A Note from Principal Ben Ostrom

Welcome to Week III! The school year has launched!

A quick safety note: at dismissal students are not allowed to cross the parking lot on their own. They have to either use the crosswalk at the exit or be walked across the lot with an adult.

This week’s Owl Post includes a letter from our STEM Physical Education Teachers Tim Avery and Matt Schiavo as well as attachments describing the PE curriculum for the year. Because we use an AB schedule in middle school the 6th-8th grade curriculum maps should be viewed as year-long rather than semester syllabi.

STEM K-8 staff continue to implement 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.

(continued on the next page)
To open the year the Ruler Anchor tool that students experience first is called *the Charter*. Classrooms create Charters that describe how they want to feel in class, what needs to happen to support those feelings, and guidelines for handling conflict.

Creating a Charter involves discussion and response to these 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 discusses (A) the uncomfortable feelings and unwanted behaviors they would like to avoid experiencing in school and (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.

Once the 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.

Curriculum Nights are approaching fast. To support families with multiple children, PreK-5 Curriculum Night/Open House will be on Thursday, September 26 from 6:00-7:30pm. We will introduce staff in the cafeteria and then have two, 35-minute classroom sessions. Middle School Curriculum Night is Thursday, October 3 from 6:00-7:30pm.

Thanks for allowing us to teach your children and being a part of the STEM community!

Ben Ostrom
Principal
STEM K-8 Principal
Hello STEM parents,

As the Health and PE teachers at STEM we wanted to send out some information regarding your child’s curriculum. Every nine weeks we will try and give an overview of the upcoming activities in our class. Fitness testing will begin the year for grades 3-8, and we will try and take advantage of the good weather to cover any parts of our curriculum that are better suited for the outdoors. K-2 will work on rules, behaviors, safety, and sportsmanship. Afterwards they will move towards locomotor skills, non-locomotor skills, and low-intensity organized games.

For middle school as we move through the curriculum there will be several choices within the same desired skill or goal, so hopefully every student finds something they enjoy. Our goal is to keep participation levels high. We will have cooperative activities such as soccer, frisbee, and speedaway available, as well as several games our students have created themselves! There will also be continuous opportunities for individual choices supporting a desired skill or goal.

For elementary school students everything is broken down even further. Instruction focused on general locomotor skills such as jumping, skipping, hopping, striking, etc. Equipment and weather will determine the final sequence of the curriculum covered.

The overall goal for the student’s PE experience is to help our students become physically literate. There will be concepts introduced that explain our movements, fitness principles, and nutrition. Students will learn about setting SMART goals and their valuable use within physical education.

Thank you for your continued support. If there are any questions, comments, concerns, or ideas please feel free to contact either of us by calling the main office at 206-252-8450 or emailing us tcavery@seattleschools.org or mtschiavo@seattleschools.org.

Respectfully,

Matt Schiavo & Tim Avery
Fall 2019 Enrichment Opens Today!

Dear STEM families, We hope you enjoyed your summer break and are excited about the upcoming fall enrichment session which will begin on September 30, 2019. We have some new and exciting classes on the schedule!

If you used 6crickets to register last session, you can do the following to register for winter once registration opens on September 16, 2019 @ 8:00am:

2. Sign in with your existing username and password.

If you are new to 6crickets, please take some time to create an account following the directions below.
Once your account is set up and registration opens, enrolling your student(s) will be quick and simple! You will be able to add multiple classes to your cart for all your children and register and pay for them all at once!

1. Navigate to https://www.6crickets.com/.
2. Click on ‘Sign Up’ in the upper right-hand corner.
3. Add your student(s) to your account when prompted.
4. Edit each student’s profile under account settings by clicking on “fill”.

REGISTRATION INFORMATION
- Registration will open September 16, 2019 @ 8:00am online at www.6crickets.com or if needed, you may pick up a paper registration form from the office and return it to the PTA Enrichment Program mailbox with your check or cash payment.
- Registration will close Tuesday, September 24th at 6:00pm.

VOLUNTEERS NEEDED!!
- One adult volunteer is REQUIRED for each class. Volunteers will supervise students before afternoon classes, sign students in and out of class, as well as help instructors throughout class as needed/requested by the instructor. Volunteers will receive 100% reduced tuition for one child as well as priority enrollment. Classes without an adult volunteer will be at risk of cancellation. Please contact me ASAP if you’d like to volunteer for a class.

SCHOLARSHIPS FOR STUDENTS ON FREE OR REDUCED LUNCH
- Our intent is that all students have the ability to participate in our enrichment program. Full scholarships are available for students who qualify for free/reduced lunch or have extenuating circumstances (1 class per student). Please e-mail me for more information.

BEHAVIOR AGREEMENT
- Students in enrichment will be held to the same behavior standards as they are during the school day. In the event that a behavior cannot be satisfactorily resolved by working in cooperation with instructors, a parent may be required to attend the class with their child or withdraw them from the program without a refund. Please discuss this with your child before classes begin. Thank you!

CLASS CANCELLATIONS
- All programs have a minimum and a maximum enrollment number so please register early to ensure the program can run and that your child has a spot in the class! If class minimums have not been met by the end of registration on September 24th, the class will be cancelled, and refunds will be issued.
Refund and cancellation policy: The last day to cancel with a full refund is Oct 4 2019 unless there are extenuating circumstances. There are no refunds or make-up classes for student absences. If class is canceled by the school or instructor due to weather or unforeseen circumstances, all participants will be notified as soon as possible, and a make-up class will be arranged if possible.

Return this form with cash or a check payable to K-8 STEM PTA to the Enrichment Program mailbox in the front office by September 24th. You will be contacted if the classes you requested are full. Please complete a separate form for each student.

*The Tangent Initiative will be running classes Monday, Tuesday, Wednesday, and Friday afternoons on the Tangent Bus in the STEM parking lot. Information and registration for classes through the Tangent Initiative will occur on the Tangent Initiative Web site beginning 9/16.

Michelle Johnson, Enrichment Coordinator, enrichment@stemk8pta.org

Please e-mail me with any questions!
Dungeons & Dragons (for experienced players)
Open to: 3rd-8th Grade
Time: Wednesdays, 2:30-5:00pm
Location: The Tangent Bus, STEM parking lot
Cost: $150/student

Already a veteran of countless magical campaigns? Come join our party of adventurers as we explore the mythical realms of the Dungeons & Dragons universe! Participants will be provided with everything that they need to develop and play their own unique characters and will leave with all of the resources and essential knowledge needed to continue leveling up their characters in their own campaigns with friends and families (including their own sets of dice and custom miniature figures). Gameplay is full of opportunities to develop reading comprehension, critical thinking, mathematical reasoning, creative storytelling, and collaborative social problem-solving!
As experienced players, you will have the opportunity to learn how to run the game as a Dungeon Master, developing engaging narratives and challenges for players of all levels. Please visit www.tangentbus.org for program registration and more information!

The Tangent Theatre Cooperative Presents: OTHERLANDS
Open to: 3rd-8th grade
Mondays/Tuesdays/Fridays, 3:40-6:00pm
Location: The Tangent Bus, STEM parking lot
1 day/week: $200/student
2 days/week: $250/student
3 days/week: $275/student

Description: The Flying Monkeys and the Space Reptiles have been chasing each other across the Multiverse for thousands of years. Their stories, and the stories of characters from many other fictional worlds that we know & love, will be told through modern pop & Broadway songs and presented as music videos & periodic live performances. Not into singing & dancing? Come learn video & music production and help us bring our weird dreams to life! Please visit www.tangentbus.org for program registration and more information!
STEM after school bike ride on Thursday, Sept 26 @ 3:40pm!

Louisa Boren STEM K-8 students, parents, and staff are invited to an afternoon group bike ride. It’s free and fun! Meet after school near the bike rack on Thursday, Sept 26 and we’ll roll out about 3:40pm. We’ll bike along the Longfellow Creek Trail and a neighborhood greenway to our destination – Delridge Community Center playground. Snacks and prizes will be provided.

Grade K-2 students – please have a parent or other adult join in the bike train with student, or make arrangements with ride leader before we head out. Grade 3-8 students – parents are welcome but not required if student is confident on a bike and has permission from parent.

The ride ends at Delridge Community Center and the kids can play on the playground. Families should make their own plans to get home after the ride.

Helmets required!

If there is more than a light drizzle on Thursday, Sept 26 we will postpone to another day.

This event is funded in part by a Mini Grant award from the City of Seattle, Seattle Department of Transportation.

If you have any questions, please email Joe Laubach: josephlaubach@gmail.com
STEM needs your help!

Please consider being a room parent. A room parent works with their child’s teacher to support their classroom wherever needed. Duties include maintaining a contact list for your class, relaying PTA and class information, and helping organize volunteers. Teachers can’t do it all alone!

Being a room parent is a great way to get to know your child’s teachers, classmates, and other parents. Room parents are a vital part of our STEM community. We can’t do it without you!

If you are interested in being a room parent or have any questions, please do not hesitate to contact me.

Thank you!

Colleen Peterson
Room Parent Coordinator
cmgpeterson@gmail.com

A friendly reminder that ALL volunteers in any capacity must be cleared through Jody Hapgood in the office. The Volunteer Application is available online through the SPS main website listed below.

https://www.seattleschools.org/families_communities/volunteer/getting_started_as_a_school_volunteer

If you have any questions, please contact Jody at jahapgood@seattleschools.org
Volunteers Needed for Flu Shot Day | Tuesday, Sept 24<sup>th</sup> 1:30-3:30pm

Four volunteers are needed to keep flu shot day running smoothly. Seattle Visiting Nurse Association will be at our school on Tuesday, September 24 from 1:30-3:30pm to give flu shots to students whose parents have requested that they have one. We need a few volunteers to collect students from class, check consent forms, keep the line running smoothly, and return them to class. Nurse M.C. Nachtigal, ND, MPH, ARNP, RN

P.S. You should have received a flu shot form in your first day packets - if you need one the office has extras or HERE is the link to print at home.

If you can volunteer to help, please visit the SignUpGenius HERE

THANK YOU!

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Literacy Night is coming to STEM this fall!

This fall, STEM K-8 will be having our first Literacy Night! Please stay tuned for the exact date/time and further details. As we begin to plan this awesome event, we need additional volunteers to plan and run it. We would love to have any interested community members on board, but especially would love input from teachers and middle school parents. We would be happy to work with whatever time you have available. If interested, please reach out to tinaclere@gmail.com. Thanks!
From our Librarian, Mrs. Bannister for all you book lovers out there!
Ultimate Frisbee Spirit Wear Design Contest!

1. Designs need to be school appropriate.
2. T-shirts / sweatshirts will be available & the can be BLUE or GREEN and the design will be printed in WHITE. Designs need to be drawn in 1 color.
3. You can use this template, a blank piece of paper, or use a print out of your design.
4. Be careful not to use any copyrighted images. You can use the STEM owl logo.

DESIGNS ARE DUE September 23!
- Turn into Mr. DES - players will vote to determine design for 2019-20.

- Order forms will be sent out separately with the final design.

Questions? robingraham26@gmail.com
NAME: _______________________

Sweat/Shirt color (circle one): BLUE or GREEN
Stay Connected

**PTA Website** – all things PTA (become a member, volunteer, shop and earn, how YOU can be involved).

**STEM K-8 school website** – our SPS school website (curriculum, staff details and more).

**Volunteer Application** (this is the link to the application and all pertinent information; you must fill this out each year to volunteer in classrooms, chaperone field trips, etc)

**STEM K-8 Facebook**

**STEM PTA Twitter**

**Principal Ostrom’s Twitter**

**Principal Ostrom’s Blog**

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To join the STEM K8 PTA, please visit MemberPlanet using this link:

https://mp.gg/lb6jk

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**Attention First Grade Families!**

We will be meeting at 6pm at HPIC’s Corner Bar on Friday, October 4th. Free admission and all ages welcome. More details to come via room parents/kid mail.