**CANYON PARK NEWS**

**Home of the Knights**

**November 20, 2020 Vol. 14**

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## A note from our principal – Mrs. Arnone

Our year is passing quickly- and we are firmly into the season where we have the nation-wide practice to affirm our thanks to others.

Canyon Park’s four pillars - Community, Excellence, Responsibility, and Respect - are present each day your student logs into our classrooms. We are full of gratitude for the students we serve- they bring their best to us each day- smiling faces, eager to assist, and ready to meet the challenges of the day. We are grateful for all you do as the adults in our students’ lives - providing support and dedication to our students from the other side of our camera, and partnering with us to enhance their school experiences. I want to also express my deepest thanks to the hardworking staff of Canyon Park as only with them can we continue our educational journey together.

The collective love that we pour into our students every day is awe-inspiring to me. I am grateful for your support of each other, and for the way we are all committed to building an inclusive community together. I wish you and your close ones a warm, happy Day of Thanks. - Myra

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**This will be the last newsletter until after the Thanksgiving break, if there is any pertinent information that needs to be conveyed, we will send it out via email or Schoology. We hope you find some time to relax and rejuvenate!**

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## counseling connections

This week, we are focusing on the concept of gratitude and giving thanks for all the things, big or small, that are going well in our lives. Simply practicing appreciation for the people, places, and things that bring us comfort, joy, peace, beauty, safety, and kindness can have a tremendous impact on our mood and well-being. No matter how difficult life gets, there is always something to be thankful for and the more we focus on gratitude, the more our mindset will shift to notice the things we are thankful for in life.

See below to learn more about the benefits of gratitude and how to incorporate a gratitude practice into your daily life.

 **Benefits of Gratitude**

* Enhanced Well-Being
* Deeper Relationships
* Improved Optimism
* Increased Happiness
* Stronger Self-Control
* Better Physical and Mental Health
* An Overall “Better Life”
* Stronger Athleticism
* Stronger Neurologically-Based Morality

<https://positivepsychology.com/gratitude-appreciation/>

**Ways to Cultivate Gratitude**

Write a “Thank You” note

Thank someone mentally

Keep a gratitude journal

Count your blessings

Pray

Meditate

<https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>

**Family Gratitude Game**

Use Skittles or something that is colorful (ex: straws)

Pick up at least 5 Skittles (you can use any number)

For each color picked up, share what you are thankful for!

**Red** = Name a person you are thankful for

**Orange** = Name a place you are thankful for

**Yellow** = Name a food you are thankful for

**Green** = Name a thing you are thankful for

**Purple** = Name anything you are thankful for

*Students can head to the ‘Newsletters’ folder of our counseling Schoology page for more ideas about how to practice gratitude in the digital world.*

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## save the date for canyon park - ptsa community night

**When - Dec. 9th, 7:00 pm**

Principal Arnone in conjunction with PTSA would like you to save the date for a Community Night. We will be reaching out to our CPMS families to let us know what questions they have on their mind. Unlike the Town Hall earlier this year, families will be able to ask questions and interact with the Administrative, Office, and Counseling teams at CPMS and our PTSA leaders. Meeting via Zoom, more information coming soon.

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## Highly Capable Testing (Hicap)

The Accelerated Models and Programs Department is working on the 2020-2021 testing plan for students with highly capable needs.

**Students in grades 6 & 7**

We plan to begin by remotely administering the NNAT3 to students who were referred for testing or are new to Northshore in grades 6 and 7. Our department will contact families of these students when we are ready to begin screening their student(s). Questions may be directed to [hicap@nsd.org](mailto:hicap@nsd.org). Thank you, Accelerated Models and Programs Department

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## CURBSIDE LIBRARY book pick up

**When:** Every Wednesday from 11AM-2PM

**Where:** Canyon Park Main Office – look for the yellow sign

**How:** Students need to go to the library catalog and place a hold on the title(s) they’d like and then complete the curbside pick-up form. An instructional video is linked under the “2020-2021 Live from the Library” section of my webpage and it was shown in all English classes. You will find the curbside pick-up form in the corresponding section on that same webpage. As long as you make your requests by 8AM Wednesday mornings, you can assume your books will be ready the same day!

**Questions:** email Mrs. Dodson – [ndodson@nsd.org](mailto:ndodson@nsd.org) Reminder: For the safety of all, you must wear a mask and please follow social distancing guidelines!

We look forward to seeing you ~Mrs. Dodson and Mrs. Simonson

## Library bus delivery

In addition to curbside pickup at Canyon Park on Wednesday, library books will be delivered to four locations in the Canyon Park area on Thursdays.

**Where will the books be delivered?**

If you live near Canyon Park, you can pick up your books near the main entrance on Wednesday between 10 a.m. and 2 p.m.  On Thursdays, books will be delivered to a bus stop or lunch pickup location near you. An NSD bus driver, with an NSD staff member, will deliver books using the schedule below:

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| **School & Day of the Week** | **Stop Location** | **Time** |
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| **Canyon Park MS** | NE 195th & 100th AVE NE | 11:50 |
| **Thursday** | Bothell HS (Bus Load Zone) | 12:15 |
|  | Meridian Ave S. @ 233rd Pl SE | 12:30 |
|  | Crystal Springs (Bus Load Zone) | 12:50 |

Please arrive on time. The bus will only stay for a short amount of time before departing for the next stop. We require that all families wear a mask and maintain physical distance when picking up their books. Bus drivers and helpers will also wear masks. The books will be distributed in a plastic bag labeled with the student’s name.  Books will be checked out for three weeks. If you need the book renewed, or have questions please contact Mrs. Dodson – [ndodson@nsd.org](mailto:ndodson@nsd.org)

**How will the library know I want to check out books?** Complete the [Book Request Form.](https://docs.google.com/forms/d/e/1FAIpQLSfBsv0mfbzZ2U3PcykIJ8_28pgGSuca5HttoesgELxq0JjeGA/viewform)

There will be a 3-book limit, so if you are picking up new books from the bus, be prepared to return your previous books.

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## Contact Information

**MAIN OFFICE TEAM:**

Myra Arnone, Principal – [marnone@nsd.org](mailto:marnone@nsd.org)  425.408.6305

Dave Watson, Assistant Principal – [dwatson2@nsd.org](mailto:dwatson2@nsd.org) 425.408.6325

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## CANYON PARK PTSA

**Where do your donations go?**

They go back to our Canyon Park Middle School students! At our last membership meeting, we voted to give two grants to the school. One grant will cover the cost of art supplies for students with art classes during 2nd semester. The other grant will pay for a yearlong membership to an online interactive science and math program that will benefit all CPMS students. We hope to continue to say ‘yes’ when CPMS teachers & staff ask for our support. If you would like to give THANKS to our fabulous teachers and staff this year, a fantastic way is by [donating to our PTSA](https://cpptsa.org/pass-the-hat/) so we can combine it with existing funds and turn it into additional school, department and teacher grants!

**Did you miss our FREE education workshop?**

Parenting expert Kathy Slattengren from [Priceless Parenting](https://www.pricelessparenting.com/) provided us with tips and key strategies for student success in school. Check out her website for endless resources! Your PTSA hopes to bring more free educational events to our CPMS parents and guardians this year.

**Email from your PTSA**

Did you get an email late last week from the PTSA with the Zoom links for our membership meeting and the education workshop? It came from [communication@cpptsa.org](mailto:communication@cpptsa.org) (check your spam/junk folder). Be sure to add [communication@cpptsa.org](mailto:communication@cpptsa.org) to your contacts to keep future emails from going into a spam/junk folder. If you didn’t get it and would like to be on our email list, let us know! (Note: if you would like to be removed from our list, simply click ‘unsubscribe’ at the bottom of the emails)

***Stay healthy!***