



Orchard Heights Elementary January 2019

**Caring and Achieving Together ...
Reaching Every Shark
What Ever it Takes!**

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Happy New Year Orchard Heights Family!

What an exciting December we've had. There was the Winter Carnival, the Nutcracker, a serenade by the fourth grade classes (see pictures on the reverse side), the Second Grade musical, the Winter Concert, and Santa's Work Shop. Of course, none of us were prepared for Mother Nature's surprise wind show ... but our Shark family stayed strong and came together in a time of need. Through many selfless acts of kindness, help was provided for one of our affected families who had suffered extreme damage to their home. We'd like to take a moment to thank our staff, our friends, our community and - most of all - our families in their tireless effort to help those impacted by these upsetting events. It's in moments like this that we can still see the good that is in the world.

For more information on different ways that *you* can help those affected by the tornado, please refer to the school web page "**News You Can Use**" section for additional links and information : <https://orchardheights.skschools.org/cms/One.aspx?portalId=59864&pageId=14629347>

"In accordance with state law for gifted education, South Kitsap School District's 2nd grade students will all be administered a Cognitive Ability Screener in the regular classroom. Those 2nd graders who perform well above average on this assessment will be invited to continue with the assessment process to be considered for highly capable services. Parents will be notified via mail in February if their student is invited to continue with the selection process. If you would like more information about the program, please visit our website at www.skschools.org. You may also contact the Hi-Cap program at 360-874-7057 or via email at jensenj@skschools.org

1. SET A DAILY INTENTION

It can be just as simple as deciding not to overreact if your kids or another family member gets on your nerves — or to take a walk at lunch instead of not leaving your desk. If you feel like you're living on auto-pilot, starting your day by setting a daily intention can help you feel more in control of your life and your actions

2. CROSS OFF THE TOUGHEST TASK ON YOUR TO-DO LIST FIRST

Figure out the toughest, most important or most intimidating task you want to get done by the end of the day and tackle it first. That way it's done, so it's not hanging over your head or stressing you out the rest of the day.

3. START A BELLY BREATHING HABIT

Shallow breathing keeps our bodies in fight-or-flight, high stress mode. But deep belly breathing sends a message to our brains to relax. Slowing down your breath can slow down the chatter in your head, and reduce stress and anxiety. (You may also find yourself thinking more clearly and sleeping better.)

To see more inspired ideas, visit the *Better* webpage at:

<https://www.nbcnews.com/better/health/7-totally-doable-new-year-resolutions-will-change-your-mcn833281>

2019

Happy New Year!
From Orchard Heights



Believe

A 24 year old boy seeing out from the train's window shouted ... "Dad, look the trees are going behind!" A young couple sitting nearby, looked at the 24 year old's childish behavior with pity. Suddenly he exclaimed, "Dad, look the clouds are running with us!" The couple couldn't resist and said to the old man ... "Why don't you take your son to a good doctor?" The old man smiled and said..."I did and we are just coming from the hospital, my son was blind from birth, he just got his eyes today."

A man's favorite donkey falls into a deep precipice. He can't pull it out no matter how hard he tries. He therefore decides to bury it alive. Soil is poured onto the donkey from above. The donkey feels the load, shakes it off, and steps on it. More soil is poured. It shakes it off and steps up. The more the load was poured, the higher it rose. By noon, the donkey was grazing in green pastures.

As a man was passing the elephants, he suddenly stopped, confused by the fact that these huge creatures were being held by only a small rope tied to their front leg. No chains, no cages. It was obvious that the elephants could, at anytime, break away from their bonds but for some reason, they did not. He saw a trainer nearby and asked why these animals just stood there and made no attempt to get away. "Well," trainer said, "when they are very young and much smaller we use the same size rope to tie them and, at that age, it's enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to break free." The man was amazed. These animals could at any time break free from their bonds but because they believed they couldn't, they were stuck right where they were.

Helping Children After a Natural Disaster

Natural disasters can be especially traumatic for children and youth. Experiencing a dangerous or violent flood, storm, or earthquake is frightening even for adults, and the devastation to the familiar environment (i.e., home and community) can be long-lasting and distressing. Often an entire community is affected, further undermining children's sense of security and normalcy.

Children look to the significant adults in their lives for guidance on how to manage their reactions after the immediate threat is over. Parents, teachers, and other caregivers can help children and youth cope in the aftermath of a natural disaster by remaining calm and reassuring children that they will be all right. Immediate response efforts should emphasize teaching and reinforcing effective coping strategies, fostering supportive relationships, and helping children understand their reactions.

We are not able to prevent crises from occurring but we can control the conditions in which we work through one and we do that through our district's crisis plan.

<http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/natural-disaster>



Fourth Grade

PLEASE RETURN ALL BORROWED CLOTHES BACK TO THE HEALTH ROOM - THANK YOU!

The South Kitsap School District provides equal educational and employment opportunity without regard to race, creed, religion, color, national origin, age, honorably-discharged veteran or military status, sex, sexual orientation - including gender expression or identity, marital status, or the presence of any sensory, mental, or physical disability, the use of a trained dog guide or service animal by a person with a disability. Equal access to activities, facilities and program is provided to the Boy Scouts of America and other designated youth groups. District procedure complies with all applicable state and federal laws.

The Title IX Officer and Section 504 Coordinator with the responsibility for monitoring, auditing and ensuring compliance with this policy are:

Compliance/ADA/Title IX Coordinator
Jerry Holsten, Executive Director of Human Resources
2689 Hoover Avenue SE, Port Orchard, WA 98366
360-874-7006
holsten@skschools.org

Section 504 Coordinator
Robin Christman, Assistant Director Office of Special Services
2689 Hoover Avenue SE, Port Orchard, WA 98366
360-874-3627
christmanr@skschools.org

Check out our website:
<https://orchardheights.sksschools.org>



Check us out on Facebook!
Find us at: Orchard Heights Elementary