

Love & Logic Parenting Class Being Offered!



Please join us for a class on Parenting the Love and Logic Way. Love and Logic is a proven technique that has withstood over 40 years of testing in homes just like yours. The tools you will gain are simple and effective.

There will be **6 sessions** beginning on Monday, March 23rd.

Where: Salish Coast Elementary School, Eagle Studio
(next to the cafeteria)

When: **Mondays!** March 23rd, 30th, April 13th, 20th, 27th, and
May 4th from 6:30 pm to 8:30 pm

Cost: \$10 for the workbook, \$40 for the class
(Sliding scale fee. No one will be turned away due to
lack of funds.)

Love and Logic Parenting:

- With humor and care, we show adults how to discipline kids without losing their **love and respect**.
- We focus on helping children develop personal **responsibility, self-control** and good **decision making skills**.
- Unlike some approaches we don't use complicated reward or punishment systems only focused on short-term compliance.
- Instead, we focus on nurturing **long-term relationships** and reinforcing **good character**.

Please sign up now! Contact LaTrecia Arthur larthur@ptschools.org
Peter Braden pbraden@ptschools.org or Ellen Thomas
ethomas@ptschools.org or call 379-4535

The Port Townsend School District is proud to offer a nutritious and flavorful breakfast and lunch entrée made 'in-house'. There will be a vegetarian option for all meals!

2020 March

P.T. School District Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Bagel and Cream Cheese Macaroni and Cheese Salad Bar	3 Homemade Muffins Chicken Tacos Fiesta Rice Salad	4 2 Hour ER-All Schools Granola and Yogurt Chicken Teriyaki Rice Bowl Sesame Green Bean	5 3 HR ER-SC and BH Breakfast Pizza SC, BH--Sack Lunches HS-Chef's Choice	6 3 Hr. ER SC and BH Frittata and English Muffin SC, BH--Sack Lunches HS-Chef's Choice
9 Bagels and Cream Cheese Cheese Quesadilla Black Beans Salad Bar	10 Homemade Muffins Taco Pasta Zesty Chick Peas	11 2 Hr. Early Release SC, BH Pancakes and Fruit Sloppy Joes Slaw	12 Oatmeal and Fruit Chicken Alfredo with Pasta Caesar Salad	13 Cheesy Eggs w/Ham and Mini Bagel Pizza Salad Bar
16 Bagels and Cream Cheese Asian Noodles with a Sunbutter sauce Salad Bar	17 Homemade Muffins Potato Leek Soup Soda Bread Quinoa Salad	18 2 Hour Early Release SC, BH French Toast Chicken Curry Rice Turmeric Cauliflower	19 Sausage and Egg Sandwich Turkey Marinara with Pasta Tomato/Cuke Salad	20 Mystery Friday-Tom's choice Burgers Baked Beans Pasta Salad
23 Bagels and Cream Cheese Hummus and Flat Bread Salad Bar	24 Homemade Muffins Tacos Peppy Quinoa Salad	25 2 hour ER-All Schools Yogurt Parfait Baked Potato Bar Roll Fruit Salad	26 Pancakes and Fruit Pesto Pasta with Chicken Caesar Salad	27 Homemade Granola Bar Hot Dogs Potato Salad
30 Bagels and Cream Chees Toasted Cheese Sandwich Tomato Soup	31 Homemade Muffins and Fruit Nachos with Fun Fixings Black Bean Salad			

Breakfast includes our daily entree, fruit/juice, grain, and milk. Milk \$.50 SC Breakfast \$1.50 Lunch \$3.00 BH and HS \$1.75 Breakfast \$3.25 Lunch Adult \$4-5.00
Lunch includes our daily entrée, vegetable/salad bar, fresh fruit, and milk.

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SCIENCE COMES ALIVE,
LEARNING IS AN ADVENTURE,
& TEAMWORK THRIVES.**



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scientists & sailors!**

Marine Explorers

Weekend expeditions for 4th-8th graders

Come explore the Salish Sea using hands-on scientific inquiry and seamanship aboard the 61-foot sailing vessel, *Carlyn*.

Scholarship funding is available upon request.

March 21-22 | Port Townsend

March 28-29 | Seattle

May 16-17 | San Juan Islands (board in Anacortes)

Are you interested in programs for school & youth groups?
Contact stephanie@salish.org or 206.780.7848 x 133.

Salish Sea Expeditions is a 501(C)(3) nonprofit organization.

Register now at salish.org/sound-individual