



Woodland Elementary School
4501 Oak Grove Parkway
Brooklyn Park, MN 55443
763-315-6400

Issue 3, December 2019

Woodland Elementary News

Welcome to Woodland Elementary School News!

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IMPORTANT DATES

- December 3, WD Eagle Choir Concert, WD Gym, 8:30 a.m. – 9:10 a.m.
- December 3, WD Eagle Choir Tour, 10:15 a.m. – 12:20 p.m.
- December 6, PTO Holiday Shop, 5:30 p.m. – 7:30 p.m.
- December 17, Grade 4 Field Trip (Miller), Coon Rapids Dam
- December 19, Grade 4 Field Trip, Coon Rapids Dam
- December 19, WD Awards Assembly, 3:00 p.m. – 3:45 p.m.
- December 20, Waffle Breakfast, 8:00 a.m. – 9:30 a.m.
- December 20, Holiday Sing-Along, 10:00 a.m. – 11:00 a.m.
- December 23 – January 3, **No School**, Winter Break
- January 6, First Day After Winter Break

Woodland Elementary
Where Kids Soar



MESSAGE FROM THE PRINCIPAL

We have a lot for which to be **thankful!**

Sometimes it doesn't seem that way when the busyness of life takes over. My constant goal is to stay positive and have an attitude of gratitude. If I spiral, it's because I tend to fixate on things that I can't control. When I do, I find that my attitude shifts, and I can be a bit of a curmudgeon. It becomes **very difficult** to be thankful when I'm in this state. My brain sometimes won't let me back out of that **one thing** on which I'm fixated. Human beings can have 100 things go well in a day and one thing that is unexpected or unanticipated. Of course, what do we do? We focus on the one thing! In fact, there is a lot of research that says the ability to not do so is almost impossible without help. Part of our approach at Woodland is to help our kids recognize this and equip them with ways to self-regulate and adjust to unanticipated change. I am **thankful** that we care for and educate the whole child – academically, socially, and emotionally.

Speaking of being thankful...

My wife and I are in a relationship in which we can help each other get unstuck. **For that I am truly thankful!**

My wife and I have hard-working, well-rounded, and loving children who reward us, yet challenge us, on a daily basis. **For that I am truly thankful!**

I have a strong and supportive staff that cares for me, as I do for them. They can tell when I'm a bit off and help me to refocus. **For that I am truly thankful!!**

The nearly 700 students in the building come to school every day with smiles on their faces. We talk often and watching them grow in so many ways brings great joy to my heart. **For that I am truly thankful!**

Not all answers and solutions are easy or apparent. **For that I am truly thankful!** Collaboration and deep conversations bring us new and innovative ideas that strengthen all that we do.

Some things in life are just plain hard. **For that I am truly thankful!** How can I grow as a person or truly appreciate the gifts and blessings without some trials and struggles peppered in?

The Woodland families are terrific! You are involved, passionate, and want the very best for your children. We want the very same and value your partnerships. **For that I am truly thankful!**

Have a terrific **Thanksgiving** with your friends and loved ones!

Your Principal,



Rob Nelson

COUNSELING

Laura Larson, School Counselor

This month Woodland is learning about the character trait: **RESPONSIBILITY**

What is it?

We have a few different ways that we can talk about responsibility. There's **being responsible, taking responsibility, acting responsibly, and having responsibilities**. They are all related to doing the things we are supposed to do, and accepting the positive or negative outcome of our actions. A quick definition for responsibility is:

Being responsible means you do the things you are expected to do and accept the consequences (results) of your actions.

<https://talkingtreebooks.com/definition/what-is-responsibility.html>

There are many ways we teach kids responsibility at school and at home. Here are some key things to be aware of while you help guide your child in becoming more responsible—no matter what the task.

1. **Start today!** Kids are never too young to start learning responsibility or how to be responsible for their actions. It will look different across age levels but teaching kids early and often helps to set them up for success!
2. **Praise!** When you see them doing what is expected and responsible, praise them up and down for their efforts. This helps to reinforce their behavior and encourage them in the practice.
3. **Routine and Schedules.** When kids feel a sense of consistency in their day, they feel safer and are more apt to do what is scheduled in their day. The more you can create a routine with jobs, chores and things they are responsible for within it, the more successful they will be over time.
4. **Allow them to help.** Sometimes as kids “help” us---it can make the process longer, can cause more mess and maybe even test our patience a little. However, it is important to allow them to work in this partnership as they learn from you and see the importance of the responsibilities that YOU take on each and every day.
5. **Make them aware of cause and effect.** Kids need to learn that having responsible actions can produce desired outcome. When they put their favorite toy away back where it goes, they know where to find it next time. When they complete all of their schoolwork, they have free time to play. When they are nice and kind to others, the behavior is reciprocated.

FROM THE NURSE

Mandy Reitmeier, RN

Its influenza season again! Some flu basics from the MN Department of Health.

What is influenza (flu)?

The flu is a respiratory disease caused by a virus that attacks the nose, throat, and lungs. Illness is usually mild or moderate, not requiring hospitalization. However, at times flu can be severe. It is not the same as the "stomach flu."

What are the symptoms?

Flu symptoms include fever, dry cough, sore throat, headache, extreme tiredness, and body aches. These symptoms usually begin suddenly and might be severe enough to stop your daily activities.

Should I get a flu vaccine?

Yes. Everyone 6 months of age and older should get a flu vaccine every year. Getting a flu vaccine helps protect you from getting the flu and prevents you from passing it to people who could get very sick.

How is the flu different from a cold?

Colds are generally less serious than the flu. With a cold, you're more likely to have a runny or stuffy nose, while the flu causes body aches, fever, and extreme tiredness. A person with a cold can usually keep up with their normal activities, but someone with the flu can't. Flu can result in serious health problems like pneumonia, bacterial infections, and hospitalization.

Can I get the flu from the flu vaccine?

No. Some people get a mild fever or have discomfort for a short time after being vaccinated, but this is a sign that your body is responding to the vaccine. It is not the flu. Also, because there are many viruses circulating in the Fall, it is possible to get sick with a different virus around the same time as the flu vaccine.

When should I get vaccinated?

For best protection, the flu vaccine is usually given in early Fall before flu season starts. But you can get it anytime during flu season which is typically October through April.



YOUR PTO

This is a busy time of year for the PTO so here is a quick update on all the events, fundraising and news!

Butter Braid Sales

Thank you, Woodland families and students for making our Butter Braid sale a HUGE success! We sold just over 1,000 Butter Braids and made over \$5,200 for Woodland! The money that we've raised will go directly to support enrichment opportunities, activities and equipment for all of you, including playground improvements next summer!

Thank you
Woodland
Families

Playground

We received official word from the school district that the pea gravel will be replaced with wood chips during Summer 2020! The PTO has set a budget for investing in some new equipment. We have met with two playground vendors to create proposals. We had our first mock draft posted at Turkey Bingo. If you missed it, stop by Woodland and check it out. It was also shared on the Woodland PTO Facebook page. More information to come as pieces of equipment are finalized. If anyone has contacts to help keep our costs as low as possible please reach out (concrete, dumpster, volunteers during installation).

Turkey Bingo

Thank you so much to all the families that attended this great event! We were able to raise about 25% more than last year! The community really stepped up their donations this year and we're excited for Woodland families to get back out there and enjoy their winnings. An extra thank you to all the teachers and staff that donated their experiences for the raffle.

Holiday Shop

Mark your calendar for the Holiday Shop on December 6th, 5:30 p.m. - 7:30 p.m. Shop the local craft fair while the kids pick out presents for friends and family!

Next Meeting

Tuesday, January 7, 6:00 p.m.



MEDIA CENTER



Is your child into Fortnite, Roblox, or Apex Legends? If you have questions about these games (and other online entertainment sites) and if they are safe and appropriate for your child, check out commonsensemedia.org. Click on the “Parents Need to Know” tab. In the “Parents’ Ultimate Guide to ...” section, find answers to questions many parents have about Fortnite, Apex Legends, Roblox, YouTube, YouTube Kids, Snapchat, TikTok, and more.



NOTES FROM MUSIC

4th and 5th graders in **Eagle Choir** have been working hard to prepare their music for their upcoming performances in December. They are working on music to improve their singing skills by singing in rounds, partner songs, and ostinatos. It is such a joy to hear them fill the halls with music on Tuesday mornings.

Here are the details:

- Tuesday December 3
 - Students arrive by 8:15. Wear dark pants. Students will receive their t-shirts as they arrive.
 - 8:30 a.m. Eagle Choir performance for parents in the gym.
 - 10:30 a.m. – 12:20 p.m., Eagle Choir performances at St. Therese Assisted Living and District 279 ESC.

Our 5th graders are working hard to prepare for the **5th grade performance** on Thursday, January 23. They are singing songs together as a whole grade level, and then they have chosen to be in smaller groups to prepare a variety of music including instrumental, drumming and dancing. It’s going to be a great night to showcase their talents and **all 5th graders** will want to be part of the evening performance.

Here are the details:

- Thursday, January 23
 - 5th graders arrive at Woodland by 6:15 p.m.
 - 6:30 p.m. 5th Grade Performance Night begins in the gym
 - When we are done performing, students help bring instruments and risers back to the classroom.