



## BROOKSIDE BIRD'S EYE VIEW

### Calendar September

9-26 Early Release @ 1:50  
9-27 Walk-a-Thon 1:30-3

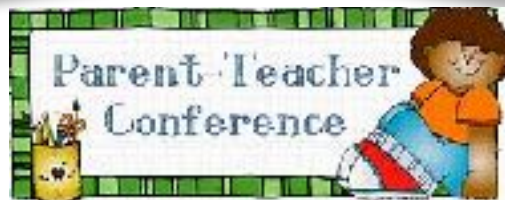
### October

10-1 Hearing Screening  
10-3 Early Release @ 1:50  
10-5 PTA Family Movie Night  
10-9 Early Dismissal @ 11:45 conferences  
10-10 Early Release @ 1:50  
10-11 Early Dismissal @ 11:45 conferences  
10-12 Early Dismissal @ 11:45 conferences  
10-12 PTA Oktoberfest Fundraiser @ LFPCC  
10-17 Early Release @ 1:50  
10-24 Early Release @ 1:50  
10-24 Family Engineering Night 6-7:30  
10-31 Early Release @ 1:50

### October Conferences

Brookside's Parent/Teacher conferences are on **Tuesday, October 9th, Thursday, October 11th, and Friday, October 12th**. These dates are NOT on the school district calendar as they were negotiated after it went to press. School will be dismissed at 11:45 AM on these days. Your child's teacher will be contacting you to set up a conference time.

There are no Parent/Teacher conferences on Wednesday, October 10th. This will be a regularly scheduled early release day, with dismissal at 1:50 PM.



### Blue Jay Parent Program

The Blue Jay Room Parent Program needs Parent Volunteers! The Room Parent Program brings together school staff, the PTA and the broader parent community through regular meetings, the sharing of information and ideas, and support of classroom teachers. Interested in learning more or signing up - please contact Emily Jo Artim at 206.890.1612 or [erajotte@fredhutch.org](mailto:erajotte@fredhutch.org)

### Opt Out Form

If you are **not** interested in your student being in the school yearbook, school newsletters, class webpages etc. please stop by the office and pick up a FERPA OPT-OUT Form. If you do not want your student to be in the PTA student directory and/or receive mailings regarding membership, meeting events and school activities, please fill out the same form.

### Math Olympiad

Sign up for Math O. as it begins Oct 23... Tues. for 4th graders, Wed. for 5th graders and Thurs. for 6th graders...8-9AM. The cost is \$35.00 and scholarships are available through the PTA. Forms are in the office.



## Physical activity is linked to better classroom performance

It's no secret that exercise is good for your child. Along with other benefits, it can cut her risk for obesity, diabetes and even some types of cancer. But did you know that physical fitness may also help her in school?



Studies show that, compared with their inactive peers, children who get regular exercise:

- **Have better hand eye coordination.**
- **Are better listeners.**
- **Are less fidgety in class.**
- **Have better handwriting.**

To give your child lots of opportunities to get her heart pumping:

- **Go on regular walks.** Pick a time, such as before or after dinner, to take a short walk around your neighborhood. Make this a habit.
- **Take the long way.** When you are out running errands, skip the elevators and escalators and take the stairs. Choose parking spots that will allow you to walk a bit farther.
- **Play games.** From catch to tag to hide and seek, there's no end to the fun your family can have.
- **Have contests.** When you watch TV together, challenge your child to a competition. During commercial breaks, see who can do the most jumping jacks or pushups.
- **Put her in charge.** Challenge your child to come up with some creative ways to keep your family moving.

Source: "Physically active children have improved learning and well-being, DMU researchers find," DeMontfort University, [nsw.com/elem\\_exercise](http://nsw.com/elem_exercise).

## Roots of Empathy

Roots of Empathy helps children discover their shared humanity through the observation of a baby and parent, and through curriculum activities that develop social and emotional literacy. Children who participate are more likely to help others, to share, and to be inclusive of their peers. Occurrences of exclusion, teasing, and other forms of aggression significantly decrease.

**Brookside is also looking for babies and parents** who can be a part of our Roots of Empathy program. Babies need to be 2-4 months old when the program starts in October. This program helps students learn empathy through observing the interactions of a parent and baby. You would need to be available for a 40 minute classroom visit once per month from October to May.

Please reach out to [kristin.Vincini@shorelinechoools.org](mailto:kristin.Vincini@shorelinechoools.org) if you and your child are interested in participating.

### Dissatisfied Feelings



### Roots of Dissatisfied Feelings



**BROOKSIDE ELEMENTARY  
REQUEST FOR PLANNED ABSENCE TO BE EXCUSED**

Use this form when your child will have a planned absence that does **NOT** fall into the situations shown at the end of this form. You can find the complete Shoreline School District Attendance Policy (3122) on the district website.

**PRIOR APPROVAL IS REQUIRED**

Please send this form to our registrar at least 14 school days prior to your planned absence. You can drop it off in our main office or email it to us at: *bks.attendance@shorelineschools.org*

Student Name: \_\_\_\_\_ Grade \_\_\_\_\_ Teacher \_\_\_\_\_

Date(s) of Absence: \_\_\_\_\_ Reason for Absence: \_\_\_\_\_

Best Phone/Email Contact: \_\_\_\_\_

Describe your plans to maintain the student's academic skills: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Make-up assignments may not be provided in advance. The teacher may require some work to be completed upon the student's return.*

\_\_\_\_\_  
Parent/Guardian Signature Relationship to Student

You do **NOT** need to use this form for these situations:

1. Participation in a district or school approved activity or instructional program.
2. Illness, health condition or medical appointment (including, but not limited to, medical, counseling, dental or optometry).
3. Family emergency, including, but not limited to, a death or illness in the family.
4. Religious or cultural purpose including observance of a religious or cultural holiday or participation in religious or cultural instruction.
5. Court, judicial proceeding or serving on a jury.
6. Post-secondary, technical school or apprenticeship program visitation, or scholarship interview.
7. State-recognized search and rescue activities consistent with RCW 28A.225.055.
8. Absence directly related to the student's homeless status.
9. Absence resulting from a disciplinary/corrective action. (e.g., short-term or long-term suspension, emergency expulsion).

***For Office Use Only***

Teacher feedback:

Student is achieving at or above grade level?  Yes  No

\_\_\_\_\_  
Teacher Signature Date

Other Considerations (if any): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Administrative Decision:  Excused  Unexcused

\_\_\_\_\_  
Principal/Designee Signature Date



## PADRES UNIDOS - FAMILIAS SEGURAS

**HORA:** 6:30 to 9:00 p.m.

**LUGAR:** Shoreline City Hall, 17500 Midvale Avenue N, Shoreline

¡El departamento de Policía de Shoreline y de Lake Forest Park te invitan a la serie de 6 talleres en Español donde aprenderás como formar una comunidad segura para tus hijos!

Inscripciones abiertas **solo para los que residen en la ciudad de Shoreline o Lake Forest Park**

Recibirás un certificado al completar todos los talleres.

**No tienen costo y son únicamente para padres/madres de familia.**

Incluye cuidado de niños.

Se proveerán refrigerios.

### RSVP

El cupo es limitado – llama ahora para registrarte (206) 801-2719 o envía un correo electrónico a [dahlia.corona@kingcounty.gov](mailto:dahlia.corona@kingcounty.gov) con tu nombre y número de teléfono.



### SERIE DE TALLERES X

#### JUEVES, OCTUBRE 4

**Disciplina Positiva:** Aprende de la comunicación efectiva y habilidades para la crianza de tus hijos que se enfocan en auto-control, responsabilidad, auto-disciplina, empatía, etc.; Ximena Grollmus, M.Ed. Coach de Padres

#### JUEVES, OCTUBRE 11

**Violencia Domestica y Abuso Infantil:** Concientizar, intervención de las autoridades y como afectan la familia y nuestra comunidad; Dahlia Corona, Community Service Officer, Departamento de Policía de Shoreline

#### JUEVES, OCTUBRE 18

**Bullying:** Aprende a identificar y prevenir el bullying, y como ayudar a tus hijos; Dahlia Corona, Community Service Officer, Departamento de Policía de Shoreline

#### JUEVES, OCTUBRE 25

**Suicidio en los Adolescentes:** Aprenda las señales, los factores de riesgo y cómo prevenirlo; Dahlia Corona, Community Service Officer, Departamento de Policía de Shoreline

#### JUEVES, NOVIEMBRE 1

**Drogas y Prostitución en nuestra comunidad:** Las leyes y los efectos de las drogas; Sargento Patrick Kearney de la Unidad de Narcóticos, Departamento de Policía de Shoreline

#### JUEVES, NOVIEMBRE 8 6:30 to 9:30 p.m.

**Choque Cultural:** Lupita Zamora, CPDPE.

**Graduación:** Shawn Ledford y Steve Sutton, Jefes de Policía de la ciudad de Shoreline y Lake Forest Park

**Tu familia - Tu comunidad - Tu Departamento de Policía**