




WASHINGTON SCHOOL NEWSLETTER

March 1st, 2018
HOME OF THE COUGARS



Our Mission Statement is to assist and empower students to reach their full potential in a safe environment.

March 1st	PTA Pizza Fundraiser Night at Papa Murphy's
March 7th	PTA Meeting in the library 8:00 - 9:00 A.M.
March 8th	PTA Family Movie Night featuring "Wonder" - Doors open at 5:30
March 8th	Silverwood Tally Sheets Due in Library
March 9th	Student Led Conferences – <i>Non-Student Day</i>
March 11th	Daylight Savings Time Begins – Spring Forward 1 Hour
March 17th	Happy St. Patrick's Day 
March 30th	End of 3rd Quarter – <i>Non- Student Day</i>
April 2 – April 6	Spring Break
April 9th	School Resumes
April 11th	PTA Meeting in Library 8:00 – 9:00 A.M.

Principal Note:

Student led conferences on Friday, March 9th between 8:00 am and 3:00 pm. During student led conferences, teachers act as facilitators as students review their work and progress with their parents. Preparing for the conferences helps students take a more active role in their learning throughout the year. The more students prepare and the more parents know what to expect, the more successful student-led conferences will be.

This style conference gives students an authentic opportunity to share their growth as a learner. As students take a more active role in their educational goals, they will become more independent, self-directed learners. In order for the students to present their progress, they must employ self-reflection skills and understanding as to what the goals are and where they currently stand regarding progress toward those goals.

Please remember to come to your student's conference. This is an important exercise for your child's growth.

Sincerely,


Sandy Maras, Ph.D.
Principal

PTA NEWS:

**Winter Carnival - PTA earned \$1,327.28 this year.

**Washington T-shirt Fundraiser Jill + Team 44 \$433.00 profit. Thank you for your support!!

Parents, please mark your calendar for these upcoming events in March and April:

March 7th, PTA Fundraiser: \$10 lift tickets for Twilight Night Skiing at Schweitzer Mountain from 3-7 pm Friday and Saturday nights

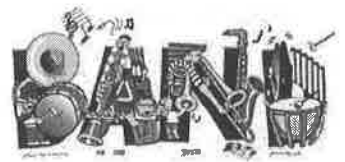
Pizza Fundraiser Night at Papa Murphy's: Thursday, March 1st

Family Movie Night "Wonder" : Thursday, March 8th

Meeting: Wednesday, April 11th @ 8:00 am in the library

To Washington 6th Grade Band Parents,

Mark your Calendars! Elementary Bands will be performing on *Thursday, March 22nd 6:00 pm, at Sandpoint Middle School Gymnasium.*



The stage will be shared with Sandpoint MS 8th Grade and Jazz Bands. All band students need to attend this important event. It is a great experience, and a big chunk of their grade.

This is a chance for 6th grade band students to showcase their work, hear groups from other schools, and learn about the middle school band program, looking ahead to next year.

Students need to be at the Middle School at 5:30 to warm up, with instruments, music and appropriate concert dress: *black pants (skirts below the knee optional for girls), and white shirts with a collar (polo are OK), and ties optional.*

Ryan Dignan, Band Teacher

REMINDER: Reading tally sheets are due soon

To earn a pass, your child must read a total of 10 hours. The tally sheets are due Thursday March 8th, 2018. Please make sure to list the titles and how long your child has read, having an adult initial every entry. You may turn your signed tally sheets into the library as soon as you are finished. Good luck and happy reading.



Mrs. Wehrle, Librarian

Book Fair Thank You

Wow we had a wonderful Book Fair this year! So many great titles to choose from and such a good turnout. The best part has been picking out all of those new books to add to the library. With the student's help, we have had so much fun deciding what to purchase. They are so excited to be part of this selection.

To all of you who shopped and "donated" to such a worthy cause, a big Thank You from all of us. To those that donated their time to help with sales, Stephanie Chamberlain, Kathe Murphy, Dawn Miller, Tonya Hindle and D' Meneghini, thank you. We could not have done it without your help.

Sincerely,

Mrs. Wehrle, Librarian

Safe Routes to School - Put a Little Spring in Your Step:

Daylight savings time begins March 11th. Our days grow lighter longer. Drivers please pay particular attention for more students walking and biking to and from school. Dust off the bike helmets and make sure they still fit properly. Spring bike maintenance ABC's: Air up your tires to pressure printed on tire wall, test/adjust your breaks for proper working order, and lubricate the chain. Most likely, your child has grown since the last bike ride. The seat position should be set so the extended leg has a slight bend at the knee. Wear sturdy, closed-toed shoes when biking to school. Be safe and always wear a helmet & obey the rules of the road. Be seen and wear light, bright, and reflective clothing at night. Be smart and use hand signals to show your intentions and ride in a predictable fashion.



Lake Pend Oreille School District #84

901 Triangle Drive • Ponderay, Idaho 83852
Main: (208) 263-2184 • Fax: (208) 263-6732
Website: www.lposd.org

Dear Parents/Guardians,

At Lake Pend Oreille School District we work hard to ensure that students' minds and bodies are ready for learning each day. In an effort to provide students with the healthiest environment possible, adhere to our district Wellness Policy and federal Smart Snacks in Schools standards, we are encouraging you to provide only healthy snacks for school snacks, classroom parties and school celebrations.

All foods offered to students during the instructional day on school campus until 30 minutes after the instructional day ends will meet or exceed the USDA Smart Snacks in Schools nutrition standards or, if the state policy is stronger, will meet or exceed state nutrition standards as well as our Local district Wellness Policy.

In addition to the hard work our teachers and staff do every day to prepare students for success in the classroom, we can also work to encourage healthy eating and physical activity, leading them to lifelong success. By helping them start healthy habits early in life, we can reduce our children's' health risks and increase their chances for longer, more productive lives.

Smart Snacks in Schools standards are:

- Whole grain rich products
- First ingredient on the product label must be a fruit, vegetable, dairy, protein or a combination of $\frac{1}{4}$ cup of fruit and/or vegetable.

Nutrient requirements for Snack items:

- less than 200 calories per serving
- less than 200 mg sodium per serving
- less than 35% of calories from fat per serving
- less than 10% of calories from saturated fat per serving
- zero trans fats
- less than 35% of weight from total sugars in foods

To encourage your participation in this plan, attached to this letter, please find suggested food and beverage items that currently meet the Smart Snacks in Schools Standards. These snack/celebration items are consistent with the intent of the district's approved Local School Wellness Policy and will promote healthful eating among our students.

In addition to the suggested items, you can find an easy to use 'Smart Snacks Calculator' tool located on our district web page under the Child Nutrition tab that can easily and quickly tell you if a food or beverage item meets the current standards. <http://www.lposd.org/home/departments/child-nutrition-1>

As educators, caregivers and loved ones we all want the best for our students. Thank you for joining us in giving students healthy opportunities to celebrate important events and achievements.

For the health and safety of our students as it relates to food allergies, food safety and sanitation, school policy prohibits any home baked food products from being brought to school and shared with other students. Only store bought, commercially made, prepackaged items with ingredient labels may be brought to school to be shared.

Please note that all snack items sold Al a carte by the cafeteria staff at all LPOSD 84 schools do meet the Smart Snacks in Schools Standards.

If you have any questions, please contact the school. We are looking forward to making our school the healthiest it can be so our students can do their best work.

Have a healthy day!

Sincerely,



Bobbie Coleman, Director, Child Nutrition Program

Healthy snacks and beverages that meet the Smart Snacks in Schools standards are:

Individual ½ cup Fruit Cups in water or 100% natural juice	Water – plain – carbonated or not (no artificial sweetener)
Dried Fruit with no added sugar	Milk – Fat Free or 1% only - 8 oz serving
Dried Vegetables	Juice – 100% Fruit Juice no added sweeteners – 8 oz serving
Fresh Fruits & Vegetables – Individual bags or store bought platters	Juice – 100% Vegetable no added sweeteners – 8 oz serving
Dried Fruits & Dried Vegetables– with no added sugar	Keebler Elf, Graham Crackers 1oz singles
Applesauce Pouches-Motts Unsweetened 3.2 oz pouch	Keebler Animal Cookie – 1 oz package
Applesauce Cups – Unsweetened 4 ounce (variety)	Keebler Honey Grahams with Fiber-3 crackers per package
Dole Fruit Bowls – 4 ounce in 100% Fruit Juice (variety)	Kellogg;s Special K Cheddar Cracker Chips– 0.87 oz bag
Hummus	Simply Chex Snack Mix – Strawberry Yogurt 1.03 oz bag
Cheese Sticks – 1 ounce (variety)	Simply Chex Snack Mix – Chocolate Caramel 1.03 oz bag
Yogurt –GoGurt Tubes, Low Fat, Low Sugar Yogurt- 64 grams	Giant Goldfish Cinnamon Graham Cracker – Pepperidge Farm
Yogurt – Reduced Fat, Low Sugar (variety) 8 fl oz or less	Whole Grain Cheddar Goldfish Crackers - .75 oz Pepperidge
Kellogg’s Nutri-Grain Cereal Bar (variety)	Cheeze-It – Whole Grain Baked Cheddar - .75 oz package
Quaker Chewey Oatmeal Raisin Granola Bar	Nature Valley Crisp Snack 1.2 oz
Quaker Peanut Butter Chocolate Chip Granola Bar	Chips – Miss Vickie’s-Sea Salt Kettle chips – 1.375 oz bag
Quaker Dark Chocolate Chunk Granola Bar	Chips – Lays Kettle Cooked-40%less fat -1.375 oz bag
Kashi Chewy Granola Bar-Honey Almond Flax	Chips – Lays Oven Baked Original – 0.875 oz bag
KIND Bars, Fruit & Nut, Gluten Free, Low Sugar 1.4oz	Chips – Lays Oven Baked Sour Cream & Onion – 0.875 oz
Nature Valley Chocolate Chip Granola Bar	Chips – Popchips Potato Chips-Variety – 1.375 oz bag
Almonds, whole natural – 1 oz grab & go bags	Chips – Sunchips-Multigrain (variety) – 1 oz bag
Sunflower Seeds Nuts – 1 oz package	Chips – Kale – Simply Seven Gluten Free – 3.5 oz bag
Planters Single Serve Salted Cashews – 1 oz package	Chips – Doritos – Baked Whole Grain 1 oz bag (variety)
Planters Single Serve Salted Peanuts – 1 oz package	Chips – Tostitos – Reduced Fat Crispy Rounds .875oz bag
Western’s Smokehouse Smart Stix Meat Snacks	Chips – Baked Cheetos – Regular or Flamin Hot - .875 oz
Jolly Time Health Pop, Butter 94% Fat Free – 100 Calorie pack	Healthy Choice – Frozen Premium Fudge Bar 3 oz
	Frozen 100% Fruit Juice Fruit Bars



Orders arrive 2-3 weeks after the designated collection date on your order form. Please feel free to contact us at any time with questions or feedback!

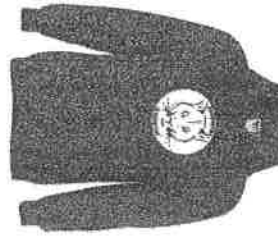
ill@team44apparel.com or 208-371-0117

Actual Logo



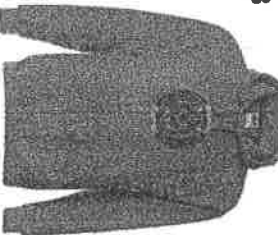
HOODED SWEATSHIRT

Garnet or Dark Heather Gray



#18500B

Youth
XS-XL
\$25

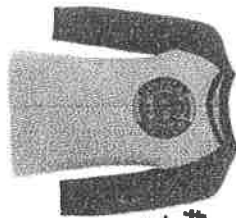


#18500

Adult
XS-5X
\$27

YOUTH BASEBALL TEE

Black/Gray or Lilac/Gray



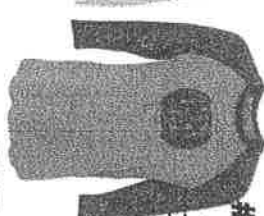
#3352

Youth
S-XL
\$15



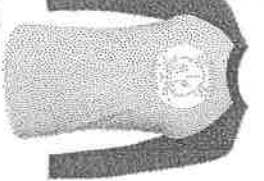
ADULT BASEBALL TEE

Black/Gray or Purple/Heather



#6051

Adult
XS-3X
\$20



TIE DYE TEE

Black

#20BCR

Youth
S-M-L
\$20

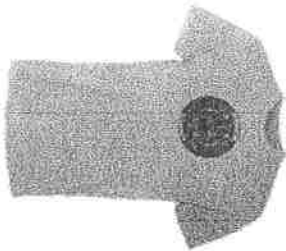


#20OCR

Adult
S-3X
\$20

CREWNECK TEE

Heather Gray or Heathered Garnet



#3310

Youth
XS-XL
\$15



#6210

Adult
XS-4X
\$15

Student Name: _____
 Parent Name: _____
 Phone Number: _____
 Teacher Name: _____
 Grade Level: _____

WASHINGTON ELEMENTARY
 SPIRIT WEAR - PTA FUNDRAISER



Ph. 208-371-0117
 email: ill@team44apparel.com

Style #	Description	Color	Logo	XS	S	M	L	XL	2X	3X	4X	5X	Price	QTY	Total
3352	YOUTH Youth Baseball Tee	Black sleeves/ Charcoal Body	Maroon	n/a					n/a	n/a	n/a	n/a	\$15.00		
6051	ADULT Adult Baseball Tee	Lilac sleeves/ Charcoal Body	White	n/a					n/a	n/a	n/a	n/a	\$15.00		
6051	ADULT Adult Baseball Tee	Black sleeves/ Charcoal Body	Maroon								n/a	n/a	\$20.00		
6051	ADULT Adult Baseball Tee	Purple sleeves/ Heather Gray Body	White								n/a	n/a	\$20.00		
3310	YOUTH Youth Crewneck	Heather Gray	Maroon						n/a	n/a	n/a	n/a	\$13.00		
3310	YOUTH Youth Crewneck	Heather Garnet	White						n/a	n/a	n/a	n/a	\$15.00		
6210	ADULT Adult Crewneck	Heather Gray	Maroon									n/a	\$15.00		
6210	ADULT Adult Crewneck	Heather Garnet	White									n/a	\$15.00		
20BCR	YOUTH Youth Tie Dye	Black	Maroon	n/a				n/a	n/a	n/a	n/a	n/a	\$20.00		
20OCR	ADULT Adult Tie Dye	Black	Maroon	n/a							n/a	n/a	\$20.00		
18500B	YOUTH Youth Hoodie	Dark Heather	Maroon						n/a	n/a	n/a	n/a	\$25.00		
18500B	YOUTH Youth Hoodie	Garnet	White						n/a	n/a	n/a	n/a	\$25.00		
18500	ADULT Adult Hoodie	Dark Heather	Maroon										\$27.00		
18500	ADULT Adult Hoodie	Garnet	White										\$27.00		

Please return order form with payment by: **Thursday, March 8, 2018**

TOTAL:

All orders received after the due date may be delayed an additional 3-4 weeks.

Please make checks payable to TEAM 44 APPAREL
 A portion of all sales will benefit Washington Elementary PTA! Thank you for your support!!!
 All prices include tax.



TAKE 'N' BAKE PIZZA

and

Washington Elementary

Invite you to a

PIZZA FUNDRAISER NIGHT

March 1st, 2018

Just bring in this flyer on the date stated above to the sponsoring Papa Murphy's and we will donate 9% of all food sales for this date to the organization listed above. Online ordering sales will not be included toward 9%.

This flyer must be turned in at the time of purchase to benefit the above fundraiser.

Valid only at: 1010 Fontaine Drive, Ponderay, ID
(208) 255-1557



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Valid only at: 1010 Fontaine Drive, Ponderay, ID
(208) 255-1557

Washington PTA Fundraiser

\$10 lift ticket for Twilight Night Skiing from 3-7pm
Friday and Saturday nights



\$10 Lift tickets will be available to purchase at Washington Elementary School this Friday February 23rd and next Friday March 2nd from 2:30-3:00

Also you can purchase them at Schweitzer Conoco **this Saturday** February 24th from 12-5:30 pm.

You will get a ticket voucher which can be redeemed for a valid ticket at the ski & ride center or ticket window any valid night of the season.

Each ticket bought can be used anytime throughout the Night Ski Season from 3-7 pm on the following dates...

Friday & Saturday: February 23rd and 24th, March 2nd and 3rd

Also Ski and snowboard packages are available to rent from the ski & ride center on the mountain for a discounted rate of \$15+ tax and fees when you show your ticket voucher at the sale desk. This is special price for only these night ski tickets.

Make Check out to "Washington PTA" or exact cash accepted if buying at the school.

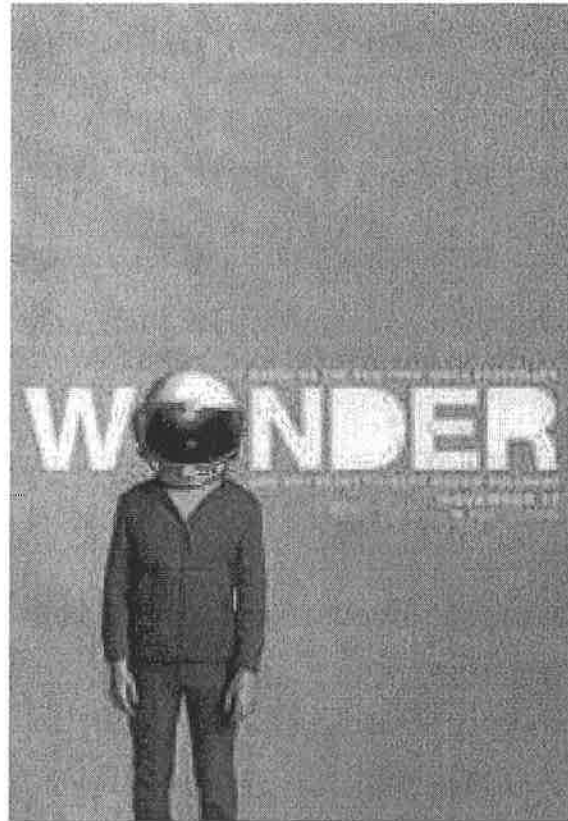
If you should have questions please call/text Lisa Allen (480) 332-1893 Lphoto137@gmail.com



Family Movie Night

Thursday, Mar. 8th

(Note: LED Conferences the next day)



Location: School Gym

Time: Doors open at 5:30 pm movie will start at 6:00 pm

Bring: Chairs or blankets

Food: Pizza \$2.00 a slice, Bread Sticks \$2, Candy \$1,

Red Vines 3/.25 cents, Capri Suns & Water \$1.

Parent or Guardian must stay with kids the whole night.

Sponsored by the PTA