



Elaine Chan <echan@pps.net>

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## Friday Update

1 message

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**Alameda Elementary School** <mattgoldstein@pps.net>

Fri, Mar 3, 2023 at 4:22 PM

Reply-To: noreply@pps.net

To: echan@pps.net

March 3, 2023

Dear Families,

Welcome to March! After the late start on Monday (and last week's snow days), we definitely got into a busy groove this week. We had class pictures, a cool OMSI assembly about States of Matter, and many of our students are working with Resident Artists. Yesterday, as I walked around the school, it was incredible to see how much learning was spilling out into the hallways - students were working in pairs on writing and reading, parent volunteers were leading math groups/games, and our EA's were providing support to students. In the classroom, teachers are supporting small groups, kids are working independently and in groups, while also using technology to help personalize student learning.

Thanks to our PTA for co-hosting Kevin Ashworth's presentation on Anxiety. It was an excellent talk - very informative, thought provoking, and very timely. We had well over 50 people attend in person with a couple dozen who listened in on the stream. One theme that emerged from the conversation is that parents have a significant role in helping to reduce the levels of anxiety in their child. We also learned that the steps many of us take as parents, while well intended and from a place of love, may actually perpetuate the issues, versus helping to reduce overall levels of anxiety.

Kevin shared that the use of [Exposure therapy](#) can really provide the practice that children need to build a greater level of tolerance and resilience. For more information you can visit the [NW Anxiety Institute's you tube channel](#).

**Principal's Coffee:** We had a smaller group today, but a lively conversation nonetheless. I always appreciate the opportunity to share the latest with families and to hear questions and concerns. One big topic that remains is how, with limited resources and large class sizes, are we going to best support all Alameda students? I will continue to do my best to advocate on behalf of all Alameda students and families. Although a majority of our students are performing incredibly well (based on PPS School Board measures in reading and math), we have dozens and dozens of students who need our support. We are committed to searching for creative solutions to ensure that all students get the very best experience well at Alameda.

**Alameda Foundation Auction:** We are looking forward to our auction which takes place on Saturday, March 11th. Even if you are not able to attend, the silent auction is open to all. You can find out more about the auction, including how you can bid on silent auction items by visiting the [Alameda Auction website](#).

**Classified Appreciation Week:** March 6-13: Next week, we will celebrate our incredible classified staff. From our front office staff, to the kitchen and custodial staff, to our EA's and paraeducators, Alameda has an incredibly talented group! Think about a way you can send some love and appreciation to this hard working crew.

**Connect to Kindergarten:** Registration for kindergarten is OPEN! If you have an incoming kindergarten student, please visit [PPS Enrollment](#) to get the process started. We are excited to have an Open House on April 12th from 6:00 - 7:00 PM. Spread the word!

I hope everyone has a great weekend.

Regards,  
[Matt Goldstein](#)

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