

# Columbia Elementary School Newsletter

10520 Harbour Pointe Blvd. Mukilteo, WA 98275

Principal Wendy Eidbo  
Dean of Students Marc Davis



## Dates to Remember

- ❖ Oct 2, 9:30-1:00pm  
4<sup>th</sup> Grade Corn Maze field trip
- ❖ Oct 8, Deadline for fundraising orders
- ❖ Oct 9, 9:15-1:15pm  
TEACH classes to the Farm field trip
- ❖ Oct 12-16  
Bus count week
- ❖ Oct 13, 9:05-11:30am  
"K " classes to the Farm field trip
- ❖ Oct 14, 9:30am  
Taproot Theater Assembly K-5
- ❖ Oct 14, 12:45pm  
Early Dismissal K-5  
No preschool
- ❖ Oct 15, 7:00-8:00pm  
PTA Dessert Night in Gym
- ❖ Oct 21, 6:15-7:30pm  
Mukilteo PTSA Council Meeting
- ❖ Oct 23, 6:30-8:00pm  
Columbia's 1<sup>st</sup> "Ho-Down" in Gym
- ❖ Oct 26-30, 12:45pm  
Early dismissal/Parent Conferences  
No preschool this week
- ❖ Oct 26-30,  
Fall Book Fair in Library

24 Message Line  
(425) 710-4498  
Option 1 for  
absence reporting

## Principal's Letter

Dear Columbia Families,

School is up and running without a hitch. In classrooms and common areas I consistently see evidence of the values you are teaching at home. Student's open doors for others, they follow teacher's instructions, they understand the importance of working hard in class, they make good choices about their learning, and they make good food choices. You are doing great work with them.

Good parenting makes teaching much easier as students who come to school with a mindset for hard work, learning and respect for others consistently do well in school.

Columbia educators are well-prepared and ready to teach each child according to his/her needs. The task is much easier when there is a supportive parent partnership. We have this at Columbia for which I am grateful.

Columbia shares a significant partnership with our PTA. Please consider volunteering this year in some way. Our PTA coordinates many avenues for this.

October 1<sup>st</sup> is our first General PTA Membership meeting. We will feature Barb Shinn, our District Math Mentor. She will talk to you about our new math adoption. I hope to see you there.

Keep up the good work, partners.

See you soon, Wendy Eidbo

## Message from the Dean

Dear Columbia Families,

I would like to share with you a strategy we use on the playground to help students solve problems with each other. Not only do we at Columbia strive to help students solve problems, we want students feeling respected and heard throughout the process.

This powerful strategy we use to help students communicate is the "I" message. In using an "I" message, students are coached through communicating their feelings and expectations to each other. Here's an example, showing how a student might typically approach an adult with a problem:

Student A: "Mrs. Calabrese! Someone is blocking the slide and they won't move and we can't use the slide and you need to tell them to move!"

And here's that same student, paired up with the other, using "I" messages:

Student A: "I feel frustrated when you stop on the middle of the slide, blocking it."

Student B: "I understand you feel frustrated when someone blocks the slide."

Mrs. Calabrese: "Student B, do you understand how others feel when you block the slide? What are you going to do differently now?"

By involving both students in an "I" message, the focus is removed from the authority of the adult to the effect the behavior has on other students (which is the real problem). Certainly, the adult could simply order the student off of the slide, but having a student understand how their behavior affects others is a far more meaningful, lasting strategy.

If you have any questions about this, or any other supervision technique, please feel free to call me!

Marc Davis

## Upcoming Events

- ◆ November 3  
Election Day, remember to vote
- ◆ November 5, 4:00pm  
General PTA Meeting  
Library
- ◆ November 6, 9:30am  
Veterans Day Assembly  
(3<sup>rd</sup> grade performing)
- ◆ November 6, 12:45pm  
Early Dismissal
- ◆ November 11  
No School  
Veterans Day
- ◆ November 18  
6:15-7:30pm  
Mukilteo PTSA Council  
Meeting
- ◆ November 25, 12:45pm,  
Early Dismissal
- ◆ November 26/27  
No School

## Reading Buddies

Here is your opportunity to positively impact the life of a child. Some of our beginning readers struggle to concentrate long enough to benefit from silent reading time. Their little minds wander and before they know it the classroom silent reading time is over. Day after day, they can be losing this precious time engaged in reading. Thus, little reading progress occurs. You can turn this around by sitting shoulder to shoulder with a child three times a week for only 20 minutes.

If you are interested in being a Reading Buddy, please call Wendy Eidbo at 425-356-6684.

## Transportation News

Our district will count students who ride the bus to school for the State of Washington starting Monday, October 12, and ending on Friday, October 16<sup>th</sup>.

Our districts transportation revenue from the state is solely determined by the data we provide during the week of October 12<sup>th</sup>. The remainder of transportation funding is generated through levy monies.

The school bus drivers will count your child each morning for five consecutive mornings beginning October 12<sup>th</sup> and ending October 16<sup>th</sup>. If your child rides the bus to school, it is very important that they ride during this time.

Thank you for your support

**Rob Harvey**  
Transportation Manager  
Mukilteo School District # 6

## Lunch Buddies

A Lunch Buddy is a caring adult volunteer who has been matched with a student who would benefit from some positive recognition and some individual attention. Lunch Buddies spend a half hour lunch time a week with their student. After eating lunch together, the adult/student may; read books, play games, draw, do homework or just enjoy sharing stories. Being a Lunch Buddy can be a very rewarding and FUN experience. Can you or someone you know spare 30 minutes a week to eat lunch with a child?

For more information, call our offices at 425-356-6685 and ask for Carrie or Teresa.

## Tech Tips

As we learn the new routines of the school year, it is important for each student to learn their student ID number. This year all students will need to learn a new way to log-on to the school computers. Their username is their 7 digit school ID number. Their password is the first initial in their name (capitalized) followed by their 7 digit school ID number.

Example:  
Sally Smith's school ID: 1234567  
Username: 1234567  
Password: S1234567

If you have a student in the primary grades, you can also help them learn to log-on by showing them the key combination ctrl+alt+delete. This can be tricky for little hands so lots of practice helps!



## Pumpkin Parade

The Parade will be on Friday, October 30th. This is a half day due to Parent/Teacher Conferences and the time of the parade will be 9:30 a.m. starting in the gym. Families are invited to come and watch. The following guidelines will apply for those wearing costumes.

Messy make-up and hair spray should not be used.

Please keep masks at home.

Costumes with 'blood and gore' are NOT permitted.

Costumes that are demeaning to another individual's race, gender, or background should not be worn.

Toy weapons of any kind (such as plastic guns, knives, swords, and spears) ARE NOT allowed and will be stored for parent pick-up at a later date. (This is in compliance with the District's Zero Tolerance policy on weapons of any kind.) Come join us for this parade!

We're on the Web!  
[www.mukilteo.wednet.edu](http://www.mukilteo.wednet.edu)

Click on "Our Schools" and  
choose "Columbia"



# Veterans Day Music Concert

Columbia Elementary School  
Friday, November 6 at 9:30AM

All parents, relatives, friends, and community members associated with Columbia Elementary School who have served, or are currently serving in the United States Armed Forces, are invited to be our guests at our annual Veterans Day Music Concert.

Attending veterans will be recognized at the concert.

We encourage you to wear your uniform if possible

**Please complete the form below and return it to school by November 3.**

Name of Veteran: \_\_\_\_\_

Rank: \_\_\_\_\_

Branch of Service: \_\_\_\_\_

Relative or friend of: \_\_\_\_\_

How are you related? \_\_\_\_\_

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## Attention Parents: Would you like to receive this Newsletter via email?

In an effort to save paper, we are posting our newsletter on the Columbia website:

To find our website log onto [www.mukilteo.wednet.edu](http://www.mukilteo.wednet.edu) then click on "Our Schools" and choose "Columbia". If you prefer, our monthly newsletter can be emailed to you directly from our email list. If you'd like to help us save paper and receive our newsletter via email, please fill out the bottom portion of this form and return to your child's teacher. Please print clearly so we can enter your information correctly.

Name of Student:

\_\_\_\_\_

Parents Name:

\_\_\_\_\_

Teacher: \_\_\_\_\_

Email Address: \_\_\_\_\_

## Carrie's Corner

When your child is absent or late the State law requires documentation that the parent has called or sent in a note stating the reason for the student absence or tardy. *Please* help us by following this procedure.

**PLEASE** contact our 24-hour Information Line @ 425-710-4498 and press option 1 to report your student's absence.

Thank you,  
Carrie  
the Attendance Queen

## Collaborative Decision Making MSD Board Policy 4240

On Thursday, September 17<sup>th</sup>, Wendy Eidbo met with community members and staff to discuss the model for which we will make decisions for our school. This meeting must occur every three years as mandated by Mukilteo School District Policy 4240. Thank you to those who agreed unanimously to utilize our PTA as the Collaborative Decision-Making body serving this purpose.

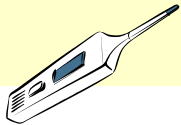
General PTA meetings this year are scheduled the first Thursday of each month at the following times:

- October 1 @ 7pm
- November 5 @ 4pm
- December 3 @ 7pm
- February 4 @ 4pm
- March 4 @ 7pm
- April 8 @ 4pm
- May 6 @ 7pm
- June 3 @ 4pm

## Columbia's 1<sup>st</sup> "Ho-Down"

Friday, October 23, 6:30-8:00pm in the Gym

Admission is FREE. Bring your entire family, learn to Square Dance and enjoy some refreshments. **All children must be accompanied by an adult.**



## Healthy Kids, Healthy Minds Nurse Therese Bovee-McKelvey

### H1N1 Influenza (Swine Flu)

H1N1 is a new category of flu that is more contagious than the seasonal flu and spreads quickly among groups of people, especially in school-age students. The seasonal flu and H1N1 have similar symptoms, which primarily include fever, cough, sore throat, body ache and headache. In addition, fatigue, lack of appetite, runny nose, nausea, vomiting and diarrhea can occur.

Like the seasonal flu, H1N1 is a respiratory infection and, like the seasonal flu, most people recover fully. Just like the seasonal flu, H1N1 can lead to pneumonia and other possible complications.

You should contact your child's health care provider if your child has a chronic health condition such as compromised immunity, diabetes, asthma history, or is receiving immunosuppressant medication or chemotherapy. Also contact your child's health care provider if your child has a fever greater than 100F/37.8C and severe respiratory symptoms such as shortness of breath, chest pain and or wheezing, or if any of your child's symptoms are of concern to you.

To reduce the spread of the illness in your home, all family members should wash their hands often with running water and soap. Remember to wash your hands after handling the sick person's laundry, after using the bathroom and before eating. Cover your nose and mouth with your sleeve when coughing or sneezing. Avoid touching your eyes or mouth with your fingers, and don't share cups, glasses or eating utensils.

You can obtain additional information at [www.snohd.org](http://www.snohd.org) or [www.k12.us/healthservices/H1N1flu](http://www.k12.us/healthservices/H1N1flu)

#### How do I recognize a fever or signs of a fever?

- A fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees F (38 degrees Celsius).
- If you do not have a thermometer, a sick person with a fever might feel warm, appear flushed or sweat and shiver.

#### How long should a sick person with a fever stay home from school?

- The sick person should stay home for at least 24 hours after they no longer have a fever or do not feel feverish, without using fever lowering medicine like Tylenol or Motrin.
- If the flu condition becomes more severe, the sick person should stay home for 7 days, or until they no longer have symptoms for 24 hours.