



BEAR NEWS

RUSSELL SCHOOL NEWSLETTER

February 2018



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

Go to the Russell web page for the ABC calendar, construction updates, menus, teachers' notes, and more!
www.mcpsmt.org/russell

Important Dates in February

February 7 —PTO meeting, 7:00pm Russell Library
February 9 —Snowball 6:00-8:00pm Russell Gym
February 16 —3rd Grade Performance "Tikki Tikki Tembo" Gym
February 20—Russell Public Meeting: Bond Project Review 6:00-7:30pm
February 23 —Science Fair, all day in the gym
February 26—1st Grade Readers Theater-12:30-1:00 Mrs. Finnegan
February 27—1st Grade Readers Theater-12:30-1:00 Mrs. Cutler
February 28—1st Grade Readers Theater-12:30-1:00 Mrs. Stemple



—Lost and Found—please check for missing items

News from the Music Room

Winter Greetings from the Russell Music Room! Russell 3rd Grade Classes have been busy learning about different Asian New Year traditions during their music classes. They are excited to present some of the songs and dance, as well as the story of "Tikki Tikki Tembo" using shadow theater. Please join us in the Russell Gym on Friday, February 16th at 2:00 pm for this wonderful performance!



Science Fair Volunteer Judges Needed

The third annual Russell Elementary Science Fair will be held on Friday, February 23rd.



We would love to have more judges for the day of the event.

**Judging will take about 30 minutes of your time and can be done at your availability during the morning hours on the 23rd.

**Please feel free to contact volunteer coordinator, Claire B. with any questions you might have regarding this event at sclaire13@yahoo.com.

Bus Lanes

The Bus lanes are located on the North side of the annex buildings. When picking up or dropping off students please do not stop or park along the sidewalks as the busses will be loading and unloading students in this area.

From our Nurse: when should a student stay home?

Guidelines have evolved over time as medical science better understands disease transmission and treatment. These are current guidelines from the Missoula City-County Health Department as well as other medical resources.

For a complete list of healthcare guidelines please visit the MCPS Health Services link.
www.mcps.org-> Student services-> Health services



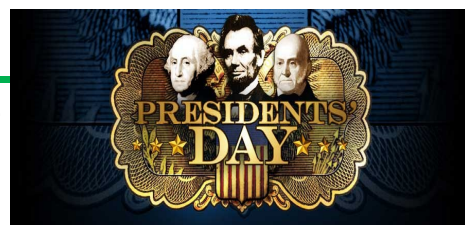
Although not conclusive, please adhere to the following guidelines.
Students should stay home when any of the following occur:

- ***When ill with any symptoms and is feeling too sick to participate in the usual school activities or what is normal for that child.
- ***Vomiting more than 2 times in the previous 24 hours unless the vomiting is determined to be caused by non-communicable condition and the child is not in danger of dehydration.
- ***Abdominal pain that continues over 2 hours or intermittent abdominal pain with fever, dehydration or other signs of illness.
- ***Strep throat, until 24 hours after treatment has been started.
- ***A fever is present. Fever is defined as a temperature of 101° orally, 102° rectally or 100° axillary or **higher**.

February Early Outs and No School

Every Thursday is an early out: K-3 dismissed at 2:00, 4,5 dismissed at 2:30.

No School: Monday, February 19th



PTO

Next Meeting: Wednesday, February 7 at 7:00pm Russell Library.

The Russell Bears Parent Group (PTO) will meet on the 1st Wednesday of the month at 7:00 pm in the library. The Parent group coordinates extracurricular activities for students.

Join our group on Facebook: Russell Bears Parent Group or drop us an email: ptorussell@yahoo.com

Help Wanted! Volunteers wanted to help set up before and clean up following the Snowball. The Snowball is scheduled for Friday, February 9, 6:00-8:00 pm in the gym. Volunteers please arrive at 5:45 pm.

February ABC Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1 B	2 C
5 A	6 B	7 C	8 A	9 B
12 C	13 A	14 B	15 C	16 A
No school	20 B	21 C	22 A	23 B
26 C	27 A	28 B		

To find this same schedule online:
www.mcpsmt.org
—> About us
—> Our Schools



Missoula Fresh Market



Missoula Fresh Market will donate a portion of sales to Russell School.

When paying, let the cashier know that you would like to donate to the school. You will write "Russell" at the top of your receipt, and give it back to the cashier. The cashier can provide a duplicate copy of your receipt. Thank you for supporting our student activities!

We Love our Volunteers

Russell School loves to have our families and volunteers involved!

All volunteers in Missoula County Public Schools **MUST** complete an application and, depending on their desired volunteer activities, pass a background check prior to working in a school or classroom.

Please visit the Missoula County Public Schools website for more information as well as all of the links for volunteer registration.

www.mcpsmt.org>Departments>Volunteer Resources <https://www.mcpsmt.org/>

Family Resource Center (FRC)

The Families in Transition Program, FIT, is a district-wide program that seeks to assist all students' families with the experiences, challenges, and changes that happen in life. The Russell School Family Resource Coordinator is here to help and advocate for your family.

This program is unique in the way we work with each family. As we all know, every home is different, and therefore, you are the expert of your family.

The FRC can help with:

McKinney Vento Services
Housing and employment—Internet available
Clothing, food and toiletries—supplies and resources
Information, referrals and paperwork assistance
Connections to community supports and programs

The role of the FRC Coordinator is to assist you with the needs, questions, concerns, and ideas that you have for your family. This program is for all of our Russell Bears! The Russell FRC can be reached at 728-2400 x 4846, in person or email frcrussell@mcps.k12.mt.us

Russell Bears House System

In a world where you can be anything, BE KIND!

#RussellBearsRock

February focus: Kindness

February Parent Connection Luncheons:

Friday, Feb 2—1st Finnegan (11:05-11:50)
Tuesday, Feb 6—1st Cutler (11:05-11:50)
Friday, Feb 9—5th Steele (11:15-12:05)
Monday, Feb 12—2nd Judge (in library)(11:15-12:00)
Tuesday, Feb 13—Kindergarten Schraeder (10:55-11:40)
Tuesday, Feb 13—4th Seaman (11:35-12:20)
Friday, Feb 16—1st Stemple (11:05-11:50)
Wednesday, Feb 21—2nd Owens (11:15-12:00)
Friday, Feb 23—2nd Molloy (11:15-12:00)
Tuesday, Feb 27—3rd Schuman (11:25-12:10)

Please consider: what are we doing well, what can we do better?
How can we increase family involvement?





Parent Connection

February

Kindness

"In a world where you can be anything, be kind."
#RussellDearsRock

Book Ideas

- Most People by Michael Leannah
- Sumi's First Day of School Ever by Soyung Pak
- My Friend Maggie by Hannah E. Harrison
- What Does it Mean to Be Kind? by Rana DiOrio
- Ordinary Mary's Extraordinary Deed by Emily Pearson
- The Three Questions by Jon J. Muth
- Rude Cakes by Rowboat Watkins
- Non-Random Acts of Kindness by Lauren Myracle
- Do Nice, Be Kind, Spread Happy by Bernadette Russell

We want our students to learn to think, and act with kindness towards themselves and others. February gives us a chance to put that into practice!
See the attached Random Act of Kindness Bingo Board.
Turn it in no later than March 2nd, and kids will receive 1 house point for each RAK completed! This is a great way to have fun together!

As parents and teachers, one of our greatest hopes is that our kids will be kind and good people. When they have a choice to help others, we hope they will. We never want them to be cruel, intolerant, or prejudiced.

But let's face it. It's not always easy to be kind, even for us. Even grown-ups don't want to share our toys sometimes. Helping others can seem hard when we feel like we don't have the help we need ourselves.

The good news is that kindness can be learned; just like any other behavior, it can be trained through repetition. *The most dominant way children learn new behaviors is by copying those around them. Which means we adults have a powerful opportunity, and responsibility, to teach by example.*

Mirror neurons are cells in the brain that wire us for imitation, and they're especially active during childhood. *When kids observe an action, their brains respond as if they are performing the action themselves. Their brains form new neural pathways, and these create the basis for behaviors that stick with them throughout their lives.*

Thanks to neuroplasticity, the brain's ability to adapt and change, we all have the aptitude to learn new behaviors, including becoming kinder. Kids' brains are particularly moldable, as they've had less time to solidify lifelong habits. So if you want to encourage more kindness in your kids, and in the world, here are some fun things you can do:

- *Send Kind Thoughts *Share Stories of Kindness *Smile More Often *Play the Compliment Game
- *Practice Random Acts of Kindness *Try Empathy Charades *Volunteer For Good

Want to read more?

(Kala Roman, December 2016 <https://www.mindbodygreen.com/0-27987/7-Fun-ways-to-teach-kindness-to-kids.html>)