

Russell Bears start school daily at 8:25. The playground is supervised starting at 8:15.

Students should arrive after 8:15 and remain outside until the a.m bell rings.



BEAR NEWS

RUSSELL SCHOOL NEWSLETTER

April 2017

Russell Family Resource Center | 728-2400 ext. 4846 | frcrussell@mcps.k12.mt.us

Hey Russell Bears, go to the Russell web page for calendars, menus, teachers' notes, and more!

www.mcpsmt.org/russell



Important Dates in April

April 4—PTO meeting in Library, 6:00pm

April 12—Families First Parent Education class, Russell Library 6:15: **Creating a Mealtime Environment that Builds Connection, Life Skills and Healthy Eating Attitudes**

March 6—April 14 Kindergarten Registration

April 21—Family Bingo, 6:00 Russell Gym FREE!

April 22—Barnes & Noble Fundraiser all day at Barnes & Noble. Mention Russell when paying!!

April 24—No School, Professional Development

Helping Your Child With Test Preparation

Sleep glorious sleep! Going to sleep and getting enough sleep are important skills for students to learn.



School age children are still experiencing enormous growth, are very active, and require a lot of sleep. Adequate sleep helps with school performance, behavior, attention, memory, and more.

School age children need 10-11 hours of sleep each night. Adequate bed-times fall within 7:00-9:00pm for a child needing to be at school at 8:25

You can help your student to establish a predictable, regular sequence of events to prepare for sleep and relaxation. Begin this bedtime routine about a half hour before the set bedtime. If it helps, set an alarm to remind everyone that bedtime is near.

Avoid exercise, tv, tablets, video games and screens immediately before bedtime because these can make children more alert.

Remember, being here each day and on time is a Russell Bear Bel! School starts at 8:25 each morning.



Early Outs and No School

Every Thursday during the school year is an early out. Grades K-3 dismiss at 2:00 and grades 4,5 dismiss at 2:30. **No School: Monday, April 24th, Professional Development**



Ms. Deb: Keeping Russell Bears Safe for 15 years!

Did you know that Ms. Deb has been keeping Russell Bears safe crossing Russell Street for 15 years? Not only does she keep our students safe, but she is always volunteering to do all sorts of things in our school on a daily basis. Russell School would not be the same without her!

Things we can learn about Ms. Deb:

Best thing about being the Russell School Crossing guard: “The kids!”

What is your favorite food? “Fluffy tacos from El Comedor Restaurant in Great Falls. I remember them from when I was a child.”

What is the funniest thing you remember about the crosswalk? “Sometimes the drivers!”

What would you like Russell Bears to know about your job? “It is safest, if students wait until I have stepped out in to the street. Then they can go. There was a car that ran the light recently, a waiting student did the right thing and had not stepped out, and this prevented them from being hit! I also want the students to let me push the button.”



Popcorn!!



- Popcorn is being sold at Russell School every Friday
- Popcorn is 25 cents a bag, students can buy up to 2 bags
- Please send exact change to school on Thursday or Friday, homeroom teachers will collect change
- Thank you for supporting the Extended Resource program at Russell School

Family Bingo

Back by VERY popular demand. Free Family Bingo Night! The Russell Bears Parent Group (PTO) is sponsoring a Free Bingo night. Kids and adults welcome. There will be surprises and prizes.

What: Free Family Bingo

Where: Russell Gym

When: Friday, April 21st at 6:00



Barnes & Noble Bookfair Fundraiser

Saturday, April 22nd is the Russell School/Barnes & Noble Bookfair 9:00am-9:00pm. There will be “celebrity” guest readers throughout the day. Russell Bears can invite anyone you know in Missoula to shop Barnes & Noble on this day. When paying with the cashier say, “I’d like my purchase to counts towards the Russell School bookfair”. It’s that easy!!!

Check the Russell Elementary Facebook page, and we’ll be posting some classroom wish lists.

Help us to spread the word! Friends, family and families that attend other schools can help us fundraise!

Barnes & Noble in Missoula is located at: 2640 North Reserve Street

BARNES & NOBLE

Families in Transition

Did you know that a family or student living in a **temporary housing situation** might be eligible for education support services under the McKinney-Vento Act?

A child may qualify as homeless if s/he is:

- Living in an emergency shelter, domestic violence shelter, or transitional housing;
- Living in a motel/hotel or campground;
- Living in a car, park, public place or other structure not meant for housing;
- Doubled up with relatives or friends due to a loss of housing and economic hardship;
- Living in kinship care (not a legal guardian);
- Unaccompanied youth (if their living situation meets the above criteria);
- Living in substandard housing (living without electricity, cooking facilities, running water).

How can I access McKinney-Vento services?

If you feel your child or family meets one or more of the qualifications to receive services provided by the McKinney-Vento Homeless Assistance Act, and your child is currently or will be enrolled in an MCPS school, please contact the Russell Elementary School FRC (Family Resource Coordinator) for more information or for assistance with determining eligibility. The Russell FRC can be reached at: 728-2400 ext. 4846. The FRC is located at the end of the primary hallway nearest to the Kindergarten classrooms.

Families First Parenting Class

Creating a Mealtime Environment that Builds Connection, Life Skills and Healthy Eating Attitudes

When: Wednesday, April 12 from 6:15-8:15 PM

Where: Russell Elementary School Library

Register online through The Life Long Learning Center at
missoulaclass.com or by calling 721-7690

What better way to discuss how we parent than through looking at our mealtime environment. Parents care and that's why we want them to eat well. But what message do our kids get from us by how we present the food, where we are when they are eating, and how we are viewing the mealtime experience. Not surprisingly, we often provide a similar structure around food to the one we experienced when we were young. However, surprisingly for many people, mealtime can be a time to feed all the things important in raising a child: food, of course, but also, love and connection too! Free childcare is available with advance registra-

Kindergarten Registration

When: March 6-April 14, 2017

Where: Your Neighborhood School

Who: Children age 5 on or before September 10, 2017

For more information please visit: <http://www.mcpsmt.org/site/Default.aspx?PageID=9045>

Library News and Box Tops

Save your Box Tops. Look for these Box Tops on hundreds of products. They come in all shapes and sizes and each one is worth 10¢ for our school. Students may bring them to the library.



Spectrum Internet Assist

High-speed Internet at an affordable price

*Spectrum is proud to be the fastest-growing Internet, TV and Voice company. We believe that everyone should have access to reliable, high-speed Internet. Through the **Spectrum Internet Assist** program, qualified households* can receive:

- High-speed 30 Mbps Internet with no data caps
- Internet modem included
- No contracts required
- Add in-home Wi-Fi for \$5 more per month

*****Contact 1-844-525-1574 to see if you qualify

Missoula Fresh Market

Want to help Russell School raise money by doing something most of us already do? Missoula fresh market donates 1% of all transactions when you notate "Russell" on the top of your receipt when paying.

Simply write Russell on the top of your receipt and hand it back to the cashier. You can ask for a second or duplicate receipt to take with you. It's that easy!



Family Involvement

You can tailor volunteering to play to your strengths. Within our parent group or school community there are many ways to contribute, some of which are sure to complement your availability, strengths, interests, or professional skills. The Russell PTO meets the first Tuesday of each month at 6:00 in the library.

Next Meeting: Tuesday, April 4th at 6:00pm in the Library

Can't make our meetings? Help us make sure that you are on our email list: ptorussell@yahoo.com and like us on Facebook: Russell Bears Parent Group