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John Simard, Principal



March 13, 2018

BROOKSIDE BIRD'S EYE VIEW

Calendar

March

3-23 Family Movie Night 6-9 pm Cocol

April

4-6 No School Staff Work Day

4-7 PTA Auction 5:00 @ SLCenter

4-15 BKS day at the Mariners Game

4-16/20 No School - Spring Break

4-27 Science Night 6-8 @ BKS gym

Helmets

Free helmets will be handed out by the *Kohl's Helmet Safety Program at Seattle Children's* on Sat. March 17 from 12:30-3:30 in the Spartan Recreation Center 202 NE 185th St Shoreline. Free for kids ages 1-18. Wearer must be present and fitted. Supplies are limited.



Einstein Drama Club

The Einstein Drama Club in conjunction with Dandylyon Drama is presenting Schoolhouse Rock Live Jr. at Einstein Middle School Theater on March 23 @7:00pm, March 24 at 2:00pm and 7:00pm. Tickets are available at the school office or at the door.

Astronomy Night

Shorecrest High School will present its 14th Annual Family Astronomy Night on Tuesday, April 3, 2018 from 6:30-8:30pm.

Understanding Our Kids' Anxiety - and How to Help

You are invited to attend a free community forum co-sponsored by the Shoreline Special Needs PTSA and the Shoreline HiCap Advocacy Group on April 11 from 6:30-8:30 in the Shoreline Room at the Shoreline Center.



Are you concerned about your child's anxiety? Looking for more ways to help? You are not alone! This forum will connect you with other parents and learn about:

- societal stressors and causes of anxiety
- ways that Shoreline schools are providing emotional and social support for students
- mindfulness practices and other strategies to reduce your child's (and your own) anxiety

A limited number of free childcare sports are available via RSVP. Email us at shoreline.hicap.advocacy@gmail.com with your name, the number of children, their names, and ages. They must be potty trained.

Kindergarten Registration

Kindergarten registration continues for Shoreline/Lake Forest Park residents with students starting kindergarten in the fall. Students must be 5 years old by August 31, 2018. Forms are available in the school office. Share this information with your neighbors and friends. We are very excited to welcome the class of 2031!



Inattentiveness can affect your child's ability to learn

Everybody's mind wanders now and then. But if your child regularly "zones out" at school, it can impact his ability to learn and retain new information. Studies show that younger students who can't focus tend to become older students who can't focus. And that can mean big trouble for your child's education.

To help your child keep his eye on the ball at school, strengthen his attention skills at home. Here's how:

- **Break down large assignments.** If he has a book report to write, show him how to divide it into smaller steps. "First, think about what you want to say. Next, make an outline of your thoughts. Then, start writing."
- **Encourage breathers.** Don't force your child to work for long periods of time. Instead, set a timer for 20 minutes and have your child take a five-minute break when it goes off. Frequent short breaks help your child clear his head and refocus on his work.
- **Remove distractions.** Keep the TV and other screens off while your child works. Keep noise to a minimum. Homework shouldn't have to compete for his attention!

Remind your child to use these tools in class when possible. Even a 30-second break (maybe by closing his eyes and breathing deeply) could help him buckle back down and tackle the worksheet in front of him.

Source: A.J. Lindervold and others, "Parent Rated Symptoms of Inattention in Childhood Predict High School Academic Achievement Across Two Culturally and Diagnostically Diverse Samples," *Frontiers in Psychology* Frontiers Communications.



E-Flyers

Looking for educational and recreational opportunities and events in our area? Visit www.shorelineschools.org to see a list of flyers submitted by local non-profit groups. At the district web site, click community and then e-flyers.

Parent Education Night Suicide Prevention

Join us as we discuss how to interact with kids when talking about mental health. Learn to help them to help themselves and their friends when dealing with stress, depression or anxiety.

The LEARN steps are designed to help empower individuals to play a role in recognizing peers, friends, and family who might be having thoughts of suicide, and know how and where we can refer those individuals to keep them safe.

L: Look for Warning Signs
E: Empathize and Learn
A: Ask directly about Suicide
R: Remove the Danger
N: Next Steps

This training will cover when and how to use this steps. Small group discussions and resources will be available.

We encourage you to bring a friend and help us remove the stigma associated with this important topic.

**Tuesday, March 20th 7-8:30 in the Shoreline Room
at the Shoreline Center 18560 1st Ave NE**



Resource Fair

Go to this site to learn about after-school and summer camp activities: http://www.shorelinepta.org/uploads/2/2/2/8/22288232/2018_flyer.pdf