



From the Principal

Principal Kristin Bailey
kbailey@nsd.org

Dear Families and Community,

We have loved every minute of launching this school year, from coming together in person as a staff in August, to our Community Serve Day when our school got some much-needed pruning and polishing, to our first day with 1st-5th graders and finally, welcoming our kindergarteners this week.

Every year has its own personality and rhythm, and the mood so far this year has been calm, grounded, and aware. Our older students really appreciate, see and listen to each other and our younger students seem accepting, kind and independent. I'm sure this group, like any other, will have its challenges and tricky spots, but it's been a lovely start to school. Staff have been busy introducing children to classroom and school routines and getting to know your child as an individual and a learner. Classroom communities are growing closer as children reconnect after summer break and get to know new classmates and teachers.

Your child has now been to music, PE and library. They will all have experienced lunch and recess. Many of them will have learned about classroom jobs and may even have an assigned classroom job. These are things you can ask your child about. You can ask where they like to play during recess. Grades 3-5 have the field, the dirt field, the "wood chip" area or the basketball courts and blacktop area. Grades K-2 have the play structure, the basketball court, the woods, the play structure at the top of the woods, and the blacktop area. Asking your child about recess and their preferred play-space and playmates will start opening the conversation about a valuable social and emotional classroom, recess.

As always, please reach out if you have any questions or concerns.

Kristin

Arrival and Dismissal 2022-2023

8:45 a.m. Students may arrive on campus

8:57 a.m. Welcome Bell

9:00 a.m. School Begins*

3:35 p.m. Dismissal

2:00 p.m. Wednesday Early Release

*Students arriving after 9:00 a.m. must check in at the office and get a pass before going to class.

Attendance

Late Arrival / Excused Absence

If your child will arrive late or be absent from school:

Please call our 24-hour Attendance line 425-408-4010 or email ahattendance@nsd.org and your student's teacher by 9:00 a.m.

Prearranged / Extended Absence

In the event that your child will miss more than 2 school days in a row for a reason other than a health or medical issue, please complete and return a printed copy of the [Absence Request Form](#) to the office or email a copy of the completed form to ahattendance@nsd.org.

Change in After School Plans

If your child is going to change from their normal method of getting home or has some other alternate plan, please complete and return a printed copy of the [Change in After School Plan Form](#) or send a note with your student.

Lost and Found

Our Lost and Found Rack is located outside the Library. Please clearly label all of your child's belongings so they can be returned to them when lost.

2022-2023 NSD School Calendar

Volunteers

We love our volunteers! All volunteers in Northshore are required to complete an online [volunteer application and submit proof of Covid vaccination](#) before being able to volunteer in classrooms or on field trips. Volunteers are expected to renew your application annually and will receive an email alert one month before your application expires. If you completed a Level 2 background check in the past, (required for field trip chaperones) you will only need to complete a Level 1 check to renew your volunteer status. Please reach out to the office if you are unsure of your volunteer status
425.408.4000

We are accepting Waivers for the 2022-2023 School Year!

Did you know families outside of our boundary can choose Arrowhead with a waiver? We have space at our school to accommodate additional students in 2022-23 and beyond. Families looking for a smaller, more-inclusive elementary school, or who may be looking for a school with an innovative project-based learning curriculum would make a great addition to our community!

Interested families can reach out to Principal Bailey with any questions and/or you can direct people to the [Waiver information page](#) on the district website.

Let's keep our community strong!

District Required Forms due 9/16

All parents/guardians are required annually to acknowledge 6 required forms for their student(s) in ParentVue. Each form is available in English as well as the top 10 languages in the district.

[ParentVue Required Forms](#)

Curriculum Nights

9/13 - Curriculum Night Grades K-2

- 5:45 p.m. - Come meet Principal Bailey in the Gym at 5:45 p.m. and then proceed to your child's classroom for their presentation at 6:00 p.m.

9/20 - Curriculum Night Grades 3-5

- 5:45 p.m. - Come meet Principal Bailey in the Gym at 5:45 p.m. and then proceed to your child's classroom for their presentation at 6:00 p.m.

Arrowhead Spirit Wear Available Now!

Place your fall **Online** order through Sept. 30, 2022. Orders will be delivered to Arrowhead in late October. A great way to show your school spirit every day!

[Arrowhead Elementary Spirit Wear 22-23](#)

Picture Day is coming soon! Wednesday 9/21

Look for picture envelopes coming home on 9/14 to complete and send in with payment on Picture Day **or** orders may be placed online at [dorianstudio.com](#) now and up to 4 days after Picture Day.

[Arrowhead Elementary School Picture Day](#)

Here are some helpful tips to make picture day great!

- Schedule haircuts 7-10 days prior to picture day!
- Wear simple clothing. Solid shirts or small patterns, along with sleeves, photograph best. A simple collared shirt is a timeless classic.
- Avoid logos and text on clothing. Graphics or wording may not photograph completely and can become partially cropped out of your picture.

Cross Country

WHO: All 3rd, 4th, and 5th grade students

WHAT: Cross Country Season

WHERE: Practices are on Tuesdays and Thursdays during lunch recess beginning 9/15 at our first Meeting in the Gym. There are 4 after school Meets in October:

- 10/4 @ Moorlands vs Moorlands, Westhill & Woodmoor 4:45 p.m.
- 10/11 @ Arrowhead vs Kenmore & Moorlands 4:45 p.m.
- 10/18 @ Westhill vs Frank Love, Moorlands & Westhill 4:45 p.m.
- 10/25 @ KMS - District Finals vs Lockwood, Kenmore, Moorlands & Shelton View 5:00 p.m.

WHY: Be part of a team, have fun, make new friends, learn sportsmanship, running techniques, and be outside!

FEE: \$35 or \$0 for Free and Reduced Lunch qualifiers*.

COACHES: Mr. Barstow and Ms. Ginny

Register online now: [Elementary Sports Cross Country](#)

* **Reduced Sports Fee** - Families must complete **2** applications to qualify:

- [Free and Reduced Price Meal Application](#)
- [Fee Waiver Form via ParentVue](#)

Volunteers needed for Home Meet 10/11 - We cannot host a meet without volunteers. If interested, please email Coach Barstow at sbarstow@nsd.org and ensure your [Volunteer status and proof of covid vaccination](#) are current. Allow 2-3 weeks for confirmation. Thank you in advance for your time and helping our Meet run smoothly.

See you 9/15 at lunch recess in the Gym for our season Kick Off meeting/practice!

GO HAWKS!

Coach Barstow and Coach Allemann

sbarstow@nsd.org vallemann@nsd.org

Safety Patrol Needs You! Calling All 3rd, 4th, and 5th Graders



What: Arrowhead Safety Patrollers demonstrate kindness, responsibility and community safety by assisting with morning drop-off or afternoon pick-up. Patrollers keep the car drop-off and pick-up lines moving smoothly and they open / close car doors for students.

When: Safety Patrollers will work for a week at a time with their team. Patrollers sign up for either a morning shift or an afternoon shift. Patrollers must be dropped off or picked up by their families. Please choose the shift that works for your family.

- Morning Shift: 8:40am - 8:57am
- Afternoon Shift: 3:27pm - 3:45pm

Who: 3rd, 4th and 5th graders serve as Safety Patrollers. They work with Ms. Borgers (5th grade teacher in Room 302).

How: Students interested in Safety Patrol need to return a signed permission slip and attend mandatory training with Ms. Borgers. Schedules will be posted on the Safety Patrol Schoology page, emailed to families and posted inside the Safety Patrol closet in the library foyer.

Next Steps:

1. Decide whether Safety Patrol is right for you.
2. Choose the shift that works for your family (morning or afternoon).
3. Parents or Guardians sign permission slips (*link below*). Return to Ms. Borgers **by Friday, September 23rd 3:30pm.**

[Safety Patrol Permission Slip](#)

Champions Before and After School Care

Give your child a creative space to discover what they love, be original, and build friendships! We currently have space before or after school for children in grades K - 5 at Arrowhead.



We partner with schools to complement the learning they offer with our own robust curriculum for elementary schoolers. Our programs take extra special care of hearts and minds, and give kids a safe space to do what they do best – be kids!

Ready to Join? Go to discoverchampions.com, or email Becky Lyons, site Director at Rebekah.Lyons@kindercare.com with any questions.

Welcome back to School! We are excited to have your students back on campus with fewer COVID restrictions, it will be a great year!

My hours this school year are 9-3:30pm and 2pm on early release Wednesdays. I am happy to meet with you if needed anytime between 9-3pm (9-1:30pm on early Wednesdays) and I am available by appointment outside of these hours with a day or two notice. Please contact me if your student has any changes to their health information, including injuries occurring outside of school, that may require some accommodations while at school.

It is very important for us to be able to reach you if your child is ill or injured and needs to go home. Please be sure your contact numbers are up to date, and that you have at least one or more emergency contacts that can be reached during the school day to pick up your child if you are unable. Students must be picked up within an hour. We cannot look after ill or injured students at school for longer periods.

Note: All students with one or more ill symptoms at school (including mild headache or runny nose), will be required to wait for pick-up in our isolation room.

Not sure when to keep your child home?

Please visit the Health Services page on the district website for all health related information:

<https://www.nsd.org/schools/get-started/health-services>

Covid 19 Update

Students with one or more potential COVID symptoms (fever, shortness of breath or difficulty breathing, muscle or body aches, new loss of taste or smell, cough, nausea, vomiting, diarrhea, fatigue, sore throat, congestion, or runny nose) are required to stay home and test for COVID-19. Home antigen tests are recommended.

Students with one or more symptoms need a negative COVID test AND a significant improvement in symptoms prior to returning to school.

Please see the Department of Health's COVID Symptom and Exposure Flowchart for Schools at the following link for more information about steps to follow for symptoms or exposures:

<https://doh.wa.gov/sites/default/files/2022-03/820-229-SymptomExposureFlowchartK12SchoolsChildCare.pdf>

If you do not have COVID tests at home, please contact the school nurse 425-408-4006 or ajanssen@nsd.org to arrange to pick-up a test kit.

If your child has recently tested positive for COVID on ANY test (antigen or PCR), please notify the school nurse, Anne Janssen, at ajanssen@nsd.org to report the positive test. Please include the date of the positive test and the date of the onset of symptoms if present. The school nurse will respond via email with information about the duration of isolation, a return to school plan, and will contact your student's teacher regarding isolation learning support.

Please note: All students are required to wear a mask through the 10th day when returning to school after a positive COVID test, regardless of a negative antigen test before day 10. If your student is unable (or unwilling) to wear a mask, they must continue to isolate at home through Day 10.

If your child is sick with an illness other than COVID, please make sure they do not return to school until symptoms have subsided. Students must be fever-free for 24 hours without fever reducing medication and no vomiting/diarrhea for 24 hours before returning to school.

If you have questions, please contact the school nurse, Anne Janssen, at ajanssen@nsd.org or 425-408-4006. Thank you for helping to keep Arrowhead healthy and safe.

Please visit the NSD Covid 19 link for the most updated requirements:

<https://www.nsd.org/covid19>

Vision & Hearing Screening at Arrowhead

Each year in Northshore schools, students in grades Kindergarten, 1, 2, 3, 5, and 7 receive hearing and vision screenings. We are currently scheduled for vision and hearing screenings on Monday Sept 26th. If you would like to exempt your child from either of these health screenings, please contact the school nurse.

It is important to understand that these are basic screenings and are designed to identify students who may require further testing. They are not intended to replace regular exams by qualified health care providers. A student who does not pass any screening will be rechecked in a few weeks, and you will be notified only if there are concerns after the second screening.

Vision screening uses the PlusOptix. The PlusOptix is an autorefractor that takes a measurement of the refraction of the eyes. The result is a baseline refraction measurement. The illumination technique used by Plusoptix, is totally harmless to the child's eyes. If your child wears glasses or contact lenses for distance or near vision, please be sure they have them on the screening day.

If your child has a hearing loss and is being followed by a healthcare provider or specialist and you do not wish for them to participate in the screening, please let the school nurse know. If you have concerns about hearing loss and school accommodations, contact your student's teacher or the school nurse.

A few volunteers are needed for Screening day, Monday Sept 26th, in the morning.

Please complete the [online volunteer paperwork](#) if you are interested in helping. Please note, all volunteers are required to show proof of full vaccination against COVID-19 to be eligible to volunteer.

I'm very happy to be back at Arrowhead for a second year! This year, our smaller student population meant that specialists' positions were reduced; I'll also be teaching two classes of PE with Ms. Miller! How fun to see some of our students in a different environment!

Our library is open each morning at 8:35! Stop by and start the day with reading and exploring the library! I'll be working hard to support our students' growth in reading and research, tech and citizenship skills. Each child will have Library once a week for 45 minutes. Older students will have access to the library on some recesses once the weather changes. Children can check out books each week. Check out our [Library Website here!](#) You'll find many reading and research resources and an occasional update from me!

My favorite thing about being a librarian is connecting my students to resources (digital and print) and just right books for their needs and wants! Are you searching for a book? Try [Destiny Discover, our library catalog!](#)

Mark your calendars now: **November 16, 2022** is our Give Back Night at Third Place Books Lake Forest Park and MOD Pizza LFP. More details to come! I hope our whole school community can come out to enjoy browsing and buying books and pizza in support of our library.

How can you support our library?

- Encourage your children to read each day! Read aloud with them! Share a family book. Repeat.
- Volunteer– I have lovely returning volunteers from last year, but if you are interested in helping, [email me](#). Some jobs can be done at home, and I'll need help with Give Back Night, Spring Book Fair, and more!
- Purchase a gift to our library from our [Wishlist](#). Please let me know if you do purchase something.

Hope to see you soon @ the library!

[-Ms. Ginny Allemann](#)



Technology Update

STS - Amy Smith
School Technology Specialist
asmith@nsd.org

Summer iPads

If you have a school iPad at home, please return it and the charger to school as soon as possible. iPads are kept in the classroom and do not go home.

Tech Reminders:

- Bring your Chromebook to school every day in its case
- No food or drink when using your Chromebook
- Report any damage or malfunctions to your teacher or Mrs. Smith right away
- School technology should only be used for schoolwork
- Any question regarding technology contact Mrs. Smith, asmith@nsd.org

Counselor's Corner

Joan Gonda
jgonda@nsd.org
425.408.4024

Arrowhead Hawks family!!

My name is Ms. Gonda, Arrowhead's school counselor, and I am excited to be a part of the Hawks team and community! I hope you all had a wonderful and restful summer! I will be available full time, and supporting our hawks scholars for a successful school year.



A little about me, I graduated from San Francisco State University with a Bachelor of Arts and Seattle University with a Masters in Education. Advocating for student voice, and success is an important goal in my career whether it would be through work in equitable and educational justice, or collaboration with staff and families. I also enjoy outdoor activities, cheering on my favorite sports teams, or coming home to a nice home cooked meal.

I look forward to this school year with our scholars and families, and will be able to provide resources from our community to share in your homes in future newsletters.

Thank you all!

Ms. Gonda School Counselor

Coaches' Corner

Coach Fernell Miller fmiller@nsd.org
Coach Scott Barstow sbarstow@nsd.org
Coach Ginny Allemann vallemann@nsd.org
Coach Heidi Padilla hpadilla@nsd.org
425.408.4015

Welcome Back to PE HAWKS! - MS. MILLER IS BACK!!!!

YES - I'm baaaaaack! I am back to school, but still recovering from long COVID side effects. My doctors want me to come back slowly in order to avoid a relapse in the future. It was so hard not being able to finish the school year with all of you. Your letters and love really lifted my spirits while I was at home. I LOVE the way Arrowhead staff and students are stepping up to support and care for me as I continue to heal. Thank you SO very much!

Mr Byers returned home to Arizona to be with his family and take another PE job there. We learned so many great activities and had so much FUN with Mr Byers! We wish him all the best, and will miss him very much, especially his great playlist as we came onto campus each morning!

I'm SO excited to welcome our librarian **Ms. Ginny**, and long term substitute **Ms. Padilla**, to help me chase you around (I mean) keep up with all our PE classes. They are a great addition to our team this year, and I can not wait to work with them and come up with new Gut-Busters (I mean) GAMES and activities.

Remember to **wear your sneakers** with the best traction, and clothes that are easy to move in during your two [PE days](#) each week. I have missed torturing (I mean) TRAINING your little legs! We have so many new games and skills to learn, and we need to get you in shape for Cross Country this fall! **See Cross Country information on page 4.**

Thank you again for all the support you provide that helps us to continue to facilitate such an AWESOME Physical Education and Athletic Programs here at ARROWHEAD! We are looking forward to an OMG-GLORIOUS year together! Please contact us with any questions or concerns that you may have.

GO HAWKS!!!

PTA Corner

ptaarrowhead.org



Arrowhead Elementary Parent Teacher Association's mission is to positively impact the lives of all children and families within the Arrowhead community. We strive to support and advocate for our children by partnering with staff, families and the wider community to create a safe, inclusive and healthy learning environment allowing our students to excel personally, academically and socially.

Join us/Renew your PTA membership: Just \$15 per person, \$25 per family. More info [on our website](#). Or go directly to [the MemberPlanet site](#) to Join.

Subscribe to Highlights Newsletter: Weekly-ish newsletter with the latest on what's going on. Easy to subscribe [on our website](#). Now available in other languages! (Just click your language at the bottom of each highlights)

Meetings and Events: September General Meeting is September 22nd in the Arrowhead Library at 7pm. A chairs kickoff event will be held beforehand at 5:30pm. Check [our website](#) or highlights for the latest information on upcoming events. Contact us if you have questions.

PTA volunteer opportunities: find lots of opportunities to get involved [on our website](#). Host an individual event with help from others or find a role that fits your interests/strengths. Don't see something you want to do? Propose it.



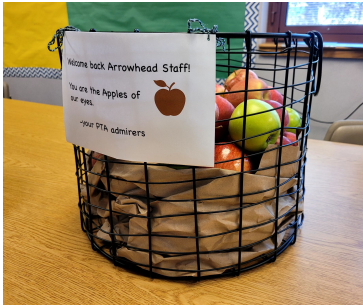
Thank you Volunteers!

Kindness Connects Us



Community Serve volunteers

Close to 70 tireless volunteers weeded, pruned, cut back blackberries, spread bark, touched up paint, stuffed Open House folders, sorted and moved curriculum, prepped emergency equipment and supplies, dusted cobwebs and helped Arrowhead be ready to welcome students.



PTA

Nourished Community Serve volunteers with pizza and water and welcomed Staff back our first week with a kind basket of delicious apples.



Sunshine Mural

Local artist Monica Fischer and Arrowhead parent Christin Browne teamed up to create our Sunshine Mural on the west side of portable 136 facing the playground.

Community Serve Volunteers Help Us Soar!



Arrowhead Hawks Soar by being Safe, Kind, and Responsible

Arrowhead Elementary
6725 NE Arrowhead Drive
Kenmore, WA 98028



Office: 425.408.4000
Attendance: ahattendance@nsd.org
Website: arrowhead.nsd.org

At Arrowhead, we create resilient and empathetic learners who confidently navigate their world through being innovative, creative, critical thinkers.