

SUNRISE PARK MONTHLY NEWSLETTER

JUNE 2019



Attendance Office 651-653-2706 | Attendance Hotline 651-653-2723 | Health Office 651-653-2713 | Main Office 651-653-2700

[Sunrise Daily Announcements](#)

Save the Dates for the 2019-2020 School Year

WEB day for incoming 6th graders

- Wednesday, August 28, 2019, 8:00 am - 12:00 pm

Open House, Registration and Ice Cream Social for all grades

- Wednesday, August 28, 2019, 5:30 pm - 7:30 pm

1st Day of School

- Tuesday, September 3, 2019

Picture Day

- Tuesday, September 10, 2019

PAW Award

Nominate a staff member who you feel has had an impact on you this school year. This includes nurse, teacher, counselor, office staff, paraprofessional, nutrition services, or custodial. Nominations can be made by students, parents, employees or community members. Please stop into the main office to pick up a Paw Award Nomination form or click here: [Paw Award](#). Submit your nominations to the main office by June 7, 2019.

Summer Eats - Minnesota

Hunger Impact Partners, a non-profit organization working with the Minnesota Department of Education is offering free summer meals for kids across the state. All kids up to age 18 can locate the nearest site, show up at the right time and eat. No registration or prior sign-up is necessary. There are free serving sites across the state at schools, parks, recreation centers, community centers and libraries. Simply search **Summer Eats Minnesota** and download the free app via the Apple Store or Google Play Store on your smartphone. There is a helpful website too: www.summereatsmn.org which has additional information and promotional materials—with versions in Spanish, Somali and Hmong. It is important to know summer meal sites are being added weekly and times and days of operation do change so check the mobile app regularly to get the most up-to-date information. [Click here](#) for more information on meals in White Bear Lake.

Summer Online Learning Resources

Keep students engaged and learning this summer!

- [How to Put a Stop to the Summer Slide](#)
- [6th Grade Advanced Math Summer Resources](#)

Sunrise Reads and Chipotle Rewards!

Sunrise students~Submit a review of a book you read this summer and come back to school next year for a BOGO coupon to Chipotle! You must read at least 2 great books, and then fill out [this form](#) for the prize.

Quantities are limited. Enjoy some great books and share!

Health Office End of Year Updates

If your child is interested in participating on a school sports team they will need to have a Minnesota State High School League sports physical completed prior to registering for the sport. The summer is a great time to get this physical done, it is good for 3 calendar years and many of the local clinics offer free walk in days this summer! There are no income requirements to take advantage of these free sports physicals but some of the clinics require you to register.

Clinics offering free physicals this summer:

<https://tcomn.com/SportsPhysicals/>

<https://tria.com/physicals/>

<https://www.fairview.org/services/fairview-sports-and-orthopedic-care/sports-physicals>

<https://www.summitortho.com/physicals/>

Link to the Minnesota State High School League sports physical form:

<https://www.mshsl.org/mshsl/publications/code/forms/PhysicalExam.pdf>

Summer FLEX 2019

Summer FLEX is all about youth choice and voice! Youth work in committees to plan everything from the daily snack to weekly field trips. We offer a wide variety of specialized activities to promote personal growth and success. Experiences and opportunities include: athletic tournaments and competitions, outdoor and indoor recreation, making new friends, service learning, cooking, weekly field trips, and a place to hang out.

Site Location & Hours

Central Middle School: grades 5-8

We are open Monday-Friday

6:30 am-6:00 pm

2019 Summer Dates

June 12-August 16, 2019

No Programming

- June 10 & 11
- July 4 & 5
- August 17-September 2

Registrations after May 24, 2019 you will be put on a waitlist and won't be able to start until after June 24, 2019 depending on space available basis.

Foreign Exchange Student Host Family Opportunity

During the 2019-2020 school year, White Bear Lake Area High School will be hosting 16 yr old Laura, a student from Brazil sponsored by the White Bear Lake/Mahtomedi Rotary Club. This is an exciting opportunity for our students and community. Volunteer host families are needed and can choose to host for as little as two months and as long as 9 months. Host families are encouraged to provide a Minnesota family experience and treat the exchange student as one of the family. Host students don't need a lot of excursions or special treatment, but rather a supportive and welcoming family life experience. It is typical for host families to report relationships with exchange students and their families that last well beyond their hosting experience.

The student will arrive in late August and will come with her own spending money and insurance. All the host family needs to provide is room, board, and a supportive family experience. If you are interested in hosting please contact Tim Wald at 651-407-7516.

Free YMCA Teen Summer Memberships & More

This summer the White Bear Area YMCA, along with every YMCA in the Twin Cities, will offer an expanded Get Summer program, with 300-400 FREE memberships available to area teens entering grades 9-12. There are no restrictions or qualifications required. These will be offered at all of our branches. The membership is good from June 1-Aug. 31, 2019, and to activate the membership, a teen must both *sign up* and *attend an orientation session*. Registration begins May 28. More info is at www.ymcamn.org/getsummer.

The membership will include access to:

- Gyms, where you can play hoops, volleyball and more
- Indoor and outdoor pools
- Fitness Centers featuring weights, cardio machines and other workout equipment
- Group Exercise classes that help you build strength, speed and flexibility
- Leadership development, service learning opportunities, and career readiness
- Check out where to find and how to use all these benefits in the Member Guide.

Resource Line: 763-493-3052 for homeless or at-risk young people

Water Safety: [swim lessons](#), [reduced price swim lessons](#)

Jobs: [application and job description](#)

Other Exciting Summer Notes: [school-age kids needing a safe place to be this summer](#)

Need based financial aid is available through the Personal Pricing Program for all opportunities thanks to our generous donors!

LUS CEEB TOOM! Yog koj xav tau daim ntawv no, txhais ua lus Hmoob, thov hu rau Mas Lias Xyooj (651) 407-7626
los yog hu rau Xw Xyooj (651) 407-7623.

ATENCIÓN: Si usted necesita hablar con una persona que hable Español, por favor, llame al (651) 407-7625.