

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

March 2017

Russell Family Resource Center | 728-2400 ext. 4846 | [frcrussell@mcps.k12.mt.us](mailto: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](http://www.mcpsmt.org/russell)



## Important Dates in March

March 3—Remember to turn in Random Acts of Kindness Challenge Board

March 3—Colonial Day

March 6—April 14 Kindergarten Registration

March 7— Russell Bears Parent Group (PTO) meeting, 6:00 Library

March 9—Internet Safety/Cyberbullying Parent workshop, Lewis and Clark School ( Music Room) 6:30-8:00

March 16—Half Day of school, Conferences

March 17—No School, Conferencing Day

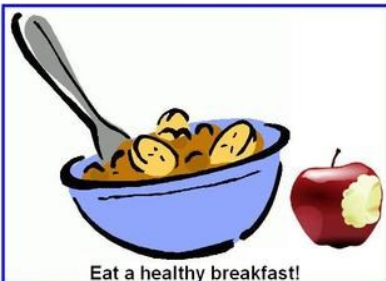
March 20-24—No School, Spring Break

## Helping Your Child With Test Preparation

Whether you have been out of school for five years or 15 the thought of taking a test probably makes your heart race. Now imagine or remember what it felt like to a child. As Russell School prepares to enter our testing window we ask for your consideration and help. You as a parent can help your child with testing preparation.



Get your students to bed on time! Parents can make sure that your student gets enough sleep. Elementary students should be getting up to **10 hours** of sleep per night. A bedtime ritual curtails the excitement of video games, tablets, television, texting and screens for at least 30 minutes before sleep.



Eat a nutritious and healthy breakfast. Healthy breakfast options include: whole-grain bread or cereal, fruit, milk, yogurt, or eggs. Students properly fueled and with stable blood sugars have enhanced concentration.

The most important thing you can do! **Be here each day and on time!** 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. **Half Day of school Thursday, March 16th (k-3 dismissed 11:05 grades 4-5 dismissed 11:35)**  
**No School Friday March, 17th.**

**No School: March 20-24th, Spring Break**



# Cooking Classes

Wanting to learn new recipes, stretch your food budget and receive a brand new free crock pot? The Expanded Food and Nutrition Education Program (EFNEP) is partnering with Russell School to provide family friendly FREE cooking classes. Kids are welcome to attend with families.

**WHEN:** Tuesday, March 7th, 14th, 28th and April 4th—time: 5:30-7:00pm

**WHERE:** Russell Annex Room #500

**WHAT:** Participants will learn: planning and preparing meals, healthy eating and cooking for le\$\$\$. You will get to sample recipes and take home food prepared in class. To learn more, please contact the Russell FRC at 728-2400x4846 or [frcrussell@mcps.k12.mt.us](mailto:frcrussell@mcps.k12.mt.us) or show up to a class.

## Popcorn!!

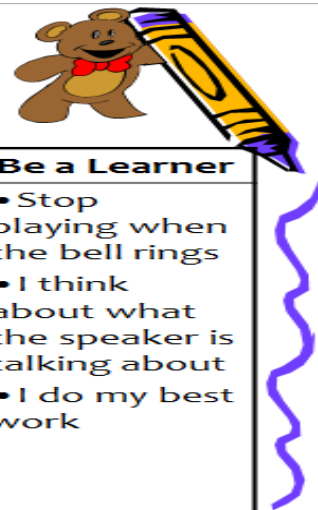


- Popcorn is being sold at Russell School every Friday
- Popcorn is 25 cents a bag, students can buy up to 2 bags
- Please send exact change to school on Thursday or Friday, homeroom teachers will collect change
- Thank you for supporting the Extended Resource program at Russell School

## We've passed the 100th Day of School

Families pat yourselves on the back! Thank you for getting your students to school every day. It has been cold, it has been snowy and icy, but you have gotten your students here and we LOVE having them here! We have so much to learn! We have made it past the 100th day of school and we are moving, quickly, towards Summer! Russell teachers support the MBI (Montana Behavior Initiative) program, which creates a school-wide system of teaching, encouraging, and recognizing positive behaviors in students. Russell Bears are slowing down and taking the time to re-teach and learn our Russell Bear expectations of: Respectful, Responsible, Safe and Be a Learner. We ask families to help us in this effort.

<b>Russell Bear Be's I CAN... Be Present</b>			
<b>Be Respectful</b> <ul style="list-style-type: none"><li>• Use a silent or whisper voice</li><li>• Respect other classrooms</li><li>• Treat everyone with respect</li><li>• Follow the directions of all school staff</li></ul>	<b>Be Responsible</b> <ul style="list-style-type: none"><li>• Manage my own belongings</li><li>• Keep hands off walls and displays</li><li>• Keep my hands and feet to myself</li><li>• Ask adults to help solve problems when needed</li></ul>	<b>Be Safe</b> <ul style="list-style-type: none"><li>• Keep to the right</li><li>• Walk facing forward</li><li>• Keep my body calm</li><li>• Hands to myself</li><li>• Walking feet</li></ul>	<b>Be a Learner</b> <ul style="list-style-type: none"><li>• Stop playing when the bell rings</li><li>• I think about what the speaker is talking about</li><li>• I do my best work</li></ul>



## Family Involvement (PTO)

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, March 7th 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](mailto:ptorussell@yahoo.com) and like us on Facebook: Russell Bears Parent Group

# Families in Transition

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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.

# Head Lice

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Since head lice is not uncommon in school age children, the district wants to remind parents of resources and the school procedures which are located on the district website <http://www.mcpsmt.org/>

By clicking on: —student services —health services—head lice

You may also contact the family resource centers or the school nurse for written information or resources.

Remember that:

- People usually don't have symptoms of having head lice for several weeks after becoming infested. A common symptom is itching which is also common with dandruff and dry skin.
- People get head lice from other infested people mostly when they have head to head contact as head lice do not fly, swim or jump.
- It's easier to treat head lice when found "early" so checking hair for head lice at home is important for any symptoms or even periodically.

# Russell School/Barnes & Noble Book Fair

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**Save the Date:** Saturday, April 22nd for the Russell School/Barnes & Noble Book Fair.

On this date a percentage of all store sales will be given to our school as a fundraiser.

Anyone can designate their purchase to go towards our fundraising efforts on the designated day of April 22nd. Help us to spread the word! Friends, family and families that attend other schools can help us fundraise!

More information to follow!

# Kindergarten Registration

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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>

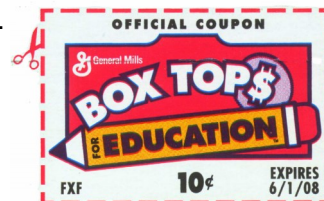
# Library News and Box Tops

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.

## Battle of the Books!

The district Battle of the Books competition has been set for:

Thursday, March 9th at Paxson Elementary. The 3rd/4th competition will be at 4:00 PM and the 5th/6th competition is at 7:00 PM. Go Russell Bears!



# 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!



## Internet Safety: What parents need to know

**What:** Join us for a presentation and conversation about how to keep our kids safe online.  
Light Dinner Provided.

**Where:** Lewis and Clark School, 2901 Park Street meeting in Music Room

**When:** Thursday March 9th, 6:30-8:00pm

