

# SUNRISE PARK MONTHLY NEWSLETTER

## MAY 2019



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

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[Sunrise Upcoming Events](#)

[Sunrise Daily Announcements](#)

### **Sunrise Park Strategic Planning**

This year, over 50 parents, students and staff members helped to develop action plans for Sunrise. These action plans will guide our work over the next few years. Here is a summary of the goals that the action teams established: [Sunrise Strategic Planning - Specific Results](#)

### **Health Office End of Year Updates**

If your student has medication in the health office it will be sent home in the student's backpack at the end of the year UNLESS it is a controlled medication. All controlled medication must be picked up before the last day of school. Any remaining medications in the health office are disposed of on 6/10.

Families of 6th grade students, please use the summer to get required 7th grade immunizations completed. It is state law that 7th graders receive a Tdap and Meningococcal vaccinations. If you are in need of assistance obtaining low-cost vaccinations please email [vanessa.house@isd624.org](mailto:vanessa.house@isd624.org)

Please take time to educate yourself on the dangers of vaping. The surgeon general has issued a health advisory around the epidemic of youth e-cigarette use. Two attached documents outline the health risks associated with vaping. To view more information and the health advisory from the surgeon general please go to:

<https://e-cigarettes.surgeongeneral.gov/>

[Health Impacts of Vaping](#)

[Health Risks of Nicotine for Youth](#)

### **BearPower Breakaway Family Bike Ride**

Get BearPowered by riding bikes with families and community members at the free BearPower Breakaway Family Bike Ride on Saturday, May 18 at 9:30 a.m. at Otter Lake Elementary (1401 County Road H2, White Bear Lake, MN 55110). [Register by May 1](#) to receive a BearPower gift and check out [this flyer](#)! [Sign up](#) to volunteer today!

### **Monthly Staff and Community Mental Well-Being Series**

District staff and families are invited to attend monthly presentations focused on mental well-being.

When: May 21, 2019

Time: 7:00-8:30 pm

Where: North Campus Theater

Topic: Finding Self-Control: Responses to Children's Emotional and Physical Outbursts

Speaker: Jenny Hanlon, M.Ed, WBLAS

[Mental Health Well Being Series flyer](#)

## Yearbook

There are about 30 yearbooks still available for pre-order until May 24, 2019. You can still order at the school in 105B or on [FeePay](#) for the basic style. Cost for a basic yearbook is \$25.00. Students will receive their yearbooks the last week of school. For students to receive yearbooks on time, we ask that any various fines (technology fees, overdue media center items, calculators, ect) are paid before distribution. Please contact the main office if you have any questions, 651-653-2700.

## 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!

## Summer Program - Learn2Build

WHO is it for? Students entering 6, 7, 8, or 9th grade next school year.

WHAT is Learn2Build? *Learn2Build exposes middle school students to a variety of career possibilities in MN's Construction and Skilled Trades Industry. Students learn how to measure, cut, read blueprints, operate machinery, and use construction related skills to building! Students will work individually and in teams to learn about construction concepts and designs. They will build take home projects replicating "real-world" construction materials and processes. The experience will include a combination of industry professionals, team competitions, and hands-on projects. Students who attend Learn2Build will be invited to participate in the WBL Construction Career Pathway through WBL Career Pathways.*

WHERE? WBLAHS - South Campus; (3551 McKnight Road, N. White Bear Lake, MN 55110). Enter through Door G or Door H off of McKnight Road.

WHEN? Wednesday, June 19 from 8:00 AM to 2:00 PM

HOW? Click [HERE](#) to sign up!

### NOTE:

\*Lunch is provided. Please bring extra snacks if needed and a water bottle.

\*Please wear appropriate clothing, close-toed shoes, and sunscreen for the outdoor activity.

\*Students will also get t-shirts and hard hats!

\*SPACE IS LIMITED!

\*Deadline to sign up is Friday, May 31.

Thank you to Construction Career Pathways for offering this program at no cost to students. For more information on Construction Career Pathways please visit their website. <https://constructioncareers.org/>

## Host Family Opportunity

\*Amazing Family Experience\*

During the 2019-2020 school year, White Bear Lake Area High School will be hosting 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 come with his or her own spending money and insurance, all you need to provide is room, board, and a family experience. If you are interested in hosting please contact Assistant Superintendent Tim Wald at 651-407-7516.

### **Pick up/Drop off Information**

For the safety of our students please do not pick up or drop off students in the bus lane on the south side of the building between the times of 7:45-8:15 am and 2:45-3:15 pm. After-school pick-up tends to be a busy time at Sunrise, especially on the west side of the building. Please be cautious and considerate. Parents might also consider picking up students on the north or east side of the building, where there is less traffic.

### **Staying After School**

Students are only permitted to stay after school to participate in a supervised after school activity or to work with a teacher. Students may not stay after school to do homework or hang out with friends, as these activities are not supervised. FLEX is free after school option for students, Monday - Thursday. Although there is currently a waiting list, parents are encouraged to register their children, as students are added regularly. Click [here](#) or see the district website for additional information.

### **Activity Bus [Schedule](#)**

- The activity bus leaves Sunrise at 5:00 pm, goes to South Campus, then leaves South at 5:15 pm.
- Students must have a pass or student ID with a season sticker to ride the late/activity bus. Students in clubs, activities, or athletics can ask for a sticker to put on their student ID from Mrs. Boleen at the Activities/Athletics window. Students staying after with a teacher or Promise Fellow will need to ask for a daily pass from them.
- Please call transportation with any questions: 651-407-7538.

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.