



August 2020

Dear Parents and Guardians of Park Brook Students,

My desire for Park Brook Elementary is that every student, of every race and background, walks into Park Brook feeling welcomed, known, and valued. I want the students to feel connected to their school and feel as though Park Brook Elementary is in a sense their home, where they have a sense of belonging. I also want every student who comes to Park Brook to make outstanding academic growth.

The 2019-2020 school year ended in the most unusual way with Distance Learning as a result of COVID-19, and unfortunately, this year there are many unknowns with this pandemic that we are facing as a nation. We will have to be prepared for changes as we move through this school year. As a district we will provide updates to all families, both prior to the school year, and as the year progresses. None of us have the ability to predict exactly what will occur this year.

While I am still committed to our Focus on Fitness initiative, the activities that we have enjoyed will depend upon where we are at with the pandemic and guidance we receive. I, and the staff at Park Brook Elementary, continue to encourage all students (and staff) to get 60 minutes of exercise each day.

I will be taking safety precautions here at school to help minimize the spread of COVID-19. The well-being of all of my students, and my staff, is a priority for me. The precautions include wearing of face masks, working to maintain six-feet of social distancing between all individuals, adjusting building schedules, sanitizing the frequently touched places in the school, to name a few of the steps we are taking here at Park Brook to reduce the spread of COVID-19.

Please feel welcome to reach out at any time. I look forward to greeting families who are new to Park Brook, and our families who are returning.

Sincerely,

Scott Taylor  
Principal



**Our mission is to inspire and prepare all students with the confidence, courage and competence to achieve their dreams; contribute to community; and engage in a lifetime of learning.**

# 4-Ways to Increase Academic Growth!

1. **Read**—Be sure your child reads everyday, or read to your child! Reading to a child is not only fun, but helps develop vocabulary and background knowledge.
2. **Sleep**—When students get plenty of sleep, they do much better in school.
3. **Eat together as a family!**
4. Make sure your child gets at least **60 minutes of exercise** everyday.

(For this year, on days when your child is not in school, please be sure they participate in online learning activities.)



## WHO IS MY TEACHER?

Class lists will be posted near the front doors.

Tuesday/Thursday students will be posted Tuesday, September 1 starting at 3:00 pm.

Monday/Wednesday students will be posted on Wednesday, September 2 by 1:00 pm.

This will allow for social distancing at school. We understand your need for more information, and are working hard to get that to you as soon as we can

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**School Supply List is available on the Park Brook Website.**



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## Open House

This year, because of COVID-19, we are unable to hold our traditional Open House. Please visit the school website for opportunities to connect with Park Brook Elementary Staff.

## Google Meet with Mr. Taylor

The following time will be an informal time to connect with Mr. Taylor on Google Meet to ask questions, voice concerns, or simply to connect. Please visit the Park Brook Website for the login information.

- ✓ Tuesday, August 25 from 6:00 p.m. – 7:00 p.m.
- ✓ Thursday, August 27 from 9:00 a.m. – 10:00 a.m.
- ✓ Tuesday, September 8 from 6:00 p.m. – 7:00 p.m.

# Park Brook Elementary Office Hours

7:30 a.m. – 4:00 p.m.

# Park Brook Elementary School Hours

8:30 am—Staff supervision of students in front of school

8:40 am—Students enter building (*students should be to school by 8:40 a.m.*)

8:50 am—Instruction Begins

3:20 pm—K-5 students dismissed

The school parking lot is small. It is not possible to fit all cars into the lot to pick up students right at 3:20. *It is a tremendous help if parents of K-5 students come between 3:20 and 3:30 rather than being here at 3:20 to pick up your child.*

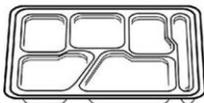
Parents or guardians are responsible for sending a note or calling the school if there is a change in how your child will go home after school. Please call by 2:45 p.m. or send a note with your child if there will be a change; please do not ask your child to tell us that they are going home in a different way. *If the school does not receive communication from a parent/guardian your child will go home following their normal routine.*

*We do not have supervision for students prior to 8:30 a.m. or after 3:30 p.m.*

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**Next PTO meeting: September 22 – watch the website for more information**

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## Breakfast and Lunch

### Costs:

Breakfast: **Free** for all students at Park Brook Elementary.

Lunch: Approximately **\$2.55** (exact 2020-2021 price will be available later in August.)

The electronic lunch system works similar to a checking account. Parents deposit money into their child's account. When a student buys lunch, it is automatically deducted from their account. Please send money to cover a week or two of lunches. *Make checks payable to ISD #279, or Park Brook.*

## Lunch Forms

**Families are required to fill out the forms for free/reduced lunches every year to receive reduced cost or free lunches.** If forms are not completed, families will be charged for lunches, and responsible for the lunch charges prior to the forms being completed and processed.

- The form for free/reduced lunches can be found on the Park Brook website,
- A paper copy of the form can be picked up in the office and returned to the school

If you have any questions about lunch, please call (763) 561-6870 extension 317.

# Absences and Tardies

Please call the school to report that your child will be late for school or will be absent. If the absence is not reported, it is **UNEXCUSED**.

⇒ Before 8:00 a.m. call 763-549-2408

⇒ After 8:00 a.m. call 763-561-6870

**\*\*IMPORTANT REMINDER:** When students are absent, leave early or come late to school due to an appointment, **they are required to bring a note from the doctor, dentist, etc. to be an excused absence or tardy.**

- ⇒ Park Brook Elementary and ISD 279 are not responsible for toys or electronics that students bring to school. Please supervise what students bring to school. Generally, there is no need for students to bring toys to school. If a student needs to bring a cell phone to school, they need to turn it off and put it in their backpack during the day. If a situation arises where an electronic device or toy is a disruption, the device may be confiscated, and a parent or guardian may be requested to come in to pick it up.
- ⇒ Parents are responsible for reading and understanding the information in the ISD 279 Parent Handbook. We ask that you read it, not necessarily for agreement, but for understanding. There will be a Park Brook Behavior Expectation Handbook going home in the first couple weeks of school that we ask you to read and review with your child. After it is reviewed in the classroom, we will ask parents to sign that they have received a copy of the handbook.
- ⇒ All information/communication regarding Park Brook is sent home EVERY WEDNESDAY. **It is very important that you check your child's backpack** daily but especially on Wednesdays to stay current on important information.
- ⇒ **All students will** participate in physical education every other day and will go outside for recess unless the weather is below negative 5 degrees Fahrenheit. Please make sure they are dressed so that they can participate and have fun while being safe.

## Park Brook's Website

<http://schools.district279.org/pb/>



## Birthday Treat Guidelines – NEW INFORMATION

Birthday Treat guidelines are posted in the office, on the monitor in the front entry, and can be found on the Park Brook Website. We are only adjusting the guidelines for this year because of COVID-19.

**While we enjoy being able to be a part of the celebration of our student's birthdays, this year to assist with minimizing the spread of COVID-19 and the safety precautions we must make with distribution of food, for this year we cannot have students bring birthday treats to share with their class.**



# Focus on Fitness

Park Brook Elementary is a school with a Focus on Fitness initiative to increase academic growth and positive behaviors. In addition, physical fitness is good for all. Research indicates that increasing movement and fitness increases academic achievement because it prepares the brain **for** learning.

## Fitness Stations

There are two sets of fitness stations outside that can be used by the public during non-school hours. During the school day the stations can be used during physical education classes, Morning Move, Boot Camp, and during recess.

## Kinesthetic Seating

### Stability Balls

Stability balls are the standard seating in a number of classrooms at Park Brook Elementary. The purpose is to have students use their core muscles during instruction. Not only does it build core strength, moving/using muscles during instruction benefits academic achievement.

### Hokki Stools

Hokki Stools are the standard seating in several classrooms. The stools have a rounded bottom, which means the students must use their feet for stability. These stools are designed to increase attentiveness during instruction.

## Brain Boosts

Each morning classes begin the day with exercise to prepare students **for** learning. Throughout the day, teachers will incorporate movement to increase student attention and academic growth.

## Lunch

Students choose either a lunch from home, or a school lunch. If students are choosing to eat lunch from the cafeteria, they do not need to bring additional food. As part of our Focus on Fitness, we want to encourage students to choose healthy foods for lunch, therefore they do not need 'snacks' to supplement their school lunch. If students take fruits, vegetables and so on, they will have plenty to eat.

**This list does not include all Focus on Fitness activities, but rather gives an overview of the program.**



**Focus on Fitness  
Web Page**



# Sleep

## One Way to Increase Learning!

The American Academy of Sleep Medicine (AASM) has researched sleep and the connection to learning and behaviors. A link to the full article is available on the Park Brook website. This research is based upon review of 864 scientific articles related to sleep and health in children.

- Children three to five years of age should sleep 10 to 13 hours per 24 hours (including naps).
- **Children six to twelve years of age should sleep 9 to 12 hours** per 24 hours.

Getting the sleep mentioned above is associated with better overall health outcomes, including:

- Improved attention,
- Positive behaviors,
- Learning
- Memory
- Emotional regulation (better moods)
- Mental health
- Physical health

Tips to increase sleep:

- Keep computers, iPads, cellphones, televisions, and electronics out of kids' bedrooms. Perhaps have a rule that electronics are kept in the kitchen, living room or parents' room at night. Kids are tempted, just as adults, to continually use their electronics and will stay up to use it instead of sleeping,
- Avoid having kids drink caffeine (pop) at night,
- The caffeine in chocolate can keep some kids from sleeping,
- Have routines to start slowing down for the night—brushing teeth, a story in bed to begin relaxing, and so on,
- Make sure kids get enough exercise during the day so their bodies need the sleep!

### **DRESS CODE**

*Children are expected to be clean, neat, and dressed appropriately for the school day. Clothing must not interfere with the educational process and must comply with requirements for health and safety.*

Parents, please monitor your child's choice of dress by adhering to the following guidelines:

- ⇒ **Shirts must** cover the entire midsection, have no language or illustrations that are offensive, nor have "spaghetti straps". Straps should be at least 1.5" wide.
- ⇒ **Shorts/skirts must** come to the bottom of the fingertips when the student is standing.
- ⇒ **Jackets and coats** may not be worn during the school day.
- ⇒ **Hats, caps, or headwear** (including hoods) are prohibited, except during school-sponsored events and/or for cultural, religious, or medical reasons, with the principal's approval.
- ⇒ **Pants** must be at a length so that the student will not trip on them and fit so that the student can run during recess and physical education without having to hold their pants with their hands. No undergarments should be showing.

*Park Brook Elementary does not have a supply of clothing for students dressed inappropriately or for use during physical education or recess*

# STUDENT DROP OFF/PICK UP & PARKING INFORMATION

Cars must be next to the curb for students to safely enter or exit a car.

**DROPPING OFF or PICKING UP:** please pull your car to the curb, so your child can enter or exit your vehicle at the curb. Stopping in the middle of the lot to pick-up or drop-off a student is extremely dangerous for your child.

If you are **PARKING**, please use the diagonal parking spaces.

Students are never permitted to walk across the parking lot without an adult.

**ONLY BUSES** and commercial daycare vans are permitted to use the bus circle.

You may also drop off students at Hartkopf Park by driving into the small parking lot in the park across from the school. Patrols will be stationed there to cross students safely.

## Slow the Spread of COVID-19

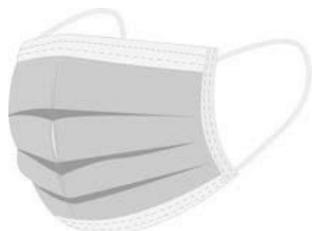
- ✓ Wear a face mask.
  - Face masks should be washed at night.
  - Face masks should be put on using the straps.
  - Avoid touching the front of the mask as hands might be dirty.
  - Masks should consist of at least two layers. Some gaiters, if only one layer, are not effective at slowing the spread of COVID-19.
- ✓ Encourage and teach your child to keep social distancing (6-feet of space) around everyone outside of your household.
  - Staff members will be maintaining distance from parents and will not be shaking hands.
- ✓ Please:
  - Do not send your child to school if they have a fever. (Please do NOT give your child medication to reduce a fever and then send them to school.)
  - Do not send your child to school if they have symptoms of COVID-19, including, but not limited to: headache, vomiting, diarrhea, loss of taste, loss of smell, and/or body aches.
  - Do not send your child to school if you have reason to believe that they have been directly exposed, or someone in your household has been exposed to COVID-19.

Park Brook Elementary – *Focus on Fitness*  
7400 Hampshire Avenue N.  
Brooklyn Park, MN 55428

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U.S. POSTAGE PAID  
PERMIT NO. 3  
OSSEO, MN 55369

# Park Brook Elementary

**Focus on Fitness....Good for our Bodies...Good for our Brains!**



All staff, students and visitors entering Park Brook Elementary are required to wear a face mask covering the mouth and nose.

Students **MUST** have a face mask to ride the school bus.



**First Day of School**  
Tuesday, September 8, 2020  
**8:50 a.m.**

Supervision begins at 8:30 a.m.  
Students enter building at 8:40 a.m.