



THE GORDON FLASH

NOVEMBER 16, 2018

Our Mission is to assure high levels of learning for all students.

The Gordon Way: **S**afe, **T**eamwork, **A**ct Respectfully, **R**esponsible

Our Vision:

As educators, in partnership with parents and community, we are committed to preparing our students to face the challenges of a changing world. As explorers, our students will:

Engage in collaboration

Xemplify innovation

Persevere in challenging endeavors

Learn with passion

Own integrity

Reach for the stars

Embody resiliency

Radiate empathy

Seek joy



Helping Children Cope with Holiday Stress: Tips for Parents

For most children the holidays are happy, fun and exciting. There's a break from school, and a chance to see friends and relatives. There may be special food, music and family traditions. However, for some children, the holidays can be stressful and confusing. Family plans and celebrations may be complicated by divorce, separation or remarriage. The holidays can be a difficult time for children who have lost a parent, sibling or close relative.

The holidays often remind children of what has changed in their lives. For example, a child from a divorced family may feel sad on some level because he misses the "intact" family he used to have. A child whose parent is on active military duty may feel it's unfair that her father or mother needs to be away over the holidays.

The following are some tips for parents to help children cope with holiday stress.

1. Discuss holiday plans in advance, and let kids participate in decisions. Kids need some degree of predictability. Prolonged uncertainty, constantly changing plans or last-minute decisions can all increase stress.
 2. If you're traveling, leave plenty of extra time and bring snacks, books, games and/or music.
 3. Don't over schedule. You may not be able to do everything or see everyone. Kids can easily get "burned out," overtired and cranky during the holidays.
 4. Give kids some "down time." Don't expect them to be "on" all the time. Leave room for some quiet activities, like listening to music, taking a walk or reading a book.
 5. Make sure kids get plenty of sleep. While it may be exciting to stay up late, lack of sleep often leads to increased irritability.
 6. Let kids be honest about their feelings. Don't force them to act happy and excited if they're feeling quiet or down.
 7. Don't promise things you can't produce. For example, don't promise a parent will be home in time for the holidays if the decision is really out of your control. Don't promise someone will call if they're in an area with limited phone service.
 8. Uphold and maintain family traditions even if a parent is absent. Kids count on certain traditions. They can have an important grounding effect by letting kids know that even though some things have changed, other things have remained the same.
 9. Don't try to compensate for an absent parent with extra gifts or toys. What most kids really want is your time, attention and reassurance.
 10. Take care of yourself. Try to avoid being overloaded with obligations. If you feel stressed, it increases the pressure and tension on your children. Most kids, even those dealing with loss or family transitions, can and do enjoy the holidays. However, preparation, patience and honesty can help prevent conflict, reduce stress and enhance the holiday season for the whole family.
- Source: American Psychiatric Association



Upcoming Events

November 17

PTA 5k Turkey Trot

November 22-23

Thanksgiving Break

No School

December 7

Grading Day/No

School

December 13

Vision/Hearing

Rescreen

December 18

We Care Sports

Assembly & Family

Night

Gordon: 396-3800

Attendance: 396-3803

NKSD Mission Statement

North Kitsap School District in partnership with the community will provide an academically challenging educational program to meet the diverse needs of all students in a safe, nurturing environment and empower them to be competent, creative, compassionate, and contributing citizens.

North Kitsap School District

18360 Caldart Ave. NE
Poulsbo WA 98340
(360)396-3000

www.nkschools.org





Holiday Shoppe

Unclutter for the holidays! We are in need of over 2,500 items to stock the store. Donation drive is from November 1-30. Please consider donating:

- * Anything Goodwill would accept, but **NO clothes** please.
 - * Gently used items as gifts for dads, moms, sisters, brothers, grandparents, caregivers, etc.
 - * Items that can fit in a child's backpack – nothing too large or overly heavy please.
 - * No toys that resemble weapons, no pocket knives, etc.
- Boxes are inside the main Gordon doors ready to accept your donations.

Items being collected will be sold at Gordon's Holiday Shoppe this December. The Holiday Shoppe is a service (not fundraiser) sponsored by Options for all Gordon students. Any profits raised will be donated to a program that benefits all of Gordon Elementary. It will be a "store" stocked with donated items where all Gordon kids can shop before the holidays to purchase gifts for their family. Every item will be .50 cents each. The store will be staffed with volunteers – who will help wrap and tag all gifts purchased by children. All students – regardless if able to pay – will be able to shop and purchase gifts for family. Questions or for more information, please email gordonholidayshoppe@gmail.com



Meet Your School Board

nksdboard@nkschools.org
Rick Eckert
Jim Almond
Glen Robbins
Cindy Webster-Martinson
Beth Worthington
School Board Meeting

Thursday, December 13

All meetings begin at 6 p.m. and are held in the Student Support Center, Board Room, 18360 Caldart Ave. NE Poulsbo



Gordon Elementary Food Drive

November 12-20

Help those in need this Thanksgiving by donating non-perishable food items to our food drive. Boxes for donations will be located by the office and within each pod. All food

will be donated to the North Kitsap Fishline. Thank you!
Organized by Mrs. Sullivan's 5th Grade Classroom

Nondiscrimination Notification

The North Kitsap School District will provide equal educational opportunity and treatment for all students in all aspects of the academic and activities program without discrimination based on sex, race, creed, religion, color, national origin, immigration status, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. Questions or complaints of alleged discrimination can be directed to the district's Title IX/RCW 28A.640 Compliance Officer Rachel Davenport, Executive Director, rdavenport@nkschools.org (360) 396-3003 and/or the ADA and 504 Coordinator, Courtney O'Catherine, Assistant Director of Special Education, COcatherine@nkschools.org (360) 396-3023; address - 18360 Caldart Ave NE, Poulsbo WA 98370.

Veteran's Day Assembly



Juggling for Success™

- The Academic Benefits

Juggling provides a series of sequential problems that require the student to calm down, pay attention, listen analytically, observe critically, focus on one activity at a time, plan a learning strategy, go step by step, stay on task, screen out distractions, manage their muscles to act appropriately and with the desired results using successive approximations, persevere through a series of minor failures (drops), analyze final results of the process, and incorporate the newly learned activities into a larger pattern of complex learned activities that can be demonstrated and taught to others. It is a limitless, cumulative, branching model which teaches creative problem solving through direct experience and enhances creativity by offering intrinsic and extrinsic reinforcement with every gain in skill!

Students who understand the step by step learning system used in juggling do well in all their other subjects because they are not intimidated. They improve their attitude toward learning new subjects and acquiring new skills. They do not hesitate to accept challenges, just as they accepted the challenge of learning to juggle. This attitude of confidence and acceptance of risk-taking gives students who are involved in a juggling program a decided edge over those who are not.

When students can get up and perform successfully for adults or other students, self-esteem soars. The key to enhanced self-esteem is the realization of one's self-worth, and nothing brings this home to kids better than praise and applause from peers and adults. One facet of the juggling break program is that every student gets to perform constantly for peers and parents. In this program the students are offered the opportunity to organize and present juggling performances which can enhance the stage presence of the students, the cohesiveness of the classroom and the spirit of the school. Improved self-concept leads to more effort in both motor and intellectual endeavors, creating a self-reinforcing system.

Research has shown that there is a direct relationship between the hand-eye coordination learned through juggling and the ability to read, write and reason. Academic connections are strongly indicated between juggling on the one hand and reading, math, handwriting and other subject areas on the other. The most persuasive evidence for an academic connection so far comes from the work of Dr. Carole E. Smith, Physical Education Specialist Lackland City Elementary School, 101 Dumont, San Antonio, TX 78251 Dr. Smith's work shows that learning to juggle can improve both handwriting and reading skills. Her research merely reinforces the work of Maria Montessori and Jean Piaget, both of whom hypothesized that gross motor movements and tactile sensation increased cognitive learning. If every student learns to juggle in primary grades, and they are constantly reinforced to improve their juggling skills, academic performance should improve accordingly.

Research also shows that if students get up and move around energetically on a regular basis they return to academic tasks refreshed and will learn better as a result. Using juggling as the central theme, a program of classroom fitness and coordination breaks can be set up and run by the students themselves. Because each student works at their own pace, with their own equipment and in an environment, which reinforces effort and accomplishment, the activity is completely safe and non-disruptive. Juggling is like a "sorbet" for the mind, a "right brain break in a left-brain day." It is low-impact aerobics that rhythmically and energetically exercises the big muscles close to the head and heart, pumping blood to the brain.

A large percentage of kids come to school as "couch potatoes" and we don't want to create "desk potatoes" out of them. By creating a life-line between the classroom and the activity center (gym or playground) the teacher can see the student as a whole person, not simply as an academic entity. Skills can be learned that will be practiced eagerly every day at school and every evening and weekend at home and which can be carried on for a life time. This set of activities does not involve team sports or competitive games, but individual skill development and cooperative learning activities which are developed by students themselves in a self-paced manner.

If students can become involved in the teaching and evaluation process, they learn a great deal more than if they are simply taught a skill or subject by a teacher. The juggling program is designed to be initiated by a teacher but administered by students. It is not necessary that the teacher even know how to juggle, although that will happen in almost every case regardless of the teacher's previous experience with physical activity. This peer teaching program can include a goal setting and promotion system whereby students evaluate one another for advancement in a fun and casual way. There is no negative stigma attached to failure in these evaluation activities. Conversely, there is a great deal of positive reinforcement inherent in working together, persevering and eventually accomplishing the goal. Discipline and regular practice are natural outcomes of the process, just as they are when a group of friends challenges one another to learn to skateboard, toss a frisbee, play hacky-sack or shoot baskets. Learning to juggle uses a step by step self-regulated problem-solving format with automatic reinforcement at every level of accomplishment. There are no losers in this process, only winners!!

Because you can only learn to juggle step by step, juggling is a great model for learning in general. Juggling skills are cumulative and students can see and appreciate their improvement and the improvement of others right from the first lesson. It is the sort of activity that reinforces the participant immediately for practice, and the payback is directly proportional to the amount and quality of practice. In this regard juggling practice is just like practicing reading, spelling or math, and the similarity of the cumulative step by step processes can be repeatedly pointed out to students.

**What's
happening
now?**

**SQUARE 1 ART
ORDERS CAN STILL
BE MADE ONLINE!**



**THANK YOU
VOLUNTEERS!**

GORDON ELEMENTARY PTA



5K FUN RUN/WALK

**TURKEY TROT
11/17/2018
9:00 AM**



**POPCORN FUN DAY
12/14/2018
SECOND RECESS**

PTA NEWS

Dear Gordon Families:

Thank you, thank you, thank you for volunteering! You made a such difference this month! Special thanks to our health screening volunteers: Ashley Kennedy, Mauro Leibelt, Elleni Mendoza, Kirsten Casey, Erica Whitbeck, Kerri Nyman, Karin Dunn, and Colleen Brazeau. And additional thanks to those who brought food for our teacher brunch during conferences, and those who volunteered at the Fall Carnival, Book Fair, Passport Club, and Popcorn Funday, among others. We appreciate your support!!

The PTA depends so much on volunteers. None of what we do would be possible without you! If you have a little time to spare for any of our events, we would love to hear from you! Many PTA committee positions require only a few hours a month. If you can spare some time, please contact us. Think how much more amazing this school would be with your help! The school will thank you and you will be our hero!

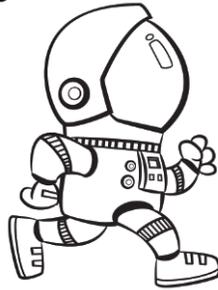
Also, a big thank you to those who participated in our Fall Bulb and Square 1 Art Fundraisers and to those who brought their kiddos out to the Fall Carnival! Your generous support helped us raise enough money to pay for 3/4 of our teacher grants for the 2018-2019 school year! This is money that teachers can use on anything they need for their classrooms. You made this possible!

Our Fall 5K Turkey Trot is coming right up tomorrow, 11/17/18. Entries will be accepted up until the morning of the race. T-Shirts will be available for sale in limited quantities. Prizes for the top 3 finishers this year will include gift cards from Albertsons, Central Market or Costco to help you complete that Thanksgiving dinner!

Thank you for your continued support! You make us so proud to be a part of the Gordon community!

**Follow us on
Facebook or
contact us anytime:
[richardgordonpta@
gmail.com](mailto:richardgordonpta@gmail.com)**

GORDON ELEMENTARY PTA



5K FUN RUN/WALK

Turkey Trot!
Saturday, November 17, 2018 9:00am

Proceeds will benefit PTA activities and programs for the Gordon Elementary School community.

*****PLEASE COMPLETE ENTRY FORM ON REVERSE*****

PRIZES

Each participant will receive a race packet. Prizes for the top three finishers!

FEES AND REGISTRATION

Individual: **\$10**, Family of 4 or More: **\$35**, Children 3 and Younger: **Free**

Gordon 5K T-Shirts are also available for an additional \$10 per shirt.

*****Entry deadline is Monday November 5, 2018 if ordering T-Shirts.*****

Entries without t-shirt orders will be accepted until race day.

Can't make it to the race? Make a donation to the Gordon PTA as a Sleepwalker!

RACE PACKET PICK-UP

At check-in at Gordon Elementary on Race Day from 8:00 AM to 8:50 AM

RACE COURSE

The course starts and ends at Gordon Elementary School and winds through the tree-lined trails and pathways surrounding the high school and middle school.

RESTRICTIONS

No refunds of entry fees and no mailed confirmations of entry. Race will take place rain or shine. Baby joggers are allowed, but the course includes some steep trails that might make the going difficult. Restrooms will be accessible outside adjacent to the Gordon playground.

The North Kitsap School District does not sponsor this event and assumes no responsibility for it. In consideration of the privilege to distribute materials, the North Kitsap School District shall be held harmless from any cause of action filed in any court or administrative tribunal arising out of the distribution of these materials, including costs, attorney's fees and judgements or awards.

PLEASE COMPLETE FOR EACH PERSON AND SIGN WAIVER!!

First Name: _____ Last Name: _____ Division: 5K or Sleepwalker

First Name: _____ Last Name: _____ Division: 5K or Sleepwalker

First Name: _____ Last Name: _____ Division: 5K or Sleepwalker

First Name: _____ Last Name: _____ Division: 5K or Sleepwalker

First Name: _____ Last Name: _____ Division: 5K or Sleepwalker

First Name: _____ Last Name: _____ Division: 5K or Sleepwalker

Phone Number: _____ Email Address: _____

T shirts (\$10 extra) list quantity: ___YS ___YM ___YL ___S ___M ___L ___XL ___XXL

Total Amount Enclosed (including entry fees and t shirts (\$10 extra): \$ _____

Please make checks payable to Gordon PTA and return to: Richard Gordon Elementary
26331 Barber Cutoff Road, Kingston, WA 98346

Waiver Statement/Athlete's Release:

In consideration of the acceptance of my entry in the Gordon Elementary School PTA 5K Fun Run/Walk in Kingston WA, Saturday, November 17, 2018, I, the undersigned participant intending to be legally bound, do hereby for myself, heirs, executors, administrators, and assigns, forever waive, release, and discharge all rights, claims, and actions for damages that I may have, or that may hereafter, accrue to me against the Gordon PTA including all units and councils, and all of their officers, directors, members, and volunteers. I attest and verify that I am physically fit and able to participate in the event and acknowledge that I am aware of the inherent risks in participating in an athletic event of this type.

* _____ for _____
Signature Printed Name Date

Waiver must be signed to participate. Parent or guardian must sign if participant is under 18 years.