

LION'S ROAR

News from Logan Elementary School

October 22, 2020

Principal's Corner

Greetings Logan Neighborhood,

As parents, we often think "I would do anything or give anything to make my children successful." Yet many of the things we do (our motivating techniques, lessons, and judgments) unintentionally send the wrong message. In fact, every word and action sends a message. It tells children how to think about themselves. It can be a fixed mindset message that says: "You have permanent traits and I am judging them," or it can be a growth mindset message that says: "You are a developing person and I am interested in your development."

Dr. Carol Dweck, a professor at Stanford University has studied this concept for many years and even wrote a book on the subject (Dweck, Carol S. *Mindset: The New Psychology of Success*. New York: Ballantine, 2006).

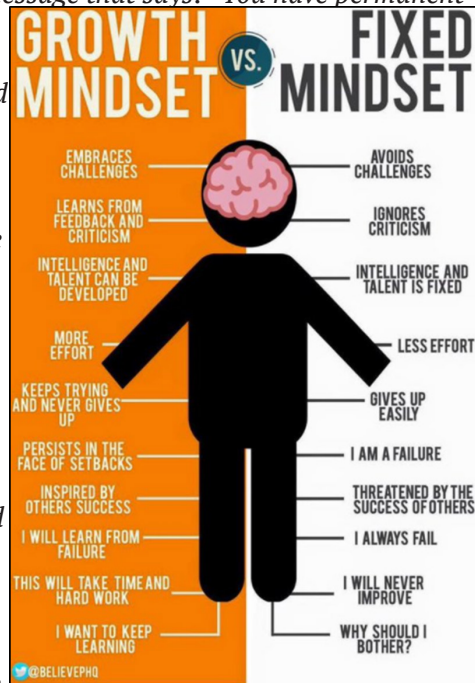
The most important thing you can do to help your child instill a growth mindset is to praise them for their effort rather than for talent. Messages like "You are so smart!" teach the child that effort is a sign of weakness and that they either are or are not smart. If they encountered difficulty or failure in the future, they wouldn't know how to deal with it. Instead, messages such as "I notice you really stuck with that problem and tried different strategies even when it was hard, nice job!" Or comments such as "your hard work and studying really paid off" or "sorry, that seemed to be too easy for you, let's do something more challenging", teach kids that effort is something we can all benefit from to reach our full potential, and that they need to be working purposefully in order to grow and develop their skills and talents.

In helping young lions learn about this concept, I encourage you to watch the Growth Mindset vs. Fixed Mindset video that can be found at: <https://bit.ly/3dCpSxh>. This 2 minute video is an excellent tool for understanding the differences between a fixed and growth mindset for learners of any age.

Make it a great rest of your day,

Brent A. Perdue

Principal, brentp@spokaneschools.org



Download the Spokane Public Schools app today

A quick and easy way to so submit your student's daily health check.



Daily Health Checks Required

All students attending school in person must have a daily health check completed each morning. Parents are encouraged to complete the health check before the child leaves home. This helps create a routine, and also gives time for the health check to be registered in the SPS reporting system.

The easiest way to complete the health check is through the Spokane Public Schools app, which is available on Google Play and the Apple App Store.



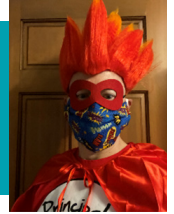
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Attendance Hotline:
354-3496

Spokane Public Schools complies with all federal and state rules and regulations and does not discriminate on the basis of age, sex, marital status, race, color, creed, religion, national origin, the presence of any sensory, mental, or physical disability, or the use of a trained dog guide or service animal by a person with a disability, sexual orientation including gender expression or gender identity, or honorably discharged veteran or military status. This holds true for all students who are interested in participating in educational programs and/or extracurricular school activities, and provides equal access to the Boy Scouts and other designated youth groups. Inquiries regarding compliance and/or grievance procedures may be directed to the school district's officers listed on our website at www.spokaneschools.org/nondiscrimination.

CAPTAIN COVID'S CAVE

Watch New Episodes of Captain COVID each week on Logan's YouTube channel: <https://bit.ly/2YURtUC>



Hello Logan Lions! Captain COVID here and today I'd like to share why our masks need to cover our noses. You have probably seen lots of people in the community who wear their mask like shown below:



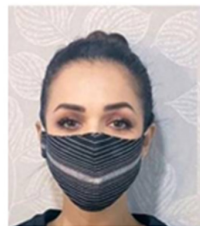
malaikaaroraofficial/Instagram

Since there has been lots of talk about the dangers of spreading the Coronavirus through singing, yelling and even talking, why is it such a big deal when people do not cover their noses? Well, Captain COVID was wondering

that very same thing!

It turns out that the cells that line the nose are significantly more likely to become infected and to shed the virus than the cells in the throat or lungs. So not only is a person more likely to catch the virus through their nose, but they are also more likely to give someone else the virus.

So, do your part Lions, and make sure your nose looks like this:



malaikaaroraofficial/Instagram

Remember Captain COVID's 3 W's:

- Wear a Mask
- Wash Your Hands
- Watch Your Distance

And for those of you who want to know more, check out the video at

[https://bit.ly/35417GC!](https://bit.ly/35417GC)



Why leaving your nose uncovered defeats the purpose of wearing a mask

Internet Safety Warning for Families

It is important to note that any devices, personal or district, can be vulnerable to inappropriate content, and families should not solely rely on any specific strategy.

District computers used at home, as with any device, can be vulnerable to inappropriate content such as:

- Bullying and harassment
- Pornography
- Reference to drugs & alcohol
- Violence
- Insensitive and racist materials

Please use the following strategies to help protect students:

- Talk over the types of resources your student accesses online and how they should interact with others online in a kind, respectful, and safe way.
- Only allow use of electronic devices in common rooms of the home, not in bedrooms.
- Show an interest in what your child is doing online.
- Ask to see their work often, including comments and feedback

from teachers and peers.

- Agree to put all electronic devices to bed on the charger at a designated time each night.
- Regularly review browsing history.

While the district is actively working to provide services to limit potential student exposure, such as high-quality internet filters, that service should never replace other safety practices.



Coding and Programming Workshops with **KSPS**

Logan is pleased to partner with KSPS PBS to provide a series of coding and programming workshops for 1st-3rd grade students. Students and families create their own stories and games featuring their favorite PBS Kids characters. A variety of offerings will be available soon.



KINDERGARTEN READINESS

For ages 4-5 and their caregivers

A 4-Session Private Zoom Series Presented by Spokane Public Library

Receive a free box of books & materials to keep to build literacy skills with your child.

Session 1: Talk and Sing to Build Language Skills
Session 2: Build Pre-Reading and Pre-Writing Skills
Session 3: Play to Learn
Session 4: Learn to Do It Myself

October 2020: 10/22, 10/24, 10/27, 10/29, 4pm

Register for October's series at:
events.spokanelibrary.org/event/4601793

November 2020: 11/3, 11/10, 11/17, 11/24, 10:30am

Register for November's series at:
events.spokanelibrary.org/event/4601825



Questions? Contact:

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509-444-5470