
ROOSEVELT NEWS

908 E. Jefferson St., Boise, ID 83712

www.rooseveltraiders.com

208-854-6030

April 29, 2016

- Next PTA Meeting (library) Monday, May 16, 7pm
 - Spanish Club (music room) Monday & Wednesday, 8am
 - French Club (Mrs. Mills' room) Wednesday, 8am
 - Choir (music room) Tuesday & Thursday, 8-8:30am
 - STEM (4th/5th/6th graders) Tuesday, 3:15-4:15pm
 - Chess Club (library) Wednesday, 3:15-4:00pm
 - Lego Class Tuesdays, 3:15-4:45pm
 - Girls on The Run Monday & Wednesday, 3:30-4:45pm
 - TGA Golf at Roosevelt Thursday, 3:15-4:30pm
 - Contemporary Dance (music room) Wednesday, 3:20-4:20pm
 - Girls on the Run Bake Sale May 2
 - Band, Choir, and Orchestra Concert May 10, 2pm
 - 5th and 6th Grade Musical May 13, 2pm
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EXTRA! EXTRA!

- ✓ The Character Trait for the Month of April is patience.
- ✓ Boise High School's exciting production of LEGALLY BLONDE, Jr. opened Wednesday April 27th in the main auditorium. This show is geared specifically toward the upper primary and middle school age group. It is the G version and runs just over 60 minutes. If you have a future Boise High performer at your house, this is a great way to introduce them to the wonderful Boise High theatre program. Curtain is at 7PM so they will be out no later than 8:15PM. Also, the price of admission for students is \$5.00 but they will gladly take a 'pay what you can' from any of the families who have financial limitations. Performances are 4/27, 4/28, 4/29, 5/4, 5/5, and 5/6 at the Boise High School Auditorium, 1010 Washington Street. For reservations call 208-854-4810 or email john.rowe@boiseschools.org.
- ✓ **Girls on The Run Bake Sale:** Monday, May 2nd at the back of the school, 3:15pm
- ✓ Hi Everyone,
It was a real pleasure teaching your kids golf at Roosevelt! I just wanted to remind everyone that spring 2 classes will be starting this Friday at Roosevelt. Kids will continue to learn new things progressing through TGA's 5 level program. If you have any questions please let me know. We are also looking for 4-8 kids to start a junior golf league for Roosevelt. If your child is interested please let me know. We will have practices and play matches against other schools this summer. You can sign up at <https://boise.playtga.com/>.
Thank you,
Todd Loveland
Territory Director
TGA Premier Golf of Boise
[208-761-4944](tel:208-761-4944)

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- ✓ **Idaho State Historical Museum:** Is expanding its State Historical Museum to provide an essential resource for education and life-long learning for the state. We invite you to attend our Family Engagement Dialogue Session, May 19th. Your input is important to us. Thursday, May 19th from 5:30pm-8:30pm at West Ada School District Office, 1303 East Central Drive, Meridian, Idaho. Please RSVP by Monday, May 16, to 208-334-2682 or email patricia.hoffman@ishs.idaho.org. Seating is limited.

 - ✓ The 2016 Girls Powered STEM Free camp will be June 7th at Shadow Hills Elementary and June 8th at Whitney Elementary. Registration will be open on May 4th starting at 8:30 a.m. and the camp will be open to any girl going into 4th, 5th or 6th grade in the 2016-17 school year. To register and for more information on the event visit the website - <https://sites.google.com/a/boiseschools.org/girlspoweredstem/home>

Dear Parents,

Does anyone in your family ever get grumpy, frustrated, or angry and not know how to calm down easily?

At Roosevelt, we have been using a tool called the “Grump Meter” to help us stay calm, happy, and connected to each other.

This emotional meter tool reminds us to ask each other “What color are you on?” It helps us prevent the climb to intense feelings that get in the way of getting along with each other by establishing a language of color associated with feelings. We know from our own experience, and research, we learn best and get along well with others when we feel calm, peaceful, and safe.

The whole school is using the Grump Meter to learn about emotions—from Mrs. Bronner to the teachers to the students. Come in and look around at all our Meters in the halls, classrooms, and even the bathrooms! We like using the Meter as a school community because it...

- is like a mirror for our feelings for all ages and helps us recognize our feelings.
- offers a common language of color to communicate about feelings.
- challenges us to identify the triggers that can start the climb to red.
- helps people of all ages creatively find new conversation, empathy, and connection.
- helps us revise our responses to our triggers, find new behaviors, and feel calmness and esteem when we can anchor ourselves on blue and green.

We have had fun making Meters for our school and for home. All students have made their own Meters, which should have come home with your student. If you need to make more at home, a template is always available as a “Grab ‘n Go” as you enter our school; or use the example on this letter as a template and make your own!

If you are interested in learning more about the Grump Meter, check out this link: www.grumpmeter.com. In addition, there is now an app for the Grump Meter (only on iOS so far): <https://itunes.apple.com/us/app/grump-meter/id1082185190?mt=8>. The app offers an easy way for Roosevelt and our families to be on the same page with each other.* Make a Grump Meter—on cardboard or on your screen. Start asking each other, “What color are you on?” and open the door to new conversations in your family!

*If you’d be open to offering feedback on the app, please contact Janet Kaufman: jek346@gmail.com? We are eager to know how you use it, and how it is useful to you. Janet, one of our Roosevelt parents, coauthored The Grump Meter book and designed the app. She is eager to learn from you to further the project. Please email her at: jek346@gmail.com.



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Photo: Hutchison Smith Architects of Boise, Idaho

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