

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



June 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 June

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June 1—Whizpops Live and in Concert! 5:30pm weather permitting on the playground. FREE

June 1—Field Day 9:00-11:00

June 2—Wax Museum, all day in the gym

June 7—Kindergarten Graduation in the gym. 6:30 pm

June 9—Last day of School. Students dismissed K-3 11:05, 4-5 11:35

**THE WHIZPOPS!**

**When: Thursday, June 1st, 5:30pm**  
**The Whizpops will be at Russell School**  
**Weather permitting we will be outside!**

## Field Trips

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This time of year Russell Teachers will be scheduling various fieldtrips and other extracurricular activities. They are not only designed to enhance student learning but also to celebrate student success at Russell School.

Our hope is that all of our students will be eligible to participate in these events. However, academic progress and grades, attendance, behavior and homework completion will weigh heavily in the decision of whether or not your child will participate with their class.

A Russell Bear Be is to attend school each day and to be on time. It is expected that Russell Bears follow the Russell School rules, and complete homework consistently up until the last day of school.

Thank you for supporting us in our efforts to help all students succeed at Russell School.

If an adult family member would like to attend a field trip with your child. Please visit the MCPS Volunteer portal on the MCPS website to complete a volunteer application.

[www.mcpsmt.org](http://www.mcpsmt.org) =>Departments=>Volunteer Resources



# Summer Food Program

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Summer meals are available to all kids age 18 and younger at no cost. No sign-up, no paperwork. Just show up at one of the locations below.

All locations serve breakfast: 8:30am-10:00am and Lunch 11:00-1:00

**Jefferson Elementary: 1700 South Ave West**

**Headstart: 1001 Warden Avenue (Enter on the Mitchell Street side)**

**Chief Charlo Elementary: 5600 Longview**

**Russell Elementary: 3216 Russell Street**

The program starts June 12th and runs through August 18th.



## Thank you!

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H&R Block donated \$600 to the students of Russell School. Thank you to the families that utilized H&R Block tax services and mentioned our school when filing their tax returns this year.



## The Mindful Student

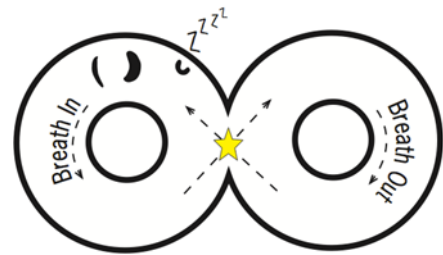
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Our School Counselor, Ms. Culkin is hopeful that Russell Bears will teach their families the calming techniques that they are learning at Russell School. Sometimes we all just need a few mindful moments to help us with calming. Here is a technique that you can practice as a family.

This is a tool that students can use to help get their bodies and minds back to the "Green Zone". The Zones of Regulation "Green Zone" means we are cool, calm, relaxed and ready to do what is expected.

**Lazy 8 Breathing** - Draw an 8 on its side. Trace one side at a time, breathing in for the first and out for the second (In through nose, out through mouth).

### Lazy 8 Breathing



Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

As you cross over to the other side of the Lazy 8, slowly let your breath out.

Continue breathing around the Lazy 8 until you have a calm body and mind.

## Chipotle Mexican Grill Fundraiser

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Thank you!! We raised \$702 for our school!!!



# 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?

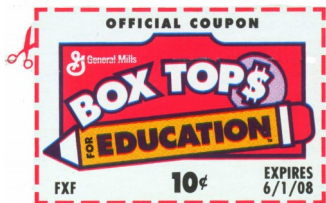
If you feel your child or family meets one or more of the qualifications to receive services provided by the McKinney-Vento Homeless Assistance Act, and your child is currently or will be enrolled in an MCPS school, please contact the Russell Elementary School FRC (Family Resource Coordinator) for more 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.

# Library News and Box Tops

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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.



# Family Involvement

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We can't say enough good things about our Family volunteers! Thank you to the families that have shown so much support for our school. You support our student **SUCSESSES!**

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

# Early Outs and No School

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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. **Last day of School is an early out! June 9th students K-3 dismissed at 11:05, 4-5th 11:35. Have a SAFE summer and see you back Monday, August, 28th.**