

Emerson Elementary School

Craig Church, Principal

1103 Pine Avenue - Snohomish, WA 98290

Attendance Line: 360.563.7156

Main Phone: 360.563.7150

Fax: 360.563.7157



December 2018

Dear Emerson Families,

December is upon us and we'll begin our long holiday break on December 14th, releasing students at 11:45. I am trying to keep in mind what is important about the season as the pressure starts to build around social commitments, financial stretching and meal preparations for family gatherings. We have been using many self-regulation strategies at Emerson to help us feel grounded as learners. These strategies are helpful in so many ways and include: taking time to take some deep breaths when things feel hectic, taking a moment to be still and think about something I'm grateful for, and anticipating some challenges around expectations from family and friends. Sometimes being clear about what the limits are to what I can and cannot do helps relieve the pressure.

Many of us have the additional pressure of not having the resources to create the kind of holiday experience we would like for our children. I want you to know there are resources out there to help with food and gifts at this time of year. Listed below are some good resources to help:

Christmas House: www.christmas-house.org, (425) 338-2273

Snohomish Food Bank: www.snohomishfoodbank.org, (360) 568-7993

Toys for Tots: <http://everett-wa.toysfortots.org>, (425) 309-0047

Please look for the December edition of the Counselor's Corner for additional resources.

Wishing you and yours the very best.

Dr. Church



ZingerBug.com

Snow & Ice - School Closure Information





When winter arrives, the possibility of school closure due to weather or road conditions must be considered. In this event:

- Automated phone calls and e-mails are sent to all district families through School Messenger.
- A notice is posted on the district Facebook page - www.facebook.com/snohomishschooldistrict
- A notice is placed on the district website - www.sno.wednet.edu
- Local television and radio stations are notified.
- Emails are sent through our listserv newsletter subscription system.
- A notice is sent to the statewide public emergency notification system - www.flashalertseattle.net.

12 Questions to Ask Your Kids After School Instead of "How Was Your Day?"

- What made you smile today?
- Can you tell me an example of kindness you saw/showed?
- What did you do that was creative?
- If you could change one thing about your day, what would it be?
- Was anyone in your class gone today?
- Tell me something you know today that you didn't know yesterday.
- If you switch seats with anyone in class, who would it be? And why?
- Did you like your lunch?
- What was the hardest rule to follow today?
- Who did you sit with at lunch today?
- What kind of person were you today?
- What made your teacher smile or frown?

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
School Hours M-Th. 8:35-3:15 Fri. 8:35-1:15		Upcoming Dates: Jan. 1 New Years Day Holiday / No School Jan. 2 School Resumes Jan. 18 8:45 MLK Assembly Jan. 21 MLK Holiday / No School Jan. 28 Non-Student Day / No School				1 Panther Pal Pajama Party - SHS Cafeteria: 9:30-10:45 am
2	3	4  4th Concert, SHS PAC, 6:30 p.m.	5	6	7 8:45 Assembly	8
9	10	11  Family Fun Night Out Emerson Gym 6:30-8:00	12	13	14 8:45 Assembly 11:45 Early Release	15
16	17 WINTER BREAK	18	19	20	21	22
23	24 WINTER BREAK	25 	26	27	28	29



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