Indian Mounds
Eagle Dispatch

The mission of Indian Mounds Elementary School is to provide a safe, positive, productive environment that challenges all students to reach their highest level of academic success and social/emotional growth. We will ensure that all learners successfully meet the district, state and national standards for high academic achievement. We are committed to providing a system of academic support to assure that all students succeed. The entire staff pledges itself to these student outcomes.

Indian Mounds Elementary School
9801-11th Avenue S.
Bloomington, MN 55420
952-681-6000
http://im.bloomington.k12.mn.us

Issue 2015-5

Message from the Principal

Joan Maland, Principal
jmaland@isd271.org

Happy New Year! I hope you had a chance to spend some quality time with your loved ones over the winter break. We are all back and ready to hit the ground running. It is amazing how a little break in the action energizes everyone!

Have you noticed how much is in the news about bullying? This year Indian Mounds is continuing with the Anti-Bullying Initiative that was put in place last school year. On the Wednesday morning news I discuss bullying and ways to address this problem. Teachers may continue the conversations with students during morning meetings. You can have conversations with your child about this topic too. Please use the following ideas to start your conversation. This is a topic that needs to be discussed by families. We all need to acknowledge that bullying behaviors will not be tolerated and raising awareness of what bullying looks like is the first step. Please watch for information about bullying in the newsletters. The bright bully shirts worn by many staff on Wednesdays are a reminder to take a stand against bullying. If you have questions for me about our bullying initiative, please call or stop by. As you know, my door is always open!

Signs your child might be bullied:
- Reluctance to attend school
- Drop in academic performance
- Not wanting to go to recess or the cafeteria
- Not wanting to walk to school
- Not wanting to talk about school
- Torn clothes, damaged books
- Appearance of sadness or depression
- Loss of interest in activities

Signs your child might have a problem bullying others:
- Does not care about hurting others feelings
- Shows disrespect for authority
- Believes everything should go his/her way
- Will not admit to mistakes
- Lies frequently to get out of trouble
- Harms animals deliberately
- Shows outward disrespect for others
- Enjoys fighting
- Does not trust anyone

What Can Parents/Guardians do to Help?
- Help your child develop assertive skills, including speaking up for him/herself. Self-confidence is the first line of defense against a bully.
- Ask your child how friends/classmates treat him/her.
- Make opportunities for your child to build friendships.
- Enroll your child in classes or groups that develop skills that are valued by children his/her age.
- Shut off the television. Don’t watch programs that reinforce that aggression is the best solution to conflicts.
- Help your child stay tuned-in to other people’s feelings. Instill in him/her a sense of empathy and compassion for others.
- Model good relationships.
- Teach your child the CALM approach when dealing with a bully. Stay COOL, ASSERT yourself, LOOK the bully in the eye, and MEAN what you say.

And finally, be sure to review with your child our school’s anti-bullying rules:
Rule 1: We will not bully others.
Rule 2: We will try to help students who are bullied.
Rule 3: We will try to include students who are left out.
Rule 4: If we know that somebody is being bullied, we will tell an adult at school and an adult at home.

Sincerely,
Joan Maland

A Note to all Indian Mounds Visitors - In accordance with the district-wide security policy, all visitors to Indian Mounds are required to stop in the main office. You will be asked to sign in and obtain a visitor badge. This badge must be worn so it can be seen at all times while in the building. Visitors who are not wearing a badge will be escorted back to the main office to sign in and obtain the badge. When visitors leave the building, they need to sign out at the office and return the badge. Thank you for helping us keep students at Indian Mounds safe.
**Updated** Parent Pick-up and Drop-off procedures

You may have noticed additional signs in the driveway that remind drivers to slow down. Due to several parking lot accidents this fall and winter, we are requesting families to drive with extreme caution in the parking lot and on the streets around Indian Mounds. Remember, this is all being done to keep our students and staff safe.

* A staff member will be directing traffic at dismissal time. Please follow their instructions.
* When you arrive, please pull your vehicle up to the farthest end of the driveway by 12th Ave. Allowing for more vehicles to park curbside in the driveway and fewer vehicles waiting in the street.
* Please drop off and pick up your child curbside only. Students will be dismissed when their ride is parked along the curb.
* Once your child is safely in your vehicle, slowly pull away from the curb, allowing the driver behind you to pull up to the next vehicle, or the end of the driveway.
* Vehicles should never be double-parked. The outside lane is for drive through traffic only.
* If you need to come into the building, park your vehicle in the lot and come in the main office. Per the Bloomington Fire Department, vehicles should never be left unattended at the curb.

On behalf of the staff and students at Indian Mounds, we thank you for doing your part to keep our Indian Mounds Community safe. Please call with any questions or concerns about these safety precautions.

Prepare and Prosper Program – Earned Income Tax Credit

The Greater Twin Cities United Way wants to create awareness about the Prepare and Prosper program for the Earned Income Tax Credit. The EITC is a federal tax credit for low- and moderate-income working families and individuals. It is designed to encourage and reward work, offset federal payroll, and income taxes, and raise living standards. For tax year 2014, the maximum EITC amount is $6,143 for a family with three or more qualifying children.

According to a report published by the Center for Budget and Policy Priorities, children in low-income families that receive larger EITCs are linked to:

- Higher test scores, especially in math.
- Higher high-school graduation rates.
- Higher college attendance rates.

Breakfast & Lunch Servers Needed

**We desperately need your help!**

**Girlfriend Date** – What a great way to give back to your community AND get together with your girlfriends! Come in together and serve lunch at Indian Mounds Elementary School and then go out for coffee afterwards!

**Lunch Date with Student** – When you serve lunch at school you can have a lunch date with your student!

Parents make the best volunteers. Please seriously consider scheduling a couple hours a week, or a couple hours twice a month...any time you can spare, we want your help. Serving lunch involves 2 hours of your day from 10:40 a.m. until 12:40 p.m.

Here is how it works:

You arrive at school, sign in at front desk at 10:40, then on to the cafeteria to get ready to serve lunch. This involves getting a hair net or paper hat (for the men) or come wearing your own cap! Wash hands, put on an apron.

The students come through the line at 10:50 a.m. starting with 1st grade, followed by 4th grade, 2nd grade, 5th grade, 3rd grade and finally the Kindergarten. (there are 5 to 10 minute breaks between grades).

If you choose, you may join your child and enjoy lunch (or a visit). You may also choose to eat lunch following your shift, or during one of the longer breaks! Please seriously consider donating a small part of your day. It’s fun!

Contact Teresa Wolner, Food Service Manager at twolner@isd271.org or 952.681.6004.

Birthday Treats

Indian Mounds Elementary is no longer allowing food in the classrooms as a birthday treat. Information was sent home with your child in their report card envelope last spring and given out at the “Back to School Night”. Please talk to your child’s teacher for alternative birthday “recognition” ideas. Thank you for helping us acknowledge your child’s special day without food in the classroom.
Updated School Safety Measures

School Safety Reminder

School Safety Plan improvements include amber-colored lights installed in high traffic areas of Indian Mounds Elementary - cafeterias, auditoriums, gyms - and on the outside of the building in view of parent and bus drop-off/pick-up locations.

In the event of an emergency, the lights are activated as a warning signal. Parents dropping their children off at school are advised to leave the area immediately when the amber lights are flashing. School bus drivers are trained to do the same in these situations. Parents will receive timely information via telephone or email message with further instructions and an update on the situation. It is important that parents do not attempt to enter the school in these situations, as it may put them in harm’s way or impede the response of police or fire. When the incident is resolved, an “all clear” announcement will be made and a follow-up communication will be sent to parents.

At times, the amber lights will be activated for school emergency drills. In these instances, parents will not receive advance notice or communication normally associated with an emergency notification.

Returned Check Policy

Returned Checks are sent to Paytek, a check collection company, which processes all returned checks for ISD #271. In the event that a check written to any ISD #271 campus, club, or organization is returned unpaid by said bank, Paytek will redeposit the check electronically. Additionally, it is understood and agreed that Paytek may electronically collect a returned check fee of $30.00. The use of a check for payment is the acknowledgement and acceptance of this policy and its terms. Check writers can contact Paytek with questions regarding their returned checks at 800-641-9998.

**Healthy Snacks**

In response to growing concerns over childhood obesity and the prevalence of childhood diabetes, Indian Mounds Elementary is promoting a healthier environment for students and staff. The 2015-2016 school year, only healthy treats will be allowed for room parties and other events.

Snacks at school should be:
- Tasty (so you enjoy them)
- Quiet (so you don’t disturb your neighbor)
- Neat (so you won’t mess up your desk)
- Good for you (to help you learn at your best)
- Please keep cold if needed (refrigerator not available at school)
- Varied (try new things)

If you need suggestions on healthy party treats, please contact your child’s teacher.

**Visitors**

**VISITOR POLICY** Effective August 1, 2013

We love our parents, visitors and volunteers at Indian Mounds Elementary School! Parents and community members are a significant part of the academic success of all our students. We could not do what we do without you. The parent/volunteer/visitor policies and procedures are not meant to discourage parents and community members from working in our school. They are put in place to ensure the safety of all students, staff and visitors. We need to know at all times who is in our school, where they are and why they are here. Your cooperation is extremely important and very much appreciated.

1. All parents, visitors and volunteers will report to the front office as they enter the school building.
2. All parents, visitors and volunteers must sign in and wear a visitor’s badge, provided by the front office, at all times. This badge will specify what location you are going to and why.
3. You will only be allowed to visit the area indicated on your badge.
4. Be prepared to show a picture ID every time you visit the school until the staff knows exactly who you are.
5. Parents, visitors and volunteers will not be allowed to go to a classroom, unless a meeting time has been previously scheduled.

Thank you for all of your support!

Healthier Options for School Lunches

Indian Mounds students will have a greater variety of fruits and vegetables in school lunches this year. The changes are in response to the new federal nutrition standards being implemented in schools across the county, the largest reform of the national breakfast and lunch programs in 15 years.

The Healthy, Hunger-Free Kids Act of 2010, part of First Lady Michelle Obama’s “Let’s Move!” campaign, works to combat obesity and provide more nutritious meals. The most significant changes to school lunches this year:
- Wider variety of fruits and vegetables offered during the week, including specific dark green and red/orange vegetables and legumes,
- Calorie minimum and maximum levels by grade level,
- Half of all grain products offered will be whole grain,
- Fat free and low fat milk,
- Sodium reductions,
- No trans fats and saturated fat limits.

The district has been working to improve its lunch program over the last few years by including fat free and low-fat milk offerings, serving more fruits and vegetables, and the use of whole grains.

your child’s teacher.

A Note to all Indian Mounds Visitors - In accordance with the district-wide security policy, all visitors to Indian Mounds are required to stop in the main office. You will be asked to sign in and obtain a visitor badge. This badge must be worn so it can be seen at all times while in the building. Visitors who are not wearing a badge will be escorted back to the main office to sign in and obtain the badge. When visitors leave the building, they need to sign out at the office and return the badge. Thank you for helping us keep students at Indian Mounds safe.
A Note to all Indian Mounds Visitors - In accordance with the district-wide security policy, all visitors to Indian Mounds are required to stop in the main office. You will be asked to sign in and obtain a visitor badge. This badge must be worn so it can be seen at all times while in the building. Visitors who are not wearing a badge will be escorted back to the main office to sign in and obtain the badge. When visitors leave the building, they need to sign out at the office and return the badge. Thank you for helping us keep students at Indian Mounds safe.

Indian Mounds Eagle Dispatch (Issue 2015-5) Page 4

Bullying is defined as any:

Physical, verbal, or written act or gesture (including electronically transmitted acts, i.e. cyber bullying, through the use of internet, cell phone, personal digital assistant [pda], computer, or wireless handheld device, currently in use or later developed) that is reasonably perceived as being dehumanizing, intimidating, hostile, humiliating, threatening, or otherwise likely to evoke fear of physical harm or emotional distress and which may also be motivated, but not limited, by bias or prejudice based upon any actual or perceived characteristic, such as race, color, religion, ancestry, national origin, gender, sexual orientation, gender identity or expression; or a mental, physical, or sensory disability or impairment; or by any other distinguishing characteristic, or is based upon association with another person who has or is perceived to have any distinguishing characteristic. Bullying behavior is often repeated, or has the potential to be repeated over time and a perceived or actual imbalance of power often exists. However, the bullying behavior doesn’t have to be repetitive to meet the criteria. The range of frequency can also include a single incident.

ISD 271 Policy 506.1

January

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 1st</td>
<td><strong>NO SCHOOL</strong> – Winter Break</td>
</tr>
<tr>
<td>Jan. 4-15</td>
<td>Whittle in Phy. Ed. Class</td>
</tr>
<tr>
<td>Jan. 5th</td>
<td>Parent Academy Night</td>
</tr>
<tr>
<td>Jan. 5th</td>
<td>Eagle Academy 3:20p-4:35p</td>
</tr>
<tr>
<td>Jan. 7th</td>
<td>Eagle Academy 3:20p-4:35p</td>
</tr>
<tr>
<td>Jan. 12th</td>
<td>PTA Mtg. – 6:00p</td>
</tr>
<tr>
<td>Jan. 12th</td>
<td>Eagle Academy 3:20p-4:35p</td>
</tr>
<tr>
<td>Jan. 14th</td>
<td>Eagle Academy 3:20p-4:35p</td>
</tr>
<tr>
<td>Jan. 18th</td>
<td><strong>NO SCHOOL</strong> – Martin Luther Kind Jr. Day</td>
</tr>
<tr>
<td>Jan. 19th</td>
<td>Eagle Academy 3:20p-4:35p</td>
</tr>
<tr>
<td>Jan. 21st</td>
<td>Eagle Academy 3:20p-4:35p</td>
</tr>
<tr>
<td>Jan. 25th</td>
<td><strong>NO SCHOOL</strong> – Teacher Professional Development Day</td>
</tr>
<tr>
<td>Jan. 26th</td>
<td>Eagle Academy 3:20p-4:35p</td>
</tr>
<tr>
<td>Jan. 28th</td>
<td>Kindergarten Registration Night – 5:00-7:00p</td>
</tr>
<tr>
<td>Jan. 28th</td>
<td>Eagle Academy 3:20p-4:35p</td>
</tr>
</tbody>
</table>

February

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb. 1st</td>
<td>Book fair</td>
</tr>
<tr>
<td>Feb. 2nd</td>
<td>Evening Conferences – 3:45p-8:15p</td>
</tr>
<tr>
<td>Feb. 3rd</td>
<td>Book fair</td>
</tr>
<tr>
<td>Feb. 4th</td>
<td>Evening Conferences – 3:45p-8:15p</td>
</tr>
<tr>
<td>Feb. 5th</td>
<td>Book fair</td>
</tr>
<tr>
<td>Feb. 8th</td>
<td>Book fair</td>
</tr>
<tr>
<td>Feb. 9th</td>
<td>Evening Conferences – 3:45p-8:15p</td>
</tr>
<tr>
<td>Feb. 11th</td>
<td>Book fair – last day</td>
</tr>
<tr>
<td>Feb. 15th</td>
<td>Eagle Academy 3:20p-4:35p</td>
</tr>
<tr>
<td>Feb. 16th</td>
<td>PTA Mtg. – 6:00p</td>
</tr>
<tr>
<td>Feb. 16th</td>
<td>Eagle Academy 3:20p-4:35p</td>
</tr>
<tr>
<td>Feb. 18th</td>
<td>Eagle Academy 3:20p-4:35p</td>
</tr>
<tr>
<td>Feb. 23rd</td>
<td>Eagle Academy 3:20p-4:35p</td>
</tr>
<tr>
<td>Feb. 24th</td>
<td>Grade 4 Music Program – 2:15p</td>
</tr>
<tr>
<td>Feb. 25th</td>
<td>Grade 1 Music Program – 2:15p &amp; 5:15p</td>
</tr>
<tr>
<td></td>
<td>Grade 4 Music Program – 6:15p</td>
</tr>
</tbody>
</table>

March

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar. 7 &amp; 8</td>
<td><strong>NO SCHOOL</strong> - Conferences</td>
</tr>
<tr>
<td>Mar. 11</td>
<td>PTA Carnival – 6:00p-8:00p</td>
</tr>
<tr>
<td>Mar. 15th</td>
<td>PTA Mtg/Family Academy Night 6:00p</td>
</tr>
<tr>
<td>Mar. 21st-25th</td>
<td><strong>NO SCHOOL</strong> – Spring Break</td>
</tr>
</tbody>
</table>