



Murray Park Quest Elementary School News

Building Community • Exploring Solutions • Learning for Life

September 2021

Dear Parent(s)/Guardian(s),

Welcome back to school! We are so happy to get another year started with such amazing students and families. As we start this year we want you to know above all other things that we are here to work with you and your child as a team. We will always make greater progress as a team, than separately.



One big thing I wanted to point out as we start the year goes along with parents who always ask, "What can we do to help our child succeed in school?" There are a few other tips in this newsletter to draw from, but I want to also remind you to keep in good contact with your child's teacher throughout the year and talk to your child about school each day. Ask your child questions about what they learned, an act of kindness they shared or observed, things they would like to learn more about, and friends they are making. Regardless of what you ask, keep open communication with your child to share an interest and joy in learning. Also, celebrate with your child such things as: taking a responsible risk and trying to learn something new, learning from mistakes, as well as trying and trying again when they don't understand something the first, second, or even third time. This approach is all called having a **growth mindset** and it is something we will continue to promote at Murray Park/Quest this year. As a parent, **try to celebrate effort and progress much more than natural ability and you will see a positive difference in progress** and growth mindedness. The ideas mentioned are simple, yet powerful ways you can support your child each day.

Our Murray Park/Quest staff is eager to work with you and your child once again.

Sincerely,
Renee Bunge
Murray Park Quest Principal

School Day Schedule

Our school day at Murray Park/Quest is from 8:02-3:10 daily. It is very important that all students are here on time as this makes the entire day run smoother for your child and their classmates. If you drop your child off in the morning, **please do not drop them off before 7:45**, as we do not have supervision until this time, and your child's safety is our top priority. If your child is sick for the day, please call school and leave a message before the school day starts, again so we know your child is safe.



Attendance is incredibly important to all children's success. Please do your best to have your child at school each day to ensure they have the best year possible in learning and growing. We know that sometimes an absence is necessary. We just ask that you try to help by keeping absences to an absolute minimum. With this said, we also know that we are in uncertain times with sickness. As we head into this school year and try our absolute best to keep everyone healthy, we want to remind families to keep your children home if they are not feeling well. If, however, you feel like your child needs some extra support because he/she is worried or concerned about anything, please let us know so we can help.

Daily Breakfast at School Helps Kids Focus and Learn

We serve **FREE BREAKFAST** every day at Murray Park Quest from 7:45–8:05 in the classrooms. Any student can take breakfast any day. Please encourage your child to take daily breakfast, noting that those items that are non perishables can also be saved for a midmorning snack when many kids are hungry, making it much more difficult to focus and learn.



Dates to Remember

- Sept. 10—No School for Elementary
- Sept. 24—Early release district wide MPQ 12:35
- Sept. 27—Picture Retake Day in the a.m.
- Oct. 1–26—MPQ Fundraiser

Daily Homework

What to expect:

There will be daily homework coming home for all students in both reading and math each day to practice essential skills and continue to grow, learn, and share celebrations as well.

You can plan on your child being expected to do the following each day:

- reading for 30 minutes
- daily math practice/review work
- Spelling words will also be coming home regularly for kids to practice throughout the week, which ensures the greatest level of mastery, unlike trying to “cram” the day before a test.

How to help your child succeed with their homework:

Homework is something that needs to be planned for, and your help will make a huge positive difference with instilling this practice. The things you can do to help include:

1. **Discuss where daily homework will be completed.** It is always best to have a quiet place that is away from distractions including television, cell phone use, high traffic areas etc. You also want to be sure that this place has the normal kinds of homework materials needed. (i.e. pencils, erasers, good lighting etc.)
2. **Create a regular time for homework.** It is also best to have a normal time for homework so that it is just part of a daily routine. For example, when your child gets home, does it work best for them to have a healthy snack, complete homework, and then head into dinner and family time? It is important to think through and plan this schedule/routine out together with your child.
3. **What if my child is struggling with homework?** If your child is struggling with homework, try to ask questions like, “Which part are you not understanding.” If they respond, “Everything.” Try to probe further and ask try to say something like, “Tell me about what you are learning and explain what you have done so far.” Often times, there is just one part a student doesn't understand in their work, and if you can get to that one “tricky” part and help them to work through this part together, they can then complete the rest. If, however, your child has tried and tried and is frustrated with many attempts, make a contact to their teacher to let them know what is happening and see how you can problem solve with their teacher, and your child to determine how to best help your child.



End of Day Routines

Your child will always follow their typical end-of-day routines for going home unless parents make a phone call or a written note is sent to school by the parent stating that your child has permission to go home in an alternate way. Our purpose for this is to ensure that parents know where their children are at all times. We will not be able to take a child's word on how they think they should go home for a particular day, because sometimes there is confusion which could result in children not getting home safely or not having supervision when they get home.

Keep in mind that starting this year students are not allowed to join a bus route for a day, unless this is an assigned route for this child/family. (Ex. If your child is going home with a friend for a day, your child would not be able to get on the bus for that one day to get a ride to his/her friend's house, unless this is their regularly assigned bus.) **Please note that this is a change in the bus company's protocols.**

The Do's and Don'ts of

ENCOURAGING A GROWTH MINDSET

By promoting a growth mindset, you can provide your child a sturdy foundation for future learning.

DON'TS

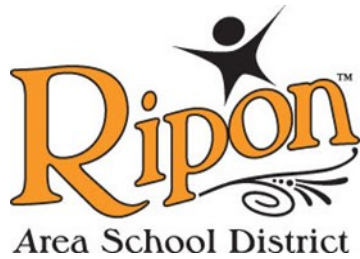


- Model a fixed mindset in your own life.
- React to problems negatively
- Allow your child to make excuses for poor work
- Give non-specific praise (e.g. "You did a good job on that")
- Allow your child to avoid challenges because of a fear of failure
- Compare your child to other children
- Praise effort if your child is not learning
- View intelligence and talents as most important
- Criticize your child for making mistakes

DO'S

- Model a growth mindset in your actions at home.
- Encourage effort and perseverance over fixed traits, such as intelligence and raw talent.
- Help your child to actively solve problems instead of reacting to problems.
- Give feedback without criticism and judgment.
- Choose specific actions to praise.
- Help your child develop goals in his everyday life
- Provide opportunities for your child to be challenged.
- Emphasize your child's ability to grow in all things.





Dear parent(s) and/or guardian(s),

My name is Miss Eake and I am the new counselor at Murray Park/Quest Elementary. I have 6 years of experience in school counseling and behavior intervention. I am very excited to be joining the team in Ripon!

I am here to serve students. I work with students individually, in small groups, and in their classrooms. My focus is social and emotional learning. I do not provide therapy, but I provide individual counseling during which students can discuss worries, address individual barriers to learning, and learn skills that can assist in meeting their social and emotional needs. I can also help students by recognizing and responding to mental health needs and providing resources.

For **individual counseling**, students can be referred by teachers or parents. I can meet with students initially to determine specific needs and/or for a check in. I also meet with students on an as needed basis for things such as problem solving & peer conflict.

For **small group counseling**, students can be referred by teachers or parents. Students will be taught social and emotional skills in a safe, group setting. For a student to receive group counseling, they will meet with me individually to determine individual needs and placement and I will connect with parents/guardians for permissions and share more specifically what the students will be working on in small groups. Students may complete a brief evaluation prior to group entry and after they have completed all group sessions to determine personal progress and the effectiveness of group curriculum. Data from group evaluations will remain confidential.

For **classroom instruction**, I will collaborate with teachers to provide brief instruction on social/emotional, character, and college and career readiness topics in the classrooms. Examples of topics I may cover in classroom instruction include: mindfulness, kindness, goal setting, and executive functioning.

I hope to be a positive resource for every student, parent, and faculty member at Murray Park/Quest Elementary. My goal is to remove barriers to learning so that students can succeed in all areas, including academia. If you have questions for me or concerns about a student, please email me at eakea@ripon.k12.wi.us or call me at (920) 748-4695 ext. 5107. I look forward to working with you!

Sincerely,
Miss Eake