



Calendar

Continuing Activities:

Choir Practice
Wed 8:30am

Play & Learn
Thurs 10:00am

Feb 1
Kendall Spirit Week Assembly
3:00pm

Feb 10
Love the Bus Week!

Feb 11-14
Kendall Spirit Week

Feb 15
NO SCHOOL
For students

Feb 18
NO SCHOOL
President's Day

Feb 25
PTA Meeting
6:30pm

Weather, Snow Routes, School Closure Information
(360) 383-2070



PTA Notes

Thank you Kendall families for coming to the PTA's STEM evening! A huge THANK YOU to teachers and Mrs. Gribble for helping the families build the littleBits inventions.

Parents, please sit down with your student to take the online survey about the event. This is needed to be able to apply for future grants. Link: (you may need to copy/paste into a blank webpage.)

https://docs.google.com/forms/d/e/1FAIpQLSeuG7dE5htyjaxHVRw5mHD5K_ozZbwPjcnRtb5Cacq1aWHKmg/viewform

Spirit Week is coming February 11-14. We'll have a quick assembly this Friday afternoon to explain how the students can participate and the themes for each day. A flyer will come home too.

A new order for Mount Baker spirit wear (shirts, sweatpants and sweatshirts) will start the week of February 11th. The order deadline will be March 8th.

Mount Baker Elementary Libraries Bookmark Design Contest

Open to grades K-6. One entry per student. Each student should enter their best idea for a bookmark. Entries should be the student's own original artwork (no tracing, no famous cartoons, no adult help.) Entries should be in black ink and must fit inside the lines of the form. Designs done with a sharpie-style felt pen are acceptable. No designs done in pencil. Bookmark ideas should be submitted to your school

library by the end of the day on **Friday, Feb 8, 2018.**

One winner will be chosen from each grade. (K, 1,2,3,4,5,6) Each elementary library will publish winning bookmarks and make them available to students the week of March 11, 2019. Only the first name of the winners and their grades will be released.

Cooking With Common Threads

Classes in all grades are enjoying monthly cooking lessons through March 12th. In February our student chefs will prepare and taste Three Sisters Stew, a traditional and contemporary Native American dish made with squash, corn, beans and more. Keep a lookout for recipes coming home and visit <https://commonthreadsfarm.org/recipes/> for more! As always, if you're interested in getting involved, please contact me: jess@commonthreadsfarm.org

Jess Meyer, AmeriCorps Food Educator
[Common Threads Farm](#) (360) 927-1590

Follow Common Threads on [Facebook](#), [Twitter](#), and [Instagram](#) [Help us Grow Good Eaters!](#)

A Note from the Mount Baker School District Nurse:

As you may be aware, there is a measles outbreak in the Clark County / Portland area. As of 01/22/19 Twenty-three cases have been confirmed. Of the 23 cases, twenty were not vaccinated and three have undetermined vaccination status. If you wish to follow the outbreak and be informed of which businesses and locations were exposed, please go to the following website: <https://www.clark.wa.gov/public-health/measles-investigation>. We are following the Clark County cases and if the outbreak begins moving north, we will keep parents informed.

Measles are a highly contagious disease that spreads through the air by breathing, coughing or sneezing. Measles can spread from the time a person has the initial symptoms until the time the rash disappears. A person may get the measles just by being in the same room as someone with the disease because the virus stays in the air for about 2-hours after the exposed person has left the room. People not vaccinated are more likely to get measles. Measles can be dangerous for babies and young children and in rare cases it can be deadly.

The symptoms of measles usually begin with a high fever, cough, runny nose, and red, watery eyes. In three-five days,

**Kendall Admin
(360) 383-2055**

Principal
Susan Gribble
sgribble@mtbaker.wednet.edu

Secretaries
Justina Grimes
Karen Brown

kendallsec@mtbaker.wednet.edu

**Kendall PTA Board
Officers**

Co-Presidents:
Melissa First, Jennie Ablondi

Co-Vice President:
Sasha Lewis, Victoria Anderson

Co-Treasurers:
Nikki Brown, Celia Gonzales

Co-Secretaries:
Christine Lopresti, Tiffany Jordan

PTA Highlights

**Keep turning in box tops for classroom
competition!**

Join our PTA

Membership perks include: Discounts to Great Wolf Lodge, events at Angel of the Winds arena in Everett, Pacific NE Ballet's The Nutcracker, Events at Key Arena/McCaw Hall and Tacoma Dome. Paid membership form is the entry for a chance of winning a \$10 gift certificate to Mt. Baker Café. Memberships: \$11/Single, \$21/Double, \$8/ MBSD staff.

The next PTA meeting is scheduled for February 25th, 6:30pm

a rash begins appearing on the face then spreads downward to other parts of the body.

If you suspect that you or a family member may have measles or have been exposed, please call your doctor and be sure to let the office know that you think it may be measles. It is important to let the office know, so that they may plan for your visit and keep other patients safe.

If you have been diagnosed with measles, please stay home. Do not go to school, to work, or to the store, also do not visit others or let other people into your home until your doctor lets you know that it is safe to be out again.

For more information about measles, please visit the Health Department website www.doh.wa.gov/measles

You may also contact the school nurses at 360/617-4607, just leave a message and one of us will return your call.

School Counselor Corner

Talking about:

SEL (Social-emotional learning)

I recently attended a conference on school safety. It was clear that one of the most important elements in maintaining safety in schools is teaching students social-emotional skills such as regulating their emotions and problem-solving techniques. We know that parents/caregivers are students' most important models and teachers. At Kendall, there are several ways we are working to reinforce social-emotional learning. We have adopted a social-emotional curriculum called **PATHS** (Promoting Alternative Thinking Strategies). The curriculum is being taught by classroom teachers and some of the goals of PATHS include:

- Helping children learn how to solve problems for themselves and practice acceptable behavior.
- Helping children better understand themselves and others.
- Helping children understand and express their emotions.
- Helping children's self-esteem.
- Helping classmates learn together as a group.

As Kendall's school counselor, I help reinforce PATHS teachings. Sometimes, I am in the **classrooms** teaching PATHS lessons. Another way I support SEL learning is by running **small groups** with students. Towards the beginning of the school year, I did a needs assessment with 5th and 6th grade students. 23% of them indicated a need for help with anger, and 23% with stress/anxiety. Running small groups allows me to work with students experiencing similar issues. In these small groups, feelings of acceptance and connection develop. This often helps students gain confidence and, consequently, perform better in school.

As always, please contact me if you have questions about the school counseling program, or if you would like your student to participate in a small group.

Thank you, Jane Beckel

Kendall Elementary school counselor
jbeckel@mtbaker.wednet.edu (360)617-4404

School Matters!



The Mount Baker School District does not discriminate on the basis of race, religion, creed, color, national origin, age, honorably-discharged veteran or military status, sex, sexual orientation, gender expression or identity, marital status, 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 in its programs or activities and provides equal access to school facilities to the Boy Scouts of America and all other designated youth groups. District programs and activities will be free from sexual harassment. The following employee has been designated to handle questions and complaints of alleged discrimination: Mary Sewright/Superintendent, PO Box 95, Deming WA 98244 (360) 383-2000.