

# THE SUNRISER SUNRISE ELEMENTARY SCHOOL



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## Principal's Perspective

As the year is just getting underway, I want to take the opportunity to explore some of the traits that really successful people have in common. September is a time of renewal and rededication at school, and a good time to focus on some of those generic attributes that help people achieve. These traits are commonly found in CEO's, Nobel Prize winners, and third grade students. While we cannot ignore the idea of being gifted or talented and the role these qualities play in success, they are seldom enough on their own.

Last year I wrote about the work of Carol Dweck and what she had to say about the idea of a growth versus a fixed mindset. Three decades have passed since the Stanford University psychologist and others first linked students' motivation to the way they perceived intelligence. Students who believe intelligence or skill can be improved by effort and experimentation—what Ms. Dweck calls a "growth mindset"—seek challenges, learn from mistakes, and keep faith in themselves in the face of failure.

She suggests that these two different mind-sets can be influenced by the interactions we have with other people. People with fixed mind-sets believe their abilities are based on innate qualities and their successes or failures are based on how smart or skilled they are. People with a growth mind-set believe their efforts will result in new abilities, and that failure offers an opportunity to improve their performance.

As part of an ongoing series of studies of growth-mindset teaching practices, Ms. Dweck and other researchers tracked more than 250,000 students learning fractions via the online Khan Academy program. They found minor changes to student feedback—such as providing improvement-related praise vs. general encouragement—improved student persistence and math achievement.

Dweck's research is shining a light on others who have been working on similar notions. Angela Lee Duckworth has been exploring the notion of *grit*, the ability to set goals and persist in working toward them, and how this trait is a better predictor of academic success than IQ. She compares gritty individuals to marathon runners, in that they approach a situation with relentless determination and perseverance, and doggedly take one step after another until they reach their goal.

In the research conducted by Duckworth at the University of Pennsylvania, she has found that people who strive to reach a certain point, say to get an A, arrive at that level of proficiency and then stop. Compare these students with those *grittier* students who are not just trying to reach a certain point, but are trying to maximize their outcomes—to do as well as they possibly can. For those with grit, there is no limit, ceiling, or threshold. The students who shoot for a certain level, stop once they get there and actually end up working less hard than students with more grit.

So what does all of this mean? I think it makes a case for the attributes we want to instill in our students that goes beyond the content knowledge we typically think school is all about. We want our students to work hard, struggle, fail, and learn to persevere through it all. We need to provide them with the strategies that will support their efforts, and use language extolling the virtues of effort and determination versus solely focusing on achievement.

We want to equip our students with the content knowledge they are going to need to move forward, and just as importantly, the grit and determination to stick with it and never stop trying, working, or learning.



### Curriculum Nights

We strongly urge you to plan to attend Sunrise Curriculum Night in your child's classroom. This is a time for you to meet your child's teacher, to gain information regarding your child's classroom, and also to ask pertinent questions. Please note the schedule below:

5 <sup>th</sup> Grade	9/19 7 pm	Mrs. Koch (Room 221)
5 <sup>th</sup> / 4 <sup>th</sup> Combination	9/19 7 pm	Mrs. Jensen (Room 214)
6 <sup>th</sup> Grade	9/19 6 pm	Mr. Miller (Room 224), and Mrs. Juenger (Room 223)

### **SUNRISE HAPPENINGS**

**Sept 16 Instrumental Music Information Night**

**Sept 18 TJH Open House 6:30pm**

**Sept 19 Curriculum Night: 6<sup>th</sup> Grade 6:00pm; 5<sup>th</sup> Grade & 5<sup>th</sup>/4<sup>th</sup> Combo 7:00pm**

**Sept 20 School Picture Day**

**Sept 20 PTA Family Fall Fiesta 6:00-8:30pm**

**Sept 24 First Grade PE Night**

**Oct 1 1st Year Band /Strings Begin**

**Oct 1 Second Grade PE night**

**Oct 4 Bucket Fillers School Assembly**

**Oct 8 PTA General meeting in the Library 6:30-8:30pm**

**Oct 7,8,10,11 Early dismissal (12:05pm) Teacher/Parent Conference Days**

**Oct 7,8,9,10,11 NO HALF-DAY KINDERGARTEN THIS WEEK**

**Oct 17 Health Screening**

**Oct 25, 26 PTA/Studio East School Play**

**Nov 1 PTA Halloween Dance**

### Parent/Teacher Conference Week

We are changing the conference schedule, and in some ways, the purpose of the conference. This year you will be attending conferences in early October. Teachers will have had the month of September to begin to get to know your children as learners and as interesting young people. The purpose of the October conference is to enhance the teachers' understanding of their students' needs, interests, and learning styles and establishing a partnership with parents or guardians. While some early assessments may have been done, there will be no formal progress information to report. Our hope is that by getting to know you, and your goals for your children, we can all partner effectively for a successful school year.

### **School Schedule for Conference Week October 7<sup>th</sup>-11th**

**No half-day kindergarten this week**

- **Monday, October 7 9am-12:05pm**
- **Tuesday, October 8 9am-12:05pm**
- **Wednesday, October 9 9am-1:50pm**
- **Thursday, October 10 9am-12:05pm**
- **Friday, October 11 9am-12:05pm**

## FRIDAY, SEPTEMBER 20th IS PICTURE DAY!

PLEASE USE AN ORDER FORM FOR EACH CHILD WHO WILL BE ORDERING A PICTURE. ORDER FORMS WERE SENT HOME THIS WEEK, AND THERE ARE EXTRA FORMS IN THE OFFICE.

THESE PICTURES ARE USED IN THE YEARBOOK SO ALL STUDENTS WILL HAVE THEIR PICTURE TAKEN WHETHER THEY ARE BUYING OR NOT. PLEASE BRING YOUR MONEY AND A SMILE!



### LOST AND FOUND

With the cold mornings and hot days many students are leaving jackets, sweatshirts, sweaters and jog suit tops on the playground and these often-new clothing items, end up in our Lost and Found. If you label your child's outerwear, you most likely will get the item back. However, many items are given to the Goodwill before Winter Break in December. Please have your child check the Lost and Found rack near the gym and you may wish to check the rack too.

### FROM THE NURSE

The health room needs sweat pants in sizes 5-10. If you have some gently worn sweat pants, leggings or other elastic waist pants that your children have outgrown, please consider donating them to our health room. Children get wet at school during our rainy weather and need something dry to change into. Pants with elastic waists are the most adaptable to a variety of sizes and shapes. Thank you for your donations.

### Cross Country

Registration is now open to all students in grades 3-6. Please see

<http://www.nsd.org/education/components/scrapbook/default.php?sectiondetailid=35919>

Practices are Monday and Thursday beginning **September 16 from 3:30-4:15**. Meet in the gym. No Thursday practice once meets begin. Students stay after school and must have their own transportation home. Wear appropriate running attire and bring a water bottle if you choose. If you are unable to make the practices but will train on your own, you are welcome to join the team. Participants must fill out and return an Emergency Card prior to the first meet.

**First practice is Monday, September 16**

#### **Meet Schedule**

Thurs. 9/26 - 4:15 pm	@ East Ridge vs. ER and WE
Thurs. 10/3 - 4:15 pm	@ Woodin vs. WO and KO
Thurs. 10/17 - 4:30 pm	@ Sunrise vs. HH, WE & WM
Thurs. 10/24- 4:15 pm	@ Wellington-Finals vs. BC, CL, ER, HH, WE
TBD Pumpkin Run	

**Week of October 7- Conference week- no meet or practice**



### Request to Prevent Disclosure of Directory Information

In your first day packets you received a Directory Information Withhold Release form. If you choose to complete this form, please return it to the office by **Friday, September 27<sup>th</sup>**. Federal law prohibits school districts from releasing information found in student files without parent/guardian permission, except for what is termed **Directory Information**. **The district does not release Directory Information for commercial purposes but does release this information when there is a legitimate educational purpose for doing so.** The items listed under Directory Information may be released in accordance with the Family Educational Rights and Privacy Act of 1974 (FERPA). Under

the provisions of FERPA, you have the right to withhold the disclosure of Directory Information. Directory information includes the following:

Name

Address - personal residence and email

Telephone listings

Image (photo, video and audio)

Most recent/previous school attended

Dates of attendance

Enrollment status

Participation in officially recognized activities and sports

**Please consider carefully the consequences of any decision to withhold Directory Information.**

**Should you decide to inform us** to withhold from everyone Directory Information, any future requests for such information from non-district persons or organizations will be refused. For example, we would be unable to release information for:

Student directories

Annuals/yearbook

**PTA and other school-related organizations/activities**

School programs/sport event programs

School/district publications, Web site and media releases

### **Northshore School District Preschool Program is Expanding to Include Peer Model Opportunities for both Cottage Lake and Sorenson Early Childhood Center**

Northshore School District Preschool is currently accepting applications for its Peer Model Program at Cottage Lake Elementary School and Sorenson Early Childhood Center for the 2013-14 school year. The opportunity for a child to be a peer model in the Developmental Special Education Preschool class is a great way for them to learn about individual differences and build self-esteem.

Peer Model Program registration information:

- Children must be four years old by December 31st.
- Children must be toilet trained.
- Parents must provide a current Certificate of Immunization.
- Parents provide transportation to and from school.
- Tuition is \$150 per month.

For more information, including registration for the Peer Model Program, contact Sorenson Early Childhood Center, [425.408.5570](tel:425.408.5570).

### **Royal Ball Announcement**

**Woodinville High School's FBLA is proud to invite you to the 1st Annual Royal Ball!**

**Where: Woodinville High School's Commons**

**When: Saturday October 19th, 2013 5pm-9pm**

**Come dressed as your favorite princess and enjoy a night fit for a queen. Fun for the whole family with games, food and a costume contest! \$5 Admission**

**If you have any more questions or would like to order tickets, please email:**

**<mailto:woodinvillefbla@gmail.com>**



## PTA Corner

### Come to the Back to School FAMILY FALL FIESTA!

This year's fiesta will be on **Friday, September 20th from 6:00 pm to 8:30** so mark your calendars and be prepared to enjoy conversation and activities with your Sunrise "Family"! This year's fiesta will, again, be catered by Kirkland Taco Del Mar with many thanks to Ralph Subcleff. We will also be having a live Mariachi band and the always-famous CAKE WALK! Tickets go on sale at the Open House on August 29th and can be purchased through **September 18th**. Ticket Costs are: \$7 (for children ages 5-11) and \$9 (for ages 12 and older), under 5 is free.



**You can come to the Fiesta without tickets, but if you want to eat at the Fiesta, the last day to order is Wednesday, September 18th. Tickets will be sold that day before and after school (1:50pm) in front of the main office. This will be the last chance to place a food order.**

If you have any questions, please email Katie Schramm at <mailto:jkamschramm@comcast.net>

**FAMILY FALL FIESTA VOLUNTEERS NEEDED!** We need adult and student volunteers.

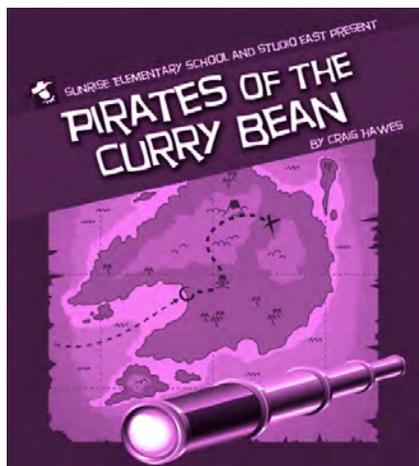
Please email Katie Schramm at <mailto:jkamschramm@comcast.net>



### Cake and Baked Goods Decorating Contest

Decorate a cake, cupcakes, cake pops or cookies for the Sunrise Cake Decorating Contest. Prizes will be given to the Top 5 Best Decorated Baked Items voted on by Sunrise Teachers/Staff and PTA Board. Bring your creatively decorated baked goods to the **Gymnasium before 9am on Friday, September 20**. Remember to put your name, grade and teacher's name on a piece of paper taped to the bottom of your dessert container. Baked goods will be used at the Sunrise Fiesta Cake Walk. You may enter cakes in the following themes: Fiesta, Halloween/ Haunted, Most Creative, Pirates, & School Spirit

**ALSO**, if you are donating a cake for the Cake Walk only (not a contest entry) you can bring your cake any time during the day to be placed on the "Cake Walk Only" table.



### Sunrise School Play

"Pirates of the Curry Bean"  
4th, 5th & 6th Graders  
October 25th & 26th

#### Auditions

September 16th & 17th

Questions: Kim Norris  
<mailto:kimandtom@att.net>

### The Sunrise PTA Needs you!

Looking for a way to contribute? The Sunrise PTA is in need of a **VP of Fundraising** and a **Co-chairperson for the School Dance**. If you're interested, please contact: [mailto:jen\\_tunnell@comcast.net](mailto:jen_tunnell@comcast.net).



### Looking For Recess Volunteers

This is a wonderful opportunity to get involved in our school by directly interacting with the most precious part of the Sunrise Family--the kids! The two recess volunteer opportunities are morning recess 10:15-10:30am and/or lunch recess 12:00-1:00pm. Please contact Sheri Padgett as soon as possible at <mailto:svowels@comcast.net> if you're interested.

### Looking for a Few Good Art Docents!



Every Fall parents contemplate how to get involved at Sunrise. Why not try something different? Being an art docent is easier than it sounds. It takes about 1.5 hours per month and you work with other parents. Come see just how fun it is to be an Art Docent at our fall kickoff meeting on **September 24 at 9:00-10:00am in the Activity Room** or email <mailto:krisbien@clearwire.net>. *Small children welcome to attend meeting.*

### PTA Membership

The PTA is cooking up a recipe for success! YOU are a key ingredient. Please help us reach our 100% membership goal. **Deadline for raffle prizes is September 27**. Forms available in the office and online at <http://sunriseparents.org/>. Remember, nothing tastes as good as being a PTA member feels!

### Sunrise Math Olympiad

Fifth and sixth graders—are you ready to become a “mathlete” and join the Sunrise Math Olympiad Team? Challenge yourself with new math and problem solving skills, and test what you’ve learned by competing in math tournaments.

The Math Olympiad Team is a PTA sponsored, volunteer run program, and we are lucky to have amazing teacher(s) for this program!!!

The program will run October – April. There will be a \$25 fee per student\*. Classes will be held at Sunrise once a week before school. Students will participate in online and local math tournaments.

Are you interested? Please register online at <http://sunriseparents.org/after-school-programs/>. For more information, send an e-mail to <mailto:kmocherman@comcast.net>. Space is limited - first come first serve!!!



## ART FOR KIDS REGISTRATION OPEN

**These are ongoing classes, open to new and returning students, and projects are not repeated.** The program is process oriented and designed to enhance your child's enjoyment of art and creative expression. The emphasis in the program is to acquaint children with various materials, and to develop skills, thereby enhancing their self-esteem in regard to their creativity (in a technique-based, sequential-learning program, similar to piano lessons). Children will have an opportunity to explore their creativity through a variety of materials including pen and ink, watercolors, acrylics, pastels, clay, and plaster. Drawing techniques are incorporated in these classes as well as painting and sculpting techniques. A professional, degreed artist teaches classes.

**Registration ends September 18!** Registration after this date will incur a \$10 late fee.

**Classes are small and prompt registration is essential to reserve a space!**

*(A limited number of scholarships are available; please call the above number for info.)*

**Session Dates:** Wednesdays, (Sept. 18th - Dec. 18th) or Thursdays, (Sept. 19th - Dec. 19th)

**Time:** Wednesdays 2:00-3:00pm (ages 5-8), or 3:15-4:15pm (ages 9-12)

Thursdays 3:30-4:30pm (ages 5-8), or 4:45-5:45pm (ages 9-12)

**Cost:** \$175.00 full semester commitment (plus \$5 registration fee)

**Registration:** online at <http://artforkidsschool.com>

**Contact:** 360-539-9220 or at <mailto:info@artforkidsschool.com>

### **Interpreter/Translation Services for Parents**

Your child's education is very important. As the parent/guardian of a Northshore student, you have the right to participate in your child's education, including communicating with teachers and staff about your child. Northshore offers interpreter and translation services to parents free of charge. We encourage you to tell someone at your child's school if you need an interpreter or a translation. Please contact your school office or Sue Moeller at 425-408-7723 if you have any questions or concerns about Northshore's language services.

孩子的教育非常重要。作为 Northshore 学校学生的父母/监护人，您有权参与您孩子的教育，包括与学校教职人员就您孩子的各方面情况进行沟通。Northshore 学校向家长免费提供口译和笔译服务。如果您需要翻译服务，我们鼓励您告诉孩子所在学校的相关人员。如对 Northshore 语言服务有任何问题，请与学校办事处或 Sue Moeller 联系，电话：425-408-7723。

귀 자녀의 교육은 매우 중요합니다. Northshore 학생의 부모/후견인으로서 귀하에게는 자녀에 대해 교사 및 직원과 의견을 나누는 등 자녀 교육에 참여할 권리가 있습니다. Northshore는 학부모에게 통역 및 번역 서비스를 무료로 제공합니다. 통역 또는 번역이 필요한 경우에는 자녀 학교의 교직원에게 말씀해 주시기 바랍니다. Northshore의 언어 서비스에 대한 질문 또는 관심사항이 있는 경우에는 교무실 또는 Sue Moeller에게 425-408-7723으로 연락해 주십시오.

Образование вашего ребенка имеет большое значение. Являясь родителем / опекуном ученика округа Northshore, вы имеете право на участие в его образовании, в том числе на общение с учителями и персоналом школы по вопросам, касающимся вашего ребенка. Школьный округ Northshore предлагает родителям бесплатные услуги устного и письменного перевода. Если вам требуется помощь устного или письменного переводчика, сообщите об этом кому-либо из персонала школы, в которой учится ваш ребенок. Свяжитесь с администрацией школы или со Sue Moeller по телефону 425-408-7723, если у вас возникнут какие-либо вопросы или трудности со службой переводов Northshore.

Sự giáo dục của con quý vị là rất quan trọng. Là phụ huynh/người giám hộ của học sinh Northshore, quý vị có quyền tham gia chương trình giáo dục của con mình, gồm có việc liên lạc với giáo viên và nhân viên liên quan đến con quý vị. Northshore cung cấp dịch vụ thông dịch và biên dịch miễn phí cho phụ huynh. Chúng tôi khuyến khích quý vị nên thông báo cho một nhân viên tại trường học của con quý vị nếu quý vị cần thông dịch viên hoặc tài liệu dịch. Vui lòng liên hệ văn phòng nhà trường hoặc Sue Moeller qua số 425-408-7723 nếu quý vị có bất kỳ thắc mắc hay quan ngại nào về các dịch vụ ngôn ngữ của Northshore.

La educación de su hijo(a) es muy importante. Como padre/tutor de un alumno de Northshore, usted tiene derecho a participar en la educación de su hijo(a), esto incluye comunicarse con los profesores y el personal para hablar sobre su hijo(a). Northshore ofrece servicios de traducción e interpretación sin costo para los padres. Si usted necesita un intérprete o una traducción por favor coméntelo con alguien de la escuela donde estudia su hijo(a). Por favor contacte a la dirección de la escuela o a Sue Moeller al 425-408-7723 si tiene preguntas o inquietudes relacionadas con los servicios de traducción e interpretación de Northshore.

## Northshore's Nondiscrimination Statement

Northshore School District prohibits *discrimination on the basis of* age, sex, marital status, genetic information, sexual orientation including gender expression or identity, race, creed, color, national origin, honorably discharged veteran or military status, or the presence of any sensory, mental, or physical disability or the use of a trained dog guide or service animal by a person with a disability, unless based upon a bona fide occupational qualification, *in all its employment procedures, training, programs and activities and provides equal access to the Boy Scouts and other designated youth groups.* The following employee has been designated to handle questions and complaints of alleged unlawful discrimination: Jeff Sherwood, Human Resources Director, 3330 Monte Villa Parkway, Bothell, WA 98021, (425) 408-7606.