



**Families:** Please read Family Letter 2 before doing this Home Link with your child. Find Family Letters on SecondStep.org.  
Activation Key: CPU4 FAMI LYG4

**Students:** Now that you're older, you're more responsible for your own safety. It's important to know how to contact an adult in case of emergency or if you need an adult's help to stay safe.

Emergencies

List at least three different emergency situations in which you might need to contact an adult for help:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List at least three trusted adults you can contact in an emergency:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

**Family Safety Plan: Emergency Contacts**

Talk about the emergency situations you thought of with your family and create a plan together for who to contact in an emergency. Fill in each copy of the plan. Cut out both copies. Post one at home and keep the other with you.

**Emergency Contact Plan**

Emergency Contact 1: \_\_\_\_\_ ☐ \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

If I can't reach this person, I will call  
Emergency Contact 2: \_\_\_\_\_ ☐ \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Next I will call my school: \_\_\_\_\_ ☐ \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Last I will call 9-1-1.

If I'm separated from my family in an emergency, we'll meet here: \_\_\_\_\_

**Emergency Contact Plan**

Emergency Contact 1: \_\_\_\_\_ ☐ \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

If I can't reach this person, I will call  
Emergency Contact 2: \_\_\_\_\_ ☐ \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Next I will call my school: \_\_\_\_\_ ☐ \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Last I will call 9-1-1.

If I'm separated from my family in an emergency, we'll meet here: \_\_\_\_\_

Detach this slip and return it to your teacher after you have completed Grade 4, Home Link 1.

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)
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Support your local farm and the PTA. This fundraiser will help raise money for the poetry book for Salish Coast and teacher grants for Blue Heron and PTHS.



**Veggie & Flower Starts come in packs of 4**

**Veggie Starts**  
**\$3.25 Each**

**Flower Starts**  
**\$3.75 Each**

**Flower /Herb 4" pots**  
**\$3.75 Each**

Beets  
Broccoli  
Salad Mix  
Kale, Lucinato  
Sugar Snap Peas  
Yellow Onion  
Red Butter Lettuce  
Spinach

Bachelor Button  
Calendula  
Nasturtium

Strawberries (Ever-bearing)  
Summer Savory  
Chamomile  
Sunflower - Classic

**Orders Due: February 3rd**

Please return this order form and the amount due with a check made out to **PT PTA** or cash in the exact amount in sealed envelope. Teachers will have collection envelopes.

**Pick Up Date**

Plant starts will be ready in early spring, an email will be sent out with the date and location of plant pickup.



**Volunteers Needed!** We are looking for volunteers to help fulfill orders on pickup day. To sign up, please contact PTA co-president Candace Mangold at [porttownsendpta@gmail.com](mailto:porttownsendpta@gmail.com)

Red Dog Farm

# Plant Starts



P.T. PTA fundraiser

Veggie Starts  
\$3.25 Each

Flower / Herb Starts  
\$3.75 Each

Name	Phone	Email	Beets	Broccoli	Salad Mix	Kale, Lucinato	Sugar Snap Peas	Yellow Onion	Red Butter Lettuce	Spinach	Bachelor Button	Calendula	Nasturtium	Strawberries, Ever-bearing	Summer Savory	Chamomile	Classic Sunflower	Total QTY	Total \$\$
<b>TOTALS</b>																			

**DUE: February 3rd**

Please return this order form and the amount due with a check made out to **PT PTA** or cash in the exact amount in sealed envelope. Teachers will have collection envelopes.

**Amount Due:** \_\_\_\_\_

**Total QTY:** \_\_\_\_\_

**Pick Up Date**

Plant starts will be ready in early spring, an email will be sent out with the date and location of plant pickup.

**Orders without contact information will not be processed**

January 21<sup>st</sup>, 2020

Dear Salish Coast Families,

As a part of your child's P.E. program, Salish Coast Elementary School is participating in the FITNESSGRAM physical fitness assessment. FITNESSGRAM is a comprehensive fitness assessment for youth. It is designed to assess cardiovascular fitness, muscular strength and endurance, flexibility and body composition. Next week, your student will participate in a mid-year FITNESSGRAM assessment where students can reevaluate and modify their previously set personal fitness goals to improve their fitness levels. In May an end of the year FITNESSGRAM assessment will be given to see if your student has met his or her personal fitness goals. Salish Coast Elementary School considers FITNESSGRAM a quality fitness assessment for the following reasons:

1. FITNESSGRAM assessments use criterion-referenced standards. This means that a student can compare his/her scores with standards that have been identified for good health. This type of system prevents students from being compared to other students participating in the assessment.
2. FITNESSGRAM assesses the current fitness level of students and promotes individual goal setting to allow students to take ownership of their health.
3. FITNESSGRAM does not assess skill or athletic ability.

FITNESSGRAM will be used by all 3<sup>rd</sup> -5<sup>th</sup> grade students at Salish Coast Elementary. In order to promote physical and nutritional literacy students are encouraged to be self-aware of their health related fitness and to take responsibility by setting personal fitness goals.

After the final assessment in May, you will receive a copy of your child's FITNESSGRAM score report. Salish Coast believes that by providing you and your child this health related information, you can guide and support your child in your student's effort to lead a healthy lifestyle. A healthy student is better prepared to learn and perform in all aspects of life.

When students focus on continually improving their fitness level, a positive lifelong impact can be achieved.

**Please make sure that your child is appropriately dressed next week on their PE days. This includes the proper footwear. For the safety of your child it is important, if possible, for your child to wear tennis shoes and socks.**

If you have any questions about the FITNESSGRAM assessment, feel free to email me at [sshaw@ptschools.org](mailto:sshaw@ptschools.org) Sincerely,

Sheri Shaw

Physical Education Teacher,

Salish Coast Elementary School