Principal's News

MAY 1, 2023

A MESSAGE FROM DR. THERESA THAO-YANG

Belonging and being a part of a community is something that I have always valued as a leader. In the Fall, students in grades 3-5 took an anonymous Climate survey, sharing how they felt about school. The data gathered from this helped us determine ways to acknowledge and support your child so they feel cared for and welcomed. This week, May 1-5, your child(ren) in grades 3-5 will be participating in the survey again. It is anonymous and should take no more than 10-15 minutes to complete. The data collected



will be compared to the fall results and used to identify and improve how students feel at school. This survey will be administered at all Saint Paul Public Schools and you can view the surveys at this link:

https://drive.google.com/file/d/1KW0DBkHbARVvfL_NfdN12kRvv3GIPo32/view?usp=sharing If you do not want your child to participate in this survey or have questions about the survey, please contact the school at 651-744-7440 or Ms. Ann Tuhy at <u>ann.tuhy@spps.org</u>.

Also, I have just finalized our School budget and would like to share what will be happening next year with you, staffing wise and program wise. I will be presenting this information at our next PTO meeting on Mon., May 8th and hope to see you there.

MAY - MENTAL HEALTH AWARENESS MONTH

May is <u>Mental Health Awareness Month</u>, a time to raise awareness and reduce stigma surrounding mental and behavioral health. This is also a time to remember to pause and engage in some self-reflection around your own mental wellness.

- 1 in 5 American adults experience a mental health issue within their lifetime.
- 1 in 10 young people experienced a period of major depression.
- 1 in 20 Americans live with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.

Mental health problems are a product of biological, psychological, social, and situational factors. Stress, whether temporary, like the stress at the end of the school year; or chronic stress, like the stress of juggling busy professional and personal lives, can exacerbate and trigger mental health problems.

Mental Health issues are present in every culture, race, and socioeconomic status although there are often misconceptions and added stigma around mental health affecting BIPOC communities and immigrant/refugee communities. BIPOC communities often have compounded stresses and historical trauma that contributes to mental health concerns. If you or someone you know needs help, please reach out to your student's school social worker and/or school counselor. If you or someone you know is in a crisis, immediately call the <u>National Suicide Prevention Lifeline</u> at 988 or call 911.



DISMISSAL PROCESS

Our dismissal process has changed due to safety concerns brought forth from families and staff.

- If you will be picking up your child and have not notified the school yet, please call the main office at 651-744-7440 by 3:00 pm to ensure they are not put on the bus.
- Do not come through the main doors, as this interferes with classrooms coming out. We do not want students getting separated from their classes. Go around to the Gym doors to sign your child out.
- Once you've picked up your child(ren), please go back out the Gym doors. This will lessen the traffic going out the main entrance doors.

STEM NIGHT

Thank you to Ms. Katy, our Science teacher! We were given the opportunity to host the Bell Museum for a STEM night on Thursday, May 4th from 5:00-7:00 pm!! The stations will have everything you need and a one-to-two-page instruction page on how to help students with the activity.

We need **AT LEAST 10** people per hour in order to have one person per station.

PLEASE SIGN UP IF YOU ARE ABLE TO HELP! Thank you!

https://m.signupgenius.com/#!/showSignUp/30e0f4fa8a62ba1fb6-stem

More information about the activities can be found here: https://www.bellmuseum.umn.edu/stemnights/

DISCOVERY CLUB

Discovery Club Registration is now open for next school year! Families from Nokomis North are served at EC Hub East Discovery Club, located at the Early Childhood Hub East building. Care is provided for students in grades PreK through 5th grade.

For more information on Discovery Club, families can also go to their website at www.SPPS.org/DiscoveryClub.

Families can also reach out to <u>bethany.rohde@spps.org</u> with questions.



Welcome to Discovery Club! We provide school-aged childcare to a diverse population in an environment that supports student learning and development through guided recreational activities. Available to all students attending Saint Paul Public Schools. CLUB trifte dates

REGISTER AT SPPS.ORG/DISCOVERYCLUB Fall registration opens in April. Check our website for specific dates Sites may fill quickly. QUESTIONS CALL 651-632-3793

Discovery Club Locations

Adams: 651-744-6594 615 South Chatsworth St., 55102

EC Hub East*: 651-290-8320 1305 Prosperity Ave., 55106

EXPO: 651-290-8318 540 Warwick St. South, 55116 Highland Park*: 651-744-2611 1700 Saunders Ave., 55116

Horace Mann: 651-744-4281 2001 Eleanor Ave., 55116

JJ Hill: 651-744-6898 998 Selby Ave., 55104 Randolph Heights: 651-744-2004 348 Hamline Ave. South, 55105

Rondo*: 651-325-2680 560 Concordia Ave., 55103

St. Anthony Park*: 651-293-5332 2180 Knapp St., 55108

*Hub Sites: Transportation provided between these sites and the elementary schools that they serve. Find your Discovery Club location on the back.

SAVE THE DATES!

- Mon., May 1 Student Climate Survey Opens
- Mon., May 1 Culver's Fundraiser (Sun Ray Shopping Center), 5-7 pm
- Thurs., May 4 STEM Night, 5-7 pm
- Fri., May 5 Student Climate Survey Closes
- Mon., May 8 Fri., May 12 Teacher Appreciation Week
- Mon., May 8 PTO Meeting @ 5:30 pm
- Tues., May 23 New Student Orientation/Open House, 5:30-6:30 pm
- Mon., May 29 No School, Memorial Day
- Thurs., June 1 Spring Festival, 5-8 pm; 5-6 pm Music Concert inside the Gym, 6-8 pm -Fun and Games



ABOUT US

 Our school is based on the Montessori method: students learn at their own pace in multi-grade classrooms, independently cultivating their interests and natural abilities. Teachers help students choose their work in carefully prepared, peaceful environments; students use beautifully designed hands-on materials to practice and understand skills and concepts. Teachers are Montessori certified and use the Montessori philosophy to guide instruction.

💡 985 Ruth Street, Saint Paul, M...

🚳 (651) 744-7440

nokomisnorth 🚱

