

Stevens Speak

★ THE STEVENS COMMUNITY NEWSLETTER ★

UPCOMING EVENTS



1242 18th Ave E
Seattle, WA 98112

March 8, 2017

From The Principal

March 12- Art Walk
2:00 pm - 5:00 pm
See pg 3

March 17- End of second trimester

March 22 - 2 hour early dismissal

March 28 - PTA meeting 6:30 - 8:00

We look forward to seeing you this Sunday at the Art walk. See more information on page 3.

Our counselor, Laura Betz, shares a new strategy we are using school-wide as part of our RULER program (our social emotional curriculum).

Meta Moment

The Meta-moment teaches kids to become more mindful about their reactions to any type of emotional trigger. It is a six-step process that aims to increase emotional understanding and ultimately help students learn prosocial skills and feel more confident in their relationships with peers and adults.

The steps are listed below:

1. Something happens- Recognize that something has happened to trigger an angry or sad feeling
2. Sense- Recognize physical and mental changes in your body such as increased heart rate or negative thinking
3. Stop- Pause to take a deep breath and reframe the situation
4. See your best self- Think about your positive personality traits and skills
5. Strategize- Regulate emotions by problem solving
6. Succeed!- Try out your solution and see how it works

Inside this issue

- From the Nurse pg 2
- Stevens School Calendar pg 2
- PTA News pg 3,4 & 5
 - Art Walk
 - Tutu's Pantry
 - Carnival
 - Volunteers Needed

Family Survey

Coming April 17 - May 19

Families of K-12 students can participate in two easy steps!

- By March 16, make sure your child's school has your current email address on file.
- Respond to the survey you receive in late April by email (or regular mail for families without an email address)

For more information, including results of the 2016 Surveys. Please select "School Climate Surveys" at the following webpage:

SeattleSchools.org/performance



Don't forget to set your clocks this Saturday!

From the Nurse

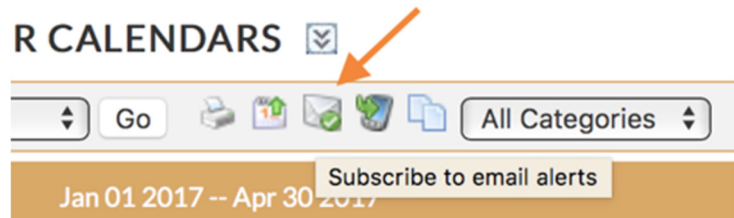


Hello Stevens Families! We are excited to have Neighbor Care Health coming to offer **FREE dental screenings and fluoride application** at the end of the month. If you would like your student to receive a free dental screening please make sure to sign and return the consent form. They will be sent home in "backpack mail" and will need to be returned by March 28th. If you have any questions please feel free to find more information on the bulletin board by the front door or contact me anytime.
In Good Health,

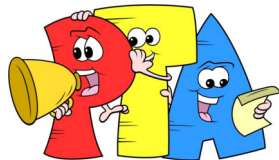
Subscribe to Stevens School Website Calendar

Looking for another way to stay informed about goings-on at Stevens? Subscribe to email alerts from the Stevens Website Calendar. You'll get a notice once a week or when new items are added. To subscribe go to:

<http://stevens.seattleschools.org>, and click on the "12 month year dates on the Seattle Public Schools" link on School Calendar on the right side bar. Then click on the envelope icon to subscribe:



From the



Important Dates:

Stevens Art Show: THIS Sunday, March 12, 2-5pm, Optimism – **RSVP TODAY, March 8th:** <http://evite.me/BW5A385eyG>

Green Team Meeting: THIS Thursday, March 9th, 7-8:30pm, Central Cinema – RSVP to michelle@leapingmedia.com

Stevens PTA Meeting: Tuesday, March 28th, 6:30-8:00pm, Stevens Library

Tutu's Pantry

Each week, the Tutu's Pantry volunteers use your donations to provide food for about 30 students over the weekend and ALL of what we receive goes directly to Steven's families. **THIS WEEK Mar 6-10: Fifth Grade** families, please donate food items. Next week: Mar 13-17, Third Grade

Things we are always need include:

- ◆ canned entrees (Ravioli, Spaghetti-Os and Chili)
- ◆ single serve snacks (such as granola bars, fruit snacks or pudding cups)
- ◆ boxed Macaroni and Cheese
- ◆ monetary donations - we will do the shopping for you!

Thank you again for all of your support!!

Seattle Public Schools, SPS, provides Equal Educational Opportunities and Equal Employment Opportunities and does not discriminate in any programs or activities on the basis of sex; race; creed; color; religion; ancestry; national origin; age; economic status; sexual orientation, including gender expression or identity; pregnancy; marital status; physical appearance; the presence of any sensory, mental or physical disability; honorably discharged veteran or military status; or the use of a trained dog guide or service animal. SPS also provides equal access to the Boy Scouts and other designated youth groups.

For students and members of the public, the following employees have been designated to handle questions and complaints of alleged discrimination: Office of Student Civil Rights, (206) 252-0306, or oscr@seattleschools.org, or by mail at Seattle Public Schools, MS 32-149, P.O. Box 34165, Seattle, WA 98124-1166. In that department:

- For sex discrimination concerns, including sexual harassment, contact: Title IX Grievance Coordinator, (206) 252-0367, or Title.IX@seattleschools.org
- For disability discrimination concerns contact: ADA/Section 504 Grievance Coordinator, (206) 252-0178, or accessibility@seattleschools.org

For employee questions about or requests for disability related accommodations and/or complaints of alleged discrimination, including sexual harassment, contact: Assistant Superintendent of Human Resources, Seattle Public Schools, Mailstop 33-157, P.O. Box 34165, Seattle, WA 98124-1166, (206) 252-0024, or hreeoc@seattleschools.org.

Stevens Spring Art Show

The Stevens PTA is looking forward to seeing all our students, staff, and families at the **Spring Art Show THIS Sunday, March 12th from 2-5pm.**

The show will take place at **Optimism: 1158 Broadway, Seattle 98122.** Parking can be tight near Broadway & Union, so consider taking public transportation.

RSVP TODAY Wednesday, March 8, so planners know how many to expect and to secure a silent auction bid number: <http://evite.me/BW5A385eyG>

We still need a handful of **volunteers to help the day of the event, March 12th.** Please sign up NOW at: <http://www.signupgenius.com/go/5080E4DACAB22A46-spring>.

And remember to **bring your checkbook** to avoid credit card surcharge, so more money will go to Stevens Art Program.

Art work from ALL students will be on display along with a performance by Choir5. There will also be a variety of kid activities: face painting, art with Willow, and Id Tech programming. A wonderful selection of artwork and Buy-in-Items will be available for purchase:

STUDENT CENTERED ITEMS:

PE teacher for a day with Mr. Peters!	PE Teacher for a day with Ms. Goubert
Librarian for a Day	Principal for the Day
Snowboarding & Ski Day with Mr. Martin	K-2 Dance Party!
Movies & Milkshakes	Name the Next Hello Robin Cookie!
Stevens Bike Adventure Tour with Mr. Peters	3rd Grade Pool Party!
K-5 Monster Bash Party!	3 rd -5 th Grade Hogwarts Movie Event!
Dance! Dance! Dance! (and Dinner too!) 3 rd -5 th Grade	

ADULT CENTERED ITEMS:

Optimism Beer Tasting & Dinner	Dim Sum Social
Garden Party Redux	Summer Shrimp Boil
Stevens Speakeasy - version 5.0	

ART ITEMS:

Classroom Art Projects
150 (!!) Professional Art pieces: Photography, Paintings, Prints, Fiber Arts, Jewelry and Mixed Media Pieces

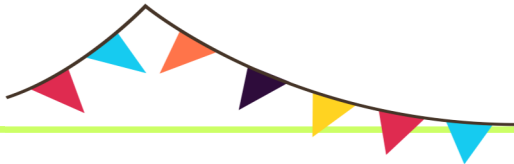
Please note: the **silent auction closes at 4:30pm.** All proceeds will go towards the arts at Stevens.

We hope to see you all there!
March 12, 2017 2-5pm
Optimism: 1158 Broadway; Seattle 98122

Siri Miller and the Art Show Committee
siridmiller@gmail.com

Sneak Peek - Quilt for Art-Walk





Start Thinking **CARNIVAL!**

This year's carnival is set for Friday, June 9th, from 5 to 8 pm!

It is an all-grade, all-inclusive Stevens community event, and **we want all grades represented in its planning**. So, if you are interested in helping us plan for this year's Super Fantastically Fun event, now is the time to let us know! We are looking for one more event coordinator for 2017.

The **Carnival Planning Kick-off Meeting** is next **Monday, March 6th, 7pm** at the home of Megan Boyce-Jacobs, 1714 E Thomas Street (parking available in Group Health lot next to house). **All are welcome!** Please contact 3rd grade parents Lori Bugaj at lekjhb@earthlink.net (415.999.0818) or Megan Boyce Jacobs at mcboyce@mac.com, or 1st/4th grade parent Amy McRory at a_mcrory@yahoo.com to bring your enthusiasm to this great community event!



VOLUNTEER CORNER

PTA Website

Do you know a (very) little html, have you dabbled in Wordpress? No? Well that doesn't really matter if you are curious to learn. The Stevens PTA Communications Team needs you! Simple help with calendar updates and other news on the PTA website. <http://stevenspta.org>. A great way to sharpen web skills. Write to info@stevenspta.org and let us know you're interested.

Come join the Stevens Green team at the Central Cinema **This Thursday, March 9 2017** from 7:00 PM to 8:30 PM. Many Green Team parents have graduated and we need new folks to help out. We will be discussing past and future green team initiatives.

- Garden plans: Volunteers to water current plantings – twice per week rotation, Veggie garden? To plant or not.
- Energy Audit review and video.
- Bike to school month plans – lots of volunteers needed.

And more.

We look forward to seeing you there!

