PRINCIPAL’S NOTE:

We are heading into the last three months of school and we are as busy as ever at Skyline! Teachers and students are gearing up for the third trimester. So much learning takes place at this point in the year and it is important that your students are here at school. If you need to have them out, we do have on-line resources available here.

Many students are practicing their acts for our ASB’s Talent Show which will be held on Friday, April 24th. Tryouts are after school on Tuesday, April 14th and permission slips are due back by April 3rd.

Our late starts will continue next year as the whole district joins in on Late Start Wednesdays. We will follow the schedule on the district calendar so watch for the 2020-2021 calendar in your mail over the summer. Skyline’s Late Start will be highlighted on the district website soon. Due to this work, our grade three and grade five state assessment scores are far outpacing the district average!

Thank you for supporting our teachers and the work they do to ensure that all students learn at high levels.

Let’s finish the year strong - the Skyhawk way!  
Regina Rainbolt, Principal

**A Special Thank You**

to our wonderful Skyline Community and awesome PTA for making BINGO Basket Night a huge success.

**PAINT NIGHT**

March 20th

Join us in the cafeteria to “paint to learn” and “learn to paint”. This fun family activity is sponsored by Tacoma Public Schools and kbtc, PBS Kids!

**Plan Ahead:**

State Testing for 3rd, 4th and 5th Graders

We would like to encourage our 3rd, 4th and 5th grade families to avoid making appointments or planning vacations between May 11th—29th. This is the timeframe for our state testing and it is very important that your child is in school. We appreciate your cooperation.

**DATES TO REMEMBER:**

**March**

16th 3rd Trimester Begins  
18th Late Start 10:00  
20th Paint Night 6:00  
25th Late Start 10:00  
Report Cards Go Home  
30th Skyhawk Assembly 2:30

**April**

1st Late Start 10:00  
2nd Math Night 6:00  
6-10 Spring Break  
15th Late Start 10:00  
22nd Late Start 10:00  
24th Kinder, 1st & 2nd to Zoo  
Talent Show 2:30  
29th Late Start 10:00  
30th Skyhawk Assembly 2:30

**May**

6th Late Start 10:00  
13th Late Start 10:00  
20th Late Start 10:00  
1st/2nd Grade Music Program  
7:00 pm  
22nd Snow Make Up Day  
or No School  
25th Memorial Day—No School  
27th Late Start 10:00

**June**

Field Day & All School BBQ to be determined  
3rd Late Start 10:00  
4th Awards Assembly 2:30  
Color Run 4:00  
10th Late Start 10:00  
11th Festival of Learning 5:30  
15th 5th Grade Assembly 10:00  
16th Last Day of School  
12:15 Dismissal
FAMILY MATH NIGHT
April 2nd
Fun math games, door prizes, popcorn and juice

Class Picture Day
May 4th

SKYLINE PTA BOARD OF DIRECTORS 2019-2020
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Web: www.skylinepta.com
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MINDFULNESS TIP:
During the Springtime, it can be more challenging to stay focused on schoolwork. And some students also struggle with worries around test taking. The 5, 4, 3, 2, 1 Grounding exercise is a great tool that students (and adults) can use to help settle their minds and bodies. It only takes a few moments and can be done anywhere.

- **5 - LOOK:** Look around for 5 things that you can see. For example, the computer, a cup, a picture frame, etc.
- **4 - FEEL:** Pay attention to your body and think of 4 things that you can feel. For example, my feet warm in my socks, the hair on the back of my neck, the pillow I am sitting on, etc.
- **3 - LISTEN:** Listen for 3 sounds. It could be the sound of traffic outside, the sound of typing or the sound of your tummy rumbling.
- **2 - SMELL:** Take a breath and notice two things you can smell. If you can’t smell anything at the moment, then name your two favorite smells.
- **1 - TASTE:** Notice one thing you can taste. It may be the toothpaste from brushing your teeth or a mint from after lunch. If you can’t taste anything, then think of your favorite thing to taste.

Finish by taking 5 deep breaths.

Counselor’s Column by Nicole Bortle:
Spring is almost officially here! I cannot believe how fast this year is going by.

I always enjoy visiting classrooms throughout the year, it is one of my favorite Counselor activities. In October, I visited all classrooms to introduce (or reintroduce) myself to students and to remind them of my role as a School Counselor. In November, Kindergarteners and 1st graders learned about Bully Prevention. In January, 3rd/4th graders and Mosaic students learned about Conflict Resolution, Problem Solving and Peer Pressure. In February, I was able to facilitate small groups for students to learn more about Human Relationships and Self-Confidence. I am currently teaching lessons to 2nd graders revisiting and expanding on Bully Prevention and in May I will be visiting 5th grade classrooms to help prepare them for Middle School. April will be a time to reconnect with students after having our nice break. I will be continuing with Lunch Bunches and working with students on social skills throughout the month.

This time of the year, with testing and conferences upon us and spring break right around the corner, it is a good time to talk about anger and stress. Anger and stress can come out at various times. As a parent, it is important to validate your child’s feelings and let them know that it is okay to feel the way they feel. If your child is talking to you about how they feel, encourage them and praise them for how they are handling themselves. When your child is calm, talk with them about strategies they can use at home to help cool down and de-stress. Here are some ideas:

- Get moving—go for a walk, bike ride or dribble a ball.
- Take a healthy time out—we all need some time to ourselves.
- Draw or write in a special notebook.
- Listen to music.
- Take deep breaths.
- Punch a pillow.

**ANGER RULES:** It’s Okay to Feel Angry, but... 
*Don’t Hurt Yourself*  *Don’t Hurt Others*  *Don’t Hurt Property*

**When Do I Contact the School Counselor?**
As a School Counselor, I am here to help when you are looking for more support to handle an academic, social or emotional concern with your child. You might contact me when you have questions, would like someone to speak to your child, want to seek outside resources, need assistance for your family or would just like to talk through an issue.

My hours are M-F 8:15am-3:45pm
Feel free to contact me by phone or email.

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