



Home of the Bears!

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Index, Washington 98256
360-793-1330/FAX 360-793-2835
Website: indexschooldistrict.net

Together We Are Inspiring Life-Long Learners

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, 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, Allan Bredy 360-793-1330 abredy@index.k12.wa.us Title IX Coordinator: Administrative Assistant, Connie Fehrenbach 360-793-1330, cfehrenbach@index.k12.wa.us; and 504 coordinator: Superintendent 360-793-1330, abredy@index.k12.wa.us. Address: 436 Index Ave. Index, WA 98256

SUPERINTENDENT'S WALL

September 2023

Dear Index Families,

Welcome to the 2023-2024 school year! Our first day with students will be Wednesday, September 6th at 8:00 AM. I am excited to meet the students and families. Please stop by to introduce yourself when you are on campus.

We are completing our professional development days with the staff this week in preparation of the arrival of students next week. Everyone is busy preparing to open the school year next Wednesday. We are focusing on the theme of "Let Your Voice Be Heard" as we begin the year. This theme will be expressed through public speaking, encouraging students to express their learning, and communicate with kindness. Opportunities to practice using their voices will involve book talks, older students reading to younger students, music and drama and inviting our students to write articles for the Bear News.

We hope to supplement the classroom learning with additional experiences again this school year. Swimming lessons, free ski passes, field trips, the Young Authors Conference and other activities are already in the planning stages. I will communicate more as the school year rolls out. Please be encouraged to contact me if you become aware of other opportunities for our students.

We are including some opportunities for community learning below along with key information from the Student Handbook. I hope to meet all of you in the coming weeks.

Best Regards,

Allan

WELCOME BACK TO SCHOOL!

Welcome, Welcome! Greet our day.
Time for work and time for play.
School is where we love to be.
Friends together, you and me!



DAILY SCHEDULE

School Office Hours - 7:30 AM - 3:00 PM

Kindergarten - 8th Grade - 8:00 AM - 2:30 PM

Student supervision starts at 7:45 AM

**Every Wednesday school will be dismissed at 1:30 to provide staff with quality planning time. Please refer to the school district calendar for changes in the schedule*

Some items from the Parent/Student Handbook

(Handbook in its entirety will be distributed to students at the start of school)

Birthday (Student) Celebrations

In order to support healthy habits at school per OSPI Smart Snack Policy effective July 1, 2014, students will not be allowed to bring cupcakes, cookies, or other sugary foods to celebrate student birthdays in the classroom. Parents/guardians are encouraged to find non-food items if they wish to acknowledge a student's birthday within the classroom setting. Suggestions include pencils, small erasers, or donating a book to the classroom in the student's name.

Health Screenings

Our school nurse is responsible for providing health screenings. Screening is required for vision and hearing grades, 1, 2, and 3, plus every three years after.

Homework

Homework is considered to be an important part of the educational program. Homework assignments provide students the opportunity to develop self-responsibility, good study habits, and mastery of skill taught. Specific assignments and the frequency of homework will vary according to the individual teachers.

Playthings

All playthings, toys, including games, CD's, DVD's, should be left at home unless it is for a special classroom lesson such as show and tell. Cell phones are not to be used during school hours. Please call the office at 360-793-1330 to reach your student. Thank you.

Public Schools Emergency Communication System

If you are signed up to FlashAlert.net Newswire, you will automatically receive information about delays or closures on your phone and/or computer. Weather/Snow Days Index is a part of the Puget Sound Emergency Communications System. During periods of extreme weather conditions, school will be delayed or closed.

School Dress Standards

A student's appearance significantly affects the way others respond to them. Clothing that refers to alcohol, drugs, inappropriate language or is otherwise provocative, (extremely baggy pants or spaghetti string tops) or distracting should not be worn in the school building.

School Lunch

It is desired that each child is provided nutritious meals. Lunch counts must be in by 7:30 a.m. daily. If your student arrives later than that and the school has not been notified, parents need to provide the child with a sack lunch. For those eligible, applications for free or reduced lunches are available at registration and in the school office. Students either need an approved application on file or money to receive a school meal. We cannot accept charges for meals. Breakfast: \$2.00 per day, Lunch: \$3.00 per day, Milk is \$.75 per meal, (Prices are subject to yearly increase).



Sno-Isle Library Schedule

These events are online. To access, please do a search for "Sultan Library Events". Once accessed, go to the left side of the screen under "All Events" and put in your date range as well as the audience you are targeting. All the following listings require registration. Once you are in a selected listing, look on the upper right hand side and you will see the area to sign up for registration.

-Online Events-

Welcome to the World of Spiders

5:30 PM – 6:30 PM

Wednesday, September 13

Love them or not, spiders are part of the world we share. Rod Crawford of the Burke Museum will bust some myths about spiders and help us understand these remarkable creatures.

Check out [Burke's Spider Myths Web Site](#) and find out why everything "everybody knows" about spiders is wrong!

Content is geared for ages 5 and older.

Our Oceans and You

4:00 PM – 5:00 PM

Monday, September 18

Award-winning producer, photographer, author, adventure traveler, storyteller, and inspirational speaker, Annie Rawley teaches us about interconnections we have with the ocean, the problems it faces and what we can do to protect it. Annie shares amazing underwater images and stories about myths and monsters that lurk beneath the surface. Check out [AnnieCrawleyPhotography.com](#) to learn more about his special guest!

Online Family Trivia – The Happy Cat Edition

7:00 PM – 8:00 PM

Wednesday, September 20

Go it solo or grab a family member (or a few!) to test your trivia skills, right from the comfort of your own home. September is Happy Cat Month and to celebrate we are having a Happy Cat Trivia! Learn about cat habits, cat breeds and all things related to your furry friends! We may even cover a grumpy cat or two.

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

Registration is required to receive a reminder email with the Zoom link 24 hours before the event begins. If you register less than 24 hours before the event, your confirmation email will include the Zoom link.

If you are playing with team members who are sharing our 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.

**Middle Readers Online Book Group – “Team Chu and the Battle of Blackwood Arena”
by Julie Dao**

5:00 PM – 6:00 PM

Wednesday, September 27

Celebrate the love of reading with others in our community. The Middle Readers Online Book Group meets on the fourth Wednesday of each month at 5:00 p.m. For tweens/teens in 5th to 8th grade.

This month’s selection is Team Chu and the Battle of Blackwood Arena by Julie Dao.

Clip and Sadie Chu couldn’t be more different. Popular, athletic Clip wants to become his school’s first seventh-grade soccer captain, while brainy star student Sadie is determined to prove that she can do anything her boastful brother can. They have just one thing in common. They love laser tag. Like, really love. It.

When the Blackwood Gaming Arena comes to town, bringing virtual reality headsets and state-of-the-art courses, they couldn’t be more excited -or competitive. But then a mysterious figure appears and claims to be a part of the game, forcing the Chus and their friends to save themselves from a sinister force lurking inside the simulation. Together, they must fight their way through epic battlegrounds that will test their speed, skills, and smarts ... but will Clip and Sadie learn that they’re far better off working together than competing for the ultimate victory?

2023 Annular Solar Eclipse

2:00 PM – 3:30 PM

Saturday, September 30

Sultan Library

Meet the NASA Solar System Ambassador, Guhan Suriyanarayanan, to explore the extraordinary universe around you, to learn about the 2023 Annular Solar Eclipse happening on October 14 and how to view the eclipse safely.

Guhan has been fascinated by space, science and astronomy from an early age – spending hours poring over space encyclopedias at the local library as a child, and clipping newspaper articles about the Voyager spacecrafts as they journeyed through the solar system. Over the past two decades, Guhan has held various leadership roles in the technology industry in the Seattle area. In his spare time, he enjoys computer programming, backyard astronomy, and keeping up with the latest rocket launches and scientific discoveries.

As a Solar System Ambassador volunteer with NASA, Guhan is excited to share the excitement of science, space missions and discoveries with our community in the beautiful Pacific Northwest!

***WHY REACH FOR THE STARS WHEN YOU CAN
REACH FOR A BOOK AND HAVE THE STARS,
THE SUN AND THE MOON.***



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.”

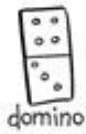
--Richard W. Riley, U.S Secretary of Education, (2002)

10 Fun Autumn Activities for Kids

1. **Visit an orchard** – Nothing beats the taste of a freshly picked apple. Go apple picking this autumn and for an extra challenge, balance one on top of your head.
2. **Rake the leaves** – Rally the family together to try something old and something new. Classic activity: rake the leaves into a big pile and JUMP! And here's a new activity to try: make a leaf maze in your yard.
3. **Hit the trails** – Take time to appreciate the changing colors of the leaves that can transform a regular hike into a magical one.
4. **Pumpkin patch challenge** – Pick a pumpkin that you can carry or roll. Laying the ground rules before visiting a patch saves Mom and Dad from hoisting a heavy one, and challenges kids to push, pull, or carry their pumpkin away.
5. **Climb a tree** – As trees gradually lose their leaves and bare their branches, they're practically begging to be climbed. Added bonus: getting up close and personal with any leaves that have yet to fall and collecting them for craft making.
6. **Just roll with it** – Climb to the top of a hill and roll down. This classic outdoor activity is a great way to connect with nature and learn to roll under control.
7. **Become an autumn nature ninja** – Get the kids moving outside with this fun twist on a scavenger hunt. (Examples - Find a log to balance on; find a tree to climb; find a puddle to jump over (or into); find a rock to throw into a creek; find an incline to climb up; find a path to skip down; find an open area to run in; find a grassy hill to roll down; find a rock to jump off; find a shady tree to rest beneath).
8. **Football for all** – If there's one sport synonymous with autumn, it's football. Gather the family and play your own Thanksgiving Classic in the backyard.
9. **Farm fun** - Visit a farm for some good old-fashioned fun. Tractor rides, pony rides, and hay bales are all worthy of becoming your new family tradition. Bonus: the kids will discover both the challenge and joy of climbing a farmer's hay bale.
10. **Practice gratitude** – Autumn is a time to be thankful. Enjoy some quiet moments with your kids this season to be mindful of all that you have and can do.

Three Little Pigs Hidden Objects

Can you find the 15 hidden items?



domino



snail



mountains



boot



pizza



ufo



candle



watch



envelope



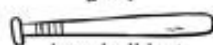
crown



seahorse



heart



baseball bat



brush



fish

© Tim van de Vail



FALL

Y B F R L O H P I E K M
N U T S A J X C Y W Q E
H P O V G K D I O Z E B
S M A Z E W E L F R C J
R G K P D A L B T H N U
L E C I Q E P F W O S M
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P Y I B E M T J O W L K



apple	hay	oak	rake
cool	jump	owl	red
corn	leaf	pears	tree
crow	maze	pie	web
fall	nuts	pile	yellow



Tree Valley Academy