



# Sunset School



Dale Inskip, Principal

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Visit our website: <http://sunset.cbd9.net/>

December 11, 2015

**Principal's Pad** – We'll send a brief bulletin home next Friday but this will be the last Principal's Pad of 2015. It's been a great but unique first part of the school year for me. Having missed less than 10 days for being sick in 25 years, it was very different to be out of school for most of November having surgery and healing up. Again, thanks for your patience while I was out. So many great things are happening at our school, however as I've shared with our students in many morning assemblies over the years, "We want to be better tomorrow than we are today." I've been studying for a while now some very current research on the developing human brain. When we return in January, there are three focus areas our staff is going to examine and make some intentional actions toward. We want to decrease the amount of stress our children have at school. Are we doing things we've always done but we haven't really examined the practice to see if there are unintended consequences that are not aligned with what we are trying to say? Are there other things we can do or say that would make school less stressful for our students? We want our school environment to be Inclusive where EVERY person feels a strong sense of belonging. We'll work together as a staff to ask and answer some questions that will help us examine how to improve that concept. And, we want to encourage thinking and communication where optimism and hope are at the core of who we are. While it might seem that these things should just be common sense, they aren't. When we collaborate and put our brains together, we can come up with ideas for purposeful practices that will make positive changes. I'm very excited to get started with our work to continuously make our school better for all of our students.

Do your best to enjoy every day. Every day is special and it's not a bad practice to stop and smell the roses. Enjoy your families and those around you with whom you are fortunate enough share your time.

Thank you,

Dale Inskip, principal

**IF YOUR CHILD WILL BE ABSENT PLEASE CALL THE SCHOOL**

*If your child will be staying home due to illness or any other reason we appreciate a call before 8:00AM. If your child has been absent for 2 or more days you may call before 10:00am and request homework. Homework will be available to pick up between 3:-3 :30pm  
Sunset office: 541/888-1242*

## December

- 14 Christmas Shoppe in Commons before school & lunch
- 14 Sunset/Millicoma 7th Choir Concert 6pm at Millicoma
- 14-17 5th grade Swimming
- 17 4th & 6th Grades Choir Concert 8:30am—Commons
- 17 Sunset/Millicoma 7th Band Concert 6pm at Millicoma
- 18 5th grade Concert—Commons 10:30 am

Dec 21-Jan. 4th Winter Break– No School

## JANUARY

- 4 Back to School
- 5-7 Ready to Smile

**COUNSELING CORNER** While talking to a group of students this week I was reminded how the Holidays can be difficult for many who are struggling with finances, broken families, and substance abuse. If only we had that "magic wand" and could make things better for those who are hurting.

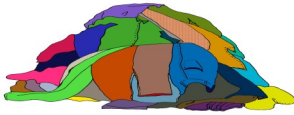
What we can do is, one little thing at a time each day. I told the students of the best gift I ever got from my children which was a coupon book of little things they were giving me like: keeping their rooms clean for a week, helping with dishes, washing the car, dusting, baby sitting and free hugs, to name a few. It isn't always the things that cost money that are the best gifts, it's the time we spend with each other and how we care about and do things to help others that makes a difference in our lives.

Spend time this Holiday Season showing love and compassion with the little things and enjoy your time with your children, they grow up so quickly. The greatest gift we can share is our time.

Happy Holidays

Karen Cyris

## LOST & FOUND



**HELP!** Our lost & found bin is overflowing with jackets, sweatshirts and miscellaneous items. If your student is missing an item of clothing, please have them check the bin before Winter Break as all items will be donated to a charitable organization at the end of the month.

**LUNCH PAYMENT**—Lunch payments are collected in a black box that sits on the counter at the school office. Please place your lunch payment in an envelope and make sure your students **FIRST AND LAST NAME** is written on the outside of the envelope. All deposits will be applied to lunch accounts on the following day.

Parents can set up an account online to deposit money, check balances etc. You will need your student's I.D. number to set up the account

<http://cbd9.netfood-services>

## How to relax with deep breathing

- 1 Sit up straight and get comfortable in a chair or cross legged on floor.
- 2 Close your eyes and breathe slowly through your nose. Inhale deeply so the air fills the lower section of your lungs and your diaphragm pushes your stomach outward to make room for the air. Then, as your lower ribs and chest expand, fill the middle part of your lungs. Finally, as your chest rises slightly, fill the upper part of your lungs. Do this in one continuous motion as you inhale.
- 3 Hold your breath for a couple of seconds.
- 4 Exhale slowly through your mouth. As you exhale, allow any tension and stressful feelings to leave your body.
- 5 Continue to breathe deeply like this for five minutes or more.
- 6 Slowly open your eyes. Stay seated and relaxed in the same position for a few moments.
- 7 Resume what you are doing, feeling more relaxed than before.

You've probably noticed that this is a pretty easy exercise to learn, but to really make it work for you, you'll need to practice it at least twice a day for five to ten minutes at a time. Doing this on a regular basis will definitely help you deal with any stressful situations in your life. Do it often, and good luck!

Courtesy of 'The Tough Stuff Series' - Understanding and managing Stress

## What's on the menu: Dec.14-18 2015

**Monday:** Chicken Fried Steak, Mashed Potatoes, Gravy & Roll 

**Tuesday:** Bean & Cheese Enchilada

**Wednesday:** Beef Patty w/Mashed Potatoes

**Thursday:** Meatball Sub w/Tots

**Friday:** Chicken Burger w/Fries, Ham & Cheese w/Fries

**Daily Items:** Chicken Patty Sandwich, Burger, Cheese-burger, Grab & Go Salads, Fresh Veggie & Fruit Bar, "Build Your Own Sub Bar."

All meals include a trip through our Salad Bar & Milk



## School Closure Information

To check for possible school closures or delayed starting times you have several options. The district will first issue notices to the press and subscribers through FlashAlert Newswire. FlashAlert automatically sends news releases to local media sources in Coos County and Eugene. Individuals may subscribe and receive the same alerts via email and/or text message. Instructions about enrolling on FlashAlert are below. The District will also post a brief alert on Twitter for those who have Twitter accounts. Instructions are below. This website will also have the information posted shortly afterwards.

### **SUBSCRIBE TO COOS BAY SCHOOL DISTRICT NEWS ALERTS**

Subscribe to Flashalert.net and receive email and/or text messages alerting you to the latest news and alerts including closure information. Subscribing is free, all you have to do is go to the link below, type in your email address, follow a couple easy steps. You'll receive alerts instantly on your email or cell phone.

You may also follow us on Twitter if you have a Twitter account at Twitter.com. Search for Coos Bay and look for our Pirate Logo and