

The *Polar Bear Express*

December 2019

**“Poly Drives Students
to Succeed”**



Poly Drive Elementary School

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Dear Poly Drive Families,

Thank you so much for attending your child's conference. It is so important to work together to help each child reach their potential. I heard many positive comments about using the online scheduler to register for conference times. Please let me know how the online scheduler worked for you.

You should have received your child's standards-based report card last week. You will notice that "grades" are marked with an E, NP or P for English Language Arts and Math – remember that the goal for the end of the year is to have P (proficient) in all areas. A mark of E or NP indicates the student is still developing mastery of that skill, which is to be expected. If you have questions or would like some clarification, please do not hesitate to contact the teacher or myself.

We are once again coordinating a "Gifting Tree" in which you can help out a family in need by grabbing an ornament from it and providing the item requested. This project directly benefits Poly Drive families and any assistance you can provide is appreciated. Look for the tree by the office.

Our holiday music concerts will all be held on the same day this year, so put December 18th on your calendar. Look in this newsletter for exact times for each grade.

December is always such a busy month for all with lots of shopping, baking, concerts, decorating and time with friends and family. Hopefully, we do not have too much snow that it makes it difficult for us to navigate the streets of Billings to get our things done. In the craziness of the hectic month, please enjoy this wonderful time of year. I hope you take time this month to truly enjoy some quality time with family and friends.

Sincerely - Lorrie Wolverton



HOLIDAY MUSIC PROGRAMS

Tis the season for fun holiday music performances from our amazing Poly Drive students.

Schedule of Performances

Thursday, December 19

Kindergarten

1st and 2nd grades

8:30a.m. and 1:00p.m.

(Same performance,
two time options)

5th gr Orchestra 2:30p.m.

4th grade and 5th grade general music will have a ukulele concert in January. 3rd grade will have a music performance in February. 5th grade band will also be scheduling a concert in the new year.



KINDNESS & COMPASSION CLUB

The KC Club has put together a "Gifting Tree" to collect items to give to Poly Drive children and families for Christmas.

You can take a stocking from the tree that is displayed by the main office. The stockings each have an item listed on them that is to

be purchased and then returned to Poly Drive by Friday, December 14th.

The items range from specific girl/boy items to general health care items. You may choose to wrap the more specific items if you wish, attaching the stocking to it so it can be identified.

**HALLOWEEN CANDY
COLLECTION YELDED
OVER 123.5 POUNDS OF
CANDY! WOW!**



LIBRARY NEWS

**Barnes & Noble
Bookfair!
Dec 7th 1-5pm**

Hey parents. Participating in the Barnes & Noble Bookfair makes it possible for the library to get the latest books in a timely manner. This year we will have craft tables set up around the store. We will make:
Ornaments
T-shirt Scarves (if you have any old cotton t-shirts to donate, I will take them!!)
Winter Decorations

There will be a scavenger hunt and specialty drinks and snacks available to purchase at the cafe. All purchases on this day go toward the Poly Drive Library in the form of a Barnes & Noble gift card. Teachers will also have wish lists posted. If you can't make it, you can shop online through the 12th and use our purchase code (12556817).

Students will be coming home with a bookmark that contains the purchase code - 12556817. Just take that into the store on the 7th and present it when purchasing your items. There will be extra bookmarks at the store as well. Please email Mrs. Caskey with any questions - caskeyd@billingssschools.org.



Poly Drive Will Participate in the Hour of Code

We live in a world surrounded by technology and we know that whatever field our students choose to go into as adults, their ability to succeed will increasingly depend on understanding how technology works. But only a tiny fraction of us are learning how technology works. Fewer than half of all schools teach computer science. That's why our entire school is joining in on the largest learning event in history: The Hour of Code, during Computer Science Education Week (December 4-10). More than 100 million students worldwide have already tried an Hour of Code. Our Hour of Code is making a statement that Poly Drive is ready to teach these 21st-century skills. If you are interested in learning what we are doing for this event, you can visit polydrivelibrary.weebly.com/coding.html



Poly Drive Manners of the Month

December

- ✓ Arrive to school and appointments on time
- ✓ Cover your mouth when you cough or sneeze
- ✓ Volunteer to help



SCHOOL CALENDAR

December

- 12 Butter Braid Delivery
- 19 Music Programs
K, 1st, and 2nd grades
8:30 & 1:00
5th gr Orchestra 2:30
- 23-Jan.1 No School

January

- 2 School Back in Session
- 9 4th and 5th Ukulele Concert
- 13 PIR - NO SCHOOL
- 14 PTA Meeting 6:15
- 31 Spirit Day

A WORD FROM SD #2 NURSE:

Tis the season to be jolly...and to get sick-ugh! Don't let illness ruin your fun holiday plans! This a great time of year to review these important illness prevention tactics with your family:

- 1)Wash your hands with soap and water frequently!!! Research has proven that handwashing is a great way to prevent the spread of many different types of illnesses.
- 2)Get a flu shot!!! Not only is getting Influenza just plain miserable, it can be deadly. The Center for Disease Control estimates that influenza may cause as many as 79,000 deaths annually.

- 3)Don't neglect the importance of Vitamin D. Did you know that Vitamin D plays an important role in your body in many ways, including mental health and immune system function? Not only the location of Montana but also the fact that we spend a lot more time indoors and are not exposed to adequate sunlight in the winter months contributes to low vitamin D levels. Ask your family Health Care Provider if you have questions about your vitamin D levels or adequate supplementation for yourself and your family.

- 4) Amidst the craziness of the season, try to take care of yourself with adequate sleep, good nutrition, and exercise.

BPS School Counselors



BULLYING: Bully behavior occurs when there is deliberate intent to harm, dominate, inflict pain, exclude or otherwise cause distress to the person being targeted. The person who bullies purposefully misuses his/her power (size, age, popularity, confidence, verbal ability), usually repeatedly. The balance of power between the bully and target is NOT EQUAL.

On the Wish List: Technology (and Boundaries)

If a technology device is on your child's holiday wish list, you may want to consider including boundaries with it. Helping your child to balance technology time with family time as well as parental control and self-control can steer them toward healthy habits. To help deliver balance, responsibility and safety with their gift, consider having your child sign a technology contract that includes any or all of the following suggestions:

1. Both parents must have access to the phone or tablet at all times (including all passwords and lock codes). No apps, games or songs are to be downloaded without parent permission. In addition, absolutely no communication with strangers, and no sending photos (with the exception of close friends and family).
2. Put a tech hub in your bedroom and set a time in the evening when all phones, tablets, and laptops must be plugged into the hub. This prevents your child from all-night texting or screen time.
3. It's important to keep track of how often we, and our kids, are on screen time. Then we can set limits, take breaks, and get ourselves outside and into nature. A browser extension called *Waste No Time* helps to set time limits on using certain websites (like Facebook). Several other apps, like *Our Pact* or *MMGuardian* help to monitor usage on iOS and Android devices.
4. If your child feels the need for a social media account to keep up with socializing, you may want to set some very serious rules. Only allow one account. Have your child choose Facebook or Instagram or Snapchat or whatever the kids are using these days. Have an account on that site and understand how the privacy settings work. Your child should be friends with you on that account and you should have access to your child's password.
5. Finally, access to tablets, and phones, and games is not a given, it is a reward. Technology is not food or shelter. It is not a need, it is a want, and that means that it may be taken away at any time if it isn't earned. Don't be afraid to take away the phone or tablet if your child is not adhering to the contract agreement and expectations.

Many media and device contract examples can be found online with a Google search. It is so much easier to set the boundaries ahead of time, when your child acquires the device, instead of establishing them after a problem arises.

-- Excerpted from an article by Julie Mitchell, Familygenius