



# Back to School



2022-2023

## Welcome Locomotive Community!

What are your hopes and dreams for your child?  
What would you like us to know about your child? What is your area of expertise that can our student's Project Based Learning?

Our focus this school year is to embrace and nurture the innovative, collaborative, empowered and empathic qualities of our students while challenging them to think critically and to ask questions through STEAM Project Based Learning.

## Contact

School Office Hours: Mon-Fri 8:00AM-3:00PM

916-395-4650

Washington@scusd.edu

520 18th ST Sacramento, CA 95818

## Save the Date

- Meet the Teacher/Room Assignments/Campus visit & Backpack give away (1 for each student)  
AUGUST 26, 2022 - 3:00-4:00PM
- TK/Kinder Meet & Greet/Uniform Swap  
AUGUST 27, 2022 - 10:00AM - 11:00AM
- 1st Day of School  
SEPTEMBER 1, 2022
- Back to School Night  
SEPTEMBER 14, 2022 5:30-7:00PM
- Scholastic Book Fair  
SEPTEMBER 23-30, 2022
- Fall Picture Day (Free Dress Day)  
OCTOBER 13, 2022
- Fall Make-up Picture Day (Free Dress Day)  
NOVEMBER 17, 2022
- "The Messy Middle" Student Presentation/School Community Event  
NOVEMBER 17, 2022

<b>Bell Schedule</b> Transitional Kinder (TK)	9:00 AM - 12:45 PM (M-F) Lunch 11:00-11:40 AM
KINDER	9:00 - 1:32 PM (M-F) Lunch 11:10-11:50 AM
GR. 1-3	9:00 AM - 3:02 PM Thurs. 9:00 AM - 2:02 PM Lunch 11:35-12:15 PM
GR. 4-6	9:00 AM - 3:10 PM Thurs. 9:00 AM - 2:10 PM Lunch 12:00-12:40 PM

## Mask update

We will continue our safety practices -recommended mask wearing, COVID testing, grade level lunches, optional outdoor lunch

**STEAM** |   
SCIENCE • TECHNOLOGY • ENGINEERING • ARTS • MATH

# Washington Elementary School

How can our learners demonstrate leadership, innovation, empowerment and care?

## Yogamotives

As a school, we are intentional about providing leadership opportunities for our learners. We are proud to be the only school in SCUSD with "Yogamotives," our own student led Mindfulness Yoga program. Each morning all students participate in yoga during the first 10 minutes of the school day. Yoga works to help us focus, set our intention for the day, to calm our bodies and build school culture. This year we'll be focusing on poses that "flow" and our 6th graders will teach our younger students the poses the first week of school. Here are poses for your family to practice.

*Flow & Grow*  
KIDS YOGA

### YOGA POSES FOR KIDS: TREE



Extended arms to salutation

Lengthen through the core

Place sole of foot on the calf or inner thigh

Grounded leg & foot



Modified for younger kids

"I am kind"

For more on kids yoga, visit us:  
[www.flowandgrowkidsyoga.com](http://www.flowandgrowkidsyoga.com)

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### yoga poses for kids

#### REVERSE WARRIOR



gaze up

fingers spread

open chest

relax shoulders

rest hand

knee over ankle

"I expand my power."

For more on kids yoga, visit us:  
[www.flowandgrowkidsyoga.com](http://www.flowandgrowkidsyoga.com)

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### YOGA POSES FOR KIDS: WARRIOR II



Straighten and stretch arms

Strong legs

Knee over ankle

"I stand in my power"

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### YOGA POSES FOR KIDS: MOUNTAIN



Relax shoulders

Palms forward, fingers spread out

Back straight

Stand with feet at hip width distance apart

"I stand firm like a mountain.  
I feel steady and powerful."

For more on kids yoga, visit us:  
[www.flowandgrowkidsyoga.com](http://www.flowandgrowkidsyoga.com)

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### yoga poses for kids

#### DANCER POSE



gaze ahead

extend arm

grab hold of ankle

bend knee

"I am elegant."

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### YOGA POSES FOR KIDS: AIRPLANE



Extended arms out to sides

Face forward

Lift leg straight behind

Grounded leg & foot

"I am free"

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**STEAM** | **SCIENCE** | **TECHNOLOGY** | **ENGINEERING** | **ARTS** | **MATH**

## STEAM Academy (Before & After School Program)

Confirmation of enrollment will go out through the week of August 15th, 2022.

STEAM Academy will begin on the 1st day of school, Thursday, September 2, 2021 grades EK-6th. Our morning/before school program will start at 7:00am-9:00am and our after school program will start at the end of the day for each respective grade. (EK-12:40pm, K-1:30pm, 1st-6th-3:05pm). [Register Here](#)

Prior to the pandemic, our program was largely fee based. However, current funding from the State will allow us site to operate a Free Program again for the 2022-23 academic year. *This may change in the future.* Please reach out to Ms. Maren Chewning directly if you have any questions at [Maren-Chewning@scusd.edu](mailto:Maren-Chewning@scusd.edu).

## Student Drop off and Pick-up

For the safety of students, please do not drop-off students **before 8:45 AM** unless your student is in STEAM Academy.

At dismissal, teachers walk their students to the gates for pick-up. Students who participate in STEAM Academy are picked-up in class at their respective dismissal times.

### Pick-up Locations:

EK-3rd -Main Entrance

4th-6th-Garden Gate (17th & F ST.)



Though we are a small school, we create major traffic jams in the morning and after-school. For the safety of our children, PLEASE do not double park and please do not jay walk. We kindly ask that you safely park your vehicle and walk up to the school.

### Breakfast & Lunch

Breakfast and lunch will be free to all students. Lunch time is designated by grade and students have the option to eat indoors or out. Teachers will communicate snack schedules, etc.,.

### Uniform Policy

The building of our Locomotive community is central to our core values. It is important for our students to feel like they are an integral part of our school culture. The following is our uniform policy:

Dark blue bottoms (navy blue); pants, Blue Jeans, shorts, skirts, skorts, jumpers, leggings

Solid White, Navy, or Light Blue Polo/collared shirts

Washington School Uniform shirts & sweatshirts

Sweaters, sweatshirts, in navy blue, light blue, or white

Tank tops or undershirts are not considered uniform tops. Straps on tops must be at least 3 fingers wide. Spaghetti straps are not permitted.

Short Shorts, Bicycle shorts and cut-off shorts are not allowed

No open toe shoes, flip-flops or Heely's

Please visit our student store

The LCO will be organizing a Uniform Swap, Saturday, August 27th, 2022 from 10-11AM. (See Flyer below)







## EMERGENCY CONTACTS

We're asking all families (new and returning) to fill out an updated 2022-23 Emergency Card.

Please update new addresses, phone numbers and email addresses with our Office Staff. It is critical that the school has updated information.



YOU make our school great because you're an expert at something. Project Based Learning is a great way for our learners to see and experience learning in action. You can help. For more information on how to volunteer, [check here](#).

If you've been to our campus, you know that Washington is a special place. All parents, guardians and caretakers of our learners are automatically members of the LCO.

The LCO organizes all school events with the goal of

offering free events and fundraising for field trips. The LCO meets the 1st Tues. of the month at 6:00PM

## LOCOMOTIVE COMMUNITY ORGANIZATION

The major function of the School Site Council is to plan, monitor, and evaluate the activities and expenditures for school programs that are state and federally funded. The SSC is responsible for the development, revision and monitoring of the Single Plan for Student Achievement. SCC meets the 1st Tuesday of the month at 4:30PM

## SCHOOL SITE COUNCIL



### KINDER/TRANSITIONAL KINDER MEET AND GREET

WASHINGTON PARK PLAYGROUND  
(BEHIND THE SCHOOL)  
SATURDAY, AUGUST 27, 2022  
10:00-11:00 A.M.

INTRODUCTIONS  
MEET YOUR TEACHER  
FREE PLAY TIME  
SNACK WILL BE PROVIDED



THIS IS AN OUTDOOR EVENT

A HUGE THANK YOU TO OUR FRIENDS AT:

## PROCTOR & GAMBLE SACRAMENTO SITE

for donating a backpack for each student at Washington!



LOCOMOTIVE COMMUNITY ORGANIZATION EVENT (LCO)

## UNIFORM SWAP!

SATURDAY, AUG. 27TH, 2022  
10:00-11:00 AM  
OUTDOOR TABLES  
@PLAYGROUND

DONATE YOUR NEW & GENTLY USED, WASHED UNIFORMS TO THE MAIN OFFICE BEFORE AUGUST 25TH. 8-3PM



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VOLUNTEERS NEEDED!