

Pathfinder News

September 25, 2023



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Message from Pathfinder Principal, Ms. Harris

Thanks so much for taking the time to come to Pathfinder for conferences with teachers and for orientation. We know that we shared a great deal of information with you in a short period of time so please don't hesitate to contact your child's teacher or our office if you have questions. Our Family Liaison, Esther Amador, is fluent in English and Spanish. If you need an interpreter in another language, let us know which language you need, and we will have an interpreter join the call.



Normally you will receive school newsletters electronically once or twice a month through ParentSquare. We will also post links to newsletters on our school website. Newsletters will include information on school activities and events, important announcements, and suggestions for extending learning at home.

We have had a wonderful time getting to know your child and watching our students quickly learn the routines in our community. We are also looking forward to the year ahead and partnering with you in your child's learning. Our motto at Pathfinder is *Explore, Nurture, Thrive*. I promise your child will love opportunities to explore new friendships and learning, we will protect, nurture, and keep your child safe, and that your child will grow and thrive!

Warm Regards,
Julie Harris

IMPORTANT DATES AND DETAILS

September Calendar

Character and Behavior Focus – **Be Safe**
Safety Focus – **Fire Drill and Safely Exiting the Building**

29 Friday Fire Drill

October Calendar Reminders

Character and Behavior Focus – **Kindness**
Safety Focus – **Earthquake Safety**

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| 2 | Monday | School Pictures (1 st Floor: Bumblebee & Grasshopper pods) |
| 3 | Tuesday | School Pictures (2 nd Floor: Ladybug & Caterpillar pods and AM/PM Preschool) |
| 16th – 20th | | Food Drive for School Emergencies |
| 16 | Monday | Field Trip: The Farm at Swan's Trail (Caterpillar pod) |
| 17 | Tuesday | Field Trip: The Farm at Swan's Trail (Ladybug pod) |
| 18 | Wednesday | Field Trip: The Farm at Swan's Trail (Bumblebee pod) |
| 19 | Thursday | Field Trip: The Farm at Swan's Trail (Grasshopper pod) |
| 19 | Thursday | The Great Washington ShakeOut Earthquake Drill, 10:20 a.m. |
| 20 | Friday | NO SCHOOL: Staff Training |

Individual School Pictures

KIDS Photography will be at Pathfinder on **October 2 and on October 3** to take individual photographs of children. The photographers will take photos of *all children* so that we have a picture available for identification purposes. Orders may be placed online at the button below or by returning a paper order form packet, which will come home in your child's backpack this week. **The deadline to order pictures is Wednesday, October 4.** In the event you are unable to



order before October 4 deadline, all students will receive a "proof sheet" which will include instructions for ordering at a later date.

- Grasshopper & Bumblebee pods - Monday, October 2
- Caterpillar & Ladybug pods - Tuesday, October 3
- AM & PM Preschool - Tuesday, October 3

KIDS Photography Online Order

Volunteers at Pathfinder!

Volunteers are an important part of our Pathfinder community! Volunteers are needed in our Family Center daily to assist with projects and preparation of materials. Talk to your child's teacher about volunteer needs in the classroom.



What is Required Before Beginning to Volunteer?

- Washington State Patrol Volunteer Application/Background Check Form
- Photo ID
- Review District Volunteer Policies

Volunteer applications and required forms are available in the Pathfinder office or on the Mukilteo School District website at the link below. Required forms must be completed and returned **in person with photo ID**.

Who Can Volunteer?

Volunteering in a school is a wonderful experience and privilege for both the school and the volunteer. Opportunities are designed to promote and maintain supportive relationships for students, teachers, and school staff. The ideal volunteer would:

- be friendly, flexible and reliable
- enjoy children
- have the ability to work cooperatively with school staff
- have good moral character and be a positive example for children
- support the work of school staff
- be dependable

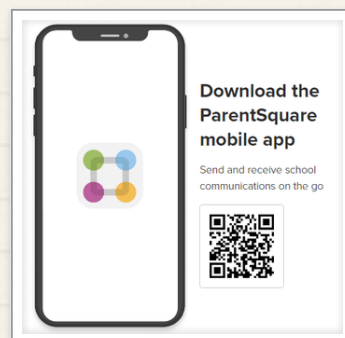
Mukilteo School District Volunteer Forms & Information

Please check the folder in your child's backpack each day for information from your child's teacher. Look for papers to sign and return to school, as well as information to remove and keep at home. We look forward to partnering with you!



ParentSquare Communication System

ParentSquare is the main tool for schools and the district to communicate with families. Teachers can also use ParentSquare to communicate with their classroom's families. We use it to send messages about school events, our school newsletter, schedule changes, safety drills and emergencies.



If you would like to take advantage of the two-way and other interactive features of ParentSquare, please activate your account if you have not done so already. You will be asked to confirm your contact information on file and sent a verification code if you have a mobile phone number on file. If you would like to receive text messages, you may update your account notification settings after activating your account.

If you don't activate your account, you'll still receive notifications, but will not be able to set your preferences or use the two-way features of ParentSquare. If you need to update your contact information on file with the school, please contact our office at (425) 366-3800.

You may also download the ParentSquare app available in the Google Play or App Store.



Breakfast, Lunch, Water, Snacks

This year all children are eligible to receive free breakfast and lunch. If your child has dietary restrictions, please let us know. If you don't want your child to eat the school-provided meals, please tell your child's teacher. If you send lunch from home, please make sure your child can independently open all items and that you send healthy foods your child will eat.

You are welcome to send a small, nutritious snack. If you want your child to eat the school lunch and you send a snack, please be sure your child knows that what you are sending in the backpack is a snack and not lunch. It's less confusing for kids if you send only a lunch in the lunch box and snacks in a separate container.

Please send a clean, filled water bottle with your child to school each day. Reusable water bottles are preferred.

Birthday Celebrations

Birthdays are very big events for children. Our goal is to celebrate and honor every child in a similar way on their special day. Teachers will provide brief in-class recognition of each child. We ask that parents not send food or gifts from home. Given an increasing number of children with food allergies, concerns about sugar intake, loss of instructional time, and our goal of equitable treatment of all children, we are unable to distribute any treats or gifts sent from home.



We recognize that some parents want to encourage friendships and social opportunities for their children, and school is the primary source of social contacts for many students. While we would like to encourage parents to invite all children in a class to birthday parties, we recognize that this is not generally possible in terms of space and funds. If you request that invitations be distributed at school, invitations must be given to the teacher, and teachers will discretely place the invitations in folders or mailboxes. Students will be asked to avoid discussing birthday parties and invitations at school in order to avoid hurt feelings of those who are not invited.

CONTACTS AND SCHEDULES

Kindergarten School Hours

Monday – Thursday	9:25 a.m. – 3:55 p.m.
Friday	9:25 a.m. – 2:40 p.m.

Preschool Hours

AM Session	9:00 a.m. – 11:30 a.m.
PM Session	1:00 p.m. – 3:30 p.m.
No Preschool on Friday	

Pathfinder Contact Information

Pathfinder Phone 425-366-3800

Website <https://www.mukilteo.k12.wa.us/Domains/749>

Need to contact your child's teacher?

A ParentSquare message or email is often the best way to communicate with teachers, allowing them to read and respond when their day allows. We are unable to interrupt them during instructional time and they are often not near their phone before and after school because of meetings. The office team is happy to support and answer any questions. They can also take a message to give the teacher or forward you to their voicemail.

PATHFINDER KINDERGARTEN CENTER: (425) 366-3800

Choose option #2 for 24-hour information line, then select from the options below or direct dial information hotline (425) 366-3801

Option #1: Student Attendance

(Leave a message to let the office know if your student will be absent or late.)

Option #2: Staff Voice Mail

(Leave a message for your child's teacher or another staff member.)

Option #4: Transportation Department

Option #5: This Week's Lunch Menu

Option #6: Driving Directions & School Address

Option #7: Kindergarten Registration Information

Option #9: Emergency & School Closure Information (Listen for information on altered school hours and schedules due to snow or other emergency.)

Telephone Information

When you need to call the school, keep in mind that someone will answer the phone between the hours of 8:30 a.m. and 4:30 p.m. If you call and the phone goes directly to voicemail it means all of our lines are busy. Outside of our office hours you can leave a message for the office or a teacher, or you may reach our 24-hour information line. If you are calling after 4:30 p.m. and have a question about a late bus, call Mukilteo transportation at 425-356-1306 or choose option 4 if you call Pathfinder.

Students are not allowed to have cell phones (and other electronic devices) at school. There is a phone for student/public use in the office. Student outgoing calls are limited to emergencies only. Please talk with your child about changes in pick-up arrangements before school and send a note to school to inform teachers of any changes. If you **MUST** make a change in transportation arrangements, call the office by 2:30 p.m. Monday - Thursday and 1:00 p.m. on Friday.

PATHFINDER Q & A

What time should my child arrive at school? If you drive your child to school, please arrive with

9:15-9:25 a.m. Kindergarten students should not arrive prior to 9:15 as supervision is not provided until that time. All children report directly to their pods in the morning and students are dismissed to classes at 9:25. Children who arrive after 9:30 a.m. are tardy and need to stop by the office for a tardy slip before reporting to class.

What should I do if I need to change end of the day dismissal arrangements? To maximize student safety and eliminate confusion, please have students go home the same way (bus or parent pick-up) each day. If it is necessary for you to make a change for a particular day, please send a note to the classroom teacher in your child's folder. If an emergency arises and you are unable to send a note in the morning, please call the Pathfinder office at (425) 366-3800. Please call **before 10 am (AM preschool), before 2:00 pm (PM preschool), before 2:30 p.m. (kindergarten) Mondays-Thursdays and before 1:00 p.m. (kindergarten) on Fridays.**

When can parents be in the building? Parents are welcome to stop in the office for support or questions between the hours of 8:30 a.m-4:30 p.m., Monday-Friday. We do not allow visitors beyond the office during the school day unless they are scheduled to volunteer and have done their volunteer requirements or have a scheduled meeting.

What should I do if my child is absent? Call the attendance line before 9:45 a.m. to report absences (425-366-3805). Your message should include your child's name, teacher's name, date of absence, reason for absence, and parent name.

What are good reasons for staying home from school? Regular attendance is critical to success. Students should only stay home for valid reasons including: contagious illness or symptoms. Children should not come to school if they experience vomiting or diarrhea, a fever of 100 degrees or higher, or a consistent cough within the last 24 hours. Other excused absences include religious or cultural observances, court proceedings, or true emergencies, like a death in the family. Appointments and family vacations should be scheduled on non-school days or outside school hours whenever possible to prevent loss of instructional time.

What will happen if a child gets sick or injured while at school? We have a nurse and health room support member who manage our health room and care for your child if they are sick or injured. If your child is ill or becomes ill at school, we will contact you to pick them up immediately.

What happens to lost items? Our lost and found is located in the first floor hallway by the bus entrance. Glasses, keys, and other valuable items can be claimed in the office. To make it easier to return items to students, please be sure to write your child's name (in permanent ink) on backpacks, jackets, gloves, lunch boxes, and all personal items your child brings to school. Unclaimed items are donated to a local charity in December and June.

ATTENDANCE



Help Your Child Succeed in School: Build the Habit of Good Attendance Early

School success goes hand in hand with good attendance!

DID YOU KNOW?

- Starting in kindergarten, too many absences can cause children to fall behind in school.
- Missing 10 percent (or about 18 days) can make it harder to learn to read.
- Students can still fall behind if they miss just a day or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college, and at work.

WHAT YOU CAN DO

- Set a regular bed time and morning routine.
- Lay out clothes and pack backpacks the night before.
- Find out what day school starts and make sure your child has the required shots.
- Introduce your child to her teachers and classmates before school starts to help her transition.
- Don't let your child stay home unless she is truly sick. Keep in mind complaints of a stomach ache or headache can be a sign of anxiety and not a reason to stay home.
- If your child seems anxious about going to school, talk to teachers, school counselors, or other parents for advice on how to make her feel comfortable and excited about learning.
- Develop back-up plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Avoid medical appointments and extended trips when school is in session.

When Do Absences Become a Problem?



Note: These numbers assume a 180-day school year.

For more on school readiness, visit attendanceworks.org and reachoutandread.org

SUPPORTING LEARNING AT HOME

Best Practices for Your Child's Best Learning

10-11 hours of sleep



Research shows that sleep helps the brain process the information learned so it is more fixed in your child's memory. Most elementary school age children should be in bed between 7:30 and 8:30 PM.

7 days a week start the day with breakfast



A nutritious breakfast helps children focus and learn. Hungry children can't concentrate. Eating breakfast also helps children keep a healthy weight.

5 servings of fruits and vegetables every day



Fruits and vegetables provide vitamins, minerals and fiber for digestion. Eating fruits and vegetables helps children keep a healthy weight which prevents diabetes and heart disease.

2 hours or less a day of screen time



TV/Computer time does not engage the brain as well as reading and conversations. Help your child enjoy reading. Read books aloud to your child. Talk about the book. Eat meals together and talk about your day. This will grow your child's brain. And please, take the TV out of the bedroom.



1 hour or more of activity every day

Vigorous exercise helps the nerve cells in the brain grow more connections and it helps your child keep a healthy weight which will prevent diabetes and heart disease.



0 soda, juice and other sugar-sweetened drinks

Sugary drinks, which include fruit juices, have been the major factor contributing to childhood obesity. Save money and prevent obesity; don't buy juice or soda. Give your child low-fat milk or water to drink.



September 2023

Memorize, recite, and perform language.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sing The ABC Phonics: Sing, Sign, and Read! song while washing your hands. Tune: ♪Twinkle, Twinkle Little Star.					1 Watch the ABC Phonics video clips: sing and sign with your child every day.	2 Take a family walk and collect different rocks. Geologists study rocks!
3 Have a special family evening: cook dinner, tell stories, and play games together	4 Labor Day Talk to your child about your best school memories.	5 Help your child write their first name. Then fingerspell and name each letter. Clap the name.	6 Encourage your child to practice the ABC Phonics: Sing, Sign, and Read! song until they are experts.	7 Learn to wash hands and discuss hand hygiene. Let your child set the table. Count the forks.	8 Visit an older friend. Let your child perform "1, 2, Buckle My Shoe" and "Humpty Dumpty."	9 Ask your child to sing and sign. ♪ "L-O-V-E Spells Love". ♪ Write "love."
10 Grandparents Day Visit grandparents or tell stories about them.	11 Patriot Day Talk about the important work firemen and policemen do to keep people safe.	12 Enjoy a Fiesta Night! Celebrate with a new variety of salsa, chips and music!	13 Introduce new color words such as amber, turquoise, and magenta.	14 Play rhyming word games: See Ya Later, Alligator! Clap the rhythm of animal names.	15 Help your child memorize your phone number using the ♪Twinkle, Twinkle Little Star♪ melody.	16 Take a neighborhood walk—watch leaves changing colors. Study and name trees—be an Arborist.
17 Recite nursery rhymes. What rhymes with "shoe"? "wall"? "star"?	18 Ask your child to sing, sign, and fingerspell. ♪ "M-o-m Spells Mom" song. ♪	19 Encourage your child to count everything! Count to 100 and beyond! Write from 1-20.	20 Help your child print their first name with good handwriting. Practice efficient pencil grip.	21 Find many reasons for your child to print his name. Practice two times every day.	22 Fall Equinox Celebrate the first day of fall! Autumn and fall mean the same thing!	23 Ask your child to perform ABC Phonics: Sing, Sign and Read! for the family.
24 Talk about kindergarten kindness. Who can you show kindness to today?	25 Segment words into sounds. Guess the words. m-o-m: mom! b-a-t: bat!	26 Notice changes in weather. Talk about clouds, precipitation, temperature and seasons.	27 Read with your child at least 20 minutes each night.	28 Plan a special family evening—"cheese and breads" style. Enjoy classical music.	29 Create a writing tote. Encourage your child to draw pictures and make books. Keep it fun!	30 Practice tying shoes and putting on and taking off your coat.

Thank you for being Parents as Partners in kindergarten success: Sing, talk, dance and read together! Play with sounds. Encourage efficient pencil grip. Choose a few activities to do with your child every week.

NellieEdge.com

Mukilteo School District Non-Discrimination Statement

Mukilteo School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination: Civil Rights Coordinator and Title IX Coordinator Simone Neal (425-356-1319), nealsr@mukilteo.wednet.edu, Section 504 Coordinator Becca Anderson (425-356-1277), andersonra@mukilteo.wednet.edu, and the ADA/Access Coordinator Karen Mooseker (425-356-1330), moosekerkw@mukilteo.wednet.edu. Address: 9401 Sharon Drive in Everett, WA. Inquiries regarding ADA/Access issues at Sno-Isle TECH Skills Center should be directed to Wes Allen, Director (425-348-2220) allenwr@mukilteo.wednet.edu. Address: 9001 Airport Road in Everett, WA 98204.