

# The Alkali Creek News

## Alkali Creek Elementary School

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PHONE: 281-6200

WEBSITE: [www.alkalicreek.weebly.com](http://www.alkalicreek.weebly.com)

Greg Senitte, Principal

*"Together we create a positive, high performing, learning community for all."*

## October, 2016

### October:

Tue.'s & Thr.'s-----Running Club, 7:45am  
6-----Kindergarten Bus Safety  
14-----Author Birthday Club  
17-----1<sup>st</sup> Grade Bus Safety  
18-----4<sup>th</sup> Grade Field trip to NILE  
19-----PIR Early out day. Noon Dismissal  
20-21-----MEA Convention, No School  
25-----Picture Retake Day  
25-----4<sup>th</sup> Grade Field trip to Alberta Bair  
27----Papa John's Pizza Teacher Delivery Night  
28-----End of 1<sup>st</sup> Quarter  
31-Nov. 3-----Alkali Creek Book Fair

### November:

1-----K-5 Report Cards go home  
2-3-----Parent/Teacher Conferences  
2, 3, 4-----PIR Early out days, Noon Dismissal  
6-----Daylight Savings Time ends

### Library News Corner Book Shelf

Welcome back for the new year. I am so excited to see happy faces in the library again. You can click on Library on the [alkalicreek.weebly.com](http://alkalicreek.weebly.com) website to learn more of what we are doing in each class.

Kids will continue to come to the library one day a week with their classes. There are also open checkout times scheduled during the day for kids who need a book or want to use a computer for a class assignment.

**ABC:** New Author Birthday Club books are placed on the cart every month. Remember that parents can come in to check out up to 5 books at a time. This

works great for the 1<sup>st</sup> and 2<sup>nd</sup> graders who may need help getting all their Author Birthday Club books read each month. Parents can keep them for one week and renew for another if needed.

**Upcoming Events:** Book Fair in the library will be October 31- November 3. PTA members will be requesting volunteers to work an hour or so during the week. One perk – you get to see all the books and help kindergarteners spell Star Wars and Barbie!

**Volunteers:** If you are interested in volunteering in the library for a class, an hour a week, or even just once during the year, please let me know by emailing me at [meyera@billingsschools.org](mailto:meyera@billingsschools.org). Thank you.  
Mrs. Meyer, Librarian

### Cow-a-Bunga!

Thank you all for your support of the first PTA fundraiser of the year, Cow-a-Bunga. The events and games for Cow-a-Bunga were a huge hit, and a good time was had by all. A huge thank you goes out to all of the volunteers for that evening, as well as the countless hours of planning and preparation. A special thank you to our PTA Board; Colette Tranchita, Mindy Sauther, Nicole Worden, and Kirsten Simmons. Great job!

### PIR Early out days, when students dismiss at 12:00pm

Six times throughout the year, our district builds in PIR Early out days. This is when all Kindergarten through 5<sup>th</sup> grade students dismiss at 12:00pm (NOON). Please make sure you mark your calendars so students are not waiting. Teachers and staff have meetings and are not able to supervise students after 12:15pm. A reminder that the Boys and Girls Club does NOT provide transportation on early out days. Please make alternative arrangements. Remaining PIR Early out days for this school year are:

- October 19, 2016
- Nov. 2, 3, 4 (Parent/Teacher Conferences)
- November 22, 2016
- February 9, 2017
- April 12, 2017
- \*June 2, 2017 \*11:45am

**BPS Counselors**



**BULLYING:** Bully behavior occurs when there is deliberate intent to harm, dominate, inflict pain, exclude or otherwise cause distress to the person being targeted. The person who bullies purposefully misuses his/her power (size, age, popularity, confidence, verbal ability), usually repeatedly. The balance of power between the bully and target is NOT EQUAL.

## Anxiety and Depression in Childhood Prevention and Intervention

Depression and anxiety disorders have long been thought of as an adult diagnosis. However, research over the past two decades is beginning to present a far different picture. A commonly held perception was that children were just “too young” to experience these internalizing disorders. However, a body of research is showing that symptoms of anxiety and depression often appear for the first time in childhood and adolescence. Childhood depression differs from normal sadness and children whose parents have anxiety and depression are at greater risk. Indeed, anxiety and depression are some of the most common reported psychological problems in childhood. One study by Barrett, Dodds, and Ferdinand estimated that 17 to 21% of children are experiencing an anxiety disorder and about 2 to 5% of 13 to 17 year olds are experiencing depression at any given time. Unfortunately, children do struggle with symptoms of anxiety and depression at times and have fewer coping skills due to their tender age.

The presence of an anxiety disorder in children and adolescence should not necessarily be seen as a sign of psychopathology or maladjustment. At some stages of development, anxiety can even be expected to occur. For instance, during infancy, the instance of separation anxiety can occur when the child is separated from his or her parents and may be considered age appropriate. Similarly, fears that are short lived such as fear of the dark, storms or animals can be normal phenomena, and over time, these normal fears tend to fade. However, for some children they persist and begin to interfere with attending school, making friends, developing relationships and impact everyday life. Some children worry or have concerns about school, friends, sports or events that may or may not happen. Anxious children often present as tense or uptight and may need a great deal of reassurance, and their worries may interfere with daily activities. Because an anxious child may also be quiet and compliant, their difficulties can be overlooked. Early detection of anxiety can help prevent some depressive symptoms from developing. It is very common for children that have high levels of anxiety to develop depressive symptoms as well.

All children experience normal worries and anxiety at times. Parents have great instincts and are the foremost experts regarding their children. As a parent, if you have concerns that your child is experiencing symptoms of anxiety or depression that are beyond the normal range for children and it is disruptive to their learning and general happiness you may want to consult your pediatrician. School counselors are available to provide support for your child at school and can help teach coping and problem solving strategies that can help reduce stress at school. Early detection and intervention can make a difference in a child's education and in life.