



HAPPY SPRING MAPLE MONARCHS!

It's a busy time of year at Maple. The end of the 2nd Trimester has come and soon report cards will be coming home with students. Please take time to celebrate their progress! We have one more trimester to go in this school year and there will be a lot going on in the coming weeks—the return of the Maple Monarch Marathon (aka the walk at the park before school), Smarter Balanced Assessment for 3-5 students, the Maple BBQ and more!



As many of you know, last week there were school walkouts around our country in support of safer schools. Many of our 5th graders chose to walk out like many of their peers did across the District. Watching our 5th graders use their 1st Amendment right and their reason behind it made me very emotional. I was proud of their action but so sad that past and current events have led our children to express that they want to feel safe in school—that should be a given every day. It's not negotiable. At Maple, safety is a priority and we continue to discuss how to make our building and campus as safe as possible. As part of this discussion, I welcome and appreciate your input. I also encourage you to participate in the March For Our Lives event, happening on Saturday, 3/24, and contribute to the greater community's voice on the importance of school safety.

After Spring Break, I will return to work full-time from my maternity leave. I look forward to reengaging and enjoying the remainder of the year with our students, staff and families!

Elena Sanchez / *Principal*



EAT BETTER / LEARN BETTER

Proper nutrition is crucial to your child's success in school. Breakfast and lunch at school provides the right mix of fruits, vegetables, dairy, protein and whole grains to allow them to perform their best. That's why encouraging students to eat breakfast is so important. It's a lot easier for kids to focus and learn when they start the day with a proper Breakfast. Students who eat breakfast are more focused, have fewer absences and better test scores.

Over the past few years, the U.S. Department of Agriculture (USDA) has put in place many guidelines to help students make healthier choices in the school cafeteria. Some may frown at the idea of a school meal, but be aware that every item served at school are produced according to USDA guidelines. So when you see an item like a Cinnamon Roll or French Toast, these will have less sugar than the same products you would pick up at the grocery store and will help to fuel your students' need to learn.

School meals offer:

- Calories and portion sizes that meet student needs based on grade level
- Variety of fresh fruits and vegetables daily, highlighting dark green, vibrant red/orange vegetables and legumes/beans
- Lower saturated fat and zero grams of trans fat per meal
- Limited added sugars in all meals

Breakfast at Maple is served daily and starts at 7:30 a.m. 'till the first bell at 7:50 a.m. If buses run late, breakfast is still served to those students. Breakfast is \$2.00 for students and \$3.25 for adults. If your student already qualifies for a free or reduce lunch, breakfast is also included with the program.



YEARBOOK CANDID PHOTOS

Heidi Ellis in the front office is requesting photos from parents for the yearbook. Only photos taken at school or at PTSA-sponsored events should be shared.

Visit: community.lifetouch.com Access code: IMKITW

**You will be prompted to register and asked if you have permission to upload the photo(s).*

If you have concerns about privacy, note that only Heidi and Elena will have access to the uploaded photos and will make sure privacy practices are honored and that children in the photos have given permission to be published. Also, be respectful of other families and ask for permission before uploading group photos with other students.

PLAN AHEAD

- April 9-13: *Spring Break, no school*
- April 16: *Maple Monarch Marathon Walk, 7:40am every morning at Maplewood Park*
- April 17: *PTSA Meeting @ 6:30pm, Teacher's Lounge*
- May 7-11: *Staff Appreciation Week*
- May 18: *Annual Maple BBQ Lunch*
- May 29: *Memorial Day, no school*
- May 31: *Multi-Culture Night*
- Every Monday: *Monarch Monday, wear your Maple gear*
- Every Wednesday: *Early dismissal, School ends at 1:10pm*

ANNUAL MAPLE BBQ

The date for this year's Annual BBQ is Friday May 18th, please com and join your child for lunch.



- Adult lunch: \$4.75
- Student lunch: \$3.00

If your child receives free or reduced meals at school they DO NOT to bring money, the BBQ will be their regular lunch. Hope you can join us and watch for the flyers in April to sign up.

– Cathy Stalker / *Lunchroom Lady*



WALK AROUND THE PARK

Maple Monarch Marathon will start up again after Spring Break, Monday April 16th. Students and their families will be encouraged to walk the track at Maplewood Park with fellow classmates as they arrive to school. Note, once this starts, students will not be allowed inside the school until the first bell at 7:50am.



LET'S GO CAMPING!!!

Maple's Fourth AND Fifth graders will be going to camp September 26th – 28th, 2018!

Join us for Camp Information Night

WHO?

Families of Current 3rd and 4th Graders

WHEN?

Tuesday, April 3rd 5:30 p.m. – 6:30 p.m.

WHERE?

Maple Library

WHAT?

A presentation and question-and-answer session with a representative from Camp Seymour and Maple's 4th and 5th grade teachers

- All Camp paperwork will be given out at this event.

- Camp fees are due on or before Friday, May 11th. Scholarships are available for students who qualify for free or reduced lunch.

– Ms. Ventura, Mr. Barnes, Ms. Jones, Ms. Kumasaka, Mr. Zerai, & Ms. Horton
Fourth & Fifth Grade Teachers



ONCE UPON A TIME A SPARROW

Mary Avery Kabrich has served Maple as a school psychologist for fifteen years. She started her education career as a special education teacher and continued to have a strong affinity for “special” students.

This past Fall her novel, *Once Upon a Time a Sparrow* was published. While fiction, the inspiration came from her own life growing up with dyslexia and struggling to find peace with an educational past of struggle and pain. The story's message is one of hope and inspiration. Earlier this month, it came in first place in the category of fiction at Reader Views Reviewers Choice Literary Awards.

Once Upon a Time a Sparrow can be ordered at most places where books are sold.

Mary is generously setting aside 80 percent of income from all sales to go to an organization that will train volunteers to provide additional tutoring to low income students (such as at Maple).

Mary Avery Kabrich, Ph.D. / *School Psychologist Seattle Public Schools*



SPRING FEVER OR SPRING ALLERGIES?

How to prevent an allergic reaction to pollen?

There are actions you can take to reduce allergic reactions to pollen:

- Limit your outdoor activities when pollen counts are high. This will lessen the amount of pollen allergen you inhale and reduce your symptoms.
- Keep windows closed during pollen season and use central air conditioning. This applies to your home and to any vehicle (car, bus, train, etc.).
- Start taking allergy medicine before pollen season begins. Most allergy medicines work best when taken this way. This allows the medicine to prevent your body from releasing histamine and other chemicals that cause your symptoms.
- Bathe and shampoo your hair daily before going to bed. This will remove pollen from your hair and skin and keep it off your bedding.
- Wash bedding in hot, soapy water once a week.
- Wear sunglasses and a hat. This will help keep pollen out of your eyes and off your hair.
- Limit close contact with pets that spend a lot of time outdoors.
- Change and wash clothes worn during outdoor activities.
- Dry your clothes in a clothes dryer, not on an outdoor line.

Emily Goff BSN, RN / *School Nurse*

GET AND STAY CONNECTED

Want more school info? Here are some options for you to stay up to date with what's going on at Maple:



- Join the Maple Elementary PTSA Facebook Group and Like us to get updates in your newsfeed
- Join the Maple PTSA email list, email maplepta@gmail.com to be added

You can also find past meeting minutes and newsletters along with other information by visiting maplepta.com.

Bring any questions, concerns and meet other parents at one of our monthly meetings scheduled on the second Tuesday of each month during the school year, 6:30-8:00pm in the Teacher's Lounge.



BOX TOPS COLLECTION CONTEST

Thank you all again for your participation in this year's Box Top Collection Drive. Remember that each Box Top collected is worth .10¢ and will help fund extra supplies and activities for Maple School.

The classroom collection contest is still going on, so don't stop clipping. The class that collects the most Box Tops will earn a popsicle party and their teacher will receive a VISA giftcard.

Currently, these are the top five classrooms:

- 1) B3 / Ms. Cole 2) B2 / Ms. Meyer 3.) B1 / Ms. Poon 4) B4 / Teacher Curry 5) D1 / Ms. Herman

Reminder, Box Tops should be submitted through your classroom collection box. And don't forget to sign up as a Box Top member (it's free!) and check out our school's earnings, money saving coupons and enter for extra chances for Maple to earn more Box Tops, go to BTFE.com. Also don't forget to download the Box Tops Bonus App for more quick and easy ways to earn funds.

Thanks for your support! Agnes Gómez / *Box Tops for Education™ Coordinator*



VOLUNTEERING OPPORTUNITIES

Upcoming event volunteer opportunities, go to signupgenius.com to sign up or see contact listed:

- Atrium Project – Spring 2018, contact Stephen Dooley, stephen@gradientinteriordesign.com

You can also discuss classroom opportunities directly with your child's teacher.