

**Bear News**  
**Index Elementary School**

**360-793-1330**

**January 2021**



**We are the Index Bears!**

**Together We Are Inspiring  
Life-Long Learners**

**Superintendent's Corner  
January 2021**

**2021- Wow!** The sound of this new year (2021) has a different ring to it. It signals the opportunity for new beginnings. We have come through a very challenging year. This is our chance to take hold of opportunities in this year and focus on charting a new direction. I hope you are also interested in taking on the challenge of moving forward with hope and anticipation. Together we can make a difference for kids. The word ***Carpe Diem*** means to ***"Seize the Day"***. Let's look forward.

One of the most important adjustments that can be made is the strengthening of relationships. We are looking

**Index School 2020-2021**

**Creative Expression**

**in**

**Art and Beyond**

**Important School Dates**

- |                |                            |
|----------------|----------------------------|
| <b>1/1/21</b>  | New Year's Day, No School  |
| <b>1/4/21</b>  | School Resumes             |
| <b>1/18/21</b> | Martin Luther King Jr. Day |

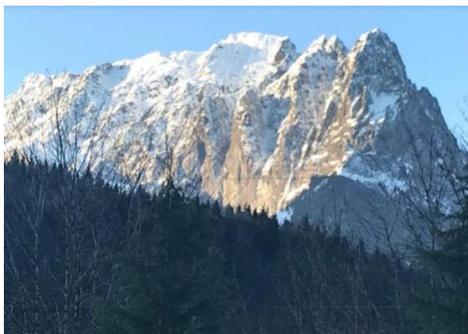
forward to being in-person in the very near future. I am thankful for all the time and energy our teachers/staff have given to keep students learning and growing during the pandemic. Our board is convening on January 19<sup>th</sup>. We will be reviewing data and planning for "In-Person" learning.

As part of the data gathering, I will be talking with each of you next week. Our Re-opening plan includes phases. Our next phase will be to have K-3 return to school part-time and continue on-line part-time. The older grades will continue to work remotely for the time being.

We are interacting with Snohomish County Health Department each week and I am interacting with all the superintendents in Snohomish County on a weekly basis as well. Our goals have always been prioritized around Student/Staff/community safety and effective learning. These will continue to be our priorities.

It is my hope that trends will continue to stabilize and our students will soon be working in-person. Happy New-Year! I trust that everyone in your family is staying healthy and looking forward to new beginnings as we anticipate getting back together.

Brad Jernberg  
Superintendent



## **Champions of Human Rights Dr. Martin Luther King, Jr. (1929 – 1968)**

*“The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.”* Martin Luther King Jr.

The observance of the Dr. Martin Luther King Jr. holiday on January 15<sup>th</sup> is a time for us to reflect on the life and achievements of an extraordinary leader in American history.

Dr. King devoted his life to advancing equality, social justice and economic opportunity through service to others. He also linked the quest for equality to healthcare and talked about the importance of being first in moral excellence and generosity. He taught us that everyone has a role to play.

So powerful was the movement he inspired, that Congress enacted the Civil Rights Act in 1964, the same year King himself was honored with the Nobel Peace Prize. Posthumously awarded the Presidential Medal of Freedom, King is an icon of the civil rights movement. His life and work symbolize the quest for equality and nondiscrimination that lies at the heart of the American-and human-dream.

On what would have been Dr. King’s 89<sup>th</sup> birthday, we can also hold ourselves accountable to acknowledging the work that remains to fulfill his dream. Many will mark the King holiday by volunteering in their neighborhoods – service is a powerful tool for strengthening our communities. Beyond volunteer service, there is much that can be done, for example, to improve the conditions in which all Americans are born, grow, work, live and age.

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# Sno-Isle Library

## Schedule

### General Questions:

#### **How do I join an event held on Zoom?**

With the move to providing programs online, you'll find that many of the events are held using a third-party platform called Zoom. Zoom is great for small groups with lots of interaction, as well as large events with hundreds of people in attendance.

There are some things to know that will help you have a fun and safe experience attending any of our Zoom events.

#### **\*\*Registration Required**

For the safety and enjoyment of all, we ask program attendees to register in advance. Shortly before the event, library staff will send you an email with the link that provides access to the program, along with any other information you need to know.

#### **What should I expect when I join a Zoom event?**

Library staff will send you an email ahead of the scheduled program. If you do not receive the email by 3:00 pm as expected, check your spam folder or the "Promotions" tab if you're using Gmail. If you are unable to find the email, please contact us for assistance.

When you click the link in the email you've been sent, Zoom will open into a waiting room and a host will let you in shortly. Depending on the program, you'll be able to turn on your audio and video to participate in the program. You may be allowed to chat with all participants, or just the hosts. In larger events both video and audio may be disabled for all attendees. Library staff select the appropriate settings for the

type of program to ensure a safe, secure, and enjoyable event.

#### **How to Register**

(In your address bar) type Sultan Library Events. When the results pop up, choose Events / Sno-Isle Libraries. Once in the Events Page, on the left side of the page you can request specific dates/months, Event Types, Programs, and what audience you want this directed towards.

(Example for "Reading with Rover shown below), input January dates, with "Family" and "Kids" chosen under Audiences. Once in, click on the blue, double arrows shown at the end of the title "Reading with Rover". When the new page appears, on the upper right side of the screen will be 2 boxes...one that says REGISTRATION REQUIRED and one below that reads CONTACT INFO where an email is provided to request that particular event.

If you have any problems at all, please contact the library by either calling (360) 651-7000 or by texting them at (360) 810-5188.

**Zoom can be downloaded for free on your computer or mobile device.**



### **Reading with Rover**

*(Part of Reading with Rover)*

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.

**Jan. 7, 2021 - 4:00 PM - 4:15 PM**

**Registration opens 12/31**

**Jan. 14, 2021 - 4:00 PM - 4:15 PM**

**Registration opens 1/7**

**Jan. 21, 2021 - 4:00 PM - 4:15 PM**

**Registration opens 1/14**

**Jan. 28, 2021 - 4:00 PM - 4:15 PM**

**Registration opens 1/21**



### **Reading with Rover**

*(Part of Reading with Rover)*

**Jan. 7, 2021 - 4:15 PM - 4:30 PM**

**Registration opens 12/31**

**Jan. 14, 2021 - 4:15 PM - 4:30 PM**

**Registration opens 1/7**

**Jan. 21, 2021 - 4:15 PM - 4:30 PM**

**Registration opens 1/14**

**Jan. 28, 2021 - 4:15 PM - 4:30 PM**

**Registration opens 1/21**

### **Reading with Rover**

*(Part of Reading with Rover)*

**Jan. 7, 2021 - 4:45 PM - 5:00 PM**

**Registration opens 12/31**

**Jan. 14, 2021 - 4:45 PM - 5:00 PM**

**Registration opens 1/7**

**Jan. 21, 2021 - 4:45 PM - 5:00 PM**

**Registration opens 1/14**

**Jan. 28, 2021 - 4:45 PM - 5:00 PM**

**Registration opens 1/21**

### **Online Family Trivia**

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 an evening of questions about truly random trivia about unimportant things. Wear your goofiest hat as we start the new year off with a lighthearted game that is sure to bring a smile to your face.

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

A link to join trivia via Zoom will be sent to registered participants the morning of the event.

If you are playing 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.

**(Registration Open)**

Truly Trivial Tidbits

**Jan. 8, 2021 - 5:00 PM - 6:15 PM**

Into the Wilderness: Pacific Northwest

**Jan. 15, 2021 - 5:00 PM - 6:00 PM**

Studio Ghibli

**Jan. 22, 2021 - 5:00 PM - 6:00 PM**

## **Mother/Daughter Online Book Group** **- "Eventown" by Corey Ann Haydue**

Tween girls ages 8-12 and a female adult are invited to join a lively book discussion for "Eventown" by Corey Ann Haydue. Physical copies and ebooks are available for this title. This discussion group meets on the 4<sup>th</sup> Saturday of the month.

**Jan. 23, 2021 - 11:00 AM - 11:45 AM**  
**(Registration Open)**

## **Animal Facts - did you know.....**

The oldest known pet cat existed 9,500 years ago.

Cats spend 70% of their lives sleeping which works out to around 13-16 hours a day. It's a cat's life!

A cat was the Mayor of an Alaskan town for 20 years. The cat's name was Stubbs and he had several uncontested elections and although he didn't hold any legislative power he was loved by locals and tourists alike.

The record for the longest cat ever is 48.5 inches. The cat's name was Stewie and was a Maine Coon.

The richest cat in the world had a 7 million pound fortune, (\$9,520,000 in US \$'s) due to an owner who refused to recognize his family in his will.

Cats walk like camels and giraffes. Their walking sequence is both right feet first, followed by both left feet, so they move half of their body forward at once. Camels and giraffes are the only other animals to walk this way.

Isaac Newton invented the cat door. Newton was working on his experiments at the University of Cambridge when he was constantly interrupted by his cats scratching at the door. He called a carpenter to saw two holes in the door, one for the mother cat and one for her kittens! Apparently these holes can still be seen at the university today.

In 1963 a cat went to space. On October 18<sup>th</sup> 1963 Felicette, also known as 'Astrocat' was the first and only cat to go to space.

Ancient Egyptians would shave off their eyebrows when their cats died in mourning.

House cats share 95.6% of their genetic makeup with tigers. They share a lot of the same behaviours such as marking, prey stalking and pouncing.

A house cat can reach speeds of up to 30 mph.

The oldest cat in the world was 38 years old! Crème Puff, born on the 3<sup>rd</sup> of August 1967 lived until the 6<sup>th</sup> of August 2005, and his owner Jake Perry also owned the previous oldest cat record holder, Grandpa Rex Allen, who passed away at the grand age of 34!



# Fun, Offbeat, January Theme Days and Holidays



- |                  |  |                  |                                 |
|------------------|--|------------------|---------------------------------|
| 4 <sup>th</sup>  | Trivia Day   | 20 <sup>th</sup> | Cheese Lover's Day              |
| 6 <sup>th</sup>  | Natl Cuddle Up Day                                   | 21 <sup>st</sup> | Natl Hug Day                    |
| 7 <sup>th</sup>  | Natl Bobblehead Day                                  | 21 <sup>st</sup> | Squirrel Appreciation<br>Day    |
| 8 <sup>th</sup>  | Bubble Bath Day                                      | 23 <sup>rd</sup> | Pie Day                         |
| 9 <sup>th</sup>  | Static Electricity Day                               | 24 <sup>th</sup> | Compliment Day                  |
| 11 <sup>th</sup> | Natl Step in the Puddle &<br>Splash Your Friends Day | 24 <sup>th</sup> | Peanut Butter Day               |
| 13 <sup>th</sup> | Natl Sticker Day                                     | 25 <sup>th</sup> | Opposite Day                    |
| 13 <sup>th</sup> | Natl Rubber Duckie Day                               | 26 <sup>th</sup> | Green Juice Day                 |
| 14 <sup>th</sup> | Dress up your Pet Day                                | 27 <sup>th</sup> | Chocolate Cake Day              |
| 15 <sup>th</sup> | Hat Day  | 27 <sup>th</sup> | Bubble Wrap<br>Appreciation Day |
| 15 <sup>th</sup> | Strawberry Ice Cream<br>Day                          | 28 <sup>th</sup> | Natl Kazoo Day                  |
| 16 <sup>th</sup> | Nothing Day  | 29 <sup>th</sup> | Corn Chip day                   |
| 16 <sup>th</sup> | Fig Newton Day                                       | 31 <sup>st</sup> | Backwards Day                   |
| 17 <sup>th</sup> | Kid Inventors Day                                    | 31 <sup>st</sup> | Hot Chocolate day               |
| 18 <sup>th</sup> | Winnie the Pooh Day                                  |                  |                                 |
| 19 <sup>th</sup> | Popcorn Day  |                  |                                 |
| 20 <sup>th</sup> | Penguin Awareness Day                                |                  |                                 |



# Experiments to Try....

## How to make Butter



### Materials:

- 8 ounce screw-top plastic container or mason jar
- 1/2 cup of whipping cream
- 1/4 teaspoon of salt (optional)
- Spoon

### Instructions:

1. Pour whipping cream into screw-top plastic container. (make sure not to fill more than halfway)
2. Add Salt.
3. Make sure you screw the top on tight.
4. Shake for 7-9 minutes or until the cream stops sloshing around and you are left with a yellow blob.
5. Shake for a few seconds longer.
6. Congratulations! You have pure butter. Now you can serve it on holidays!

### How it Works:

*As you churn whipped cream, you beat droplets of butterfat until they collapse and rejoin to form a single blob of butter. This is an example of emulsion, where one liquid hangs suspended in another.*

## How to make a drawing that moves



### Materials:

- \*A glass plate, bowl, or picture frame
- \*Dry erase marker
- \*Water

### Instructions:

- \*Draw a simple picture on the glass. A stick figure is a good one to start with.
- \*Pour water onto the plate or into the bowl slowly to lift up the drawing
- \*Swirl the water around to make the picture dance and move.

### How it Works:

*The marker leaves behind mixture of pigments and a type of alcohol mixed together. The alcohol dissolves and the pigments are left behind as a solid. Glass is so smooth that the solid slides right off when it gets wet.*