

THE POLAR BEAR EXPRESS

Poly Drive Elementary School polydrive.weebly.com

September 2016

We are off to another awesome start here at Poly Drive. Our building received some new flooring, network equipment and boiler system from the last levies that were passed. Our assessment data shows that we rival or top others in Billings, and most throughout the state. Our staff and PTA are fired up and have ensured a smooth first couple of weeks. How fortunate we are to be part of such an incredible learning community.

We have quite a few new staff members this year so please take some time to introduce yourself to Katie Colby – 2nd grade, Brianna Bauer – 5th grade, Zoie Hanley – 5th grade, Kim Lane – 6th grade and Nancy Ruby – custodian. They have already proven themselves to be welcome additions to Poly Drive.

Our Open House is Tuesday, September 13th from 6-7:30pm. This is a time for staff to share expectations for the year and for parents to receive some general information. If you have specific information about your child that you would like to share with their teacher, please set up a separate time so you can meet privately and respect confidentiality.

Once again one of our goals this year is to improve student attendance. Last year we were one of only two schools in the district that did not improve attendance over the previous year; although the increase was very small at .1%. Several studies have indicated that excessive truancy decreases student performance and increases student drop out rates. We certainly understand that students get sick, family matters come up and some mornings are tougher than others, but please help us educate your children by making sure they are at school every day possible and that they are on time.

We have a lot of things going on this year and I will continue to keep you updated. As always, if you have any questions, comments or ideas, please do not hesitate to contact me. You are a critical part of the Poly Drive learning community and we want to hear from you. Have a great month.

Kevin Croff



SATURDAY LIVE

Coming to Pioneer Park on September 24th, it's Saturday Live! Join us to celebrate the biggest carnival in the West. We have fun games, non-stop live entertainment, and delicious food.

Start your day at Daylis Stadium for the Saturday Live 2 Mile Fun Run/Walk at 9am. Same day registration begins at 7:45am or go online to register at www.efbps.org. There will be lots of fun prizes for all, including a prize to the school with the most participants!

Live entertainment will happen on the main stage all day. Join us at 1pm to watch students from Senior, Skyview and West dig into pie in a pie eating contest!

The fun never stops with over 80 carnival booths throughout the park. Tickets for Saturday Live will be for sale at each elementary school prior to Saturday Live. You can also purchase tickets at the event. Tickets are \$.50 each.

Don't worry about parking; we have two shuttle buses running to ease the congestion. One shuttle bus runs from the Billings Clinic lot at 9th Avenue and 30th

Street (by the Riverstone Billings Inn). An additional shuttle bus runs from the Montana State University Billings parking lot on Rimrock and Virginia Lane. Both shuttle buses run every 15 -20 minutes with drop off/pick up at the Zimmerman Center.

For more information, visit our website at www.efbps.org or call the Education Foundation for Billings Public Schools at 245-4133.

MUSIC NOTES

Mrs. Langeliers

The first rehearsal for Select Choir will be Tuesday, October, 4th at 7:45 a.m. Students who participated last year just need to come on the first day of rehearsal. Students that haven't participated before in grades 4th – 6th need to set up an audition with Mrs. Langeliers. More information will come home on the first day of practice!



SCHOOL TIMES

Supervision for morning walk on the playground begins at **8:10**. **Students should not arrive any earlier than 8:10 every morning.**

School starts at 8:20.

K – 3rd dismiss at 2:20

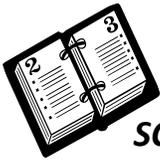
4th – 6th dismiss at 3:05



6th GRADE COUPON BOOK SALE

The 6th grade classes are selling the blue coupon books so many of us have come to know and love! The books sell for \$20 each and are full of discounts by some of our favorite local business.

The coupon books will be available through the month of September. You can purchase them at the office or through any Poly Drive 6th grader. Make checks payable to Poly Dr. School. Proceeds go to funding the 6th grade field trip in the spring.



SCHOOL CALENDAR

SEPTEMBER

- 13 Open House 6-7:30 pm
- 22 Early Dismissal 12:00
- 22-23 Saturday Live ticket sales after school
- 21 Coffee with Croff 8:30; please rsvp
- 23 School Picture Day
- 24 Saturday Live @ Pioneer Park; 9-3:00
- 30 Spirt Day
Wear your Poly Drive shirt

OCTOBER

- 3-7 Walk/Bike to School
- 14 Coffee with Croff 8:30; please rsvp
- 19 Early Dismissal
- 20 – 21 NO School
- 24 4th gr to Alberta Bair
- 28 End of Quarter



LUNCH TIMES

This year all students will enjoy lunch before going outside to play. This is our schedule:

- Kindergarten 11:10-11:45
- 1st Grade 11:35-12:10
- 2nd Grade 11:15-11:50
- 3rd Grade 11:40-12:15
- 4th Grade 12:25-1:00
- 5th Grade 12:00-12:35
- 6th Grade 12:05-12:40



WEDNESDAY WATCH

Every student was given a Wednesday Watch envelope. They are made of space age paper and should last the whole year. Every Wednesday we will send home special notices such as newsletters, field trip permission forms, lunch menus, PTA brochures, etc. Please be sure to remove the envelope contents, date and initial the envelope and return it to school with your child on Thursday.

LUNCH COSTS

- Daily lunch ticket = \$2.70
- Weekly ticket = \$13.50
- Monthly ticket = \$54.00
- Adult lunch = \$3.70

*Poly Drive loves
our PTA!
Check out their website:
Polydrivepta.com*



FREE STEM Activities @ the Library – Girls Only!!

Age Group	Date	Time	Activity
6-8 years old	Tues, Sept. 13 th	4:00-5:30pm	Egg Drop Engineering- design and build a contraption to protect your egg from a one-story drop!
9-12 years old	Wed, Sept. 14 th	4:00-5:30pm	Solar-powered cars - Use a kit to build and power your own car using clean energy. Build it, test it, <u>keep</u> it!
13-18 years old	Tues, Sept 20 th	4:00-5:30pm	Bring a smart phone if you have one to try the latest technology in apps using Google Cardboard - channel your techie side and impress friends with fun apps!

MUST call or e-mail BEFORE event to reserve your spot; spaces are limited!

RSVP to Cassie Baker bakerc@ci.billings.mt.us 406-237-6119

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.

5 Ways to Help Your Child Cope With Stress

Adults talk about being stressed, but we can sometimes forget that children experience stress too. Kids are worried about doing well in school and getting along with friends. They worry about their family and their pets. Kids also experience acute periods of stress, like when a loved one dies or when their parents get divorced.

How to help your child cope with stress:

1. Teach them a few quick calming strategies. When kids are experiencing stress, they need to be able to do something in the moment to calm down. Teach these to your child so they have a few simple strategies:

- *Take a deep breath.*
- *Imagine your favorite place.*
- *Pick a number and count to it slowly.*

2. Talk about the stress. Ask one or two open-ended questions and see where that leads. One simple way to ask about their day is to ask about the roses (the good things that happened), and thorns (the bad things that happened). If you're having a hard time starting a verbal conversation, try writing instead. Start a special journal just for the two of you and start a conversation about what's going on with them, and what is stressful for them.

3. Simplify your schedule. There is such pressure to go and do *constantly*. That puts a lot of stress on everyone in the family. Talk with your child about their schedule. Cutting down to one or two activities a week would reduce stress and allow for some down time and freedom to play, which is a great stress reliever.

4. Find good distractions. There are times when a situation can't be resolved by something simple like reducing activities, such as when a grandmother is ill. Your child may keep thinking and thinking about it. You can try to take their mind off that stress:

- *Find something that makes them laugh.*
- *Help others.*
- *Play a game.*

If you notice that your child is experiencing so much stress that he or she is unable to focus at school or they no longer seem to enjoy activities they once did, contact your child's school counselor to discuss ideas and additional supports that may help.

5. Model healthy coping strategies. Parents are a child's first teacher. They watch their behaviors and see what they do when they're stressed. They need to model good, healthy coping strategies, too. What are **your** go-to coping strategies? Do you like to go to the gym? Knit? Do a crossword puzzle? The next time you use a coping skill, share that information with your child. Acknowledge it out loud. "I'm so stressed right now, and I just need a quick break. I'm going to knit for 10 minutes."

There will always be stress, but it's all about how you manage it. The earlier your child can learn healthy coping skills, the bigger their repertoire of coping skills will be. With a good set of coping strategies, they can tackle stressful situations successfully for years to come.

Adapted from an article by Janine Halloran, June 2016.