



Panda Press  
College Park School Newsletter  
2019-20 January 28<sup>th</sup>, 2020



## Calendar

### January

- 25<sup>th</sup> – ED Foundation ReadATHon
- 28<sup>th</sup> – School Site Council Meeting (3:00 PM)
- 28<sup>th</sup> – DELAC meeting (6:00 PM in the gym)
- 29<sup>th</sup> – PTA General Meeting (6:00 PM)
- 29<sup>th</sup> – Social Emotional Learning Night for parents (6:30 PM)

### Principal's Update

In accordance with CA state attendance requirements and SMFC District policy, Independent Study is not an option when the days are linked with a school break. Additionally, Independent Study is for times when students are away on an educational event such as a list to Congress or an intense language course in another country. For vacations, parents are encouraged to read with their students, have rich conversations about what they are seeing, and applying practical math questions to their daily routine. Parents provide these activities themselves. Thank you for your understanding and cooperation.



### ED Foundation ReadATHon

The Readathon is in full swing this week! Be sure to encourage students to record and log their reading minutes using the online **minute tracker** and watch our Facebook & Instagram read-aloud videos available via [smfcedfund.org/readathon](http://smfcedfund.org/readathon).

Please help your child activate and **send out pledge requests** using their 99Pledges fundraising page. If you need help logging in, visit [smfcedfund.org/readathon](http://smfcedfund.org/readathon) for instructions. **Our goal is to raise \$25 per student and \$100,000 as a whole.** Two students from each school will be invited to a Readathon Reception with a reading by guest author, Elisa Kleven.

### **Spanish:**

¡El Readathon está en pleno apogeo esta semana! Asegúrese de alentar a los estudiantes a grabar y registrar sus minutos de lectura utilizando el rastreador de minutos en línea y ver nuestros videos de lectura en voz alta de Facebook e Instagram disponibles en [smfcedfund.org/readathon](http://smfcedfund.org/readathon).

Ayude a su hijo a activar y enviar solicitudes de compromiso utilizando su página 99Pledges para recaudar fondos. Si necesita ayuda para iniciar sesión, visite [smfcedfund.org/readathon](http://smfcedfund.org/readathon) para obtener instrucciones. **Nuestro objetivo es recaudar \$ 25 por estudiante y \$ 100,000 en total.** Dos estudiantes de cada escuela serán invitados a una recepción de Readathon con una lectura de la autora invitada, Elisa Kleven.

### College Park PTA Needs New Leaders

The PTA is seeking nominations for next year's PTA Board. Let us know if you are interested in serving or if you can recommend another parent who'd be a great addition to the Board.

**Please take a moment to consider this request. A strong, capable PTA Board is one of the key pillars of College Park's success.**

The PTA and FMS both rely upon parent leaders who work with the College Park faculty and staff to strengthen our school and to support our students. We hope you'll consider if this is a way you can contribute to the school and community and advocate for our children.

All Board positions are considered open by the Nominating Committee, and several key positions will need to be filled due to term limits or vacancies.

The PTA Board meets monthly on Wednesday mornings. If you are elected to the Board, you will be provided training by the 17th District PTA. We've attached role descriptions and the nomination form.

Applications are due by **February 3rd**. The roster of candidates will be announced at the Feb. 18th PTA meeting and elections will be held at the March PTA meeting.

Let any of us know of any questions or recommendations. Thanks!

PTA Nominating Committee Members:

Connie Chang Chinchio

Doug Christini

Vicki Pao

Cathy Lin (alternate)

John Gieseke (alternate)

### Daily attendance

We kindly ask parents to avoid taking extended trips, which are attached to a long break. Daily attendance is vital for student academic performance and it does affect student progress in learning and creates stress for students to catch up due to their absences. In addition, it is one of the criteria for California public schools to be eligible for the California Distinguished School award.

### PTA Panda Parties

On behalf of College Park, I want to thank all of your hard work to bring our community closer and stronger from hosting Panda parties. Thank you for your effort to give our community a positive experience.

Please go to the following link to sign up for one of the Panda Parties you would like to attend.

[https://collegeparkelementary.myschoolcentral.com/ptaesz/\(S\(wtcdqcowk54ae0fyckvt1jm0\)\)/apps/webstore/pages/WebStore.aspx](https://collegeparkelementary.myschoolcentral.com/ptaesz/(S(wtcdqcowk54ae0fyckvt1jm0))/apps/webstore/pages/WebStore.aspx)

### Kindergarten Self-Management Tips for Parents

- Be an Example of Good Self-Management
- Identify a Place to Help Your Child to Calm Down
- Techniques Kids Can Calm Down Anywhere
- Limit Screen Time
- Make Routines into an Art Project
- Try Role-Playing with your Child



## DAILY VISUAL SCHEDULE

### Free Printables

 wash hands	 bed time	 breakfast	 sweep the floor
 brush hair	 bath time	 vacuum	 wash dishes
 brush teeth	 get dressed	 snack time	 art
 dance class	 clean up toys	 bike ride	 puzzles
 sports practice	 outside time	 book time	 craft time
 handiwork	 science	 geography	 math
 nature walk	 lunch	 school	 beach
 picnic	 laundry	<b>Natural Beach Living</b>	

## 8 WAYS KIDS CAN CALM DOWN ANYWHERE

All kids can have a hard time regulating their emotions. Some have a tougher time than others. For those that need a bit of extra help, these calming tools that they can do ANYWHERE, will provide them with the skills necessary to calm down in any situation.

- COUNT TO 5.**  
Counting is a great way to help kids learn how to stop and think before reacting to their anger. Impulse control is difficult to come by for young kids. This simple tactic gives them a chance to think before they act.
- TAKE A DEEP BREATH.**  
Deep breathing is such a great relaxation technique. Despite how they are feeling, taking a deep breath (or two) can help them calm their bodies quickly.
- BLOW INTO YOUR HANDS.**  
This is another technique for promoting deep breathing. By blowing directly into their hands rather than the air, the child receives feedback and can feel the strength of their breaths.
- PLACE HANDS IN POCKETS.**  
This act provides kids with some deep pressure and physical restraint. An alternative to this would be to sit on hands or clasp them tightly.
- ACKNOWLEDGE ANTECEDENTS TO ANGER.**  
It is so important that kids begin to notice and realize what happens to their bodies when they become angry. What does their face feel like? Is there tension in their body?
- MAKE A FIST, THEN RELAX THE HAND.**  
Squeezing hands into fists and then releasing is a great way to remove some of the tension built up in the body. Often kids do not realize how much tension they are holding in their bodies when becoming upset.
- DO A BODY SCAN.**  
Start at the head, working down the body, notice areas of tension and relax those muscles.
- ASK FOR A HUG.**  
Hugs make everything better. Find someone you love and hug it out.

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