



BROOKSIDE BIRD'S EYE VIEW

Calendar

September

9-11/13	Camp Orkila for 6th Grade
9-11	Early Release 1:50
9-18	Early Release 1:50
9-19	6:30-8 Curriculum Night Gr. K-4
9-20	School Pictures
9-23/25	Cap Orkila for 5th Grade
9-25	Early Release 1:50
9-27	PTA Oktoberfest @ LFPOC

Back-to-School Clothing Drive (until 9-20)

We kicked off our back-to-school clothing drive at the annual school BBQ on Tuesday, September 3rd. As you start the school year, if there are gently used clothing items or shoes your child has outgrown, please consider donating them to the clothing drive. All donations support the WORKS program, a clothing room providing high quality, clean, gently used children's and teen's clothing to Shoreline School District families experiencing circumstances that make it challenging to clothe their children for school. Thanks for your support!

Friday Food Packs

Brookside is partnering with a local church, LFP Presbyterian, to provide free, kid-friendly food packs. This program is intended to assist families by providing some food for the weekend. A small bag of food and snacks is discreetly given to students each Friday. If this would be helpful for your family, you can sign your child up by contacting the Family Advocate, Susie Moore, at 206.393.1177 or susie.moore@shorelineschools.org

Absent or late to School?

Please contact the office if your child is going to be absent from or late to school. Our attendance secretary is required to contact the family when a student is absent. This ensures the safety of your child. If your child is absent or tardy, we must speak to/receive an e-mail or note from a parent or guardian with the reason for the absence or tardy.

Please e-mail to

BKS.attendance@shorelineschools.org or call the office at 206.393.4140

Thanks for your help in securing your child's safety.

Planned Absences

We all try to have our students at school during school hours, but occasionally there is a family wedding, a once in a lifetime trip opportunity, or other event that necessitates our students to be absent from school. Please take a minute to fill out the attached "**Request for Planned Absence to be Excused**" form, which needs to be turned in at least 2 weeks prior to the absence.

Support for Families in Temporary Housing

Is your family living with friends or family due to financial constraints? Are you currently homeless or living in a transitional housing facility? Your family may qualify for free services under the federal McKinney-Vento Act. These include free tutoring, free lunch, and support with transportation. Contact the Family Advocate, Susie Moore, at 206.393.1177 or susie.moore@shorelineschools.org

Family support Resources

For questions about community resources, contact Susie Moore, Brookside's Family Advocate, at 206-393-1177, susie.moore@shorelineschools.org.

The WORKS, a free clothing bank open to Shoreline students, is open each Wednesday from 6:30-8:00pm at the Shoreline Center. If you can't make it at that time, talk to our Family Advocate to arrange another time.

Need some help stretching those grocery dollars? The Friday Food Packs program provides students with a bag of food for the weekend. If this would be helpful for your family, please contact our Family Advocate.



This four-step process can end procrastination

At one time or another, most kids put off doing their homework. But when procrastination becomes a habit, it can affect school performance.

To help your child break the procrastination habit, have him:

- **Select just one thing to do.** Sometimes kids put things off when they feel overwhelmed. Tell your child to focus on one assignment at a time.
- **Set a timer for 30 minutes** and begin working on the assignment. While the timer is ticking, he should focus only on that assignment.
- **Avoid breaks.** Your child should get water or a snack before he starts the timer so he doesn't interrupt his work flow.
- **Reward himself.** Once the timer goes off, encourage your child to do something he likes, such as playing an online game for a few minutes.

Have your child repeat this process until his homework is complete!

Source: A.McPherson and others, "Physical activity, cognition and academic performance: an analysis of mediating and confounding relationships in primary school children," BMC Public Health, BioMed Central, niswc.com/elem_activity

From our New Nurse

Hello Brookside Families:

My name is Richelle Woods and I'm the new nurse at Brookside. I am in the process of updating student health records. I want to ensure that I have accurate and up-to-date health info on each student. Please send me a quick email with any information that you think I may need to be aware of (i.e allergies, asthma etc.) My email is richelle.woods@shorelineschools.org Thank you for your help!



Shoreline Nutrition Standards

If food is provided in the classroom environment, it must meet the following criteria for nutritional standards:

Any foods served to students in the classroom environment must meet at least one of the criteria below: **1)** Be a "whole grain-rich" grain product. To determine this, the first ingredient on the nutrition label must list a whole grain (examples; whole corn, whole wheat, whole grain brown rice, whole grain rolled oats). If water is the first ingredient and the whole grain is the second, this will meet the definition of a whole grain. If baking from scratch without a nutrition label, at least half of the grains used in preparation must be whole grain (example: 1/2 whole wheat pastry flour, 1/2 all-purpose flour). **2)** Have as a first ingredient a fruit, a vegetable, a dairy product, or a protein food **3)** Be a combination food that contains at least 1/4 cup of fruit and/or vegetable.

Classroom parties and celebrations are required to follow the nutrition standards listed above, all applicable health codes, school allergic reaction prevention policies and procedures, and those who organize classroom parties be aware of and responsive to food sensitivities and dietary restrictions among the students in the classroom.

Label your student's outerwear

Please put your student's name on a label inside of your child's coat, sweater, sweatshirt etc. You would not believe how many items are donated to the WORKS from Brookside each year.....



**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/Deiane Signature

Date