



Cougar News

Tuesday, February 7, 2012

Clarkmoor Elementary School, JBLM, Washington

Clover Park School District #400

Paula Gayson, Principal (253) 583-5220 pgayson@cloverpark.k12.wa.us



Important Dates to Know:

- February 15: Early Release. PM Kinder attends
- February 16: JUMP ROPE FOR HEART
- February 17: No School, Mid-Winter Break
- February 20: No School, President's Day
- February 24: Pajama Day at Clarkmoor
- February 29: Early Release, AM Kinder attends



CoGat testing for 3rd, 4th and 5th graders to qualify for the Highly Capable Program next year is March 8. The students must have a permission slip in. Call Mrs. Macan with any questions.



Jump Rope for Heart.



Friday, February 24 is Pajama Day at Clarkmoor.
Regular shoes must be worn this day. No slippers are allowed for safety reasons.

Congratulations to our top Krispy Kreme sellers:
Emerald Rosario
Skylar Potter
Issabella Badgley

Valentine's Day:
Please do not have items (flowers, balloons, candy, stuffed animals, etc.) delivered to the school. We will not allow items to be delivered to the classrooms.
THANK YOU!

We DO have school on March 16 as one of the snow make-up days.
More info to come as we know.

School Behavioral Health "SBH" Corner:

Is your spouse deployed? While deployments are a part of military life, they can be difficult and stressful. The tips below will help you and your family cope with the stress.

Keep children physically healthy through exercise and a healthy diet.

Routines, especially those that were set prior to the deployment, are important for children. Routines help children feel safe. Limit children's exposure to images of war, terrorism and violence as this may be upsetting to them. It can also lead to fears, bad dreams and difficulty sleeping.

While deployed, make sure the parent keeps in contact as often as possible. Videos made of the parent reading a book or some other activity are a great way for the child to stay connected.

Show your child on a map where the parent is located. This map can be kept in the child's room along with a picture.

In addition to a photo, the deployed parent can give the child a small memento/belonging that the children can keep with them until the parent returns.

Inform the child's teacher about the deployment. There is support at the school.

As a parent, it is important that you also take care of yourself.

Remember, some stress, anxiety and behavioral issues are normal and common for children during deployment. However, if these worries are severe or interfere with your child's daily functioning, it may be time to seek help.

Two organizations that can offer assistance are:

* FOCUS, Families Overcoming Under Stress. They can be reached at 253-966-6390.

*Military One Source. They can be reached at 1-800-342-9647 or at militaryonesource.com.

You may also contact Brenda Millin, LICSW, SBH, at 253-363-7096.