

October 2017 Parent Email

SCHOOL

--**School Counselor Website:** Check out Mrs. Jones' new website for GREAT info and resources! This email will start getting shorter with the "repeat" info and that will all be available on the website—to save on paper for those who print this out each time! It is great for local stuff (under RESOURCES tab) AND will continue to be added to with information and resources for topics to support parents with student issues (ADHD, divorce, anxiety, etc.—under TOPICS tab). Please let Mrs. Jones know if there is a topic you would like to see with resources/contacts and she will get them added! There will also be support materials for what we are studying in Classroom Guidance (under the LEARN tab), so please check that out! We will be starting our Bullying/Friendship unit the week of Sept. 11☺. Visit the website through the school website/School Counselor/Click on website OR www.EWESSchoolCounselor.weebly.com

--**PTO Meeting:** Next meeting is Oct. 5 at 3:30 pm in the ES cafeteria. Come join and be a part of all the exciting things going on!

--**Parent/Teacher Conferences:** They are coming up Oct. 23 and Oct. 26 from 3-6:30 pm. Please make every effort to attend (or touch base with the teacher in some way to have a conference), because when we can all be working in the same direction to support and help your child he/she is the one who benefits! Besides, it is always great to hear about the good things they are doing at school and, I am sure, you will definitely hear some of those!☺ Side note: If you have any kids in the MS or HS, it is still a great idea to go to school to talk with those teachers, too, even if the student doesn't want you to! Staying involved and checking in is a good thing☺

--**Fall Break:** It starts FRIDAY! We are out an entire week AND Monday, October 16th.

--**'50s Day in the Cafe:** FRIDAY is '50s Day, sponsored by our cafeteria ladies! Students and staff are encouraged to take a step back in time and come dressed in '50s-wear! Help your child do some Google Image searches to find out what to wear! There will be prizes, games, and diner food!!!

--**Red Ribbon Week:** RRW will be celebrated October 23-27. Dress-up days will be:

Monday: Red-y to be drug free (Dress all out RED)

Tuesday: EWES has the power to say "No!" (All out EWES gear)

Wednesday: Team Up against bullying/drugs (Wear your favorite team colors/mascot/jersey)

Thursday: Kapow! Sock it to drugs! (Crazy sock day)

Friday: You have the Super Power to say "No!" (Dress like a superhero/Comic Con Day)

--**Picture Retake Day:** October 24 is Picture Retake Day if you are a new student or missed getting photos on Sept. 8! Please make sure you return the form PRIOR to the day (with the EXACT amount of money—no change will be available) and do not come in on Oct. 24 to fill it out—students MUST have it when they get their photo taken to order pictures. You may visit the website at www.mylifetouch.com to look at ordering online and additional options for photos.

--**Story Hour dates:** Story Hour for the year will take place at 10 am for children ages 0-4 (parents must stay). Contact Shari Dalton with any questions. Dates: Oct. 27, Nov. 17, Dec. 8, Jan. 26, Feb. 23, Mar. 16, Apr. 27.

--**Eating Lunch at EWES:** We would love for you to come and eat lunch with your child! (You must still have a completed background check.) Because of privacy issues, we have set up several tables for you to have a special one-on-one lunch with him/her to have time to catch up on what is going on in his/her life (or just talk about silly stuff)!

--**EWES Parent Volunteers:** Don't forget that all volunteers have to have a background check on file and need to have training through Shari Dalton. If you are interested in getting involved in EWES in this way, contact her at 812-967-2929 ext. 5706.

--**Keep our kids healthy:** EWSC is a No Smoking Campus. Please do not smoke while on the school property, even when you are outside/in a parking lot. Also please turn off your car engine when you come to the school and park. We are a No Idle Zone/Smoke-Free campus AND all that extra smoke and emissions in the air aren't good for our kids/adults, especially those with allergies and asthma!

--**Updated information:** Please make sure you keep your phone numbers and contact information current with EWES in case we need to get in touch with you! If you have an email, make sure it is also in the system, so you can get these emails via your own email! We are a team and need to make sure we can call if there is an issue, to get more information to help your child or just to tell you how great your child is doing!

--**Facebook/Twitter page:** Make sure you look up East Washington Elementary School on Facebook and "Like" the page. You can see many different announcements and photos of all the great things we are doing here at school! Also, I am STARTING to get used to Twitter. I am by NO MEANS great, or even good, but I will also try to post things there. I THINK you can find me at KateJones@ewescounselor. Now, I won't guarantee anything, so I will update this next month in my email☺!!! Hang in there with me! You should also be able to find stuff at #EWGameon.

--**Contacting the School Counselor:** If you try to contact Kate Jones (School Counselor—this is me, btw☺), please know that I will ALWAYS respond. If you leave a phone message, I will call you back—unless you specify in your message you are just giving me information. If you email me, I will always let you know I got your email, even if it is just with a "Thank you." or a smiley face. If you contact me and don't hear back from me, something happened and please try again!

--**Important Dates:**

Oct. 5: PTO meeting at 3:30 pm in ES cafe

Oct. 6: '50s Day in cafe

Oct. 9-16: Fall Break

Oct. 23-27: Red Ribbon Week, with dress-up days

Oct. 23, 26: Parent/Teacher Conferences, 3-6:30 pm by teacher appointment

Oct. 24: Picture Retake Day

Oct. 27: Story Hour for ages 0-4

Oct. 27: Comic Con

WAYS TO MAKE A DIFFERENCE!

--**Donations and Volunteers needed:** Looking for anyone interested in helping to plan or work at the Fall Festival. We are also in need of donations for the event. For more information, contact Leigh Ingram by email at PTO@ewsc.k12.in.us .

--**Donations for coats:** Shari Dalton, Title I coordinator, has a special personal project that she works on. She helps us get coats to students who may need them as the weather gets colder. Currently, she is collecting money to be able to purchase the coats that will be needed throughout the fall/winter season. If you would like to donate, please contact her at sdalton@ewsc.k12.in.us or call 812-967-2929 ext. 5706. This is not a school fundraiser but it does help the students in our school. ·

--**Fundraiser that takes no effort!:** Help us earn money for our school without doing anything!! Download the Shoparoo app to your phone, select our school from the list and start taking pictures of your receipts when you shop somewhere! It literally takes just a few minutes and schools with just 40 supporters are earning an average of \$1,000 a year--that is free, easy money for our kids and you don't have to sell anything or deliver anything or DO anything but what you are already doing to live life anyway!!! Please share this with friends and family, because they can help, too, they just pick our school!!

--**Box Tops Needed:** We are having a monthly Box Top Contest between classrooms to win a party! Box Tops MUST: Not be expired and be neatly clipped and ready to count!

--**Donations and Volunteers needed:** CARE Pregnancy Center is in need of Diapers (size 5 and 6), car seats, baby shampoo, and baby wash. Volunteers need to be: involved in a home church, 18 yrs. old+, graduated/past HS. Questions? Call Donna at 812-883-2675.

--**Do you want to help children?** CASA (Court Appointed Special Advocates) volunteers are needed. Last year, 59 Washington County children found themselves in the court system through no fault of their own. With 30 hours of training, you can be equipped to be the voice for a child who has no one to speak on their behalf. If you are interested in becoming a CASA, call 883-2888 or email casa@stelizabethcatholiccharities.org

--**Want to host a foreign exchange student?** Contact Becky Watters at BWatters@ewsc.k12.in.us.

--**Anonymous Bullying Tip Line** At East Washington we take bullying very seriously. It is our goal to eliminate bullying so each student can have a safe and enjoyable school experience. To make reporting of bullying easier and more accessible we have created an anonymous bullying tip line. We encourage all students to report incidents so they can be addressed in a timely manner.

To report bullying anonymously, call **967-3931 and press 7**. Please leave a detailed message concerning the type of bullying that is taking place. An East Washington administrator will address the report as soon as possible. If you have any questions, please contact the school office.

COMMUNITY HAPPENINGS

--**Have a child interested in science?**: Indiana University Bloomington is offering its 4th Annual Science Fest on Saturday, October 21 from 9am-3 pm. It is free and open to the public. Students can explore all kinds of areas of arts and science with hands-on activities and demonstrations. Visit their website for more information at go.iu.edu/ScienceFest or see the attached handout. [ATTACH]

--**Silver Fox Cafe Library**: Visit the EWSC Little Free Library in Pekin. Take a book and return a book. What a great way to bring reading to your family!

--**Salem Library**: Just a reminder that the library always has programs and activities going on. ALL events are FREE. You only need a library card if you are checking out materials.

--**YMCA**: There are a whole lot of things going on there! Even if you think you can't afford a membership, call and ask. They have financial help available!

COMMUNITY RESOURCES

--**Does your child need math help?** Visit www.khanacademy.com or call 1-877-ASK-ROSE (Sun-Thurs. from 7-10 pm Sept-May) or chat or email a tutor at AskRose.org

--**Online resources**: Get an application for food stamps, tanf, heathcare at <http://www.in.gov/fssa/dfr/2999.htm>

--**Needing some local resources?**: Washington County Division Family Resources, 1101 Jim Day Rd Suite 109, Salem can help with many issues and First Steps 883-9401 can help if you have a child under 3 years with many different things.

--**Parent Resources**: CARE Pregnancy Center offers many services. With new hours (Mon. 9-3, Tues. 10-4:30, and Wed./Thurs. by appt), you can get free pregnancy tests, maternity/infant supplies, parent education, peer counseling, community referrals, adoption information, and other services. For more information, contact them at 812-883-2675 or email at carepreghelpcenter@gmail.com.

--**Child Care Resources**: Need safe child care? Visit <http://ewesschoolcounselor.weebly.com/> and click on RESOURCES/go to PARENT RESOURCES/"Need safe child care?" and click on the PDF.

--**Do you have a new baby or are close to delivery?** Contact New Hope Services for Safe Sleeping information and access to a free pack-n-play portable crib for you and any of your caregivers! This is a GREAT program for EVERYONE offered to help keep Washington County babies safe!! Want more information? Check out the website at www.newhopeservices.org or call 1-800-237-6604

--**Does your child need a haircut but that can't fit into the budget right now?** Contact Mrs. Jones at 812-967-3931 or kjones@ewsc.k12.in.us. Wayne's Barber Shop in Salem wants to help EWES students meet this need with a free cut. Mrs. Jones has certificates to bring in to your appointment.

--**Free eye exams/glasses**: Do you need an eye exam/glasses for your child but cannot afford it? The local Lions Club is willing to help! Contact Kate Jones at 967-3931 ext. 5766 and she can get you in contact with a club member to get that help arranged.

--**Need clothes for your children?** Clothed in Christ may be able to help. Southern Hills Church runs the ministry. They are open the first and third Thursday of the month. Contact them for more information at 812-883-1637.

--**Can't afford your medication right now? Too often we hear about students and/or parents who aren't able to keep up with medications they may need. If you find yourself in that position, there may be some options:**

- Find out more information about the Community Assistance Program (CAP) discount prescription card that was established in response to the many requests for assistance for the uninsured and underinsured with their prescription needs. The CAP card saves the cardholder an average 15% on brand name medications, and 55% on generic medications. The discount prescription cards are accepted at over 80% of pharmacies in the US and its territories, including Puerto Rico. Anyone can use the CAP card, regardless of age or income. Our discount prescription card can allow someone to fill a prescription when they may normally go without. Visit their website at <http://www.caprprogram.org/Index.aspx>.
- Check with your doctor. He/She may have samples and/or a coupon for your medicine or he/she may be able to prescribe a similar, but cheaper medicine, depending on your needs.
- Contact your insurance company. Sometimes they will work with you or offer suggestions.
- Contact the drug company. Many have programs to offer free or discounted medication to families who qualify.
- Check www.goodrx.com to see how much the medicine would cost at different pharmacies; be prepared to enter the drug's name, strength, quantity, and insurance information.
- Check out another great websites that can offer savings: <http://www.familywize.org/>.

--**Need some help or maybe just some support? Call either of these agencies!:**

- CAPS: This is a Child Advocacy and Parental Support program. It is amazing what CAPS can do to help you as a parent! They can help you find needed resources and services and/or address other concerns such as parenting, communication, education, daily living, etc. in a non-judgmental way. To find out more about the program, call 812-288-4304.
- Healthy Families: This is a family support program for all expectant parents and parents of newborns. It is a great support for parents, whether it is their first or fifth child. They can help with information about pregnancy, labor and delivery, newborn care, discipline, parenting skills, developmentally appropriate activities for children, etc. For more information, call 812-883-9701.

--**Need extra food?**

- Pekin United Methodist Church: Dare to Care Mobile Pantry--1st Friday of every month at 10:00 AM. Just bring your own boxes and/or bags.
- Salem Fairgrounds: Dare to Care Mobile Pantry--3rd Saturday of the month, 10:00 AM. Just bring boxes and/or bags.
- Campbellsburg Baptist Church: 2nd and 4th Wednesday from 4:00-5:30 PM. Bring photo ID and a recent bill to show proof of address.
- Emergency Food Assistance: Contact Dare To Care's Louisville office at 502-966-3821.

--**Do you want to quit smoking?** Call the Indiana Tobacco Quitline 7 days a week between 8 am and 3 am and talk to a Quit Coach 1-800-QUIT-NOW (1-800-784-8669).

--**Dealing with addiction?** There are many resources available to help. See the attached brochure for groups, treatment options, classes, etc. [ATTACH]

Local meetings:

--AA Open Speaker meets Fridays First Christian Church in Salem at 8:00 pm. Left side door of the front of the church, down the stairs to meeting room.

--AA Open Discussion meets Mondays St Vincent Hospital Salem. Enter front doors of hospital its the first hall entry on the left immediately after entering. Meeting in first door on left.

--Alanon meets Fridays First Christian Church Salem at 8:00 pm. Enter left side of church downs stairs follow signs through to meeting.

--**Autism Society of Indiana:** This organization helps support families dealing with autism. For more information, contact Christine Belvly at 1-800-609-8449 ext. 808 or email her at Christine@inautism.org.

• **Other Autism Resources:**

- **REACH-IN Autism Parent Support Group:** Meets Thursday evenings from 7-8:30 pm at Norside Christian church in New Albany. Contact Tracy Brown at 812-736-9276 or www.myreachin.com.
- **Hopebridge:** 812-258-9802. New Albany. Takes Indiana Medicaid.

- Adapt for Life: 812-590-2157. Jeffersonville. Takes Indiana Medicaid.
- i-ABA: 502-417-9830. New Albany. Only takes a waiver.

--New Beginnings opportunity: This is a program that provides support to parents of children involved in a troubling event (divorce or separation), providing tools to the parents to minimize the trauma that children may experience during this time and address multiple issues that may arise in their child's developmental process. The cost is \$15 (for the workbook) and the commitment is for 10 weeks for two hours a week. Call Our Place with questions at 812-945-3400 or email them at ourplace@ourplaceinc.org.

--Mental Health Services: LifeSpring recently opened an office in Austin. The hours are Mon-Fri 8 am-5 pm. You can call 812-752-2837 or go to their website at www.lifespringhealthsystems.org for more information.

--Primary Health Services: LifeSpring is offering primary health services. Call 812-280-6606 or go to their website at www.lifespringhealthsystems.org for more information.

COLLEGE/CAREER INFO—It is never too early!

--FAFSA: This is the financial aid form that is VITAL to fill out the Jan.-Apr. of the year prior to wanting to start college in the fall semester (typically senior year) and then every year the student is attending college. The April 15th deadline is a VERY important deadline!! Don't wait until the last minute! Every dollar you can get to help pay for college is important and this is how you get them! If you miss this deadline, you will not get the money!

NOTE:

- Students already in college MUST fill this out every year, as well!!
- AND 21st Century Scholars MUST fill this out (starting HS graduation year) every year, even if they defer that first year!
- IT DOES NOT COST MONEY, so if you get to the end of the website and it asks for money, it is a scam (it is a company charging money to file the FREE paperwork for you!) so delete your info and go to the correct site!
- You can always update information if you enter it and then it changes or you realize it is incorrect prior to the state giving out the financial aid money.
- This is the website: <https://fafsa.ed.gov/>
- MAKE SURE you write down the email and login/password you use.
- You will also want to check your email periodically over the next few months to make sure they don't send you an email about something you need to complete or fix!

--Don't miss a step in getting to college: Receive text messages for any of your children in grades 7-12 periodically telling you what they need to be doing to get to college. Text the word "grad" plus their high school graduation year to 69979.

Seniors	grad2018
Juniors	grad2019
Sophomores	grad2020
Freshman	grad2021
Eighth grade	grad2022
Seventh grade	grad2023

--College Information/Help: It really isn't too early to start thinking about it!!!!

- **Learn More Indiana Activity Bank**
Did you know that Learn More Indiana has an Activity Bank with activities for EVERY GRADE LEVEL on how to Plan, Prepare and Pay? You can find it at: <http://www.in.gov/learnmoreindiana/2413.htm>
- **Learn More Indiana is on Facebook** - Have you seen our Facebook page? Like us to stay updated on our campaigns! [facebook.com/LearnMoreIN](https://www.facebook.com/LearnMoreIN) Amber Audrain, the new College Success Campaign Manager, is the contact for questions regarding Learn More initiatives, including College GO! Week, Cash for College, KnowHow2Go, and 15-to-Finish. Email: aaudrain@che.in.gov

--Have older children? Go to <http://ewesschoolcounselor.weebly.com/> and click on COLLEGE/CAREERS/go down to PARENT NEWS/find the following resources

- **Wondering whether or not they need to take the SAT or ACT to go to college?** Check out these comparison resources.
- **Wondering how to pay for college?** Use the Indiana College Cost Estimator to estimate your family contribution to your child's college. The site uses the FAFSA formula for younger students to give you an idea of what you will have to pay once

they are old enough for college! You will need financial information, but the site is very secure. You can compare up to three college costs at one time, including information like GPA, class rank, test scores, etc. that may qualify your child for additional aid. Many students (grades 11-12) registered for an account (submitting no financial info) during Guidance Presentations previously and will have logins and passwords created already. Access it through www.learnmoreindiana.org or <http://www.indianacollegecosts.org/>. See the attached info for the changes that have been made to the FAFSA process.

- **Check out the college information process!** See the attachments on How to Apply for College (what to do when), Top College Search Questions, and 6 Things You Should Know About Scholarships.
- **Want to start saving for college?** Start a 529 College Savings Plan. Details on what it is and how it can be beneficial are attached.
- **Up Next Text Messaging Tool:** A special service for juniors and seniors, college students and graduates, all you need to do is text COLLEGE to 44044 to get personalized texts with reminders and info about the college application process, financial aid, and federal loan repayment options. Great resource!
- **21st Century Scholars**
 - Reminder that families only have 7th and 8th grade to register their children for 21st Century Scholars (a financially-based scholarship program. After June 30 of their 8th grade year, students are no longer eligible. Contact Mr. Aly or Mrs. Pitcock at the MS with questions or visit the website at: <http://www.in.gov/21stcenturyscholars/>
 - **21st Century Scholars Scholar Success Guide** - This resource provides support to Scholars as they work to complete the Scholar Success Program requirements beginning with the class of 2016. The Scholar Success Guide also instructs Scholars in their use of the new ScholarTrack. Students who do not complete the three requirements each year, could very likely lose the scholarship, so it is important to make sure you are meeting all the guidelines to keep your child eligible. Contact Mr. Aly at the HS with questions.
 - **See attachments for requirements for 21st Century eligibility and activities for current scholars.**

This is also a great time to have Scholars update their contact information - phone numbers, mailing addresses and email addresses. Scholars can go to www.in.scholars.gov to complete any updates.

- **New College Completion Requirements for state financial aid awards:** Students first entering college in the 2013-2014 academic year will be required to meet certain completion requirements to renew state financial aid awards in 2014-2015. Students receiving the Higher Education Award, the Freedom of Choice Award, or the 21st Century Scholars Award must complete at least 30 credit hours during their first year of college to remain eligible for the maximum financial aid award. A student who completes at least 24 credit hours during his first year will remain eligible for financial aid, but will receive an amount that is less than a student who completes 30 credit hours. More information about these requirements is available at www.in.gov/ssaci.



THE COLLEGE OF
ARTS + SCIENCES

4TH ANNUAL

SCIENCE FEST

Saturday, October 21, 2017
9am - 3pm

INDIANA UNIVERSITY BLOOMINGTON

Anthropology

- + Fossils & the evolution of upright walking
- + Stone tools & Paleolithic diets

Astronomy

- + Tour Kirkwood Observatory & solar telescope
- + Make pocket solar systems & comets

Biology

- + Witness how electric fish can communicate with each other & find their way around in the dark
- + Learn how tree swallows compete for nesting sites & how to provide them with a safe nest box

Chemistry

- + Tour research labs
- + Explore geochemistry and the wonderful world of rocks & minerals

Earth & Atmospheric Sciences

- + Drive a Mars rover
- + Watch the volcanic eruption simulator

Environmental Science & Bloomington Urban Woodlands Project

- + Tour a campus woodland and learn about tree inventory and ecology
- + Experience the health benefits of nature and learn about plants and sounds

History & Philosophy of Science & Medicine

- + See a historic alchemical "transmutation"
- + Test your knowledge of science history against our interactive timeline

Mathematics

- + Explore general mathematical ideas through various games

Paleontology & WeDigBio

- + Explore the digital collections of IU's fossil plants and animals using Augmented Reality apps
- + Help digitize natural history collections as a part of the worldwide event WeDigBio (wedigbio.org)

Physics

- + Discover the astonishing properties of light, sound, electricity, magnetism, and motion
- + Explore physics research at IU and its applications

Psychological and Brain Sciences

- + Learn about measuring brain activity

School of Art & Design

- + Tour digital fabrication lab and make a laser-cut key chain
- + Explore fibers, fabric, & natural dyes and experiment with modular origami

School of Informatics & Computing

- + Explore virtual reality and the tools used to create it
- + Learn about "data gold" mining on computers

Slocum Puzzles

- + Discover the secrets of mechanical puzzles
- + Have fun testing your brain with our hands-on puzzles

Speech & Hearing Sciences

- + Discover how to turn your voice "on" and "off" while you are still talking
- + Learn how to keep your ears safe when listening to music

Free + Open to the Public!

go.iu.edu/ScienceFest