

School News

Washington School

Finding the Most Success in School

January is a great time to reflect on the areas in our lives where we have felt successful during the past year. It is also a time to consider how to make positive changes that can impact your child's education. Here are some ways you can help your child find the most success in school.

Get Plenty of Sleep: Scientist have found that students who do not get enough sleep have difficulty paying attention in class and do not do as well in school. It is recommended children get

from 9 to 11 hours of sleep each night.

Attendance: Attend school every day and arrive on time. If a child is 15 minutes late each day, this means they have missed over a week of school in a year!

Eat Healthy: Eat more fruits, nuts, and vegetables. Drink a lot of water and limit the amount of pop and snack food your family eats.

Exercise: Get moving and be active inside and outside.

Follow the Golden Rule: Treat others the way you want to be treated.

Time+Effort=Achievement: Encourage your child to take their time to do the best work they can in school. This will increase your child's ability to learn.


Read-Read-Read: Success in school depends on a student's ability to read and understand what they have read. Read as a family and make this fun activity a part of your day together. You will never regret the quality time this creates with your family.

May 2025 bring you health and great happiness!




Upcoming Events

PAC Meeting,	Jan. 14
End of 2nd Quarter	Jan. 17
No School—Teacher Workshop Day	Jan. 20
School Readiness Winter Fun Night	Jan. 23
Build a Wood Project	Jan. 27
Parent Teacher Conferences	Feb. 12-13
No School—Conferences & Presi-	Feb. 13-17
ness	March 5-7

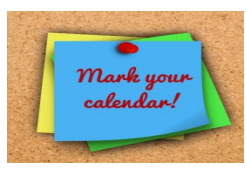


**SCHOOL READINESS
WINTER FUN PARTY**

**Thursday, January 23,
6—7 P.M.**



This fun event will be held for all School Readiness families. Time will be shared in the Washington School gym and classrooms.



*The Early Childhood Parent Advisory Council will meet on **Tuesday, January 14th, from 5—6 p.m.** RSVP for childcare by January 13th.*

All parents are welcome to attend! Upcoming events will be planned.

WASHINGTON SCHOOL

Community Education Director
Matt Torgerson

Early Childhood Coordinator
Gina Gunderson

Admin. Asst.
Brenda Crane
281-2762

Transportation Director
Rick Niemela
281-5444

Weather Related Announcements

KROX—1260 AM Radio

KVLY—TV Channel 11

WDAZ—TV Channel 8

If stormy weather is eminent, please listen to these broadcasts. Always provide the school with updated phone numbers to be certain to receive automated messages.

Prepare for Outdoor Play

Students need to wear coat, hat, mittens, snow pants and boots each day to school. Students are on the playground during recess when the wind chill is above negative 10 degrees.

When the wind chill is 10 below zero or greater during recess, children will stay inside for free choice time.



School Drop Off

When dropping off your child in the morning, please be courteous to the drivers behind you and pull as far forward along the south sidewalk as possible. This will ensure children's safety and prevent traffic congestion. Thank you for doing the safe thing and the kind thing.



Nurse's Notes



It's that time of year again...cold and flu season! Certain symptoms in children may suggest the presence of communicable disease. Many parents and students are frequently concerned about when students should stay home or attend school. Follow these guidelines to help with this decision:

- ◆ If your child has had a fever of 100 degrees, it's best not to return to school until 24 hours AFTER THE FEVER IS GONE, and without needing medication to keep the temperature down.
- ◆ The same 24-hour guide applies to vomiting and diarrhea. (for example, if your child vomits in the morning at home, DO NOT

send him/her to school at all that day).

- ◆ If a student is not running a fever but is obviously not feeling well enough to participate in classroom activities (such as - is excessively tired, has continual cough, has a runny nose) it is also a good idea to keep them at home. This child may need extra sleep, fluids, or medications to help with these symptoms.
- ◆ If you have a problem with day-care for your sick child or getting off work when you need to stay home with your child, please take time today to arrange your "emergency plan" to cover these

days. Teachers are not equipped to care for ill students.

- ◆ Sending ill children to school also exposes the other children to your child's illness. At this age, children easily pass germs through their play and close contact with each other.

Please send your child back to school when they are fully recovered.

**Healthy kids are
better learners!**

Grateful for Our Community's Businesses

The Washington School Read-a-Thon fundraiser was held November 11th — 22nd, sponsored by the Parent Teacher Organization (PTO). Washington School wants to thank our local Crookston businesses who again supported the Read-a-thon with a monetary donation during this very challenging year. These businesses are a valuable foundation to the families in our community by offering products and services, employing parents, and supporting children's education. Please take time

to personally thank the following businesses for supporting your child at Washington School:

- American Crystal Sugar Company
- Ampride Convenience Mart
- Best Used Trucks
- Christian Brothers Ford
- Crookston Pet Clinic
- Dee Manufacturing

- HN Quality Plumbing
- LeBlanc Realty
- Proulx Refrigeration, Heating & Appliance
- Studio 108 - Marti
- Studio 108 - Stacy



Diary of a Two Year Old

Children learn by doing. Practicing skills at each stage of development helps a child develop the cognitive, physical, social, emotional, and motor skills needed to prepare for the next stage of growth. The challenge in parenting is to allow the child time and space to practice these skills. The following blog shares the view a child may experience during a day.

**“I am 2. I am not terrible...I am frustrated. I am nervous, stressed out, overwhelmed, and confused.
I need a hug.”**

From the Diary of a Two Year-Old:

Today I woke up and wanted to get dressed by myself but was told “No, we don’t have time, let me do it.” This made me sad.

I wanted to feed myself for breakfast but was told, “No, you’re too messy, let me do it for you.” This made me feel frustrated.

I wanted to walk to the car and get in on my own but was told, “No, we need to get going, we don’t have time. Let me do it.” This made me cry.

I wanted to get out of the car on my own but was told “No, we don’t have time, let me do it.” This made me want to run away.

Later I wanted to play with blocks but was told “No, not like that, like this...” I decided I didn’t want to play with blocks anymore.

I wanted to play with a doll that someone else had, so I took it. I was told “No, don’t do that! You have to share.” I’m not sure what I did, but it made me sad. So I cried. I wanted a hug but was told “No, you’re fine, go play”.

I’m being told it’s time to pick up. I know this because someone keeps saying, “Go pick up your toys.” I am not sure what to do, I am waiting for someone to show me.

“What are you doing? Why are you just standing there? Pick up your toys, now!”

I was not allowed to dress myself or move my own body to get to where I needed to go, but now I am being asked to pick things up. I’m not sure what to do. Is someone supposed to show me how to do this? Where do I start? Where do these things go? I am hearing a lot of words but I do not understand what is being asked of me. I am scared and do not move. I lay down on the floor and cry.

When it was time to eat I wanted to get my own food but was told “No, you’re too little. Let me do it.” This made me feel small. I tried to eat the food in front of me but I did not put it there and someone keeps saying “Here, try this, eat this...” and putting things in my face. I didn’t want to eat anymore. This made me want to throw things and cry.

I can’t get down from the table because no one will let me...because I’m too small and I can’t. They keep saying I have to take a bite. This makes me cry more. I’m hungry and frustrated and sad. I’m tired and I need someone to hold me. I do not feel safe or in control. This makes me scared. I cry even more.

I am two. No one will let me dress myself, no one will let me move my own body where it needs to go, no one will let me attend to my own needs. However, I am expected to know how to “share”, “listen”, or “wait a minute”. I am expected to know what to say and how to act or handle my emotions. I am expected to sit still or know that if I throw something it might break....But, I do NOT know these things.

I am not allowed to practice my skills of walking, pushing, pulling, zipping, buttoning, pouring, serving, climbing, running, throwing or doing things that I know I can do. Things that interest me and make me curious, these are the things I am NOT allowed to do.

I am 2. I am not terrible...I am frustrated. I am nervous, stressed out, overwhelmed, and confused. I need a hug.

A post by Mary Katherine Backstrom.

“There are no perfect parents, and there are no perfect children, but there are plenty of perfect moments along the way.”

- ◆ Need parenting strategies?
- ◆ Are you struggling with your child's sleep routine?
- ◆ Need ideas on handling stressful situations?

Gina Gunderson,
Parenting Educator

Phone: 218-281-2762

Email: ginagunderson@isd593.org

Receive support in the parenting journey from Gina Gunderson, Parenting Educator for Crookston Public Schools. The role of a parenting educator is to provide parent education and family support to enhance the quality of parenting, increase a parent's understanding of child development, and work with parents to help their children learn, grow, and develop to meet their full potential. Gina's services are available to all Washington School parents. Her schedule is flexible for meeting with parents.

Crookston's Annual Early Childhood Screening



The State of Minnesota requires that all children are screened prior to entering preschool or kindergarten. The state encourages children to be screened at age 3 for early intervention. A team of teachers and health professionals will screen children in the following areas: social, emotional, developmental, health history, vision, hearing, and speech. Staff work hard to help shy or nervous children feel comfortable. More information will be released in February.

If your child turns 3 years of age by 03-01-2025 or has not yet been screened, **please contact Brenda Crane at 281-2762** to arrange your child's screening appointment. All children in Minnesota have the right to receive a free early

childhood screening. Because of the select group of professionals it takes to make this happen, please make every effort to have your child screened.

There will be no School Readiness classes Wednesday—Friday, March 5th—7th.



Early Childhood Build a Wood Project at Washington School

Monday, January 27th, 6—7 p.m.



Wanted, young carpenters (birth to 5 years old)! ECFE's Build a Wood Project will be at the Washington School Gym. You will need a Phillips screwdriver and hammer to build a **Birdhouse** that will provide entertainment for years to come. Supplies are limited, so **please register by January 23rd**. The cost is \$8.00 per project for materials and is due when registering. No one will be turned away for inability to pay.

ECFE Activities in December



Full STEAM Ahead offers children time to freely investigate, explore and experience classroom tools with their parent.



ECFE enjoyed “Going to the Movies” at the Grand Theater. The event provided opportunity for young families to experience the big screen.



Far left—Racing Reindeer are Ready at a Saturday morning Pop In and Play class! The activity helped children build listening and movement skills.



An Ornament Relay during Unplug and Play focused on concentration, balance, problem solving and fun!



**EARLY CHILDHOOD
FAMILY EDUCATION**

**Call 218-281-2762 to
inquire about ECFE
classes and events.**

Cereal Box Domino Run

Washington School collected cereal boxes during the month of December for a variety of learning experiences, including literacy, math and STEM. Children were able to count, recognize letters and build with the cereal boxes. The ultimate goal was to collect cereal for the community. The boxes gathered in the classrooms for lessons, then, all the classes brought the boxes to the gym for a final lesson, a giant Domino Run.

The photos on pages 6—7 show the collection process, classroom activity and the final







Crookston Public Schools

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Indicators of Kindergarten Readiness

We believe that families, early childhood teachers, and caregivers all contribute to a child's readiness for a positive kindergarten experience. We understand the development of skills varies from child to child and it takes all of us working together to help children be successful in school. For children to have the best start in kindergarten, it would be beneficial for children to meet the following indicators when entering kindergarten:

- ◆ **Recognize and write the letters in their name.**
- ◆ **Name a minimum of 13 letters of the alphabet...uppercase and lowercase.**
- ◆ **Recognize and name numbers 0-10.**
- ◆ **Count objects 1-10.**
- ◆ **Be able to listen to a story and turn the pages of a book one at a time.**
- ◆ **Show independence with self-help skills such as toileting, washing hands, dressing self, and tying shoes.**
- ◆ **Is able to get along with others and use words to express their feelings.**



It's not about *Having* time,
it's about *Making* time!



**To be in your children's
memories tomorrow,
you have to be in
their lives today.**



Why Being Outdoors in Winter is So Very Good for Kids

by Meghan Fitzgerald

“There may not be two more important Capacities kids need for long term wellness than ***GRIT AND RESILIENCE.***”

Gina Gunderson, Parent Educator for Crookston Public Schools, solidly echoes an article written by Meghan Fitzgerald, published on the website: tinkergarten.com, “Why Being Outdoors in Winter is So Very Good for Kids.” Gina heartily agrees with Ms. Fitzgerald’s report:

“Winter offers unique sensory experiences that are inspiring and enriching for all ages. We grow more resilient when we learn to manage challenging conditions—something kids struggle with more and more.”



Alarmed by the article’s report of “studies showing that kids today spend, at best, anywhere from 50% to 70% of the time we did outdoors, adults need to make an effort to get children outdoors to play. Kids have lost 12 hours of play time out of each week since 1970— a huge loss. As a nation, we gave ourselves a D- on our US Report Card on Physical Activity for Children and Youth with more than ¾ of our kids failing to get the minimum required daily physical activity.”

“The increase in sedentary, indoor lifestyles coincides with increases in many chronic childhood health conditions, including childhood obesity, asthma, attention deficit disorder and vitamin D deficiency.”

Exposure to nature and play provide these direct benefits:

- ◆ Kids who spend more time outdoors are more physically active, and there is no shortage of research that physical activity drives positive health outcomes.
- ◆ Doctors also know daily doses of fresh air and sunlight increase circulation, vitamin D, boost immune systems, and promote overall wellness.
- ◆ Time spent in natural settings also contributes to healthy sleep patterns in babies, toddlers and kids. And proper sleep drives all kinds of beneficial health outcomes.
- ◆ Kids who spend time outdoors get sick less often. The perception that you’ll catch a cold outside is just plain wrong. Stagnant, indoor environments are breeding and sharing grounds for all kinds of germs, and some studies show that being cold may even trigger the immune system.
- ◆ Nature and play lower stress. Time spent in natural settings is restorative and reduces anxiety for kids and for adults.
- ◆ Nature and play bring joy.
- ◆ Play in the cold gives kids grit.

The writer encourages parents to commit to trying to get outside every day this winter, even if just for a little while. **“Winter gives kids the opportunity to learn that they can manage when life gets a little challenging. They get the message that they have the resources to persist and make the best of what life hands them.”**

