

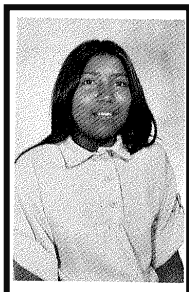


Lapwai Elementary School 'Alatam' aal Family Newsletter

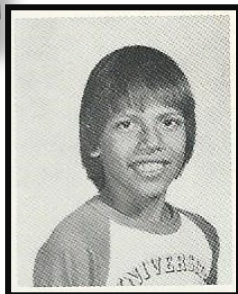
February

2025

MEMORY LANE



I loved elementary school. Every year I looked forward to the end of the year PLAY DAY! Winning ribbons and playing with friends all day was the best. Art class was fun too, especially the pottery.
-Carla Domebo



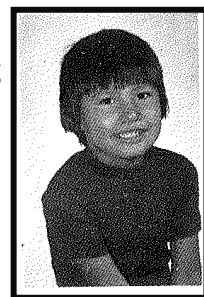
I think my most fond memory of elementary school was the carnage and mayhem that ensued each and every recess. It didn't matter if you jumped off the 12 feet tall swings at peak height flinging 30 feet through the air, cracking a rib or breaking an ankle on landing; or the 9th degree burns from the overheated 25 foot metal slide on a hot day; or getting thrown off the steel merry go round at 107 miles per hour, tearing all the skin off your left leg and forearm; not a single adult worried about us. The recess monitor always brushed you off, wiped away any tears and told you to walk it off; you're fine, and sure enough, you're back at it next recess with no fear.
-Jesse Leighton

One of my favorite memories was our school pow-wow. It was so fun to wear our tribal clothes and dance at school. There were a lot of students who danced. My sisters and I still talk about how they would choose a "Queen for the Day." Whomever was selected would get a cardboard crown with tribal designs.
-Joyce McFarland
(photo with Diane Ellenwood)



MEMORY LANE

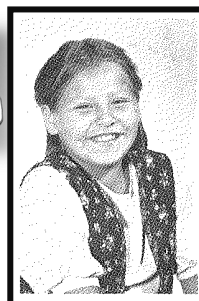
My memory was about getting teams together for a football game during recess. We would walk around the lower elementary school yelling, "We want boys! We want boys!" as a way to get a team for football. We would put our arms over the shoulders of the kids on either side of us and walk arm-in-arm around the school. If a boy wanted on our team, they would get on the end of the line by putting their arm over the boy's shoulder at the end. At the same time, there would be another crew of boys walking around doing the same thing to get their team gathered. When both teams had enough boys, the football game was on. For me, it was as much fun to get the teams gathered as it was playing the games. Great memory.
-James Holt



When I was in 2nd grade I was in Mrs. Park's class at the lower elementary building where the current softball field is located. I thought she was one of the coolest teachers because she was so nice and caring and had big poofy beehive hair. Another cool thing that she had was an old blue claw foot bathtub filled with pillows that students could get in and read library books with friends. I loved reading and getting the opportunity to read in that special bathtub filled with pillows. Another fun thing I remember from elementary school was when the book mobile would come to town and our classes got to take turns getting on the "bus for books" and choose a special book to take for the week. I can still remember the smell of the old books and the friendly man who would get me a stool to reach the higher shelves.

I love teaching 2nd grade and I hope some of my students can cherish some fun memories we share together. I am proud to be a Wildcat for life!
-Kelly (Cash) Hillman

MEMORY LANE



One of my memories in elementary was having the upper and lower elementary buildings and moving up to the upper elementary with the older students. I loved when I was in school with my older cousins, especially when they would let me hang out with them at recess.
-Mary Taylor

MEMORY LANE

I remember getting a spanking with a paddle from the principal (Mr. Sobotta) when 3 of us 1st graders walked to the Pineewaus to buy candy during lunch recess (for the second time). We had gotten away with only a "talking to" the first time, but apparently it wasn't enough to deter us!
-Kristen (Kirkham) Bateman



Students carving paddles Nimiipuu Canoe Project/ASP



Childhood Stress and Resilience

We can't change the fact that our children will face stress and challenges in life. But what we can do is give them the skills so that these challenges will not break them. We can build their resilience!

Resilience is being able to bounce back from stress, challenge, tragedy, trauma or adversity. When children are resilient, they are braver, more curious, more adaptable, and more able to extend their reach into the world.

The great news is that resilience is something that can be nurtured in all children. Children cope with stress in many ways. They might become emotional, withdrawn, become angry, defiant or resentful. Stress can be overwhelming but we can build resilience in our children to give them **strategies** to deal with adversity.

- ★ Strong relationships: help your child seek out at least one supportive relationship with a caring adult—family, teachers, coaches, etc.

- ★ Help your kids notice the people who are cheering them on, build their connection with the people who care about them

- ★ Let them know it's ok to ask for help.

- ★ Build their “executive functioning” - establish routines, model healthy social behavior, provide opportunities for their own social connections, creative play, board games, memory games, exercise, and give them opportunities to think and act independently and make their own decisions (even when they disagree with you!)

- ★ Encourage them to be aware of their emotions, and take deep breaths to calm down, take a walk, or talk to someone.

- ★ Remind them that they can do hard things and be brave. This promotes a sense of confidence.

- ★ Encourage optimism, looking at the positives. Focus on what they have rather than what they have lost.

- ★ Meet them where they are. Feelings are real, and ok to express, but they don't have to control us.

UPCOMING EVENTS:

Tues. February 11

Mobile Food Pantry
9:00am, HS Gym Pkg Lot

Fri. February 14

Valentine Parties (check with classroom teachers for times)

Mon. February 17

No school—Presidents' Day

Mon. February 24

No After School Program

Fri. February 28 and

Fri. March 21

Student success assemblies

K-2 10:50-11:10am

3-5 11:30-11:50am

Mar. 28

no school-grading day

March 31-Apr. 4

Spring Break/no school

April 10-11

Parent-Teacher Conf

No School

'Kiiye pecepelíhniku' wapáyat'as mamáy'asna hipewc'éeyu' cúukwenin'.

“Together, we ensure all students will reach their full potential.”