Upcoming Events

September 28
Curriculum Night & Open House (PreK – 5th Grade)
6:30 pm – 8:00 pm
Cafeteria & Classrooms

October 4
First STEM K-8 CTE Advisory Committee Meeting
6:30 pm
Room 117 (Middle School Hallway)

October 4
Seattle Council PTSA, League of Women Voters and NAACP Seattle School Board Candidate Forum
7:00 pm – 8:30 pm
Centilia Cultural Center (at El Centro de la Raza), 1660 S. Roberto Maestas Festival Street, Seattle, 98144

October 5
Curriculum Night & Open House (Middle School)
6:30 pm – 8:00 pm
Cafeteria & Classrooms

October 10
School Picture Day!
(Uniform Required)
STEM K-8

October 11
PTA Meeting
6:30 pm – 8:00 pm
STEM Library

October 13
State In-Service Day
NO SCHOOL

October 17
Advocacy Committee Meeting
7:00 pm – 8:00 pm
All are welcome!
Uptown Espresso & Game Emporium, 3845 Delridge Way SW

A Note from Principal Ben Ostrom

I’m devoting my Owl Post space this week to sharing information about RULER. But first a few important reminders:

Morning drop off time is 8:35 am. Please do not drop off your students prior to 8:35, as there is no adult supervision until then.

Don’t forget every Wednesday is a 2:10 pm Early Release professional development dismissal.

Please welcome our new office employee Jody Hapgood. Jody is in charge of attendance, so please include jahapgood@seattleschools.org as well as Christa Howsmon cjhowsmon@seattleschools.org when emailing the office for an absence, tardy or an afterschool transportation arrangement. Or you may call our main line 206-252-8450. Please program this number into your phone.

Also, this week our PreK-5 Curriculum Night/Open House is on Thursday, September 28 from 6:30 pm - 8:00 pm. We will introduce staff in the cafeteria and then have two, 35 minute classroom sessions. Middle School Curriculum Night is Thursday October 5 from 6:30 pm - 8:00 pm.

At STEM K-8 we understand that emotions matter! This year, we are excited to be using RULER, an evidence-based approach to social and emotional learning that helps school communities integrate the teaching of emotional intelligence into daily life. RULER teaches five key emotional intelligence skills:

- **Recognizing** - Identifying emotion in oneself and others by interpreting facial expressions, body language, vocal tones and physiological reactions.
- **Understanding** - Knowing the causes and consequences of emotions, including the influence of different emotions on thinking, learning, decisions, and behavior
- **Labeling** - Using a wide range of emotion words, developing a rich feeling word vocabulary.
- **Expressing** - Knowing how and when to express emotions with different people and in multiple contexts (nonverbal, written, and spoken)
- **Regulating** - Developing strategies that help us manage our emotions to support healthy relationships and achieve goals.

ctd.
RULER integrates these skills into the academic curriculum and provides opportunities for students and all the key adults involved in their education – teachers, administrators, and family members – to learn and apply these skills.

**What are the positive outcomes of RULER?**

- Improved academic performance (11-12% increase in standardized test scores)
- Reduced aggression (handling unpleasant feelings in socially acceptable ways)
- Reduced anxiety
- More supportive, productive, and compassionate classrooms

We look forward to partnering with you and sharing more about RULER. Please keep an eye on the Owl Post for RULER resources and workshops we will offer to help you practice the skills of emotional intelligence at home.

**More detailed information on RULER:**

RULER is comprised of four Anchor Tools. These are evidence-based tools designed to enhance the emotional intelligence of school leaders, teachers and staff, and students and their families. The Anchor Tools include:

- **Charter** Each classroom will create a Charter that describes how they want to feel in class, what needs to happen to support those feelings and guidelines for handling conflict.
- **Mood Meter** A tool for recognizing and labeling one’s feelings.
- **Meta Moments** A 6 step process that teaches self-regulation strategies and how to handle stressful situations.
- **Blueprint** A problem-solving tool for navigating conflicts in which students consider each other’s feelings and identify effective solutions.

STEM K-8’s introduction (to staff and students) of RULER began with the **Charter**. The Charter is designed to support a positive culture and climate. Unlike “rules” of conduct, an Emotional Intelligence Charter represents agreed-upon norms for how everyone will be treated, including (1) how leaders, teachers, and students want to feel in school, (2) what everyone needs to do to feel that way consistently, and (3) guidelines for how to handle uncomfortable feelings.

The process of creating a Charter involves responding to three questions:

1) How do we want to feel in school each day? Everyone is asked to think about what these feelings will look like in school in terms of specific, measurable, observable behaviors. In other words, what will the group need to do each day to ensure everyone experiences these feelings?

2) What will we do to have these feelings consistently and create a positive learning environment? The class first discusses (A) the uncomfortable feelings and unwanted behaviors they would like to avoid experiencing in school and then (B) how these feelings and behaviors will be handled and how conflict will be prevented and managed, including what happens when the Charter is breached.

3) How will we prevent and manage conflict and unwanted feelings?

Once all three questions are answered, the Charter is written or typed up, signed by everyone in the group, and posted somewhere visible so it can be referred to and revisited for amendments as needed.

Ben Ostrom
STEM K-8 Principal

RULER Yale Center for Emotional Intelligence.
Call for CTE Advisory Committee Members

Green Technologies and Geosciences @ Louisa Boren STEM K-8

Are you employed in one of the following STEM fields?
Engineering • Manufacturing • Geotechnical Services • Sustainable Business Practices

If so, please join Craig Parsley in Room 117 for an exploratory meeting of the Green Technologies and Geosciences CTE Advisory Committee.

At this meeting, Mr. Parsley will provide information about membership on the Louisa Boren STEM K-8, CTE Advisory Committee. We are seeking community members willing to serve a two-year term on our CTE Advisory Committee. Parents of current 8th Grade students may apply for a one year term.

Meetings are held four times per year.

First Meeting:
Time: 6:30 PM
Date: 10/04/2017
Room Number: 117 (Middle School Hallway)
For Questions Please Email: csparsley@seattleschools.org
Goals of Louisa Boren STEM K-8 Advisory Committee:

• Guide Boren STEM K-8 in planning an integrated STEM/CTE Curriculum
• Suggest modifications and updates to Boren STEM K-8 classroom practices
• Consult program on current and future trends in Washington career possibilities
• Bring together experts from around the Puget Sound as on-call experts and troubleshooters
• Support business and academic partnerships to strengthen Boren K-8’s program and value
• Suggest occupational competencies to integrate into the Middle School curriculum
• Communicate with School Board members to advocate for CTE funding

Proposed Mission Statement (subject to revision by the AC): The Louisa Boren
STEM K-8 CTE Advisory Committee recognizes that job-readiness and viable career pathways in Washington State are fundamental resources in its expanding and changing economy. Promoting Washington’s economic future requires that students graduate inspired to be productive members of our community. It is the goal of the Louisa Boren STEM K-8 CTE Advisory Committee to promote the long-term efficacy of its program by inspiring students to examine career pathways in STEM fields.

Schedule of Meetings (Time Commitment):
Meetings are held in CTE Room 117 at Boren K-8

• **Meeting 1:** Wednesday, October 4, 2017 – 6:30 PM
• **Meeting #2:** Wednesday, January 10, 2018 – 6:30 PM
  (Light Supper Provided – Salad and Pizza)
• **Meeting 3:** Wednesday, April 11, 2018 – 6:30 PM
  (Light Supper Provided – Cajun Food Cooked by Host)
• **Meeting 4:** Wednesday, June 20, 2018 – 6:30 PM
  (Hosted Dinner – Columbia City Ale House)
CHINOOK BOOK! TWO OPTIONS FOR PURCHASE

Hundreds of coupons for local places you love, like Elliot Bay Brewing, PCC, Woodland Park Zoo, and Cupcake Royale!

BOOK + MOBILE APP $25
Print book and a 12-month full access subscription for Chinook Book app! Checks made out to “STEM K-8 PTA” or cash for $25. Due by September 29th. Return to teachers / PTA mailbox or send info to: robingraham26@gmail.com, Books out Oct 1.

Name: _________________________________________________________________________________________

Student Name(s): _________________________________________________________________________________________

Student Grade(s) & Teacher(s): _________________________________________________________________________________________

Email or phone #: _________________________________________________________________________________________

MOBILE APP ONLY $15
12-month full access subscription for Chinook Book app! Tap link using your phone: http://www.about.chinookbook.com/download-app/

PROMOTE! After purchasing the app you can “promote” year-round and STEM K-8 will continue to get 50% of the proceeds of any sale through our link.

The STEM K-8 PTA NEEDS YOU!
Louisa Boren STEM K-8 has a vibrant, active PTA that plays an integral role in our school community. The PTA is dedicated to partnering with our school to foster an engaging and innovative learning environment for our children.

“Without the vital participation of STEM families and friends, few of the things that you love at STEM would be possible. Project Based Learning, enrichment activities, materials for Next Gen Science learning, and much much more happen in conjunction with PTA support.”
-Principal Ben Ostrom

Individual PTA Membership is $15 per year. Become a STEM K8 PTA member here.

Members have the opportunity to vote on the STEM PTA budget, resolutions and the election of the Executive Board. Individual membership also includes membership in the Washington State PTA. All members are encouraged to attend PTA meetings, join committees, volunteer and attend events.
Open PTA Position – Building Leadership Team

We are still looking for someone to fill the BLT (Building Leadership Team) position for Grades 3-5. Be an integral part of decisions that have impact on school operations. Time commitment requires someone who can attend the BLT meetings. Meetings happen on the second and fourth Monday of the month at 4pm.

Please email president@stemk8pta.org if interested.

Library Volunteers Needed!

Many thanks to the parents who signed up to help in the library. STEM Librarian Mary Bannister is still in need of shelving assistance. Volunteers are welcome any time but volunteering during your student’s library class can be especially rewarding. See below for the library schedule.

Also, the Middle School Library arrived after the start of school and the books need stamping with the school stamp and labeling with two Middle School labels. If anyone is available to help in the next few weeks, Mrs. B would be very grateful!

E-mail Mary at mebannister@seattleschools.org

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<th>Monday</th>
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<tr>
<td>8:35 – 8:50</td>
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<td>8:55 – 9:55</td>
<td>Check-in &amp; Shelving</td>
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<td>Unofficial Meeting</td>
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<td>9:55 – 10:35</td>
<td>Daniels 4th</td>
<td>Reid 10 – 10:30 Preschool</td>
<td>Library Maintenance or Class Make-up</td>
<td>Massimino/Colt Hill 4th</td>
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<td>10:40 – 11:20</td>
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<td>Librarian PNP</td>
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<td>12:00 – 12:20</td>
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<td>12:10 – 12:40 McGavick District</td>
<td>Open for Middle School recess Intermediate recess</td>
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<td>12:40 – 1:20</td>
<td>Librarian PNP</td>
<td>1st – 1:30 SPED Preschool</td>
<td>Giza 5th 12:45 – 1:25</td>
<td>Library Maintenance or Class Make-up</td>
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<td>1:20 – 2:00</td>
<td>Khorgan 1st – 1st</td>
<td>Fairweather to 1:30</td>
<td>Library Maintenance or Class Make-up</td>
<td>Morris 1st 1:30 – 1:50</td>
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<td>Solomon 3rd</td>
<td>Librarian PNP</td>
<td>Williamson 2nd</td>
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<td>2:45 – 3:25</td>
<td>Goldenkrantz 5th</td>
<td>Martin 5th</td>
<td>McGavick 5th</td>
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<td>2:10 Early dismissal</td>
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Become a Room Parent

The following teachers still need room parents: Williamson, Graves, Castelli, McGavick, Des, Perkins, Parsley, Bleecker, Kincl.

Please contact Room Parent Coordinator Brynn Chadwick via president@stemk8pta.org if interested.