



Anissa Wiseman
Principal
51 SE 13th Street,
Bend, Oregon 97702
December 6, 2018

Principal's Message:

Bear Creek is s a wonderful place to be.

As 2018 is coming to a close, I would like to thank the students, families, and staff for a great start to this school year. I look forward to the awesome things ahead as we move into the second half of this school year. Bear Creek is a special place, with a staff that shows a tremendous amount of **Care and Joy** working together to meet the needs of every student.

Our active and supportive PTO is one of the wonderful organizations working hard every day to make our school so amazing. This group of dedicated volunteers brings so many added extracurricular events to our students and support our staff in providing additional opportunities for our students.

This is this year's PTO Board President -Brenda Berg, Vice President -Sarah Martin, Treasurer- Stephanie Howland, Box Top Coordinator- April Hinton, Spanish liaison- Yesenia Gregorio

Some of the great things PTO has funded this school year include: Spirit Days, Bear Hugs Positive Behavior prizes, field trips support, scholarships, jugglers school visits, assemblies, artist in residence, staff appreciation, books for classrooms, Bear Creek Elementary Jog a Thon and Marathon incentives, and many other special events.

Thank you, PTO for providing such a wide variety of fun activities for our students.

The staff at Bear Creek would like to wish you all a safe and relaxing holiday season and hope you all have the opportunity to share time with your family and friends.

Thank you for your support.

My door is always open,
Anissa Wiseman
Principal

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**"Kind words can be short and easy to speak, but their echoes are truly endless."**

-Mother Teresa

### Mark Your Calendar!

**Dec.10**  
PTO Fundraiser  
Cup of Yo

**Dec. 12**  
Kinder Winter Program  
Gym-5:00-7:00pm

**Dec. 13**  
PTO Fundraiser  
Grocery Outlet Shop for Schools  
Night 5-8pm

**Dec 21**  
Classroom Winter Parties  
2:45pm- 3:30pm

**Dec.24- Jan.4**  
Winter Break  
No School

Looking ahead ...

**Jan.8**  
PTO Meeting  
PTO Fundraiser  
Pappy's Pizzeria

**Jan. 21**  
Martin Luther King Day  
No School

Bus Information: <http://bus.bend.k12.or.us>

FAN: Jamie Neill 541.355.1400

Assistance with community resources

School based health clinic at Ensworth Elementary: 541.355.5690

School Delay Information: 541-323-SNOW (7669)

School Delay in Spanish: 541-355-0044



### **Immunization Exclusion Day: Wednesday, February 20, 2019**

Grades 1-5 students need to be up to date on their immunizations by this date. Please keep the office updated on any new immunizations. If your child is not current by this date they will be excluded from school until immunizations are obtained. If you are not immunizing your child be sure to go online to: [www.healthoregon.org/vaccineexemption](http://www.healthoregon.org/vaccineexemption) and bring in the certificate at the end of the education module. If you have any questions please call our school office-541-355-1400.

#### *Classroom Winter Parties-*

*If your child is not participating in Classroom Winter Parties please notify the classroom teacher. An alternative school activity will be planned in the school library.*

### **HOW TO GET HOME**

**If there will be a change in your child's routine at the end of the day, please make sure to convey that to your child before school and send a note to their teacher. If there is an urgent change you may call the office before 3:00pm. Release time is very busy and we want to make sure your child gets where he or she needs to be.**

### **Outside Recess During the winter**

Please be sure to dress your child appropriately as the weather begins to cool down. Warm clothing is important for students as they do go out for recess throughout the day. Students will go outside for recess if the temperature is 20 degrees or above. We would appreciate it if you would write your child's name in his/her clothing, so that if it is lost we can return it to them. If you need assistance obtaining winter clothing for your child, please contact our FAN advocate, Jamie Neill, in the school office.



**Please take a look to see if you can find something that belongs to your child. All "Lost and Found" items will be donated. We donate any items that are unclaimed to charity during Winter Break.**

### **Bend Rotary**

Thank you to Greater Bend Rotary Club for supplying new dictionaries to all third grade students. This is a wonderful gift to our community. Students get to keep their dictionary to use as they progress through school. Rotary gives dictionaries to all third grade students in the Bend - La Pine School District annually to celebrate Noah Webster's Birthday.

### **FIREBUSTER WINNER!!**

**Congratulations!**

**Sivan Malchy**

**(Senora Boni's 1st Grade class)**

## Social Emotional Learning (SEL) Tidbit:

In our quest to help students understand and practice emotional regulation, we have landed on 3 areas of focus. Explicitly teaching and practicing emotional regulation strategies, teaching mindfulness and establishing a gratitude practice. While we are still responsible as adults to help students regulate their emotions, by modeling and helping students feel gratitude, we are teaching them about things that are within their control and growing their emotional intelligence.

### Three Steps to Practice Gratitude:

1. Notice good things, look for them, appreciate them.
2. Savor, absorb, and really pay attention to those good things.
3. Express your gratitude to yourself, write it down, or thank someone.



### Math Tip for Parents

Practice measurement at home:

- Cook with your child and have them help measure ingredients
- Have your child estimate distances and then measure them using rulers, tape measures, or your car odometer.
- If you are traveling, map your trip before you go, looking at distances between destinations.

### Reading Tip for Parents

**Picture This!** During your next outing or gathering, take action-packed photos, then have your child create captions to go with each picture. Assemble the pictures and captions in a picture book or album, and add speech and thought bubbles to create a personalized - and probably hysterical -- graphic novel.

## Communication Matters:

Top Ten ways to improve communication skills at home...

### #2 DON'T OVER CORRECT YOUR CHILD

If you demand that your child say a sound correctly, especially if it is a sound that doesn't develop until they are older.....please stop! Make sure they view you as a guide and support, not a speech patrol officer. Choose a time, such as reading together, when you can practice and talk about it being the goal right then.

### #3 TREAT YOUR CHILD AS A FULL COMMUNICATION PARTNER

Talking with children like an adult doesn't mean use adult vocabulary, jokes, or information they won't understand. It means **take turns, use eye contact, and value what they say.**

For more great info on supporting communication, visit [www.home-speech-home.com](http://www.home-speech-home.com)



## PTO CORNER:

PTO would like to call out for volunteers in the classroom to make Art Masters possible for our children. We need more parent support to make it happen! If you can give an hour to bring art to the students please contact Brenda at [bearcreekbearspto@gmail.com](mailto:bearcreekbearspto@gmail.com)

Happy Winter Break! We do not have PTO meeting in December.  
Our next PTO meeting is Tuesday, January 8th

~PTO



## Welcome to our 2018-2019 Site Council Members

Russ and Andra Amundson

Angela MacFarland

Sonia Capece

Elise Rothamel

Alyson Callahan

Everyone is welcome to attend site council meetings on 12/11, 2/12, 4/18, 6/6 3:45-5:00pm in BCE Library



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## Thank you!!

We are proud to partner with OREGON LIONS!

Huge THANK YOU to all LIONS CLUB volunteer for a doing a wonderful vision screening to all students in K-5.

Parents/Guardians will receive notification about the results of their own child's vision in December. Please contact us with questions or if you do not receive a letter.

**Happy Holidays** from the Kitchen staff to all of you and your families!

We have a Holiday dinner on Thursday, December 20th! Come on in and enjoy some comforting food.

Make sure to check out our monthly menus to see what it is and try it out. We appreciate all of you and hope you have a wonderful Winter Break!



## Lunch Times

|             |               |
|-------------|---------------|
| Grade K - 1 | 11:30 - 11:50 |
| Grade 2 - 3 | 12:00 - 12:20 |
| Grade 4 - 5 | 12:30 - 12:50 |

**\*\*Dogs are not allowed on campus between the hours of 8:00 am and 4:00 pm**