



## BROOKSIDE BIRD'S EYE VIEW

## Calendar

### 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

## Reflections

Congratulations to Elinor Cummings whose intermediate literature entry won at state and will continue on to the national competition!



## Smarter Balance Testing Dates

Please note the required state testing dates for grades 3-6 will take place between **May 1st and June 5th**. Take this into consideration when scheduling appointments.



## 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 spots are available via RSVP. Email us at [shoreline.hicap.advocacy@gmail.com](mailto:shoreline.hicap.advocacy@gmail.com) with your name, the number of children, their names, and ages. They must be potty trained.

## Astronomy Night

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



## 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!



## A focus on fitness helps your child perform better on tests

Studies of elementary-age children have shown that the more fit they are, the better they do in school. Fit children have more brain power than their less active classmates. They tend to have greater attention and memory skills. They also tend to complete tasks faster and make fewer errors.

While your child's fitness should be a year-round concern, she can do some things to boost her fitness level on test days. Encourage her to:

- **Get a good night's sleep** before the test. Staying up all night studying increases anxiety, which interferes with clear thinking.
- **Eat for success.** A breakfast that is high in fiber and relatively low in sugar can give your child just the right start to her day. A whole-grain bagel and a banana is a fast and easy breakfast option.
- **Relax.** If your child is too nervous, she'll forget what she knows. She can stretch and breathe deeply to focus her mind.
- **Wear comfortable clothes.** Pants shouldn't be so tight they keep your child from breathing fully. Her brain needs oxygen.
- **Drink plenty of water.** This is another way to keep her brain alert.

Don't forget to give your child a big hug on test day. This will increase her sense of well-being and energy.

Source: C.Storrs, "Math-letes rule! Fit, healthy kids do better in school, especially math" CNN,niswc.com/elem\_fitnes.



## E-Flyers

Looking for educational and recreational opportunities and events in our area? Visit [www.shorelineschools.org](http://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.

## Shoreline STEM Festival and Science Fair

Saturday, May 5 @ Shoreline Community College

Do you love science and art?

It's time to start getting ready for the Shoreline STEM festival, which will take place on May 5, 2018 at Shoreline Community College, with a K-12 student science fair, hands on STEM fun, and robotics demonstrations. Now is the time to start a project for the science fair with three categories to choose from: Science Investigation, Engineering design and Invention, and Computer Science Design and Invention. Need help deciding on a project? You'll find guidelines and links to resources on the ShorelineSTEM website. All entries will require submittal of a project proposal. You can turn yours in until April 6. Registration and entrance to the festival are all completely FREE!

ShorelineSTEM needs volunteers to make the festival happen! Sign up on the ShorelineSTEM website to find out how you can help.  
[shorelinestemfestival@gmail.com](mailto:shorelinestemfestival@gmail.com)



## 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](http://www.shorelinepta.org/uploads/2/2/2/8/22288232/2018_flyer.pdf)



## NURTURING TRUST - WITH FAMILY, WITH COMMUNITY

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

**PLACE:** Kellogg Middle School, 16045 25<sup>th</sup> Avenue NE, Shoreline

Learn how to form a safe community for your children at this series of 6 FREE workshops taught by Shoreline and Lake Forest Park Police officers!

Registration open for Shoreline and Lake Forest Park residents only.

Registration and attendance at all workshops is required. Participants will receive a certificate upon completion. There is no cost.

Workshops include child care.

Refreshments will be served.

### RSVP

Space is limited – register by calling (206) 801-2719 or email [dahlia.corona@kingcounty.gov](mailto:dahlia.corona@kingcounty.gov) with your name and phone number.



### WORKSHOP SERIES IX

#### TUESDAY, MAY 1

**Positive Discipline:** Learn parenting strategy skills; tools that focus on effective communication styles with your child, self-control, empathy, and problem solving; Ximena Grollmus, M.Ed.

#### TUESDAY, MAY 8

**Domestic Violence and Child Abuse:** Awareness, how it affects families and the community. Learn about police intervention; Dahlia Corona, Community Service Officer, Shoreline Police Department

#### TUESDAY, MAY 15

**Bullying:** The signs and effects of bullying and prevention strategies for children; Dahlia Corona, Community Service Officer, Shoreline Police Department

#### TUESDAY, MAY 22

**Teen Suicide:** The signs, the risk factors and prevention; Dahlia Corona, Community Service Officer, Shoreline Police Department

#### TUESDAY, MAY 29

**Drugs and Prostitution:** The laws, the effects and how they affect our community; Sergeant Patrick Kearney, Narcotics Unit, Shoreline Police Department

#### TUESDAY, JUNE 5

**Leadership:** Contributing to our community; Lupita Zamora, CPDPE  
**Graduation: Chief Shawn Ledford and Chief Steve Sutton;** Shoreline Police and Lake Forest Park Police Departments

**Your family - Your community - Your Police Department**