

School • Community • Student • Parent LEARNING CONNECTIONS

Tahoma School District No. 409

Last Issue of Summer Learning Connections (for this summer!)

We hope you have found the Summer Tahoma Learning Connections to be a helpful resource. We enjoyed putting together a variety of ideas and activities to help you support your child continue their learning over the summer. School is just around the corner and this will be our last issue of the newsletter for Summer 2019. If you have ideas we might include for issues next summer, please send them to us in Teaching and Learning.



Targeting
Summer Learning Loss

Keep skills sharp
over the summer



First Day of School
Tuesday, September 3rd

Hints for Getting Ready for Back to School

- ✓ Talk with your child and get started making those adjustments between summer and school year routines— homework schedule, TV schedule, bath time, bed time etc.
- ✓ Begin going to bed and getting up on your school schedule a week or two before school starts.
- ✓ Make a special spot for your children to place forms from school which need special attention.
- ✓ Make a calendar to place in a visible spot; fill in events and school vacation days.
- ✓ Don't forget to check out the bus schedule!
- ✓ Make sure your child is up to date on immunizations.
- ✓ If your child has any medical concerns make sure to communicate with the school nurse.
- ✓ Create a spot for backpacks, jackets, and lunch boxes.
- ✓ Make a check list of items easily forgotten at the last minute and hang it by your spot for backpacks, jackets, school materials, etc.

Newsletter
Questions/Comments?

Tahoma
Teaching & Learning

425-413-3400

See other editions of
Learning Connections
at www.tahomasd.us

IN THE COMMUNITY

- ✓ **Seattle Urban Book Expo Presents: Storyline Development Workshop**
Saturday, August 24, 2019 (1:00PM – 3:00PM). Renton Library. Join local author Juan Reyes for this introductory to writing workshop and learn techniques for developing a story line for your next creative writing project. First come, first seated.
- ✓ **State Parks Free Days**
Sunday, August 25, 2019 – National Park Service Anniversary. To celebrate National Park Service's birthday, August 25th is a State Parks "free day" when a Discover Pass is not required to visit a state park. Please note, free days apply only to day use (not overnight stays or rented facilities). A Discover Pass is still required to access lands managed by the Washington state departments of Natural Resources and Fish & Wildlife on these days
- ✓ **Film Screening: Resilience**
Monday, August 26, 2019 (11:30AM – 1:30PM). Renton Library. 11:30-12:00 -- Light snacks and networking. 12:00-1:00 -- Film screening. 1:00-1:30 -- Discussion with community members working in this field. About the film: Resilience is a one-hour documentary that delves into the science of Adverse Childhood Experiences (ACEs) and the birth of a new movement to treat and prevent Toxic Stress. Now understood to be one of the leading causes of everything from heart disease and cancer to substance abuse and depression, extremely stressful experiences in childhood can alter brain development and have lifelong effects on health and behavior. However, as experts and practitioners profiled in Resilience are proving, what's predictable is preventable. These physicians, educators, social workers and communities are daring to talk about the effects of divorce, abuse and neglect. And they're using cutting edge science to help the next generation break the cycles of adversity and disease.

IN THE COMMUNITY

✓ **Harry Potter Book Club - Prisoner of Azkaban, Chapters 12-22.**

Thursday, August 29, 2019 (5:00PM – 6:00PM). Covington Library. Middle and High School Ages. Read the Harry Potter series for the first time or all over again the last Thursday of every month from 5-5:30pm. In August we'll snack and chat about Harry Potter and the Prisoner of Azkaban, chapters 12-22.

✓ **Labor Day BBQ**

Saturday, August 31, 2019 (1:00 pm - 3:00 pm). SHADOW Lake Nature Preserve. Join us after our shortened summer Restoration Work Party for a BBQ at the Bog to celebrate Labor Day! Enjoy an afternoon of fun, delicious BBQ fair and an optional bog tour at 2 pm.

✓ **Cougar Mountain Zoo**

The Cougar Mountain Zoo in Issaquah is a zoo that is wholly dedicated to the conservation and protecting of the world's endangered species. Bring the whole family and experience the zoo while learning about what is being done to protect these animals and how you can help. Visit the [zoo's website](#) for more information regarding directions and admission rates.

Looking for a Last Fun Summer Day Trip?

[Four Small Towns That Offer Big Fun](#)

[Ten Stunning Day Trips from Seattle](#)

Small Town #3 South:

History and an island swimming hole in Steilacoom

Early settlers had big dreams for Steilacoom, which became the first incorporated town in Washington state in 1854, and also opened the state's first post office and public school. Spoiler: Its economic heyday didn't last long, but this postcard-worthy town on Puget Sound, just a bit south of Tacoma, offers lots of history, views and Sound fun, including a ferry ride to a bona fide swimming hole.



Back to School Tips

Anticipate and address your child's

anxiety. Going back to school is stressful for kids of all ages, so head off the stress before school even starts. Talk with your children about new experiences and traditions. Parents should plan to attend the September Open Houses happening across secondary to meet the administration and teachers and tour the new schools.

Ease back into scheduled

days. When your kids are used to a late night summer schedule for bed, shifting to the early morning school rush can be a real shock to the system. To ease the transition, talk with your child and develop a strategy to help them begin to reset their body clock to fit school times. Preteens and teens typically have a very difficult time readjusting to early start school times so getting a head start on this can be very supportive to a positive start to school. And parents, don't forget to readjust your bedtime schedules too!



Manage your own anxiety.

Maintain a positive attitude about summer ending and school starting. "If you are nervous about the new experiences your child will have, then your child is certainly going to be nervous about school starting." Plan a fun weekend for Labor Day, and include the kids in the planning. Labor Day weekend is a great time to officially say good-bye to summer and hello to all the good things coming up in the new school year.



ParentMap
'cause parenting is a trip!

Tahoma Schools

1st day of school is September 3