

SUNRISE PARK MONTHLY NEWSLETTER

JANUARY 2019



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

[Sunrise Upcoming Events](#)

[Sunrise Daily Announcements](#)

Current 8th Grade Families

Parents and guardians of current 8th graders (Class of 2023) are invited to attend the Parent Registration Information Night for the 2019-2020 school year. Dr. Gillespie and the Class of 2023 counselors will welcome parents and present the agenda for the evening which will include break-out sessions with each department. Parents can choose which department presentations they would like to attend.

When: Wednesday, January 9, 2019

Time: 7:00 pm

Where: North Campus Theater

January Jubilee

The Sunrise Park Middle School staff will be offering our annual Activity Day on Friday, January 25th, 2019! It is a great opportunity for students to interact with their peers in a social activity and create new friendships. Students will be with other students from all grades and teams in a variety of in and out-of-school activities. We call this day January Jubilee!!

Events offered this year include...Grand Slam with Feed My Starving Children, Snow Tubing, Zero Gravity with Feed My Starving Children, Games Games Games, Ultimate PE, Art and Food, Wild Mountain Skiing, Movie/Ninja Warrior, Ice Fishing, Movie/Pinz, Movie/Big Thrill Factory, and Minneapolis Institute of Art. Students will also have the opportunity to Job Shadow out of the building as well. Descriptions of all events including the permission slip and costs of trips are listed on [FeePay](#).

Events are filling fast and registration for the activities **ends January 4th!** Any student who has not registered by that date will be assigned to a no cost activity in the building.

PTO/SPMS Community News

Thanks for supporting our SPMS Community PTO!

1. Volunteer to help plan some fun evening events at Sunrise Park Middle School.

Community Dinner on Tuesday, April 2nd. Help plan student talent, a raffle and the Wall of Wishes (for classroom needs).

Family Fun Night- explore options for this new all-ages event. Theme ideas so far include fitness, mindfulness or a movie.

2. Support *Sunrise Park Middle School Parent-Teacher Organization* while you shop at

<https://smile.amazon.com/>

3. Help us celebrate a club, sport or other activity your SPMS student is involved with by sharing in our Facebook group at <https://www.facebook.com/groups/spmscommunity>

Monthly Staff and Community Mental Well-Being Series

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

When: January 15, 2019

Time: 7:00-8:30 pm

Where: North Campus Theater

Topic: Using Mindfulness to Increase Well-Being and Effectiveness in the Classroom and at Home

Speaker: Heather Hessel PhD, LMFT, Intuitive Therapy and Counseling, White Bear Lake

[Mental Health Well Being Series flyer](#)

The Top Secret Project: Decoding the Mysteries of the Teen Domain

District Sponsored Free Event (for Adults Only)

The Top Secret Project is a unique program designed to help parents recognize unfamiliar hazards that are often in plain sight. Please join this FREE event to learn more about potential hidden hazards in a teen's domain.

When: Monday, January 14, 2019

Time: 6:00 - 8:00 pm

Where: North Campus - 5045 Division Ave

[The Top Secret Project flyer](#)

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

Yearbook



Order your 2018-2019 yearbook now. You can order through [Walsworth](#) to customize your yearbook with a name stamp, book protector, autograph insert and more. Or you can still order through [FeePay](#) for the basic style. Cost for a basic yearbook is \$25.00.

The Yearbook committee is offering a unique opportunity for parents to sponsor a page! For \$20/page, you may designate which page you would like to sponsor (e.g. 7th grade portrait page with John Smith in it). Then YOU choose what you would like your message to be! This message (a name, a quote, etc) will be displayed on the bottom of the page by the page number. The proceeds of parent sponsorship will go directly to the yearbook.

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.