families Can Help Their Children Do Better in School

Steps You Can Take To Improve Your Children's Education

Read Together – Children who read at home with their parents perform better in school. Show your kids how much you value reading by keeping good books, and magazines in the house. Let them see you read. Take them on trips to the library and encourage them to get library cards. Let children read to you, and talk about the books. What was the book about? Why did a character act that way? What will he or she do next?

Look for other ways to teach children the magic of language, words, and stories. Tell stories to your children about their families and their culture. Point out words to children wherever you go – to the grocery, to the pharmacy, to the gas station. Encourage your children to write emails to grandparents and other relatives.



Use TV Wisely – Academic achievement drops sharply for children who watch more than 10 hours of television a week, or an average of more than two hours a day. Parents can limit the amount of viewing and help children select educational programs. Parents can also watch and discuss shows with their kids. This will help children understand how stories are structured.

Establish a daily family routine with scheduled homework time – Studies show that successful students have parents who create and maintain family routines. Make sure your child goes to school every day. Establish a regular time for homework each afternoon or evening, set aside a quiet, well lit place and encourage children to study. Routines generally include time performing chores, eating meals together, and going to bed at an established time.

“The American family is the rock on which a solid education can be built. I have seen examples all over this nation where two-parent families, single parents, stepparents, grandparents, aunts, and uncles are providing strong family support for their children to learn. If families teach the love of learning, it can make all the difference in the world to their children.”

--Richard W. Riley, U.S Secretary of Education, (2002)

Every Child Mathematically Proficient: An Action Plan

There is nothing to fear but fear itself

Regardless of your own experience with school mathematics, you can encourage your child to develop a love of math through supporting their performance, helping with school projects, and discussing their homework. Help them appreciate how a strong foundation in math can lead to great opportunities in the future.

Make Math Fun: Spend time with kids on simple board games, puzzles, and activities that encourage better attitudes and stronger math skills. Even everyday activities such as playing with toys in a sandbox or in a tub at bath time can teach children math concepts like weight, density, and volume. Check your television listings for shows that can reinforce math skills in a practical and fun way.

Tune Into Technology: Encourage your child to use computers and the internet at home, your local library, and after school programs for tasks like developing charts, graphs, maps, and spreadsheets.

Encourage Children to Solve Problems: Provide assistance, but let them figure it out themselves. Problem solving is a lifetime skill.



Just Goofing Around...

Why did the kid cross the playground?
To get to the other slide.

What did the left eye say to the right eye?
Between us, something smells.

What do you call two monkeys sharing an Amazon account?
PRIME-mates

What did the policeman say to his tummy?
Freeze, You're under a vest.

