



East Ridge Elementary

Home of the Suns!

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Our April Trait is Resilience!

Definition: Resilience is the ability to bounce back and recover from setbacks or failures: *When you have trouble, you bounce back and try again.*

Resilience is the ability to cope with negative life events and challenges. It has been described as the capacity to "bounce back" from difficult situations and persist in the face of adversity.

Resilience

Tanya O'Rourke

When faced with life's challenges, both big and small, minor and tragic, we are presented with a choice. How will we choose to deal with what life has dealt us? When looking at two people faced with the same situation we know that some of us will get back up and keep going but for others we may become fixed in our belief that we can't possibly carry on. We might believe that there is no point in continuing, because for whatever reason, the deck is stacked against us. The differences in these two approaches to adversity is defined by *resilience*, the ability to bounce back relatively quickly from difficulties.

This month at East Ridge we are talking about resilience. Although not at all a new concept, in recent years resilience has become quite the hot topic. Many of us have connected to resilience when reading about grit, growth and fixed mindsets and the ways that those things impact academic performance. We know that the growing body of research tells us that all of the character traits that we have been highlighting this school year are all linked to greater academic performance. Empathetic, persistent, flexible, generous, grateful and optimistic students are better students. These students sit still longer and pay attention better, they are less impulsive, more likely to keep going when faced with challenges, and like adults who also possess these qualities, they are just generally more fun to be around. 😊

Although grit, in particular, has become quite popular and shares many similarities with resilience, resilience is different in some important ways. Grit is really persistence, it's that stick to it attitude, but resilience takes grit and says; "well that's awesome grit, good for you, but how persistent

are you when the going gets tough, how good are you at *bouncing back*?" Resilience is a process, it's not just one skill. It's how we navigate our world, how we interact with others and with ourselves.

Resilience isn't just about trauma or risk either. We often think of survival and resilience in connection to children and adults who have undergone severe difficulty and/or trauma. In reality, resilience is a handy skill to have in any of our emotional tool boxes. The stress, uncertainty and pressure of daily life should not be underestimated and we know that those who can "handle" every day and intense periods of stress do better overall. Resilience isn't just about survival, it's the ability to *thrive*. So, what are some of the key factors that we need to know about resilience? How can we foster resilience in our children?

The biggest takeaway, I think, from resilience research is the power of relationships. One of the biggest indicators of a child's ability to be resilient depends on having at least one very meaningful connection and relationship with an adult. This connection provides love, support and the comfort that allows a child to trust in their abilities to keep going and allows them to have the kind of **reflection** that encourages a them to take responsibility for themselves and how they treat others.

A key factor in the development of resilience is providing a child with **high expectations**. They need us to believe that they can do hard things and they depend on the positive encouragement and the **hands-on practice** that this loving relationship can provide for them. Our children need **one-one time** to learn resilience, they need meaningful conversation, problem-solving help and **celebrations of failure** that highlight how set backs are critical to success - something that we often know to be true as adults but forget to tell our own children growing up. Failure is uncomfortable for parents, we want our children to succeed, we want them to do well and it's hard for us to watch them fail, but normalizing struggle, and providing our reflection on set-backs, are the essential building blocks of resilience.

One of the easiest ways that I check in with my own children in regards to resilience is by drawing on work that was done in the 1960's (I told you resilience wasn't new 😊) that provided the **ABC's** of resilience. In short, Albert Ellis's model shows us that between **adversity (A) and consequence (C)** there is a very important letter **(B)** that represents **behavior**. In other words, adversity does not directly lead to consequence. Adversity triggers a set of beliefs about a situation that then leads to a reaction or consequence. So, what we believe about an adversity matters significantly – is the deck stacked against us so there's no point in trying any harder or to keep going? Or perhaps I didn't do well on this spelling test because I didn't study for the right amount of time or by using the best strategy? It's not that I'm a bad speller but perhaps I just need to try something new? For those of you who have recently read about a growth and fixed mindset, or about grit, this part should sound familiar 😊. Because just like scrunchies, everything old is new again.

So, the behaviors we want to encourage is that **not yet** attitude. "I haven't mastered ungrouping yet, but I know that if I keep working at it I will." The behaviors we want to discourage are things like negative self-talk or a defeatist attitude. "I am just not good at math." "I will never be a good speller." "I'm just not a writer." Of course, this doesn't mean that things aren't hard, but the trick with resilience is that we can only really build this muscle if in fact we are pushing ourselves, or being encouraged by an adult, to do things that are actually difficult.

My own second grader will often catch herself engaging in negative self-talk by declaring "wait a minute! That's not a growth mindset!" (Thank you Mrs. Griffin 😊) This is a skill that she will continue to develop but she needs my help and support to do so. She needs to be able to talk to me about her failures, her "not yet's," and her frustrations and I need to hold her accountable when she's using a

detrimental belief system. That's the not-so-fun side of parenting but it's what we signed up for and it's what teaches our kids resilience. They need to believe that they can back up and keep going because we have told them that they can but also that they must!

And just like optimism, resilience is not a fixed skill. Anyone, at any time can [develop resilience](#), it's a combination of skills that we develop over time and through experience so honestly, it's always something that we are growing. There's just no way to be good at this unless you are willing build on a set of experiences and lessons. Like my husband always tells our kids "the only way to learn how to do hard things is by doing them." Sounds simple enough but the truth is, like with all of the traits that we have celebrated this year, reading the research and theorizing our approach is not enough. The skill and the mastery lies in the practice. Like my husband also always tells our kids (he's going to love that I'm quoting him, insert sarcasm here) "enough talking . . . now action." I'm not telling you to throw them in the water without having any idea of how to swim, this is why we take the time to reflect and learn and share with our children along the way. This is why we build up to things. But I am asking you to make risk accessible.

For them to feel brave enough to try, to risk failure, they need to see us do the same. They need to see us try things that are hard and acknowledge when we don't get things quite right. Believe me, your kids will love this. They will love you admitting to them the things that you don't get right or don't necessarily do well, and it's ok, you and I both know that there aren't many of these things.

Kids. Are. Brave. Nothing makes *me* braver than my own children. I want them to see in me the things I sometimes can't even see in myself. I am terrified of bugs, almost any kind really, but my youngest thinks I am the biggest baddest bug "relocator" in the universe. Why? Because she is terrified of bugs and I don't want that for her. I want her to see that I can deal with bugs even though I'm completely fearful while doing it. I am also relatively afraid of heights. But my son thinks that I could serve coffee from the middle of the Capilano Suspension Bridge for kicks. Why? Because he is relatively afraid of heights and wasn't sure he'd be able to cross the bridge the first time he tried but I wanted him to know that he could because he saw me do it first.

I'm asking you to show your children that a healthy approach to risk is critical for success. I want you to teach them how to swim in the shallow end and then watch you swim out to the deep end. Then I want you to allow them the opportunity to swim out to you. Then, after lunch, and the recommended 2- hour wait time (I mean let's not get crazy), I want them to see you jump in so that they can jump out to you. When you know that they have the skills to manage I want you to watch from the dock and celebrate when they successfully jump in on their own. Show them that you believe in yourself and that you believe in them. Happy swimming.



SBA Testing Dates:

Please be aware that SBA testing (grades 3-5) will begin the week after spring break and continue throughout April and May, ending the first part of June. It is important your student attend school and arrive on time as testing will begin at 9:10 am.

*** We encourage attendance during testing days as missing these days can be disruptive to your student, as well as the rest of the class. If your child is absent (sick) on a testing day, please notify the 24-hour attendance line at [425.408.4410](tel:425.408.4410) and your child's teacher. Your child will be able to make up the test on another day.

**East Ridge Elementary
2018 SBA Schedule**

Testing Window: 3/26 - 6/8.

Science: 4/16 - 6/8

	ELA CAT	ELA PT 1	ELA PT 2	SCIENCE	Math CAT	Math PT
3rd	4/24 Tuesday	5/1 Tuesday	5/2 Wednesday		5/15 Tuesday	5/21 Monday
4th	4/26 Thursday	5/8 Tuesday	5/9 Wednesday		5/16 Wednesday	5/22 Tuesday
5th	4/30 Monday	5/10 Thursday	5/11 Friday	6/5 Tuesday	5/17 Thursday	5/24 Thursday
4/5th (Irving)	5/1 Tuesday	5/10 Thursday	5/11 Friday	6/5 – 5 th grade only Tuesday	5/22 Tuesday	5/24 Thursday

Congratulations Super Spellers!

The PTA Spelling Bees have wrapped up and the winners are:

1st / 2nd Grade Bee - 1st Place: **Mili J.** and 2nd Place: **Lily C.**

3rd / 4th Grade Bee - 1st Place: **Max C.** and 2nd Place: **Owen M.**

Thank you, **Lorie Brogan**, for organizing this fantastic event!



April

- 4/16 PTA Imagine with Fashion, 3:45 pm
Intramural Dance, 3:45-4:30 pm
- 4/17 Beginning Strings, 8:15 - 8:55 am
PTA Fundraiser, Chipolte, 4:00-8:00 pm
Track & Field Practice, 3:45-4:30 pm
- 4/18 **Early Release Wednesday, 2:10 pm**
PTA GOTime Sports, 2:20-3:20 pm
PTA Comic Book Design, 2:20-3:20pm
- 4/19 No Beginning Strings
4th Grade Field Trip to UW Engineering
Discovery Day, 8:00 -2:00 PM
Game Room Open
Track & Field Practice, 3:45-4:30 pm
PTA Language Class, 3:45-4:50 pm
PTA General Meeting, 6:00 pm
- 4/20 Progress Reports Mailed Home
- 4/23 – 4/25 Camp Cedar Springs
- 4/23 PTA Imagine with Fashion, 3:45 pm
Intramural Dance, 3:45-4:30 pm
- 4/24 Beginning Strings, 8:15 - 8:55 am
Track & Field Practice, 3:45-4:30 pm
- 4/25 **Early Release Wednesday, 2:10 pm**
PTA GOTime Sports, 2:20-3:20 pm
PTA Comic Book Design, 2:20-3:20pm
- 4/26 Beginning Strings, 8:15 - 8:55 am
Game Room Open
Track & Field Practice, 3:45-4:30 pm
PTA Language Class, 3:45-4:50 pm
- 4/27 Pioneer Day, 4th Grade
Pioneer Day Performance, 2:50 pm
ER Spirit Day – Crazy Hair Day
Science to go 1st & 2nd Grade
- 4/30 PTA Imagine with Fashion, 3:45 pm
Intramural Dance, 3:45-4:30 pm

**Track & Field Starts
Tuesday, 4/17!**



Thank you, East Ridge!

Thanks to all the support from our East Ridge community, we were able to collect 2,186 food items!

Way to go, East Ridge!

Camp Cedar Springs

Camp Cedar Springs will be held this year from April 23rd through the 25th.

Important upcoming dates:

- Luggage and medication drop off at East Ridge before 9:30 am, Friday, April 20th.
- Parent Pickup at East Ridge on Wednesday, April 25th between 1:15-1:30 pm.



Important PTA Meeting!

The next PTA General membership meeting will be **April 19th** at 6pm at Pizza Coop in Woodinville. All parents are invited to attend. We will be voting on next year's slate of nominees.

New After School Enrichment Class!

Spring is here! Get your 3-5th grader outside for fun playing all sports games, no drills! Don't miss out on this fun, creative class! Only 2 spots left! Register today at erpta.org. Questions? vpprograms@erpta.org

GOTime SPORTS

Grades 3-5

Wednesdays 4/18 – 6/6

Go to the ERPTA website for more information and to enroll your student.

ERPTA TEXTILE DRIVE

April 16th-20th

**Donations
accepted at
drop off and
pick up!**



ACCEPTED



- ✓ CLOTHING
- ✓ SHOES
- ✓ BEDDING & TOWELS
- ✓ HATS, MITTENS, SCARVES
- ✓ TIES & SOCKS
- ✓ PURSES, WALLETS, BAGS
- ✓ BACKPACKS & SUITCASES
- ✓ BELTS & JEWELRY
- ✓ SMALL ELECTRICAL ITEMS
- ✓ TOYS & GAMES
- ✓ KITCHEN ITEMS
- ✓ KNICK KNACKS
- ✓ SPORTING GOODS

NOT
ACCEPTED



- ✗ LARGE FURNITURE
- ✗ MATTRESSES
- ✗ BABY GEAR
- ✗ LARGE APPLIANCES
- ✗ AUTO PARTS & TIRES
- ✗ BUILDING MATERIALS
- ✗ CLEANING PRODUCTS
- ✗ FLAMMABLE MATERIALS

ALL DONATIONS MUST BE IN GOOD, CLEAN, AND SELLABLE CONDITION. SOFT GOODS SHOULD BE BAGGED. PLEASE BOX OTHER ITEMS IN SMALL OR MEDIUM BOXES. THANK YOU!

Remember!



These activities are not sponsored nor endorsed by the Northshore School District or any of its schools. The district assumes no responsibility for the conduct during or the safety of the activities. Northshore School District shall be held harmless from any cause of action, claim, or petition filed in any court or administrative tribunal arising out of the distribution of these materials including attorney's fees and judgment or awards.

2018 BEcommunity Auction Dessert Dash!



Dear East Ridge Families,

After a wildly successful 2017, the Dessert Dash is back for another year! The dessert dash is a popular auction experience where attendee tables pool donations for the opportunity to select from a group of desserts with the highest bid getting first choice, so forth.

We are partnering with local bakeries to provide in-kind donations, but we are also looking for members of the school communities to contribute a dessert that feeds up to 8 people. School community donations were our primary, and favorite, source of desserts last year. Variety is the key to this activity as the more diverse and interesting options available makes the process more exciting for all involved. Anything from your grandma's secret recipe pie to a gourmet lemon bar or a triple chocolate cake to a custom themed cookie, we will even take store bought if baking isn't for you. This year's auction theme is Masquerade though desserts are not required to reside within this theme.

Any goods you provide to the event may be tax-deductible and as a generous donor your information will be printed on the dessert display.

If you or someone you know are interested, please sign up via [Sign-up Genius](#) or email jstrutzel@hotmail.com and let her know what you would like to provide as your dessert. You do not need to attend the auction to participate and as we approach the event she will reach out with additional details regarding pick-up/delivery, etc. Thank you in advance for your consideration, the Bear Creek and East Ridge communities sincerely appreciate your assistance.

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SCHOOL SPIRIT TASTES GREAT



Make dinner a selfless act by joining us for a fundraiser to support East Ridge Elementary PTA. Come in to the Chipotle at **13780 NE 175th Street Suite 104** in Woodinville on **Tuesday, April 17th** between **4:00pm** and **8:00pm**. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 50% of the proceeds will be donated to East Ridge Elementary PTA.



Online orders will not be included in the fundraiser total. To ensure your purchase is counted in the fundraiser, be sure to order and pay in-restaurant. Gift card purchases during fundraisers do not count towards total donated sales, but purchases made with an existing gift card will count.

Northshore School District prohibits *discrimination on the basis of* age, sex, marital status, genetic information, sexual orientation including gender expression or identity, race, creed, color, national origin, honorably discharged veteran or military status, or the presence of any sensory, mental, or physical disability or the use of a trained dog guide or service animal by a person with a disability, unless based upon a bona fide occupational qualification, *in all its employment procedures, training, programs and activities and provides equal access to the Boy Scouts and other designated youth groups.* The following employee has been designated to handle questions and complaints of alleged unlawful discrimination: Jeff Sherwood, Human Resources Director, 3330 Monte Villa Parkway, Bothell, WA 98021, (425) 408-7606.