

CAPITOL HILL HEADLINER

Notes from the SEL Team

Hello Capitol Hill Parents and Families,

Our journey into understanding and implementing Social Emotional Learning at Capitol Hill has been an exciting one. On Tuesday November 15th, the Commissioner of Education, Brenda Casselius, accepted an invitation to visit Capitol Hill to experience what is being implemented in the realm of SEL and how it has helped to boost academic performance, including that of English Language Learners. Commissioner Casselius visited various classrooms and spoke with students about emotional management, empathy, compassion, and how social emotional skills lead to better decision making and success. It was satisfying to share what we have been able to accomplish but we also realize that we have much more to do!

The Social Emotional Learning (SEL) domain of focus for November-December is Self-Management. Self-Management is the ability successfully regulate your emotions, thoughts and the behaviors sparked by those emotions. This includes effectively managing stress, controlling impulses and motivating yourself. It's also the ability to set and work toward goals, both personal and academic. All sixth graders learned about techniques related to goal setting, stress management, impulse control, motivation, perseverance, and risk taking this week through Foundations with their counselor. All eighth grade students completed the Strengths Explorer in Naviance during lessons led by the counseling team in their Foundations classes. This knowledge of their strengths will help them as they learn to manage their emotions and stress in and out of school. Throughout the elementary classes, teachers are using many different lessons and curriculum to focus on self management.

A great resource for parents to learn more about social and emotional learning is the website, Parent Toolkit, www.parenttoolkit.com, produced by NBC News Education Nation. This fantastic resource is organized by grade level and provides four categories of growth charts; academic, health and wellness (nutrition and physical development), and social and emotional development. Please take a moment to look through each category of your child's grade to learn more about what to expect this year. There are benchmarks provided that can help you to better understand your child and guidelines for each category and what it looks like for that age group. Tips and advice are available, things like how to be an example of good self-management or nutrition tips or conversation starters with your child. This is a great website to bookmark and return to again and again.

Thank you for your support.

SEL Team

Regina Wehner

Jo Skaar

Lori Sundelius

Lisa Larson

Grace Raymond

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Upcoming Events

Dec. 6th - PTO Family Dinner & Meeting

Dec. 13th (Tuesday) Varsity, Concert, and Jazz Band concert. 6:30 p.m. in the gymnasium.

Dec. 15th (Thursday) Advanced Elementary Band and Capitol Strings concert. 6:30 p.m. in the gymnasium.

Dec. 22 - Jan. 2 Winter Break

Jan. 3 - Classes resume

All families are invited to a PTO Family Dinner & Meeting on Tuesday, December 6th!

5:30 - Family Dinner in Blue Atrium

6:15 - 7:00 - PTO meeting in the Gym

PTO Family Dinners are a great way to stay connected to the Capitol Hill Community and find out about upcoming events! In partnership with the school, childcare will be provided during the meeting at no cost. The December 6th agenda items include short presentations on the following items:

- *Counseling services at Capitol Hill
- *SPPS updates: changes to school start times and upcoming district budget shortfall
- *Ski Club
- *Doing Good Together
- *APEX FunRun

Capitol Hill Direct Drive Campaign

Update:

Thank you to all the families who gave during Give to the Max Day! We raised over \$10,000! These funds will go to support field experiences, instrumental music, community building, in-residence programming, and extracurricular events.

If you have not yet made a donation to support your student, please consider doing so as part of your end of the year giving. A suggested donation of \$100 per student supports field trips, classrooms, staff, and students for the 2016-17 school year.

You can make your donation by cash or check at the main office (please include your student(s) name in the memo) or give online at www.givemn.org/organization/Capitol-Hill-Fund-Raising

The Capitol Hill Directory is up and running!

The Family Directory is a wonderful resource for keeping connected with other Capitol Hill Families. If you want to register, here are the steps:

Step 1: New and returning families go to the following website to view, edit, or add their information and preferences:

www.join.myschoolanywhere.com (requires this code: CapitolHillDirectory)

Step 2: To complete the process, you'll receive an email that grants you secure access. Please add mail@myschoolanywheremail.com to your email contacts to ensure you receive this message and prevent it from going to a spam or junk folder.

Science Classroom Speakers

The science team is looking for parents who work in science and engineering fields to come in and speak with students about their careers. Our goal is to increase student engagement and interest in science and engineering. If you are willing to come in and speak to one or more classes about your career, [please click here to fill out a form](#). A science teacher will contact you directly to schedule a time.

Thank you very much for your willingness to support our science students!

Russ Colestock, Brian Hare, Dave McGill, Katie Meier, Katie Nolden, Kirsten Sitzmann

2016/17 Capitol Hill Ski and Snowboard Club WELCOME LETTER

Hello Capitol Hill Families!

The 2016/17 ski/board season has finally arrived. I hope you and your family will be able to come out and ski with us this season.

Come out to our informational meeting on Tuesday, December 13 from 6-8pm at Davanni's (on Cleveland and Grand), grab a slice, meet other new families and get all of your questions answered.

Can't make the meeting? Contact me directly. I don't bite: Athena Adkins at adkinsdesk@me.com or 651-235-2645. Here are the dates for ski club this year!

WE ARE KICKING OFF THE SEASON WITH A FRIENDS AND FAMILY SKI DAY ON SATURDAY, DECEMBER 17! Get a great group rate and FREE beginner lessons.

Want to get all of the latest Ski Club news? Join the email list: <http://eepurl.com/ckSpZb>

All registrations are done online. The Friends and family day registration will be sent out via the Capitol Hill Facebook page and to the ski/snowboard mailing list.

Using Geolocation (Lost Mode) to Find Missing iPads

Students or their guardians should report a lost or missing iPad to the school. At that point the school's iPad support staff will briefly turn on the iPad's geolocation feature, identify the iPad's location, and turn the feature off. If the iPad is located on SPPS property, on the bus or at the student's primary address, SPPS will inform the student. If the iPad is located at any other place, parents will receive that information by phone. The geolocation feature will not be used to see where students have been.

Usando locación geográfica - Geolocation (Modo Perdido) para encontrar iPads perdidas

Los estudiantes o sus guardianes deben reportar a la escuela si es que tienen una iPad perdida. Los encargados de las iPads de la escuela activarán brevemente la "locación geográfica" de la iPad y luego la desactivarán. Si la iPad es ubicada en una propiedad de SPPS, en el autobús o en la dirección principal del estudiante, SPPS le informará al estudiante. Si la iPad es ubicada en cualquier otro lugar, los padres recibirán esa información por teléfono. La "locación geográfica" no será utilizada para ver dónde los estudiantes han estado.

Isticmaalka Geolocation (Ogaanshaha-Goobta) si loo helo iPad-yada luma

Ardayda ama waalidiintu waa inay iskuulka soo war-galiyaan marka uu iPad lumo. Shaqaalaha iskuulka ee ku leg leh iPad-ka ayaa daaraya iPad-ka si ay u ogaadaan goobta uu yaallo kadibna way daminayaan. Haddii la ogaado in iPad-ku yaallo goob ay SPPS leedahay, baska iskuulka, ama degaanka ardayda, arrintan waxaa loo sheegayaa ardayga. Haddii la ogaado in iPad-ku yaallo goob intaa ka baxsan, waalidiinta ayaa taleefan loogu soo sheegayaa macluumaadkaas. Daaridda iyo ogaanshaha goobta uu iPad-ku ku suganyahay ma muujinayso goobaha ay ardaydu tageen ama ay joogeen laakiin waxay tilmaamaysaa oo kaliya goobta uu iPad-ku hadda yaallo.

Siv Geolocation (Lost Mode) nrhiav cov iPads uas pawv lawm

Yog ua lub iPad pawv los sis ploj lawm, cov tub ntxhais kawm ntawv los sis cov neeg siab xyuas lawv yuav tsum hais mus rau tsev kawm ntawv paub. Ces tsev kawm ntawv cov neeg saib xyuas iPad mam qhib qhov taug qab (geolocation) ib pliag los nrhiav seb lub iPad nyob qhov twg, ces mam muab tua. Yog hais tias lub iPad nyob rau hauv SPPS cov tsev kawm ntawv, tsheb npav los sis tom tus tub ntxhais kawm ntawv tsev, SPPS mam hais rau tus tub ntxhais kawm ntawv paub. Yog hais tias lub iPad nyob rau lwm qhov chaw lawm, tsev kawm ntawv mam hu xov tooj qhia rau niam txiv paub. Peb yuav tsis siv lub taug iPad qab kom paub tias cov tub ntxhais kawm ntawv mus rau twg lawm.

တၢ်စူးကါ Geolocation (Lost Mode) လၢဃုထံၣ်က့ၢ်အါဖဲလၢဟါမၢ်သ့ၣ်တဖၣ်

ကိၣ်ဖိသ့ၣ်တဖၣ် မ့တမ့ၢ် ပှၤက့ၢ်ထွဲကိၣ်ဖိသ့ၣ်တဖၣ် ကြးပၢ်ဖျါထီၣ် အါဖဲလီၤမၢ် မ့တမ့ၢ် ဟါမၢ်အဂ့ၢ်အကျိၤဆူ ကိၣ်န့ၣ်လီၤ. ဖဲအဆၢကတီၢ်ဝဲန့ၣ် ကိၣ်ပှၤဘၣ်မ့တမ့ၢ်ဒါလၢဆီၣ်ထွဲမၤစၢအါဖဲတဖၣ် ကအိၣ်ထီၣ်ဝဲ iPad's geolocation အက့ၢ်အဂီၢ်, ကွၢ်နီၣ်ကွၢ်ဃါအါဖဲအိၣ်တၢ်လီၢ်တၢ်က့ၢ်, ဇီးဆီၣ်သံကွၢ်တၢ်အက့ၢ်အဂီၢ်န့ၣ်လီၤ. အါဖဲမ့ၢ်အိၣ်ဝဲဒၣ်ဖဲ စ့ၣ်ဖိလံပဒိၣ်ကိၣ်တၢ်သ့ၣ်ထီၣ်အပူၤ, ဘၢးစံအပူၤ မ့တမ့ၢ် ဖဲ နဟံၣ်အိၣ်ဆိးလီၢ်က့ၢ်န့ၣ်, စ့ၣ်ဖိလံပဒိၣ်ကိၣ် ကဒုးသ့ၣ်ညါကိၣ်ဖိန့ၣ်လီၤ. အါဖဲမ့ၢ်အိၣ်ဘၣ်ဖုးလၢတၢ်လီၢ်အဂ့ၢ်အက့ၢ်န့ၣ်, မိၢ်ပၢ်သ့ၣ်တဖၣ်ကဒိးန့ၣ် တၢ်ကစီၣ်ခိဖျါလီၤတစိ န့ၣ်လီၤ. တၢ်လၢ geolocation အက့ၢ်အဂီၢ်န့ၣ် တၢ်တစူးကါအီၤလၢ ကဃုထံၣ်သ့ၣ်ကိၣ်ဖိလဲတၢ်တၢ်လီၢ်တၢ်က့ၢ်ဖဲလဲၣ်ဘၣ်န့ၣ်လီၤ.

**GIRLS BASKETBALL FOR 6TH, 7TH & 8TH GRADERS
SEASON SCHEDULE as of 11/28/16
Coach Jonny Ball & Trumanue Lindsey**

November 29, 2016 AWAY vs Highland, start 3:45

December 1, 2016 HOME vs Humboldt, start 3:30

December 6, 2016 AWAY vs American Ind, start 4:30

**December 8, 2016 HOME vs Hazel Park, start 4:45
no "B" game**

December 13, 2016 AWAY vs Ramsey, start time 3:45

**December 12, 2016 HOME vs Farnsworth, start 4:45
8 minute "B" game before Conference game**

January 3, 2017 HOME vs Washington, start time 3:30

January 5, 2017 AWAY vs Battle Creek, start 3:45

January 10, 2017 Conference Tournament, start time TBD,
Location TBD

*January 12, 2017 ALL STAR GAME, Start 4:30 HOSTED BY
Capitol Hill*

*CAPITOL HILL WEBSITE:
capitolhill.spps.org/Page/26879*

*District Athletic Website:
SPORTS.SPPS.ORG*