



Westwood News

Where everyone is motivated to achieve!

Worried about too much Screen Time?

4 Proven Ways to Live Productively with Screen Technology

Are you concerned about how much time your child spends on a variety of screens? Video games, T.V, computer games... Over the years we have seen children (and adults) spend more time on screen entertainment than they do in school. It does have an impact! Gloria De-Gaetano from the Parent Coaching Institute has four recommendations for teaching your children to be in control of all forms of screen technologies. So, at the risk of injuring my popularity with your children, I'd like to share them with you.

1. Manage Screen Time:
The American Academy of

Pediatrics recommends zero hours for children under age 2 and only one hour per day for children over two. If your child is spending 7 hours per day rather than 7 hours per week, you might start by cutting the time in half.

2. Set Up Your Home to be a "Media Literate" Environment:

Remove the TV/Computer from your child's bedroom. Consider carefully where televisions and computers are placed around the house. Are they placed so you can monitor what's on them? Provide alternatives to the screens such as special toys or activities that only come

out at certain times. Perhaps a family game night, a weekly trip to the library, or some fun craft projects.

3. Teach Critical Viewing Skills: Talk to your kids about what they watch and what they do. Regular conversations can have a profound effect on a child's understanding of screen content and it's impact. You are the most important influence on your child. Build strong lines of communication now, while they are young.

4. Use Your Creativity:

Time spent with you in fun activities will reap rewards that no "screen" can bring.

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PTA fundraiser forms due
Monday, October 19th

Need Health Insurance for your Child?

Apple Health for Kids provides no cost, or low cost health insurance for children in Washington state. It's for children under the age of 19. This great program covers medical

and dental care, prescriptions, eyeglasses and more!

Application is easy. You can get a form from the office at Westwood or download a form from the Apple Health

website:

<http://maa.dshs.wa.gov/AppleHealth/> (or you can just Google Apple Health). Make this the year to get your children insured!

Office numbers

Absence line:

360-802-7621

Need a pass:

360-802-7620

Call before 2:00 or write a note (incl. full names, bus #, and classroom number.

Clothing Bank at JJ Smith!

The Enumclaw School District clothing bank is located at JJ Smith school. We offer

clothes, coats, shoes and "new" socks and underwear to children in the district who may be in need of a little extra help. Each person may visit the bank 4 times per school year. There are limits to what each child gets each time they come in and everything is FREE.

We have a small adult and baby section but our focus is to help school age

children have clean, usable clothing to boost self-confidence and productivity in school.

We are open every **Tuesday from 10 a.m.-12 p.m. and 4:30-6 p.m.**

Closed on all school closures and holidays. You may drop off gently used clothing

items during hours of operation.

***We will not be providing a drop box



Open Tuesdays

any more.***

Please donate nice, appropriate items. We except clothes, shoes, backpacks,

purses, movies, books, stuffed animals and blankets. Please NO furniture, TV's, computers, toys or household items.

We are in need of volunteers.

If anyone is interested in

volunteering please

contact me.

Sheila Smith 360/825-5696.

5K for Down Syndrome~ A Future and a Hope

Firewall Capital Management and The Vine Christian Ministries are hosting the 3rd Annual 5K run (walk) for Down Syndrome and Special Needs. This year our own Jonathan and Jillian will be the ambassadors at the race, helping award medals to all race participants.

All of the proceeds go to the

Saturday, October 10, 2009

Enumclaw School District's Special Needs program. To date over \$4,000.00 has been raised and used to purchase computers, specialized toys, a camera and field trips. For more information (sign up):

<http://firewallcapital.com> or stop in the Westwood office for a brochure.

Thanks to Erica Smart (race director), the many volunteers and everyone who has supported this run!

Don't forget to call when your child is out!

We worry about your children when they are not at school! It is our policy to track every child and make sure that they are safe when not at school. In case a child is not at school when the parents believe they are, it's important that we make sure the child is OK.

Mrs. Buckendahl spends time every morning making phone calls about children that are absent.

Your phone call can save us time and save you from having to write a note excusing their absence later. You don't have to wait until we're open, you can leave a message at any time, day or night! If you would like us to call a different number, let us know.

Give us a call, then we won't worry so much!



Attendance line: 360-802-7621

Early Release Fridays—PLC update

During our early release time on Friday afternoons, all of our teaching staff is meeting together (grade level groups or job alike groups such as librarians or counselors) to focus on student learning and how we can support our students in what they need to learn. I've been visiting teams of teach-



Teachers at work

ers during this time and reading over their notes. I am finding teams of teachers working hard at:

- reading ahead in the new math curriculum to make sure they are hitting the main learning targets for their students
- creating goals for their students based on

common assessments, looking specifically at student work on assessments to see what skills students need to be successful

- planning timely intervention to help students achieve key concepts
- looking at assessments to make sure they will cover key concepts in their teaching.

We are grateful to have this time!

Bring your books—leave the rest at home!

At Westwood, we encourage our students to play at recess and get some exercise. We provide playground balls, hoola hoops, jump ropes and lots of playground equipment to climb on.

This year, we are asking our students to leave all other toys at home, including:

Balls, trading cards (Pokemon or other), cars, hand held games, ipods or CD play-

ers, stuffed animals, etc. When students bring these items to school, it distracts from our learning environment. Toys get lost, taken, broken or we simply have too many balls on the playground and not enough space for the games. You could help us out by reviewing these rules with your child.

Some students bring cell phones for safety reasons after school. If your family has decided that your child needs

to carry a cell phone, it will need to be turned off and out of sight during school hours. If possible, we would prefer that they are left at home. We don't have lockers at Westwood so security can be an issue (bring at your own risk).

Help us make Westwood a learning place and keep the rest at home.

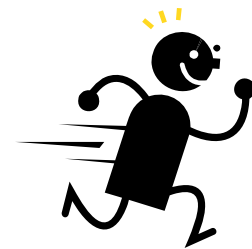


Running Club needs volunteers

Mrs. Carlson, one of our new PE teachers (Mr. Roberts is the other one) is starting a running club at Westwood. Each student has a card on a large pocket chart. On nice days, they can get their card at lunch recess and walk or run around the track. An adult will mark their card each time they do a lap. Students earn little feet (they

can put them on their shoe laces) each time they finish a card (25 laps). Students will try to qualify for the Seattle Kids Marathon in November.

If you would like to volunteer at lunchtime to check off those laps, please call Mrs. Carlson at 360-802-7664 or email her at jill_carlson@enumclaw.wednet.edu



Running Club!

**Westwood
Elementary School**

Attendance Line:
360-802-7621

Phone: 360-802-7620

[http://
www.enumclaw.wednet.edu](http://www.enumclaw.wednet.edu)



The Enumclaw School District is asking parents and community members to participate in the second Climate Survey. The District is gathering information to assist the Board of Trustees and staff in evaluating needs and expectations of students and constituents. The information from the 2008/09 Climate Survey was useful in setting goals and adjusting services. **The URL (website link) for this survey is**

<http://www.zoomerang.com/Survey/?p=WEB229P8X7FWCK> and it is available now until 11:55pm on Friday, Oct. 16.

Thank you in advance for taking time to participate and assist us in gathering data to make informed decisions.

Online Food Service Payments Now Available!

Enumclaw School District has made adding money to your student's food service account easy and convenient! We now contract with RevTrak to provide a secure site for making online payments.

Parents are able to add money to student food service accounts, view account balances and see transaction history online! All you will need to do is login to Family Access and select "Food Service" under "General Information". You now have the option to select **"Make Online Payment"**.

Online payments will immediately be posted to your student's food service account. To make your first payment click on the Family

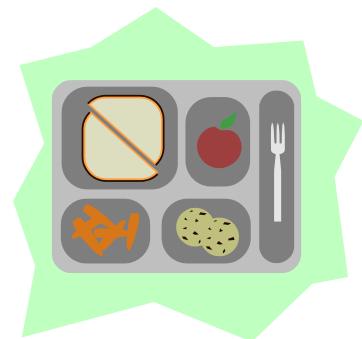
Access link on our website. Parents will be charged a \$1.00 fee for the convenience of making an online payment. If you need to sign up for Family Access, please visit

<http://www.enumclaw.wednet.edu/families/familyaccess/default.aspx>

and fill out an online application. If you already have an account, you can sign in here:

<https://www2.nwrdc.wa-k12.net/scripts/cgiip.exe/WService=wenumcls71/fwemnu01.w>

If you have any questions, please contact Jamie (360) 802-7129 or



Bonnie (360) 802-7120 if you have questions.