

Bear News
Index Elementary School
360-793-1330
April 2021



We are the Index Bears!

Together We Are Inspiring
Life-Long Learners

SUPERINTENDENT'S CORNER

April, 2021

Good Morning!

This month is racing along. In one week, we will be taking a spring break and preparing for the final two months of this school year. I think it is important to have time to Rest and Reflect. This makes our upcoming days in school more focused and effective. Hopefully each family will be able to spend some quality time together. A wise person recently shared an important difference between the two words- "vacation" and "recreation". The word "vacation" gives you the sense of vacating or escaping your current situation. The word "recreation" gives you the sense of – re-establishing or growing something new. When we take breaks, it is good to take a short time to just stop and relax.... But if we want to become more effective and better support those around us- we need to come away and re-create ourselves. This spring break, let's make a newer, better version of our old selves. Rest, relax and then find new purpose and focus. It was good for me to hear this wisdom. Let's work together to finish well as we complete this challenging school year! Let's inspire each other to be *life-long learners*.

Miss Connie placed some new information on our bulletin boards in the foyer. This month is a time we celebrate contributions and achievements of

Index School 2020-2021
Creative Expression
in
Art and Beyond
Important School Dates

Women's History Month

4/5 – 4/9 Spring Break

4/4/21 Easter

4/22/21 Earth Day

women in American history. We are recognizing amazing people on our board (**Rosa Parks, Amelia Earhart, and Ruth Bader- Ginsburg**). What amazing people and contributors to our world! Take a few minutes and reflect on their courage, wisdom and contributions to our society. They definitely "re-created" their environments. That is what I am talking about!!

We had a successful conference week. Thanks to all the parents who prioritized this time and interacted with their child's teacher. Together, we can support students in their learning and help them to become big contributors within our community. We will be returning from our spring break on Monday, April 12th. See you then!!

Brad





-HAPPY EASTER-

The story of the Easter Bunny is thought to have become common in the 19th Century.

Rabbits usually give birth to a big litter of babies (called kittens), so they became a symbol of new life.

Legend has it that the Easter Bunny lays, decorates and hides eggs as they are also a symbol of new life.

This is why some children might enjoy Easter egg hunts as part of the festival.

It doesn't do all the work alone though!

In Switzerland, Easter eggs are delivered by a cuckoo and in parts of Germany by a fox.

Where does the Easter Bunny live?

The Easter Bunny lives on Easter Island, a remote island located in the southeastern Pacific Ocean. The name "Easter Island" was given by Dutch explorer Jacob

Roggeveen, who encountered the island on Easter Sunday April 5, 1722.

The remote nature of the island ensures the Easter Bunny's privacy.

The Easter Bunny departs Easter Island on Easter Eve and begins delivering eggs and candy from the South Pacific and travels west all the way to the United States, visiting other countries along the way.

Easter Island is also home to the Easter Bunny Helpers, magical animals who help the Easter Bunny.



Child friendly Easter Activities

Egg and Spoon Race – Try this good old-fashioned outdoor game after your Easter egg hunt is over. Egg and spoon races date back to the late 1800s. All you need are eggs (hard-boiled are the least messy) and metal or wooden spoons for each participant. Race individually or relay style.

Jelly Bean Guessing Games – Here's an easy indoor game for all ages! Simply fill a jar with jelly beans and ask each family member to guess how many candies there are. Winner (the closest without going over) takes all! Another jelly bean-themed game involves asking players to guess the correct flavor of fancy jelly beans they taste.

Read Easter and Spring Children's Books – Gather the kids and curl up with a good book, especially if Easter falls on a rainy day this year.

Plant Flowers – Easter symbolizes rebirth, so what better day to plant some tulips or daffodils with your budding gardener? Fall is technically the season to plant bulbs in most regions, but you can plant them indoors anytime of year, or buy flowers already in bloom and transplant them outdoors on Easter.

Decorate an Easter Egg Tree -Here's the perfect activity for kids experiencing Christmas tree withdrawal! Decorate a tree (indoors or outside, depending on the weather) with plastic Easter eggs and any other spring décor (such as pastel ribbons or tissue paper flowers) for your holiday guests to admire.

Make Chocolate Fondue – Encourage your kids to share their Easter loot with Mom and Dad! Melt down that giant chocolate bunny and dip those marshmallow chicks into a bubbling bowl of fondue. (Hint: this will also get your kids to consume some fruit on this sugary-sweet holiday)
Create Easter Crafts – Put the kids in charge of making adorable décor for your Easter table, or fun bunny ears or creative Easter bonnets for all your guests to wear!



Earth Day (April 22) – What does it mean?

Earth day is a day for all of us to remember the environment in our busy lives. A day that reminds us to continue to do the little things that help our environment. Things like turning off the lights for the conservation of energy, plant trees, recycle, reduce, and reuse.

The theme for Earth Day 2021 is “Restore Our Earth.”

What happens on Earth Day?

Every year on April 22nd, men, women, and children collect garbage, plant trees, clean up coral reefs, show movies, sign petitions and plan for a better future for our planet.

Ways to celebrate Earth Day

Plant something – Trees not only cool things down, (collectively, they can help decrease a city's temperature by up to 10 degrees) but they also clean the air and give off more oxygen, among a ton of other benefits.

Ride your bike – Find transportation alternatives that help reduce your carbon footprint but gets you moving. The fewer cars on the road, the less carbon emissions polluting the air and contributing to global warming. Riding your bike and just taking a walk are two of the best options available. And if you don't have a bike or don't know how to ride one, carpool or take public transportation.

Buy reusable bags – It's been estimated that Americans use 100 billion plastic bags a year, and just the production alone for those requires about 12 million barrels of oil. Not to mention, they take up lots of space in landfills and cause major problems for marine wildlife. Instead, buy some super cute reusable bags to use when you go to the grocery store. You'll not only be stylish but eco-friendly as well!

Use a refillable water bottle – Just because you're tossing your plastic water bottles into the recycling bin doesn't mean they're not hurting the environment. Besides the fact that it takes over 1.5 million barrels of oil to manufacture all of those bottles each year, there are still over two million tons of water bottles that have ended up in U.S landfills. Buy a reusable bottle, preferably one that has a filter attached to it, so you'll be getting fresh water every time.

Get produce from a local farmer's market – Besides supporting area businesses, you'll also be helping the Earth by buying your fruits and veggies locally. That's because food in the grocery stores travels an average of 1,500 miles to get to you, and all that shipping can cause pollution plus an increase of fossil fuel consumption and carbon emissions. When you buy locally, it's transported in shorter distances.

Unsubscribe to catalogs – The fact is that over 100 million trees are cut down each year to produce junk mail including catalogs. Plus they usually just end up in the trash anyway. Sign up for the free opt-out service at catalogchoice.org and they'll help you get your name off the mailing lists for all those unwanted pieces of mail.

Spend time outside – Sometimes we can be so caught up in what's happening on Instagram or Keeping Up With the Kardashians that we forget how much fun it is to be outside. Earth Day is just a reminder of how beautiful and awesome our planet is. Take advantage of it! If you have a backyard, spend the afternoon outdoors reading, having lunch, or just taking in deep breaths of the fresh air. If you live in a major city and outdoor spaces are crowded, try going for a walk at an off-hour when the streets are quieter. Just try to spend some time outside and show some love to the amazing place we all call home.



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), input April's dates, with "Family" and "Kids" chosen under Audiences. Once in, click on the blue, double arrows shown at the end of the title. 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.



Online Family Trivia - Musicals

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 Musicals Trivia where we will sing, dance, and act our way through the trivia game!

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

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.

April 2, 2021, Friday

5:00 PM – 6:00 PM

Registration Open

**Keeping an Eye on Cascade
Volcanoes: What the Ground
Moving Under Our Feet Can Tell
Us About Volcanoes & Their
Hazards**

The Cascades Volcano Observatory operates networks of monitoring equipment on many of the volcanoes in Oregon and Washington. Learn about how different kinds of sensors and signals can tell us what is going on both above and below the Earth's surface at volcanoes. CVO continues to overcome the challenges of the Pacific Northwest weather to keep important data available year-round and there are lots of current and future projects planned to improve our ability to monitor the volcanoes in our backyard. Presented by Rebecca Kramer Geophysicist, Cascades Volcano Observatory. This event is part of Whidbey Reads. Check out the 2021 selection, Eruption, and meet author Steve Olson virtually on Thursday, April 29th at a 6:30 p.m.

The Cascades Volcano Observatory is recording this event. It will be available from their website in a few weeks.

Please register to ensure you receive a reminder the day before the event, and to help us get a head count. On the day of the event, return here for the Zoom link to access the program. We recommend signing in a few minutes early to give yourself time to settle in and make sure everything is working.

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.

April 6, 2021 – Tuesday
3:30 p.m. – 4:30 p.m.
Registration Open

**Mill Creek Library Teen
Advisory Board**

Join teens in grades 6-12 to talk about books and media, issues in your school or community, or anything else and help plan future library programs. Zoom login details will be sent to those registered 24 hours before the meeting start time.

April 7, 2021 – Wednesday
4:00 p.m. – 5:00 p.m.
Registration Open

Visiting Mount St. Helens

Join Mount St. Helens Institute volunteer lecturer David Newcomb for insider tips for hikers, climbers, and day-trippers and make the most of your visit to Mount St. Helens.

This event is part of Whidbey Reads. Check out the 2021 selection, Eruption, and meet author Steve Olson virtually on Thursday, April 29th at 6:30 p.m.

Please register to ensure you receive a reminder the day before the event, and to help us get a head count. On the day of the event, return here for the Zoom link to access the program. We recommend signing in a few minutes early to give yourself time to settle in and make sure everything is working.

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April 14, 2021 – Wednesday
6:30 p.m. – 7:30 p.m.
Registration Open

Monitoring Cascade Range Volcanoes

There are over 80 people employed at the Cascades Volcano Observatory. Learn more about CVO and its mission to monitor “High Threat” volcanoes of Washington and Oregon, and work with monitoring partners and emergency officials to communicate hazard

information to the 10+ million people who live in Washington and Oregon. Presented by Seth Moran, Geophysicist, Cascade volcano Observatory.

This event is part of Whidbey Reads. Check out the 2021 selection, *Eruption*, and meet author Steve Olson virtually on Thursday, April 29th at 6:30 p.m.

The Cascades Volcano Observatory is recording this event. It will be available from their website in a few weeks.

Please register to ensure you receive a reminder the day before the event, and to help us get a head count. On the day of the event, return here for the Zoom link to access the program. We recommend signing in a few minutes early to give yourself time to settle in and make sure everything is working.

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April 20, 2021 – Tuesday
3:30 p.m. – 4:30 p.m.

Registration Open

Open Book: Kazu Kibuishi

Join Kazu Kibuishi, bestselling author and illustrator of the graphic novel series *Aulet* as he discusses his current

projects, offers a look at his studio, and demonstrates his art.

Please register to ensure you receive a reminder the day before the event, and to help us get a head count. On the day of the event, return here for the Zoom link to access the program. We recommend signing in a few minutes early to give yourself time to settle in and make sure everything is working.

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

April 24, 2021 – Saturday
4:00 p.m. – 5:00 p.m.

Registration Open

Meet Author Steve Olson

Meet Steve Olson award-winning author of *Eruption: The Untold Story of Mount St. Helens*, and 2017 winner of the Washington State Book Award for history and nonfiction. *Eruption* examines the history and science behind the 1980 eruption with page-turning accounts of what happened to those who lived and those who died.

This event will be recorded for later viewing on the Sno-Isle Libraries YouTube channel.

Please register to ensure you receive a reminder the day before the event, and to help us get a head count. On the day of the event, return here for the Zoom link to access the program. We recommend signing in a few minutes early to give yourself time to settle in and make sure everything is working.

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.

April 29, 2021 – Thursday
6:30 p.m. – 8:00 p.m.

Registration Open

Online Family Trivia – Dinosaurs: The Jurassic Park Experience

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 Musicals Trivia where we will sing, dance, and act our way through the trivia game!

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

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.

April 30, 2021 – Friday
5:00 p.m. – 6:00 p.m.

Registration Open

Fun, Offbeat, April Theme Days and Holidays



Apr 1	Thursday	Fun at Work Day
Apr 2	Friday	Walk to Work Day
Apr 3	Saturday	World Party Day
Apr 4	Sunday	Tell a Lie Day
Apr 5	Monday	Read a Road Map Day
Apr 5	Monday	First Contact Day
Apr 6	Tuesday	Sorry Charlie Day
Apr 10	Saturday	Siblings Day
Apr 11	Sunday	Submarine Day
Apr 11	Sunday	Barbershop Quarter Day
Apr 12	Monday	Grilled Cheese Day
Apr 12	Monday	Yuri's Night
Apr 13	Tuesday	Be Kind to Lawyer's Day
Apr 13	Tuesday	Scrabble Day
Apr 14	Wednesday	Int'l Moment of Laughter
Apr 14	Wednesday	Reach as High as You Can Day
Apr 14	Wednesday	Look up the Sky Day
Apr 16	Friday	Eggs Benedict Day
Apr 16	Friday	Wear Pajamas to Work
Apr 17	Saturday	Haiku Poetry Day
Apr 18	Sunday	Columnist Day
Apr 20	Thursday	Jelly Bean Day
Apr 22	Thursday	Take Our Daughters and Sons to Work Day
Apr 23	Friday	Take a Chance Day
Apr 23	Friday	Impossible Astronaut Day
Apr 23	Friday	Lover's Day
Apr 25	Sunday	DNA Day
Apr 25	Sunday	World Pinhole Photography
Apr 26	Monday	Pretzel Day
Apr 26	Monday	Richter Scale Day
Apr 29	Thursday	Zipper Day
Apr 30	Friday	Honesty Day