April 2016
Dear Helen Baller Families,
I hope you are looking forward to a relaxing Spring Break. My family is headed to Phoenix, Arizona for some fun in the sun. The girls are ready for some pool time. Have a terrific break.

Our Drama Team performed at an assembly this week. They did an excellent job of performing and presenting a positive message. I am always impressed with the production and with how talented our students are. Thanks to Mrs. Sterle and all the parents and community members who support the Drama Team.

IMPORTANT: Your child’s safety is a top priority to us. Everyone coming to the school must check in at the office before you are allowed on the school grounds. Badges will be given to visitors so school personnel know they have checked in. You must wear a visitor’s badge.

Our third, fourth and fifth graders will take the Smarter Balanced tests in math and English language arts. Fifth graders will also take the MSP in science. The results from these tests will give an accurate picture of whether students are on track to be college or career ready after high school. Please remember that state testing should not be the sole judge of a student’s academic skills and knowledge. A student’s entire performance should always be considered. It is important that students are at school for the tests. Please avoid any vacations or doctor’s appointments, if possible. If a student misses a test they can make it up within the testing window. Please make sure your child/children get a good night of sleep and eat a balanced breakfast. A letter with information regarding the Smarter Balanced Assessment and a specific schedule for each class was sent home at the beginning of March. For more information about the Smarter Balanced tests and to try out a practice test yourself, please visit www.k12.wa.us/smarter. More information about the Common Core may be found at www.k12.wa.us/corestandards. If you have questions, please let me know.

Friday, May 13, from 5:00 p.m. to 8:00 p.m. we will have Baller Blast, our school carnival. There will be a ton of games, prizes and food. It should be a fun event and I hope to see you there. A huge thanks goes out to the Helen Baller PTA for organizing the event.

Thanks to all the families and community members who support Helen Baller. You help make Helen Baller a great school. If you ever have any questions or concerns, feel free to call or email me at aaron.parman@camas.wednet.edu.

Enjoy your Spring Break!

Aaron Parman, Principal
Success Book Roll Call

Below is a list of students who have signed the Success Book during the month of MARCH. Any Helen Baller staff member can have a student sign the Success Book for being successful with academics, behavior or work ethic. Several of the students signed the Success Book multiple times, but I have only listed their name once.

Way to go Helen Baller Bears! We are proud of you!

<table>
<thead>
<tr>
<th>Kendall Williams</th>
<th>Kennedy Cody</th>
<th>Sam Hunt</th>
<th>Benjamin Carter</th>
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<tbody>
<tr>
<td>Aiden Boring</td>
<td>Isabella Silva</td>
<td>Joel Lyman</td>
<td>Bryce Borst</td>
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<td>Ty Barnes</td>
<td>Luke Barner</td>
<td>Brookly Nguyen</td>
<td>Avery Moses</td>
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<td>Kaleah Dewey</td>
<td>Gavin Mcallister</td>
<td>Atila Berglund</td>
<td>Nolan Crowe</td>
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<td>Owen Tuttle</td>
<td>Kevin Han</td>
<td>Sylar Ventura</td>
<td>Grace Grant</td>
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<td>Lauren Hood</td>
<td>Makenna Lee</td>
<td>Luca Folino</td>
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<td>Tovit Leytner</td>
<td>Jacob Brockus</td>
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<td>Eliana Gibson</td>
<td>Kindyl Moore</td>
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<td>Beckett Stupfel</td>
<td>Fiona Robertson</td>
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<td>Courtney Lope</td>
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<td>Joseph Sveen</td>
<td>Davin Kost</td>
<td>Layla Bingaman</td>
<td>Gage Robbins</td>
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<td>Daniel Compton</td>
<td>Dylan Chaifant</td>
<td>Atison London</td>
<td>Bryce Walker</td>
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<td>Zealia Hayes</td>
<td>Sydney Frisch</td>
<td>Luca Folino</td>
<td>Kendall Hood</td>
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<td>Ethan Costa</td>
<td>Katherine Califf</td>
<td>Cade Anderson</td>
<td>Abby Seth</td>
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<td>Lucas Bingaman</td>
<td>Mineka Fowler</td>
<td>Phoenix Rinta</td>
<td>Audrey Wagner</td>
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<td>Leana Lapin</td>
<td>Preslie Castellani</td>
<td>Olivia Blackburn</td>
<td>Austin Oviatt</td>
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<td>Sophie Robertson</td>
<td>Meadow Noble</td>
<td>Charlotte Fresh</td>
<td>Kai Echeverio</td>
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<td>Kate Bacher</td>
<td>Cecelia Paongo</td>
<td>Jacob Barnar</td>
<td>Cassie Frisch</td>
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<td>Presley Darling</td>
<td>Alex Leytner</td>
<td>Tiana Teso</td>
<td>Dyanna Vu</td>
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<td>Elise Olsen</td>
<td>River McCusker</td>
<td>Stella Schiewe</td>
<td>Elena Arellano</td>
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<td>Nate Baker</td>
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<td>Harper Langston</td>
<td>Lacey Myers</td>
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<td>Marquis Murchinson</td>
<td>Chloe Hintz</td>
<td>James Cram</td>
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<td>Raegan Goostree</td>
<td>Chris Houlding</td>
<td>Summer Craft</td>
<td>Trinity Hale</td>
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<td>Mia Lin</td>
<td>Thor Richardson</td>
<td>Greta Brown</td>
<td>Parielle Shapard</td>
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<td>Cassie Burke</td>
<td>Jaz’mine Jones</td>
<td>Lydia LuBean</td>
<td>Lucy Farland</td>
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<td>Anna Martin</td>
<td>Braylen Butterworth</td>
<td>Ava Kusch</td>
<td>Parker Castellani</td>
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<td>Seth Lyman</td>
<td>Ethan Ouchi</td>
<td>Chevy Thrush</td>
<td>Jadon Bjornsgard</td>
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<td>Bentley Clark</td>
<td>Ryan Chatterton</td>
<td>Wyatt Marcelli</td>
<td>Ella Wright</td>
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<td>Gavin Copa</td>
<td>Felicity Ellston</td>
<td>Zeila Hayes</td>
<td>Jake Silva</td>
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<td>Steven Leavitt</td>
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<td>Sawyer Kieft</td>
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## Helen Baller PTA Calendar

### April 2016

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
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<td><em><strong>SPRING BREAK! - NO SCHOOL!</strong></em></td>
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<tr>
<td>Order yearbooks by April 15 to get the Early Bird Discount!</td>
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<td>BUY AT: <a href="http://mkt.com/hbpta.com">http://mkt.com/hbpta.com</a></td>
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<td>18</td>
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<td>24</td>
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<tr>
<td>PTA Dine Around Firehouse Subs 4-8pm</td>
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<td>Spiritwear Order Deadline!</td>
<td>PTA Board Meeting 9:15am</td>
<td>BIRTHDAY TABLE!</td>
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Counselor News

**Save the Dates! April 21, 28 and May 5**

**Come learn how to be your child’s EMOTION COACH**

Have you ever asked yourself, “If I can do one thing for my child that will help them become the best they could be now and in the future, what would it be?” John Gottman of the Gottman Institute suggests that helping your child understand and manage their emotions is that one thing. He has extensively studied the issue for many years and states, “Emotional Intelligence Quotient (EQ) is a much better predictor of how children will turn out than Intelligence Quotient (IQ) or achievement test scores.” The good news is that he has also developed a program to help parents develop their skills to help their children become better at understanding and managing their emotions. His program is called Emotion Coaching, the Heart of Parenting.

Here are a few of the Gottman Institute research findings of what happens to kids when their parents emotion coach.

- The children had better reading and math scores at age 8 than other kids, even when IQ was controlled for.
- These kids demonstrated self-regulation.
- The kids had fewer infectious illnesses.
- They could better focus their attention.
- They were better at motivating themselves.
- They could cope better with life’s ups and downs.
- They require less discipline.

Do those sound like good goals for you and your child? Then, join myself and Chris Baxter, counselor at Dorothy Fox and learn to become an emotion coach for your child. This program complements what we are doing in the classroom when we teach skills such as how to identify feelings, manage feelings, and problem solve. But, it takes it to a much deeper level and allows us to become partners in supporting your child.

According to John Gottman, at the end of this program you will be able to:

- Understand the importance of Emotional Intelligence,
- Learn how to recognize, respond to, and validate what your child is feeling,
- Learn how to be an effective Emotion Coach using the 5 steps of Emotion Coaching with children of any age,
- Discover ways to express understanding and empathy,
- Learn how to set limits and problem solve with your children.

This video and workbook based training will take place at Dorothy Fox Elementary over three nights: April 21, 28, and May 5. We will start promptly at 6 PM and end at 7:30 PM. Make sure to look for a Sign-Up Genius on email so we can save you a seat and order a workbook. We just wanted to get this out in the newsletter so you can begin to look at your schedule and SAVE THE DATE!!

Finally, if you want to do some research on this program on your own, visit the website www.gottman.com. Feel free to email me if you have questions or are interested in this program at edie.hagstrom@camas.wednet.edu
Help Your Child Succeed in School: 
Build the Habit of Good Attendance Early

School success goes hand in hand with good attendance!

DID YOU KNOW?

- Starting in kindergarten, too many absences can cause children to fall behind in school.
- Missing 10 percent (or about 18 days) can make it harder to learn to read.
- Students can still fall behind if they miss just a day or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college, and at work.

WHAT YOU CAN DO

- Set a regular bed time and morning routine.
- Lay out clothes and pack backpacks the night before.
- Find out what day school starts and make sure your child has the required shots.
- Introduce your child to her teachers and classmates before school starts to help her transition.
- Don’t let your child stay home unless she is truly sick. Keep in mind complaints of a stomach ache or headache can be a sign of anxiety and not a reason to stay home.
- If your child seems anxious about going to school, talk to teachers, school counselors, or other parents for advice on how to make her feel comfortable and excited about learning.
- Develop back-up plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Avoid medical appointments and extended trips when school is in session.

When Do Absences Become a Problem?

CHRONIC ABSENCE
18 or more days

WARNING SIGNS
10 to 17 days

SATISFACTORY
9 or fewer absences

Note: These numbers assume a 180-day school year.

For more on school readiness, visit attendanceworks.org and reachoutandread.org
April 2016 Events

HELEN BALLER PTA DINE-AROUND
FIREHOUSE SUBS
April 19, 2016 from 4 pm to 8 pm

Come eat at Firehouse Subs on 4/19/16 between 4-8pm and a portion of the proceeds will go to support the Helen Baller PTA! (Location: 192nd & Mill Plain)

To participate, you will need to bring the flyer sent home in backpacks!

This year we are holding a contest -- the class that has the most FLYERS turned in at the dine around will win a FREE LUNCH catered by Firehouse Subs in their classroom!

CLASS NAME: ______________________________________

Bring your family and have some fun at the Washington State PTA (WSPTA) Health and Safety Fair

April 30th: 11 AM to 4 PM at Clark College
April News

CONGRATULATIONS to Mr Parman for being chosen as Southwest Washington Region Distinguished Elementary Principal of the year! We are so lucky to have his leadership at our school!

The award was given by the Association of Washington School Principals.

SPRING BOX TOPS & LABELS FOR ED COLLECTION DRIVE RESULTS

Helen Baller students collected:
OVER 7800 Box Tops for Education
Over 4000 Labels for Education

All of these will be redeemed to use on purchases of school, art and recess supplies!

The following classes earned Pizza Parties:

<table>
<thead>
<tr>
<th>Teacher</th>
<th># Box Tops</th>
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<tbody>
<tr>
<td>Mrs Campbell</td>
<td>2050</td>
</tr>
<tr>
<td>Mrs Cody</td>
<td>2047</td>
</tr>
<tr>
<td>Mrs Youngblood</td>
<td>319</td>
</tr>
</tbody>
</table>

Thank you to everyone who helped with this effort!

Thank you especially to our AMAZING counting team: Jessica Buck (lead), Kristina Shepley, Lana Erickson, Carmen VanVoorhis, Anne Overton, Sara Serhan and Kim Stone!

SPRING BOOK FAIR RESULTS

The Feelin’ Groovy Book Fair earned over $1600 in books for our library!

The Caught Reading winners (each got to choose a new book):
Jocelyn (Mrs. Baker’s K class), Nate (Mrs. Johnson’s 1st), Jacob (Mrs. Miller’s 2nd),
Nate (Mrs. Beardmore’s 3rd), Anna (Mrs. Malpass’s 4th), Isabel (Mrs. Wagner’s 5th).

ANNOUNCING....NEW CAMAS SCHOOLS SUPERINTENDENT

The Camas School District announced on March 1, 2016 that Mike Nerland will retire, ending 11 years of incredible service to our community. Deputy Superintendent Jeff Snell will take the helm as superintendent of the Camas School District on July 1, 2016.

For More Info: http://www.camas.wednet.edu/camas-superintendent-announces-
April News

NEWLY ELECTED PTA OFFICERS FOR 2016-17 SCHOOL YEAR

Co-President - Brittany Pinedo
Co-President - Leslie Smith
Treasurer - Carissa Reid
Secretary - Amy Higdon

We are very excited for all the great things this team will do in combination with our amazing PTA committee chair persons. We are very appreciative to have a great team of parents giving of their time and energy to make Helen Baller an even greater experience for all our children.

2015/16 Helen Baller Yearbook

Order Online @ HTTP://MKT.COM/HBPTA
Yearbooks Only $11 - Online Special
Each yearbook includes:
Every Student! At least 2 times!
(More Participation = More pictures)
48 full color pages of school fun!
Special 5th Grade Flashback Page
Events, Awards, Special Days & More!
After 4/15 Price = $15.00 each

Early Bird Price Ends Friday Apr 15th

Please remember to send only non-breakable water bottles to school. If a glass water bottle drops at school it can shatter and be a safety hazard.
HELEN BALLER PTA PRESENTS IN MAY ...BALLER BLAST!!

WHAT ELSE DO I NEED TO KNOW:

--You can buy your tickets now online at [www.mkt.com/hbpta](http://www.mkt.com/hbpta) or from the HB PTA facebook page or you can buy the night of the event at school!

--The Great Wolf Lodge Raffle tickets will be on sale in April for $5 per ticket (you do not need to be present to win).

--There are lots of yummy food options to purchase: Papa Murphys, Getta Gyro, Kids with Ice (Hot Dogs, Hamburgers, Cotton Candy & Shaved Ice).

Tell your friends, tell your family, get out your cowboy boots and join us for a great night of Bigger, Better, Bouncier BLAST fun!
Also in MAY...

Staff &
Teacher Appreciation Week
May 2-6, 2016

MAY NO SCHOOL DAYS
Memorial Day
May 30, 2016