

February 16th, 2018



# Eastridge Elementary THE CAPSULE



## Mrs. Johnson's Journal

Greetings families,

The count down to ISTEP has begun! We are one week away from the state mandated ISTEP test. All third and fourth grade students will be participating in this state assessment. Please make sure your students are present daily and are on time. Testing hours will take place in the morning. If at all possible, avoid doctor/dentist appointments from February 26th - March 9th. We gladly appreciate your support in ensuring that your child will be at school on time during the testing window.

February 27th, we will hold a Title 1 Parent Night to inform all parents grades K-4 about what Title 1 is and what it means for your child. Please mark your calendar for this very important date. The meeting will be held in the Media Center and will begin at 6:00 PM. The meeting will only last an hour. Third grade parents this meeting is especially important for you because we will receive information and resources for the third grade IREAD test. There will be free giveaways for all participants and a chance to win a \$50.00 gift card. Refreshments will be served. As always, thank you for your commitment to Eastridge. We appreciate you and thank you for trusting us to educate your child.

Mrs. Johnson- Interim Principal




**HOME OF THE  
ROCKETS!**



**Eastridge Elementary**  
**10930 E. 10th Street**  
**Indianapolis, IN 46229**  
**Office: 317-532-3150**  
**Fax: 317-532-3189**  
<http://eastridge.warren.k12.in.us/>

## Upcoming Dates

- February 19th:**  
President's Day- NO SCHOOL
  - February 26th- March 9th**  
ISTEP Part 1 (3rd and 4th grade)
  - February 27th**  
Title One Parent Meeting
  - March 7th:**  
LATE START
  - March 12th-16th**  
IREAD testing 3rd grade
  - March 19-30:**  
SCHOOLS OUT FOR SPRING BREAK!
  - \*\* SNOW MAKE UP DAYS:**  
JUNE 1ST  
JUNE 4TH
- 

**Reminder: There is NO SCHOOL , MONDAY , FEBRUARY 19th,2018 in observance of President's Day! Have a great ( and safe) three day weekend!**

## " You can quote me on that"

**" When you come to the end of your rope, tie a knot in it and hang on."**  
**- Thomas Jefferson**

## WE ARE A COMMUNITY!

*Sonny Day Community Center*  
 10502 E. 21St, Indpls. In. 46229

Sonny Day Community Center is a PTA run help center that assists families with food, clothing, toiletries, school supplies, cleaning products and clothes. They are typically open twice a month. **The NEXT February distribution date is Thursday 2/22/18 from 6-7:30pm .**

PLEASE CONTACT YOUR CHILD'S SCHOOL FOR INFORMATION ON THE REFERRAL POLICY.

**Rachel Burke: osadczuk@yahoo.com**  
**Carissa Dollar: dollarPTA@gmail.com**  
[www.Facebook.com/SonnyDayCommunit](http://www.Facebook.com/SonnyDayCommunit)

**Art to Remember**

Our school is participating in a creative fundraiser w/ “ Art to Remember” that allows you to purchase keepsake products customized w/ your child’s art. Right now, children are busy creating colorful, fun, artwork & soon you will receive a personalized order form. Keepsakes that will be available for purchase include: Travel Mugs, Metal Key Chains, Night Lights and Pendant Necklaces. Many of these products are LESS than \$15. Keep your eyes open for the order form. Your purchase captures a moment in time & raises funds for Eastridge!



**COUNSELOR’S CORNER**

It has been busy this week in your school counselors office! I have been working with students on a number of things, for example:

Did you know that in terms of high stress, your brain actually has a hard time processing thoughts, and can even affect your memory? I am working on a series of grade appropriate lessons that will help students learn about how their own brain functions in relation to behavior. For example, if you are so angry that you are yelling, throwing things, refusing to listen, etc..., it could likely be that your brain has gone into total emotional take-over. It is important to allow students the space to calm down so that the thinking/processing/problem solving part of their brain turns back on.

**Expressing feelings in a healthy way through writing and poetry:**

Anger.. It’s like a volcano! You have control over it until it erupts...after that, the consequences that follow are out of your control. DON’T LET YOURSELF ERUPT! Use coping skills, like breathing, taking a break, listen to music, lying down, and many more to keep yourself from exploding.

Practice saying kind words to each other. However it is ALWAYS important to lift your peers up with words of encouragement and not judgement or meanness.

Tip for parents: talk with your student about choosing battles. Many times I observe students getting angered simply because someone is “looking at me.” I am working on some lessons/activities that encourage students to “choose your narrative.” If someone is looking at you, tell yourself that maybe they are looking at someone else or perhaps they are having a bad day and are taking it out by flashing a mean look. It is IMPOSSIBLE to prove that someone was looking at you, therefore it is hard to catch or problem solve in the classroom.

- Stephen Phillips / School Counselor

**Donations**



**We need your help! If you have any pants that you would be willing to donate to the school, please let us know! We are accepting pants of all sizes for both boys and girls! Thanks in advance for all of your help!**

Mrs. Wessling  
School Nurse

**Sports!**



**Tackle Football registration for grade; K-6 is \$10.00. Please go to [www.wearewarren.club](http://www.wearewarren.club) for more information.**



Lowell Little League is accepting registrations for their 2018 spring season. Registrations will be held in person at Southeastern Church of Christ located at 6500 Southeastern Ave or online at [www.lowellittleleaguse.org](http://www.lowellittleleaguse.org). Registration dates are 2/22 fm 6-7:30pm , 3/3 fm 10am-12pm and 3/8 from 6-7:30pm and are \$35 for children ages 4-16. Please call Crystal Palmer at 317-222-9759 or email her at [LowellLittleLeague@yahoo.com](mailto:LowellLittleLeague@yahoo.com)

**Weekly Attendance**

Kindergarten	1st grade	2nd grade	3rd grade	4th grade	Eastridge Total	Township Goal
92 %	93%	97&	94%	96%	94%	97%