Greywolf Elementary 2023-2024

November 3rd 👸 Family Newsletter

Office Hours: 7:30am – 3:30pm ◆ Office: 360-582-3300 & Bus Garage: 360-582-3274

Greywolf Families,

With Daylight Savings time happening this weekend, it's a great time to talk about something we have been noticing a lot of: tired kids.

A child who isn't getting enough sleep may:

- Fall asleep during the day
- Be hyperactive (especially younger children)
- Have trouble paying attention
- Struggle with school work
- Be cranky, irritable, or moody
- Have behavior problems



THE 4 B'S BEDTIME ROUTINE

- Bathing
- **▶** Book
- Brushing Teeth
- ▶ Bedtime

There are two things families can do to help ensure their child is getting enough rest.

- 1. Stick to a regular bedtime. Setting an evening routine that is predictable and easy to follow
- 2. Turn off all screens (TV, tablets, computers, video games, phones) and make sure they are not accessible should your child wake up in the night.

You may be surprised at how much sleep children need! Check out this handy chart from the National Sleep Foundation to see what time your child should go to bed based on their age and the time they need to wake up!

~Mrs. Lopez, GWE Principal



DON'T FORGET!
SET YOUR CLOCKS BACK
1-HOUR ON SUNDAY,
NOVEMBER 5TH

What time should your child go to bed?

	Wake-up Time														
	6:00 am	6:15 am	6:30 am	6:45 am	7:00 am	7:15 am	7:30 am								
Age	Bed Time														
5	6:45 pm	7:00 pm	7:15 pm	7:30 pm	7:30 pm	8:00 pm	8:15 pm								
6	7:00 pm	7:15 pm	7:30 pm	7:30 pm	8:00 pm	8:15 pm	8:30 pm								
7	7:15 pm	7:15 pm	7:30 pm	8:00 pm	8:15 pm	8:30 pm	8:45 pm								
8	7:30 pm	7:30 pm	8:00 pm	8:15 pm	8:30 pm	8:45 pm	9:00 pm								
9	7:30 pm	8:00 pm	8:15 pm	8:30 pm	8:45 pm	9:00 pm	9:15 pm								
10	8:00 pm	8:15 pm	8:30 pm	8:45 pm	9:00 pm	9:15 pm	9:30 pm								
11	8:15 pm	8:30 pm	8:45 pm	9:00 pm	9:15 pm	9:30 pm	9:45 pm								
12	8:15 pm	8:30 pm	8:45 pm	9:00 pm	9:15 pm	9:30 pm	9:45 pm								

Monday	Tuesday	Wednesday	Thursday	Friday	0
6)	7)	8)	9)	10) No	
PTA Poi	nsettia Sales	until the 15th		School Veteran's Day	
13)	14)		Habla	reguntas? Llo a Sra. Carlsor 360-582-3310	٦,

SEQUIM ELEMENTARY PTA

ESTABLISHED 2023

The PTA is excited to launch TWO favorite fundraisers this week: the poinsettia sale and the Turkey Trot!

Our fundraising goal with both events is \$23,000! With so many amazing families in our schools, there's no doubt we'll be able to run right past that goal!! Flyers are attached with more details or can be found online, www.gwe.sequimschools.org/our_school.

Would you like to volunteer?

360-504-6810 or SequimElementaryPTA@gmail.com





Sequim School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination: Title IX and Civil Rights Compliance Coordinator: Victoria Balint, vbalint@sequimschools.org 503 N Sequim Ave., Sequim, WA 98382, 360-582-3402, vbalint@sequimschools.org 503 N Sequim Ave., Sequim Ave., Sequim, WA 98382, 360-582-3402, vbalint@sequimschools.org 503 N Sequim Ave., Sequim Ave., Sequim, WA 98382, 360-582-3402, vbalint@sequimschools.org 503 N Sequim Ave., Sequim Ave., Sequim, WA 98382, 360-582-3402, vbalint@sequimschools.org 503 N Sequim Ave., Sequim Ave., Sequim, WA 98382, 360-582-3402, vbalint@sequimschools.org 503 N Sequim Ave., Sequim Ave

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SequimPTA.GrowingSmilesfundraising.com/home



Order Now!



Order and payment due by Monday November 13, 2023

Poinsettias and plant will be ready to pickup on November 29, 2023

Holiday Bazaar

Saturday & Sunday December 2nd & 3rd 10am to 4pm

Greywolf Elementary
171 Carlsborg Rd, Sequim
50+ vendors
Cub Scouts fresh wreaths
Breakfast & lunch at our Café!

Questions?
sequimelementarypta@gmail.com
360-504-6810

Thank you!

The distribution of this material is provided as a community service and the district does not sponsor this event and assumes no responsibility for it. In consideration of the privilege to distribute materials, the entity requesting distribution agrees to indemnify and hold the Sequim School District harmless from any cause of action filed in any court of administrative tribunal arising out of the distribution of these materials including costs, attorneys' fees and judgments or awards.



6.5" PREMIUM POINSETTIA
A Holiday Favourite! Brighten up any
room this winter with a vibrant
poinsettia. Available in red and white,
the poinsettia is perfect for your home,
hotels, restaurants and banks over the
holidays.



SUCCULENT BOWL

A non-traditional center piece. An assortment of popular succulents planted in a 9" ceramic bowl is perfect for your coffee table or as a holiday gift. A flowering kalanchoe is surrounded by a variety of different sedum, echeveria and senecio.



10" PREMIUM POINSETTIA
Make a statement! These 10" red
poinsettias are the center of attention
due to their size. They arrive ready to
display and include a colour
coordinated pot cover. Only available
in Red.



TABLE TOP TRIO
The perfect Gift Pack! 1 gaultheria, 1
mini cypress and 1 frosty fern
complete this trio whether you need a
gift for a teacher, coach, or even you.
Complete with the pot covers and
holiday decor there is a plant for
anyone you need.



INDOOR TROPICAL PLANTER
Add a festive look to your table with a
mixed tropical planter. There are four
different plant varieties planted in these
rectangular holiday themed tins. Planter
container designs do vary and cannot
be requested.



HANGING GREENERY BOUGH
Greenery that is versatile! A fun,
vintage burlap bag holds premium
greens and red ilex berry branches.
Completing the look are holiday picks
like a bow and a pinecone. Lean it up
against stairs, benches, or your home
and hang from your door.



HOLIDAY WREATH
A Holiday Wreath is a classic door upgrade. Fresh noble, cedar and juniper decorated with a large plaid bow, frosted pinecones and red berries are sure to give you and your guests a homey warm feeling from the outside.



OUTDOOR GREENERY ARRANGEMENT Welcome your guests in from the cold with this large, beautiful and fresh holiday greenery arrangement. Pinecones, berries and a large red bow complete the festive look. Standing at 2 feet tall this statement piece is sure to inspire the joyful spirit!

All items may not be exactly as shown. We have a variety of plant/greenery mixes, containers and holiday features.

Student/Athlete:

Student/Athlete Phone Number:

Cheques Payable to: Sequim Elementary PTA (SEPTA)

Orders due: November 13, 2023

Plant Pick-up Time: November 29, 2023

Plant Pick-up Location:

Customer Information	6.5" PREMIUM POINSETTIA		IO" PAEMIUM RED POINSETTIA		TROPICAL INDOOR PLANTER		HOLIDAY WREATHS		SUCCULENT BOWLS		TABLE TOP TRIO		HANGING GREENERY BOUGH		OUTDOOR GREENERY ARRANGEMENT		CUSTOMER	PAID	
Ex. Jane Doe 555-555-5555 Jdoe@email.com	\$12		\$30		\$30		\$30		\$30		\$25		\$30		\$45		ORDER TOTALS		
jourgenancom	# Red	# White	\$ Total	*	\$ Total	#	\$ Total	#	\$ Total	#	\$ Total	#	\$ Total	#	\$ Total	#	\$ Total		
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Visit our website to place an order online: SequimPTA.GrowingSmilesfundraising.com/home

Have questions? Contact: May Smith

Phone: 360-774-6262

Email: Sequimelementary PTA@gmail.com







It's time for the annual Greywolf & Helen Haller



Turkey Trot



Join us for one of our favorite all school activities, the Turkey Trot! Students will participate in the run at their school on Wednesday, November 22nd. Fundraising starts NOW!

Students at Greywolf and Helen Haller will be raising funds for a variety of enrichments: special assemblies, family events, school supplies, scholarships, teacher appreciation, etc!

We teamed up with Get Movin'® to make this fun & profitable with online mobile friendly technology!

Follow these 3 Simple Steps to get to the goal fast!

1. First <u>Register</u> or re-<u>Login</u> to your parent dashboard and complete your child's student webpage with a PICTURE at:

getmovinfundhub.com. School Identifier: 5d6012e247419

- 2. Make an online donation using the red Donate button right away!
- 3. Share with friends and family, they want to help!
 - -Send 10-15 emails and/or text messages
 - -Post on Facebook or Instagram

 Help your child reach their goal in 24/48 hours!





Student Goals

- Our goal is to have 100% of all students registered online! It's easy, FREE, and only takes a few quick minutes!
- Each student is encouraged to raise \$40
- Be an Overachiever Superstar by raising \$200!

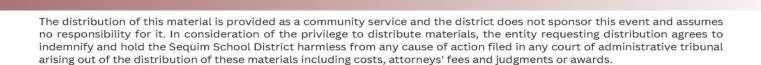
Students can earn a variety of fun prizes!!

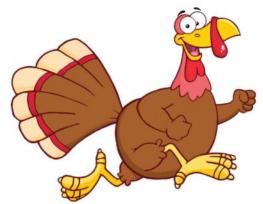
Full list of prizes for each school coming soon

Event Details

- Event Date: 11/22/2023
- Final Donation due date: 11/30/2023 11:59 PM
 - o Donations in the form of cash & checks should be turned in to the school.
 - o Please make checks payable to: Sequim Elementary PTA







Turkey Trots!

Fundraising Prizes

Register online & raise \$20: Jogathon Water Bottle

(registration requires adult assistance)

Raise money to earn special Stickers to decorate your Water bottle!

\$40: Bronze Footprint Sticker

\$60: Silver Footprint Sticker

\$80: Gold Footprint Sticker

\$100: Your name as a label!



For every \$20 raised you'll also earn 1 Jogathon Prize Ticket

There will be a special prize box at FULL of different prizes: toys, books, and more! Tickets & the Treasure Box will be once a week during lunch.

All School Top Earner:







Your

Running Prizes:

EVERY Participant will receive an exclusive jogathon sticker on the day of the run!

Most laps run from each class, top boy & top girl: Bonus PE class with Mr. Hastings!

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KIDS BOOK CLUB

CLUB DE LECTURA PARA NIÑOS

SEQUIM SCHOOL DISTRICT OFFICE, 503 N. SEQUIM AVE.

For students in grades 1-3 and their caregivers!

Book Discussion & Activity Second Thursdays, 3:30-4:30pm Para alumnos de los grados 1-3 y sus cuidadores.

Discusión del Libro y Actividad

Segundos jueves, 3:30-4:30pm

Este programa se lleva a cabo en inglés.

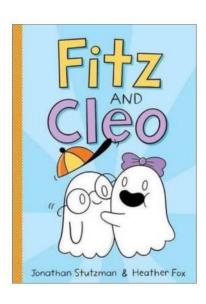


October 12

Book available for pick up beginning September 6.

12 de Octubre

Libro disponible para levantar a partir del 6 de septiembre.

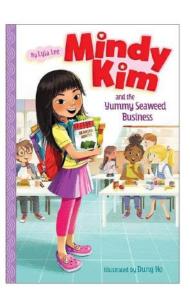


November 9

Book available for pick up beginning October 12.

9 de Noviembre

Libro disponible para levantar a partir del 12 de octubre.



December 14

Book available for pick up beginning November 9.

14 de Diciembre

Libro disponible para levantar a partir del 9 de noviembre.

A limited number of books will be available for participants to keep, and are available for pick up on a first -come, first-served basis at the Library on the dates noted. Additional copies and formats may be available to borrow.

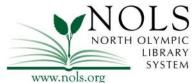
Habrá un número limitado de libros disponibles para que los participantes se los quedan.

Los libros se podrán levantar por orden de llegada en las fechas indicadas. Es posible que haya otros ejemplares y formatos disponibles para prestar.

NOLS.ORG/KBC
YOUTH@NOLS.ORG
360.417.8500×2

This program is generously supported by FRIENDS OF SEQUIM LIBRARY

Este programa cuenta con el generoso apoyo de los "FRIENDS OF SEQUIM LIBRARY"



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