



# Howard Happenings

## February 2019

[www.howardelementary.org](http://www.howardelementary.org)

### **What a Difference Attendance Makes.** **Every Minute Counts!**

According to multiple studies, missing several days of school over the course of a year significantly reduces the likelihood that students will graduate from high school. With attendance a crucial factor to keeping kids on the right path to graduation,

#### **Attendance Works**

(<http://www.attendanceworks.org/research/mapping-the-gap/>) has substantial information on attendance and the impact on student achievement. Below is some of the research below on why attendance matters.

#### **Start Strong**

Absenteeism in the first month of school can predict frequent absences later in the school year. Nearly half of all students that missed more than two days of school in September went on to miss almost a month of school.

#### **Chronic Absences**

An estimated 5 to 7.5 million students in the United States miss almost a month of school every year. This adds up to over a year missed by the time of graduation.

#### **Early Absences Lead to Attendance Issues in Later Grades**

Absenteeism starts early. One in 10 kindergarteners and first graders are considered to be "chronically absent."

#### **Chronic Absence = Missing two or more days per month**

Research shows students who miss 10 percent of school, or two days per month, show negative academic progress. In some schools, that adds up to 18 days a school year and is considered to be chronic absence.

#### **Third Grade Reading Level**

Poor attendance can keep children from reading proficiently by the end of third grade, which is shown to negatively affect their chances of graduating on time.

#### **Dropout Indicator**

By sixth grade, a chronically absent student is shown to have a significantly higher chance of dropping out of high school.

#### **Excused Absences Hurt Too**

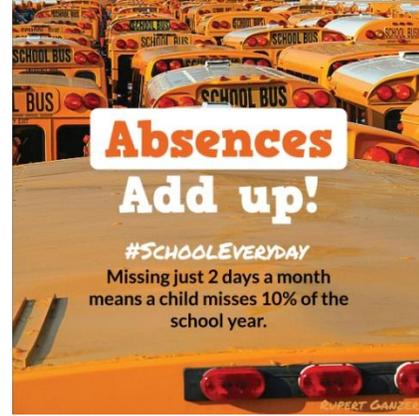
Excused absences are just as negative as unexcused ones. Suspensions add additional missed time in the classroom, which in turn increases the dropout risk.

#### **At Risk Students are at Risk for Absence**

Students from low-income families are four times more likely to be chronically absent. Reasons for this are often out of the student's control, such as unreliable transportation, unstable housing, and a lack of access to quality health care.

#### **Every Minute Matters**

If a student is 10 minutes late to school each day, this adds up to missing more than 33 hours of class time. A student with a 90 percent attendance average for Kindergarten through 12th grade will miss over a year of accumulated time in the classroom.



### **School Choice and Kindergarten Enrollment for Fall**

Please see below for information about the school choice process specific to Howard. If you will have a kindergartner coming to Howard in the fall, please let us know.

- If you have a student already at Howard through school choice, there is nothing you need to do.
- If you have second child who will be starting kindergarten in the fall, and you live outside the Howard attendance area, you need to apply for school choice if you'd like that child to be with us here at Howard.
- PLEASE NOTE: IF YOU ARE IN THE HOWARD or RIVER ROAD ATTENDANCE AREA AND WILL HAVE A KINDERGARTEN STUDENT IN THE FALL, WE WANT TO HEAR FROM YOU AND BEGIN THE ENROLLMENT PROCESS NOW.

Non-district residents must apply between March 1–31

All students who want to obtain a transfer must apply, including new incoming siblings, students who have moved out of the neighborhood or district but want to stay enrolled at their current school. If you have any friends or family members who are considering school choice, please invite them to come learn more about Howard! Learn more at <http://www.4j.lane.edu/choice>

### **Kindergarten Orientation**

We are reaching out to all Howard families to remind you that enrollment for next year will be starting soon. If you have a child who will be 5-years old on or before September 1st, please start gathering immunization records, birth certificates, and copies of proof of residency. We will be holding a kindergarten orientation night on March 5th at 6:00 pm where we will be able to go over enrollment procedures and answer any questions you may have. Also, if you have friends or neighbors with a school age child, pass this information on to them. Please call Lori if you are unable to attend this kindergarten orientation and have questions about the enrollment process.

## **Literacy Nigh!! Save the Date!**

Thursday, February 28



## **All School Reading Activity**

Join us (in your PJs) for a night focused around literacy to celebrate Dr. Seuss' birthday and our recent schoolwide reading of the book The Shark Lady! There will be literacy activities and projects students have been working on. Each Howard student that attends and visits the classroom will receive a FREE book!

### Schedule of Events

5:30-6:00: Dinner (cafeteria)

6:00-6:30: Visit classrooms

5:30-8:00 Scholastic Book Fair (Library)

### **Book Fair News**

It's Book Fair time. The kids are so excited! This year the theme is Dinosaurs. We are in need of a few volunteers. Please watch for Sign Up Genius. We have so much fun!

Fair Dates: **Online fair starts February 18th - March 1st.** The link to our on line fair will be sent out on facebook and email. Books ordered before the fair starts will ship the first day of the fair. All books ordered after the second day of the fair will ship after the fair closes. All books will be sent to Howard for distribution.

February 21st Book Fair set up  
22nd Student Preview  
25th - 28th Book Fair Opens

Hours: M-W 2:30-6:00pm

Th 2:30- 5:00pm

6:30 -8:00pm Literacy Night

Sorry, but we are unable to accept checks. See you at the Book Fair!

### **OBOB News from the Howard Library**

**OBOB** is now in full swing! Wish our teams luck! Our Top team will attend Regional Competition at Thurston High School March 9th

Game dates: February 4th 12:20 -2:15 round 1  
February 11th 12:20 - 2:15 round 2  
February 12th 12:20 Semi-finals  
February 14th 8:10 Final Assembly with Mr. Chinn

**Just a quick library reminder, books are due back every week. Please remind your children to keep their library book in a safe place, so they may return their book every week.**

It is time for our annual school wide reading program. This year the students and staff will be reading The Shark Lady. This is an inspiring story by critically acclaimed zoologist Jess Keating about finding the strength to discover truths that others aren't daring enough to see.

Eugenie Clark fell in love with sharks from the first moment she saw them at the aquarium. She couldn't imagine anything more exciting than studying these graceful creatures. But Eugenie quickly discovered that many people believed sharks to be ugly and scary—and they didn't think women should be scientists.

Determined to prove them wrong, Eugenie devoted her life to learning about sharks. After earning several college degrees and making countless discoveries, Eugenie wrote herself into the history of science, earning the nickname "Shark Lady." Through her accomplishments, she taught the world that sharks were to be admired rather than feared and that women can do anything they set their minds to.

As we have done in the past, thought provoking questions will be asked during some morning announcements to promote class discussions about the story and various situations that arise. Classrooms may be displaying or presenting work tied to this story at our Family Literacy Night on February 28.

### **Due Date for Complete School Immunization Records**

**Wednesday, February 20, 2019** is immunization exclusion day this school year. This means that **your student's school immunization record must be up to date with all required immunizations in order to stay in school. Letters were mailed at start of December if your student is missing immunizations.** Please return these letters with the dates of shots that were given. For questions or a duplicate letter, please leave a message for the health assistant at your child's school.

Do you lack health insurance or financial resources to pay for needed shots? Here are some options to check in with....

Lane County Public Health 541-682-4041

North Eugene Clinic 541-790- 4445

Churchill Clinic 541-790-5227

Questions? Contact Robin Wellwood, RN at 541-852-6734 or e-mail: [wellwood@4j.lane.edu](mailto:wellwood@4j.lane.edu)

### **Flu Vaccines – Not Too Late**

Influenza typically continues through April. It isn't too late to benefit from Seasonal flu vaccines. The vaccine is available at pharmacies, your health care provider and Public Health Clinic, 541-682-4041. We encourage all children to be vaccinated.

would like to sign up, please call (458) 205-7474 to schedule an intake. CourageousKidsEugene.org

### **Please Keep Sick Children at Home**

When children are sick, they need to stay home. If your child has any of the following symptoms, please do not send him/her to school:

**Fever of 100 degrees or more.** Children should stay home until the fever has been gone for 24 hours without fever reducing medication.

**Vomiting or severe diarrhea.** Children should stay home until symptoms have been gone for 24 hours. **If the doctor confirms norovirus please keep your child home for 48 hours.**

**Severe cold.** A little snuffle is not a reason to stay home, but a severe cold or influenza is.

**Severe sore throat, ear ache, head ache, or persistent cough.**

If your child has a communicable disease, he/she should not come to school. Common childhood communicable diseases include chicken pox, measles, mumps and whooping cough (pertussis). Please call the school and let them know if your child should contract any of these diseases.

### **Dismissal Time Reminder**

**Students must be picked up between 2:25 and 2:35 p.m. on Monday through Thursday, and between 1:10 and 1:20 p.m. on Fridays. After-school supervision is provided only during these times.** Please make sure that your child is picked up from school by that time each day unless your child rides the bus or goes to an after-school program at Howard. Students still at school after the times listed above will call home for pickup, and you or another person you have authorized will need to come into the school office to sign them out. **The office staff IS NOT available to supervise children after 2:35 or 1:25 on Fridays.**

### **School Safety**

As many of you know, there was recently a tragic incident at Cascade Middle School in our neighboring Bethel School District in which a parent was shot at the school in an altercation with Eugene Police. Please know that our staff and Eugene School District 4J do everything possible to keep our kids safe, both at school and while coming and going from the building before and after school.

As valued community members, we want to remind you that you are part of that safety net protecting our kids. If you see or hear something happening on school grounds that concerns you, please do not hesitate to call the office at 541-790-4900 to report it.

### **Be Safe, Feel Safe, Bookmark SafeOregon**

To help students feel safe and be safe, 4J schools are offering the SafeOregon tip line as another way to report any student or school safety concern. The tip line is always open. Learn more at SafeOregon.com

### **Courageous Kids Grief Support Group Referral Information**

See the attached Courageous Kids' winter term groups and intake information. Courageous Kids offers grief support groups for children and their families who have experienced the death of a loved one. They offer a group specifically for elementary kids on Wednesdays from 5:30-6:30 and have postponed the start date of groups to allow for more families to sign up. If you

### **OFSN February Events**

See the attached February Oregon Family Support Network (OFSN) events flyer. They host a weekly parent night every Thursday and have also opened up a food pantry in partnership with Food for Lane County. They will not have Respite available for the month of February as we are restructuring in order to be able to provide MORE opportunities for families to access respite. This service will restart in March.



### **Art Spark Eugene 2019. At the Famous Shedd Friday, April 26, 2019 6:00PM**

Balcony now open for \$20 greatly expanding the ability for many more to attend the greatest evening of art for schools in Eugene. Kids, parents, teachers, principals, anyone not needing a sponsorship dinner have an opportunity to attend the gala evening.

The Art Spark Eugene Gala & Art Auction is now on Friday, April 26th expanding the opportunity to attend. The Art Show is growing. The Balcony is now open for only \$20 allowing many more to enjoy this incredible evening. Art, music, auctions featuring inspiring local artists and astoundingly fine pieces of art created by students benefiting from Lane Arts Council Artist in Residency Program. This Rotary Club of Eugene sponsored event is fast becoming the visual arts event of the year. And fun! Fine art. Kids art. Sculpture. Wine collections. Dessert Dash. Tickets \$100/person, \$800/table of 8. Balcony Seats only \$20.

### **Memos from Mr. Matt**

Over the holidays, I happened to stumble upon some old reruns of Bob Ross. As a young lad, I would watch him for hours. I remember him having such a calming voice and I would often fall asleep in the middle of a beautiful bucolic or forestry scene. For those paintings that I made it through awake, I would often be amazed with how he would take a beautiful scene and make it even more beautiful with just a few alarming strokes of the brush. I say alarming because I don't know if you have had the same feelings that I have when watching Bob Ross, but he would take a beautiful scene and then out of nowhere would paint some horrific brown stroke across it. I would think, "Oh no, it's ruined! Why would he do that?" Then all of a sudden, he would turn that stroke into something beautiful and enhance the entire piece tenfold: much to my amazement! I could never quite see where he was going with his artwork, but in his mind, he could see what I couldn't. He saw the big picture. Maybe this is why I was so fascinated with him. So many times our lives are just this way. We are driving through life and a bump in the road becomes the horrific brown stroke across our seemingly okay life painting. We think to ourselves, "Oh no, it's ruined!" But then our friends, family, and community come along and offer their love and support. Just accept the offers when they are given since we all need the help sometimes. We end up stronger, braver, and more courageous than we ever thought possible. The brown stroke turns us into better versions of ourselves: much to our amazement! Although, in the moment we may not see the big picture and we may find ourselves shaking our heads to the sky asking, "Why would you do that?", just understand that your life painting is a stunning work in progress and the brown strokes in our lives are just a reminder that we have the potential to grow stronger and better than ever before.

## Future Chefs Cooking Competition

The Future Chef Competition is back this year, and we are looking for your favorite Mexican recipe. This competition is open to 1<sup>st</sup> through 5<sup>th</sup> grade students.

The idea behind this event is to help educate the kids in HEALTHY EATING HABITS. Too often we hear about obesity in kids and kids not making the right choices in terms of their eating habits. That's why we want kids to submit recipes for their favorite healthy breakfast!

Judging will be based on the following criteria:

- Originality
- Kid Friendly
- Ease of Preparation
- Healthy Attributes
- Plate Presentation
- Taste

A flyer and a blank recipe form were sent home with students describing the event in January. After evaluating recipes, finalist per school will be chosen and notified in February.

Those finalists will be formally invited to a Culinary Competition "Cook-Off" on March 16. As an added bonus, the winner of this event will be entered into our National Competition for some great prizes.

## PTO Updates

### Upcoming PTO Dates:

- 2/19/2019 – PTO Meeting
- 2/25/2019 – 2/28/2019 – Book Fair
- 3/1/2019 – Literacy Night
- 3/1/2019 – 3/29/2019 – Read-A-Thon

### Duer's ATA Martial Arts Fundraiser

We have partnered, year round, with Duer's ATA Martial Arts on a fundraiser for Howard Elementary and the surrounding community. For \$49 you receive 1 month of classes and a uniform. Not only does your child learn a fun sport but they also build confidence and learn what it means to respect themselves and others. Head on over to Duer's ATA Martial Arts on West 11<sup>th</sup> and check it out. Don't forget your flier so you can take advantage of this amazing fundraiser.

### Bottle Drop Fundraiser

We accept bottle and can donations year-round. Have bottles and cans? Coming to a school event? Coming to a PTO event? Bring your cans and bottles! We will accept them in any bag, anytime. This is an exciting new fundraiser that will go a long way towards more funds for Howard Elementary School.

Have a lot of bottles and cans? Don't want to haul them in? We'll come pick them up. Email us at [howardelementaryPTO@gmail.com](mailto:howardelementaryPTO@gmail.com) or message us on Facebook at @Howard4jPTO to set up a time that works for you.

### Book Fair and Read-A-Thon

The Howard Elementary Book Fair is one of the biggest in the Eugene Area. The Book Fair will be going on 2/25/2019 through 2/28/2019. Stop by and stock up on books for the Howard PTO Read-A-Thon going on 3/1/2019 through 3/29/2019.

## Want to get involved?

We have many committees that are looking for more helping hands. If you are looking to get involved please reach out to us by email at [howardelementaryPTO@gmail.com](mailto:howardelementaryPTO@gmail.com) or message us on Facebook at @Howard4jPTO to find out where we could use your help. Find an event that works with your schedule on the PTO Facebook page. There are Signup Geniuses available today.

### PTO Meetings

The Howard PTO values the community that we serve and we want to hear from you. Help us to be the true voice of the families at Howard Elementary School. Please join us every third Tuesday at 6:00 PM to share your ideas. Hope to see you there! Child care is provided.

### Nearby Nature Classes

Looking for somewhere fun to send you kid/s during the upcoming No School Days? Why not a No School Day Adventure with Nearby Nature? Nearby Nature No School Day Adventures are modeled after our summer daycamps. Taught by experienced environmental educators, our programs encompass science, hiking, art, and play. Cost: \$45 members/\$50 non-members. Scholarships are available. Ages 6-9, max 12 kids. Outdoors in local parks. To register, visit [//nearbynature.org/programs/](http://nearbynature.org/programs/) or call 541-687-9699.

### How to Hide NSD, February 1st, 8:30am-3pm in Alton Baker Park:

Spots, stripes and masks, oh my! How do colors and markings help animals survive in the wild? Answer these questions and more as we play camouflage games, explore nature nearby, and create colorful critters to take home.

### Nature's Busy Builders NSD, February 18th, 8:30am-3pm in Alton Baker Park:

Enjoy a building adventure in nature nearby. Make a bird nest and your own fairy fort or gnome home. Go on an animal homes scavenger hunt and create your own fort from our Nature's Builders Playspace super blocks.

About us: Nearby Nature is a non-profit education organization based in Eugene, Oregon. Founded in 1992, our group is dedicated to fostering appreciation of nature nearby and providing tools for ecological living.

### February is "Be Safe. Be Seen." Month

Wednesday, February 6th is our monthly Walk & Roll to School Day! This month's theme is "Be Safe. Be Seen." Walking or biking together to school or elsewhere is a chance to practice road safety skills like looking both ways before crossing the street; paying attention to traffic; and acting in a predictable manner. Best of all, it's a time to be playful, connect, and have fun together!

We encourage everyone to walk, bike, carpool or ride the bus to school. When you do so, it is great to wear bright or reflective items of clothing and lights in addition to practicing safely getting to and from school. If you live a long way from school, try parking a ten minute walk from school and walking the rest of the way. It will wake up your child's brain for learning and you'll avoid the parking lot traffic!



### **Future Happenings**

2/1 – No School, Grading Day  
2/8 – Report Cards Sent Home  
2/13 – Wacky Wednesday – Super Hero Day  
2/18 – Presidents Day, No School  
2/19 – PTO Meeting, 6:00 pm  
2/20 – Exclusion Day  
2/25 – Site Council, 2:45  
2/25– 2/28 –Book Fair  
2/28 – Literacy Night  
3/1 – 3/31 PTO Read-a-Thon  
3/5 – Kindergarten Round Up, 6:00 pm  
3/13 - Wacky Wednesday – Rainbow Day  
3/15 – No School, Professional Development Day  
3/19 – PTO Meeting, 6:00 pm  
3/25 – 3/29 - Spring Break  
4/1 – Students Return from Spring Break



## Oregon Family Support Network

# February Events

OFSN supports families raising children who experience emotional, behavioral, or mental health challenges. Call to find out more about our services!



**Every Tuesday morning 9:00-11:00**  
Visit with other parents and enjoy delicious snacks and coffee!  
**72 A Centennial Loop #150**  
No need to RSVP

## Parent Night

**Every Thursday!**

6:30 - 8:30 pm

Dinner and childcare provided

**Call to RSVP 971-219-7949**

**72 A Centennial Loop #150**

## FREE FAMILY SWIM

**3<sup>rd</sup> Friday of the month**

**6:30 - 8:30 pm**

**Emerald Park Pool  
1400 Lake Dr, Eugene**

**No RSVP required**

## FOOD PANTRY

**Now open!**

**Stop by on Tuesday  
9-11:00 or call to  
schedule a time to  
come in: 541-342-2876**



If you would like to talk with someone or need help finding resources for yourself or your child, please call our office at **541-342-2876**



**Oregon Family Support Network**

OFSN is an equal opportunity provider

## Courageous Kids Grief Support for Youth

CK believes that it is developmentally normal to grieve the death of a loved one. A death often forces children and teens to deal with feelings and confront issues that most people do not have to face until they become adults. Their experience with death, grief and mourning gives youth a very different perspective of a world that no longer feels as safe as they would like it to be. With appropriate support they often gain emotional maturity beyond their age.

There is a tendency in our culture to think that young people are incapable of grieving as intensely as adults. Over the years, we have learned that this is simply not true. **Children and teens can grieve as intensely as adults.** However, they express their grief differently. Kids process their grief as they are developmentally able to and then re-process parts of it as they developmentally gain new understanding. Unprocessed grief can surface later in life, after another loss, a life-changing event or during a personal crisis.

Although toddlers and preschoolers cannot understand the meaning and permanency of death, they are capable of understanding that something in their life has dramatically changed or been disrupted. Elementary age children have a lot of magical thinking. They tend to believe that everything that happens in their lives is because of something they did or didn't do. They also want concrete information about the specifics of the death and related circumstances. Middle School age children begin to understand death more clearly and can feel a deep and pervasive sadness. The older teens tend to turn to their peers for support. Many feel guilty about having fun, yet it is a normal part of the grieving process. It is not unusual at any age for the child/youth to temporarily regress in their behaviors. Worries and fears may surface, especially about themselves or other family members dying. If the adults in the family are grieving too, the children might benefit from other adults tuning in with them. Maintaining as many schedules and routines as possible fosters a sense of safety and stability. It is important for everyone in the family to be allowed to grieve in their own way. Much tension and anger can arise between family members because they misunderstand each others grieving style. Intuitive grievers process by expressing and talking about their feelings. Instrumental grievers feel just as deeply, but they get involved in projects and receive little benefit from being encouraged to express their feelings. Also children dip in and out of their grief. Feelings, thoughts and questions pop up, seemingly out of the blue. Then, just as quickly, the child can turn back to their play, laugh and have fun. One of the most helpful things to children and teens – and most difficult to do – is to allow them to have their feelings. Our attempts to “make them feel better” usually only lead to the youth shutting down. They sense we have a hard time seeing them in pain and begin to protect us by hiding it. Listening, simply and attentively, without trying to fix anything, is usually the most helpful.

**Overview** - The Courageous Kids Program provides a safe and loving environment where children who are dealing with the death of a loved one can express their feelings and move toward healing. The program currently provides: 1) a caring and accepting atmosphere to help children gain the courage to express their feelings and thoughts about their loss, to validate and normalize their experience and to teach coping skills 2) age appropriate activities based on the developmental stage of the children to stimulate healthy processing 3) an opportunity for grieving children to develop relationships and receive support from each other; and 4) information and support to families, caregivers, teachers and school counselors about the needs of grieving children at various developmental stages.

The Courageous Kids Groups consists of weekly support group meetings for children who are trying to cope with the loss of a loved one and for their parents/caregivers. Provided are developmentally appropriate expressive art activities as non- threatening mediums that allow younger youth to express their feelings. They expand their feeling vocabulary, experience the support of peers and begin to feel validated and normalized. Concurrent with the youth groups are the parent support groups. Both come together for several activities during a term, always with the goal of assisting the parents to support their children more deeply. The adult groups have 3 components: 1) support for themselves, 2) education about understanding and supporting their children's grieving and 3) doing the same or similar expressive art activities in order to experience the kind of work the children are doing.

The Courageous Kids Camp is an annual event providing a unique opportunity for children who have experienced a death in their families. The residential summer camp accommodates about 40 young people (ages 6 to 17) with a ratio of almost one volunteer for each camper. Professionals provide therapeutic activities in art, music, sand play, drama and challenge courses on a volunteer basis. Some kids discover they can allow themselves to experience the intensity of grief and still have permission to play. Some cry for the first time. Some begin to talk about the death of their loved one for the first time. Many feel empowered to make the huge adjustments required of them and many feel inspired to return later as volunteers.

The Courageous Kids School Support Groups make the support available at a limited number of schools to children who cannot come to the agency. Transportation, especially in the surrounding rural areas, is often a problem. They are co-facilitated by a Courageous Kids staff and the teacher or school counselor, who is also available to support the children during the week. This method also provides training and information to the school staff, who are then better equipped to help other grieving children.