

Cheetah Chatter

Published by Meridian Park School & Meridian Park PTSA

REFLECTIONS UPDATE

Congratulations to the following talented MP students whose Reflections submissions will move on to the state level of judging and to the students who received Honorable Mention:

FINALISTS:

For music composition -Ameena Majeed
 For visual arts – Daisy Cui, Emily Wang, Ivy Ren
 For literature – Mercy Haub
 For photography – Sarah Haycox

HONORABLE MENTION:

For music composition – Melissa DeGrazia
 For visual arts – Grace Halloran, Dash Jackson, Ameena Majeed
 For literature – Dawson Chan
 For photography – Eliana Megargee

Special thanks to MP parent Tiffany Megargee who spent a lot of time and effort coordinating MP's Reflections program. Congratulations to all!!

MP SKATING PARTY

Wednesday, February 11 from 6:00—8:00pm. Join your MP classmates for an evening of skating at Lynnwood Bowl & Skate, 6210-200th St. SW., Lynnwood. Admission is \$6.50 which includes quad skate rental. Pay an additional \$3.00 for in-line skates. Parents are encouraged to participate. No drop-offs allowed. Look for flyers to come home in your student's kid mail. Hope to see you there!

LOST AND FOUND

Please check the lost and found – there are a lot of lost sweatshirts and coats! We will be donating lost and found clothing to The Works on **March 11th**, so claim your items now!

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UPCOMING EVENTS

February 5

No School

Staff Work Day

February 11

Suzanne Williams at MP (Guest Author Visit)

February 11

6:00 pm – 8:00 pm
 Lynnwood Bowl and Skate
 MP Skating Party

Feb. 15-19

No school

Mid-Winter Break

March 1

7:00 pm – 8:30 pm
 MP Library
 PTSA Board of Directors Meeting

March 3

4:00 pm – 9:00 pm
 Shorewood High School
 Drama Club Tech Rehearsal

March 4 and 5

7:00 pm
 Shorewood High School
 "Out of the Woods" Performances

March 7

No school

Staff Work Day

March 10

7 p.m. – 8:30 p.m.
 Shorewood High School Theater
 West Side Choral Festival

March 8 – 11

Early Dismissal

Elementary Parent/Teacher Conferences

Principal's Letter

Dear Families—

We are finishing up first semester, and progress reports (report cards) will be sent home with students on February 12. Conferences are March 8 - 11; please watch for an invitation from your teacher to schedule. We value ongoing family communication, and look forward to meeting with you for a conversation at conference time.

Congratulations to the Cascade K-8 School community, staff, and Principal Chrisy Francescutti for the School Board decision to relocate the CK8 program to Aldercrest Campus for next year, sharing with Home Education Exchange. It's exciting news for Cascade to continue its program and mission. We will gather for a community celebration and CK8 send-off before the year ends. Please reach out to our friends at Cascade to offer congratulations and support. There are many questions at this point about district capacity, facilities, and space, including our campus, and I encourage you to stay informed through the district website.

Long time Shoreline Lunch Lead Sandy Renando retired at the end of 2015 and her assistant Geri Johnson has accepted a classroom para support position. We welcome a completely new team in our cafeteria: Elke Stickelmaier (lead), Li Chyan (assistant), Ronelle Tyau (assistant), and Babylin Lumbera (breakfast).

As a reminder, breakfast is open to all students at 8:45 am each day. You can check your student's account online or make payments using the deposit box in our foyer. We have a terrific breakfast and lunch program and encourage all families to take advantage.



Safety is our #1 priority, and we continue to review and refine our safety practices. You can help by making sure that we have your most current phone numbers and emergency contact names/numbers on file at school. You can also help by having a family safety plan and reminding your child(ren) that the adults in their lives are always working together to keep them safe. Supportive, reassuring words always help reduce anxiety as we continue to plan for the unexpected.

Principal's Letter

Principal's Letter continued

Shoreline Schools and MP are involved in the Roots of Empathy program. The purpose is to "raise levels of empathy, resulting in more respectful and caring relationships and reduced levels of bullying and aggression." This is part of our ongoing efforts to be proactive in teaching positive behaviors and prevent bullying/harassment. Thank you to our Roots Facilitators and PTSA for funding support for Roots of Empathy. You can learn more at www.rootsofempathy.org.

As parents of busy young adults, my wife and I know that raising a family is one of our greatest joys and greatest challenges. Thank YOU for the great work you're doing at home raising great kids. Meridian Park is a wonderful school because of all of us working together. Great things are happening all around our school, and your support helps us focus on learning, playing, and growing. On behalf of the entire staff of Meridian Park Elementary, thank you for our partnership. We are proud to be part of such a caring, supportive community, and grateful to you for sharing your children and family with us.

~David Tadlock, Principal
david.tadlock@shorelineschools.org

TADLOCK TIP #6 - MODELING

We model in almost everything we do, and our kids learn as much from our actions than our words. I encourage all of us to reflect on our habits, words, and interactions. Let's all be positive role models for our students.

BUS ROUTE CHANGES

Meridian Park Bus Route 115 Silver is being eliminated and combined with other routes to ensure students arrive to school on time each day. The changes listed below will be in place for the remainder of the school year and only affect students assigned to Meridian Park Routes 115 Silver or 121 Red.

- The Syre stop will be picked up and dropped off by Route 125 Blue at 8:25 am and 4:00 pm.
- The Einstein stop will be picked up by Route 121 Red at 8:45 am and dropped off by Route 110 Green at 3:40 pm.
- The stop at 3rd Ave. NW will be picked up by Route 121 Red at 8:48 am and dropped off by Route 110 Green at 3:40 pm.
Updated Route 121 Red pick-up times will be: 8:20 (Parkwood), 8:30 (Highland Terrace), 8:37 (Linden/167th), 8:40 (Fremont/170th), 8:45 (Einstein), and 8:48 (3rd Ave NW).

Please contact Mary Sherman in the district Transportation office with any questions or concerns: mary.sherman@shorelineschools.org or (206) 393-4277.

Cheetah Notes

NOTES FROM THE MUSIC DEPARTMENT

Meridian Park School honored Dr. Martin Luther King, Jr, and American civil rights movement leader and activist Amelia Boynton Robinson at our assembly on January 15. Mr. Tadlock and the Student Council officers led the assembly, and Mr. Herold was the featured speaker. The student body all joined in singing songs of freedom and peace.

Most of our 6th grade students will be participating in the Shoreline School District's Music Festivals. Below are specific dates and times for Honor Choir Rehearsals, in preparation for the Shoreline School District West Side Choral Festival on March 10. Qualifying 6th grade students should have brought a parent and student letter home during the week of January 19 – 22, which parents need to sign and return.

2016 MERIDIAN PARK SCHOOL REHEARSALS

2016 HONOR CHOIR MORNING REHEARSAL SCHEDULE

Not required, but come to as many as you can:

8:30 - 9:05 am	Tuesday January 26	MP 601, Music Room
8:30 - 9:05 am	Friday January 29	MP 601, Music Room
8:30 - 9:05 am	Tuesday February 2	MP 601, Music Room
8:30 - 9:05 am	Tuesday February 9	MP 601, Music Room
8:30 - 9:05 am	Friday February 12	MP 601, Music Room
8:30 - 9:05 am	Tuesday February 23	MP 601, Music Room

2016 HONOR CHOIR EVENING REHEARSAL AND CONCERT SCHEDULE

Required evening Combined Choir rehearsals and performance schedule:

Rehearsals

7:00-8:30 pm	Thursday, Feb. 25	Shorewood Choir Room
7:00-8:00 pm	Monday, Feb. 29	Shorewood Choir Room
7:00-8:00 pm	Wednesday, March 2	Shorewood Band Room
7:00-8:00 pm	Monday, March 7	Shorewood Choir Room

Dress Rehearsal

7:00-8:30 pm	Wednesday, March 9	Shorewood Choir Room/Theater
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WEST SIDE CHORAL AND 6TH GRADE HONOR CHOIR FESTIVAL PERFORMANCE

7:00-8:30 pm	Thursday March 10	Shorewood High School Theater
(Honor choir students to be in place at 6:40, seated by 6:45)		

Meridian Park Arts Festival

Thursday, May 26, 6:30 - 7:15 pm - all 2nd through 5th grade students perform a vocal music concert.

“Moving On” program for 6th grade—Thursday, June 23, 9:30 - 11:00 a.m.

Happy February and Happy Valentine's Day,

Mrs. Anderson and the Meridian Park Singing Cheetahs

Cheetah Notes

NOTES FROM ANNIE GAGE

Families, Friendships, Feelings, Fun

Think about all you do to keep your children safe and healthy: make sure they wear seatbelts and bike helmets, exhort them to brush and floss, encourage them to eat nutritious foods, and much more.

In addition, before your child goes to a friend's house for a play date, you might ask some questions about that household, such as what kind of videos they watch, do they have pets, or does their trampoline have a net around it.

One more step you can take to increase your child's safety is to talk with other parents about whether they have guns in their house, and if so, how they are stored.

One Meridian Park parent who practices this safety measure had a positive experience with another Meridian Park parent when her child was in first grade.

After asking if there were any guns in the home of her child's new friend, she (I'll call her parent A) learned that a gun was kept in a box in the closet of the other parent's (who I'll call Parent B).

Parent B explained he wasn't concerned because his child wasn't one to go snooping around and find it.

"But my child is!" replied Parent A.

They talked about it, and Parent B agreed to buy a gun safe, which is where the gun is now stored.

The conversation was warm and considerate from start to finish, with both sets of parents assuming positive intent from each other.*

If you would like more information on the topic of children and gun safety, visit BeSmartforKids.org

*All parents consented to me sharing their story.

Annie Gage, MSW
Family Advocate
206-393-1768
annie.gage@shorelineschools.org

Cheetah Notes

NOTES FROM THE MERIDIAN PARK LIBRARY MEDIA CENTER

GUEST AUTHOR SUZANNE WILLIAMS

On February 11, 2016, popular children's writer Suzanne Williams will visit Meridian Park for three assemblies. Ms. Williams is the co-author of the Goddess Girls, Heroes in Training, and Grimmtastic Girls series, as well as the author of the picture books Library Lil, Ten Naughty Little Monkeys, and My Dog Never Says Please.



Ms. Williams' assemblies will include role-play and expressive movement with the younger students, and story development with the older students. Below is the schedule for grade-level-band assemblies.

You are invited to attend any assembly with your child(ren).

Time Frame	Grade Band	Location
9:30 – 10:30	Third and Fourth Grades	Band Room
10:45 – 11:45	Fifth and Sixth Grades	Band Room
12:55 – 1:55	Kdg, First, Second Grades	Little Gym

I would like to thank both the **Shoreline Public Schools Foundation** and the **Shoreline/LFP Arts Council** for funding my grants for this event, as well as the MP PTSA for their annual support of author assemblies.

FIFTH AND SIXTH GRADE MP3 PLAYER CHECK – OUT THROUGH THE LIBRARY

Any MP fifth or sixth grader can now check out an MP3 player (iPod Mini, iPod Shuffle, or generic MP3 player) in order to listen to an audiobook downloaded by library staff. Interested fifth and sixth graders should complete a permission form/contract* with his/her parents and turn it in to Ms. Hillger in the library. Once the permission form/contract is on file, s/he can check out audiobooks for a two-week period of time.



The purchase of MP3 players was made possible by the MP PTSA grant program. Thank you, MP PTSA!

*Print a copy from this newsletter, or see Ms. Hillger in the library.

Happy Reading!

~Jenny Hillger
Teacher/Librarian
jenny.hillger@shorelineschools.org

IPOD MINI/IPOD SHUFFLE/MP3 PLAYER PERMISSION FORM

Meridian Park Elementary Library
Grades 5 and 6
2015 – 2016

I give my child, _____ permission to check out an iPod/MP3 player from the Meridian Park Library. I understand that the iPod/MP3 player is to be used **ONLY** for listening to one book downloaded by the library. I have reviewed the guidelines listed below for iPod/MP3 player use with my child. He/she understands these guidelines and agrees to follow them. I further understand that the iPod/MP3 player is valued at \$40. **I agree to pay a replacement fee (\$40) for the iPod/MP3 player if my child returns the iPod/MP3 player in a damaged condition or if my child loses the iPod/MP3 player that he/she checks out.** If a student does not follow the guidelines listed below, he/she will not be allowed to check out an iPod/MP3 player again.

Guidelines for iPod use:

The iPod/MP3 player may be checked out for TWO weeks only.
The iPod/MP3 player may only be used to listen to the downloaded audio book.
No music or other audio is to be downloaded onto the iPod/MP3 player.
The iPod/MP3 player is used ONLY by the student who checked it out. It is not to be loaned to another student or person.
The student agrees to be very careful with the iPod/MP3 player and keep it in a secure place when not using it.
Keep the iPod/MP3 player and headphones in the case and Ziploc bag.
Do not put the iPod/MP3 player in the bottom of a backpack
Do not use the iPod/MP3 player or take it out on the bus.
Do not expose the iPod/MP3 player to rain or other elements.

Parent Name

Parent Signature & Date

Parent Phone Number & Email

Student Room #/Teacher

Student Name

Student Signature & Date

Cheetah Notes

NOTES FROM P.E.

THE POWER OF WALKING

In last month's *Cheetah Chatter*, I spent some time outlining the danger of sedentary habits in what health professionals have come to refer to as the disease of sitting. In short, research is increasingly revealing that the simple act of sitting too much has many of the same ill health effects associated with smoking cigarettes.

While the obvious remedy to this problem is sitting less, often people are left a little perplexed about what is the best way to get daily recommendations of exercise. Should I start jogging? Join a Gym? Hire a personal trainer? As a health and fitness professional with over twenty years of experience in the field, I have witnessed a lot of trends come and go with plenty of bad information to boot. The multi-billion dollar health and fitness industry is happy to keep reinventing the wheel when it comes to the latest and greatest exercise program. They are even happier to package it up and sell it to you! The solution however, is really quite simple; we should all walk more.

A couple years ago Dr. Mike Evans put together a visual presentation titled *23 ½ hours* and published it on YouTube. If you haven't watched the short film, it is less than ten minutes long and provides a wealth of research based information making a strong case for low output cardiovascular exercise (walking) as the single most effective prescription for improving health and longevity.

Specifically, Dr. Evans provides the following points. 30-60 minutes of moderate intensity exercise each day:

- Reduces pain and dysfunction in arthritic patients by 47%.
- Reduces progression and dementia and Alzheimer's in elderly by 50%.
- Reduces progression of diabetes in pre-diabetics by 58%.
- Reduces risk of fractures in certain populations by 48%.
- Reduces anxiety by 48%.
- Reduces depression by up to 47%.
- Reduces overall risk of premature death by 23%.

If a pharmaceutical company could bottle up a pill that accomplished these things, they would make millions of dollars! Fortunately for all of us, walking is easy, accessible and best of all free. As the days begin to get a little longer and the weather not quite so dreary, I highly recommend that you find ways to build a little bit more walking into your life. Is it possible to walk to school a couple days a week? Is the grocery store a reasonable distance to walk? Could a recreational outing, like going to Seattle be accomplished by bus and walking? Walking with your kids reinforces a family commitment to health and fitness, interact with the outdoors and is an excellent opportunity to connect with your children and talk to them. Definitely a

Cheetah Notes

Notes from P.E. continued

CHEETAHS ARE GETTING STRONGER

Just a reminder that we are continuing our effort to improve the upper body muscular strength of all Meridian Park students. We focus on this component of fitness each day in class and I am urging students to spend just 3 minutes each day outside of class working to improve. Students are learning variety of muscular strength exercises that can easily be performed at home and I urge you to engage your children in a conversation about what efforts they are making outside of class to get stronger. Fourth through sixth grade students are participating in progress tests the last week of January and I will share the results in the Cheetah Chatter next month.

HELMET DRIVE

Have a bicycle helmet lying around the house that you no longer use? I am collecting helmets in preparation for teaching unicycles after mid-winter break and would really appreciate any donations from Meridian Park families. Simply send the helmet to school with your child and have them bring it to PE. Thank you for your support!

~Matt Alford

Physical Education Specialist

matt.alford@shorelineschools.org



PTSA President's Letter

Hello from the Meridian Park PTSA!

The Variety Show on January 9th was a huge success! Thank you to all the talented students and amazing volunteers who made this event so special! A huge Cheetah Cheer to coordinators Holly DeGrazia and Payal Palta for their time and effort for producing such a fantastic show!

The next MP production is coming up soon! The 4th – 6th grade Drama Club along with Dandylyon Drama present "Out of the Woods" on Friday, March 4th and Saturday, March 5th at 7:00 pm at Shorewood High School. Tickets will be on sale soon.

Our special guest for the January 5th General Membership meeting was Chuck Goodwin, Safety and Emergency Preparedness Coordinator for Shoreline Schools. Chuck provided lots of very interesting information regarding current safety procedures and potential changes in the future. Chuck also spent time thoughtfully answering our specific questions regarding the Meridian Park campus. MP parent Kris McRea is following this topic so feel free to contact her at krismmcrea@gmail.com for more information.

Also at the January meeting, we elected a three-member Nominating Committee to recruit candidates to run for office in 2016-2017. Open positions include President or Co-Presidents, Co-Treasurer, and Vice President of Programs. If you are interested in joining the leadership team or have questions, please contact Nominating Committee Chair Linda Tsai at neonfish@comcast.net.

Be sure that you have the 7th Annual Shoreline Classic Car Show marked on your calendar for Sunday, July 17th! The Car Show is our major fundraiser for the year and it's also a great community event that attracts hundreds of classic cars and spectators. Stay tuned for details regarding the kick-off Car Show planning meeting. Your help is needed to continue this wonderful tradition.

The next PTSA Board of Directors meeting will be Tuesday, March 1st. The regular monthly Board of Directors meetings are held on the first Tuesday of the month from 7:00—8:30 pm in the Library. All of our meetings are open to the public.

For more information, please visit mpptsa.org and check us out on Facebook.

~ Jill Steinberg
MP PTSA President, 2015-2016
www.mpptsa.org
mpptsapresident@gmail.com
206-356-5977

Cheetah Cheers/PTSA News

CHEETAH CHEERS:

Thank you to all of the families who donated supplies and food for the staff appreciation "Sandwich Smorgasbord" in January. The teachers and staff loved it! Special thanks to our bakers, our sandwich suppliers, and our behind-the-scenes coordinators: Ann Yee, Julie Reinhardt, Susie LaClergue, Stacy Moore, Kerri Frye, Suni Tolton, Molly Ballenger, Rosemary Trimmer, Brenda Girgich, Giovanna Koceski, Siew-Choo Sorensen, Correne Saunders, Wei-Ping Lin-Chung, Rebecca Andresen, Tricia Norton, Megan Menis, Sonja Serwold, Janet Shin, Matt McNulty, Alemnesh Teshome, Miranda Jennings, Karena Dulla, Carrie Getz, Elsa Husted, Lori Ramsay, and Laura Hungerford.

The next staff Appreciation Event will be an Italian-themed dinner on March 10th, the teachers' longest day of parent/teacher conferences. The event will be hosted by the kindergarten and 1st grade families but all are welcome to contribute.



January Staff Appreciation "Sandwich Smorgasbord"

PTSA GOLDEN ACORN AWARD COMMITTEE MEMBERS NEEDED



Are you looking for a fun, quick, and easy volunteer job at Meridian Park? The annual PTSA awards are coming up and we need a committee of people to oversee the nomination process and the rewarding of awards for The Golden Acorn Award, Outstanding Advocate Award, and Outstanding Teacher Award. This is a fun one-time job done in a team environment. Want to join the fun or interested in finding out more? Contact Jill Steinberg at jrsteinberg@comcast.net

PTSA News



**Meridian Park PTSA along with Dandylyon Drama
Presents...**

"OUT OF THE WOODS"

A new musical performed by Meridian Park's 4th-6th grade drama club. Pre-sale ticket flyers will be sent home in kid mail the first week of February.

Performances are Friday, March 4th and Saturday, March 5th starting at 7:00 p.m. @ Shorewood H.S. Performing Arts Theater.

Drama Club
students in
rehearsal



KEEP THOSE BOX TOP LABELS COMING!

Thank you for supporting Meridian Park Elementary! The labels you send in with your children each month support programs and equipment which benefit our kids all year long. A collection sheet is included at the end of this newsletter.

A Bit O' Box Top Collection Data to date:

Labels for Education balance: 37,477 points!

Box Tops for Education: \$352.20! Our goal is \$1,000!

Thanks!

Amy Poffenbarger

Box Tops Coordinator for Meridian Park Elementary

PTSA News

THE WORKS – VOLUNTEERS NEEDED

The WORKS clothing room provides high quality, clean, gently used children's and teen clothing to Shoreline School District families experiencing circumstances that make it challenging to clothe their children for school.

The WORKS is run by a committee of PTA volunteers representing many different schools throughout the Shoreline School District. They are supported each Wednesday by volunteers from local PTA units. Each local unit signs up to assist 2 Wednesdays during the school year. Please consider representing Meridian Park as we need 2-4 volunteers to help on March 9th and April 27th from 6:30-8:30 p.m.

If you would like to volunteer, please contact Susan Duthweiler – sduthweiler@gmail.com or (206) 542-5147.

SHORELINE MATH OLYMPIAD NEWS

The Shoreline Math Olympiad contest is an exciting celebration of mathematics! It's open to all 4th, 5th, and 6th graders attending Meridian Park, whether they are in Math Club or not. There will be multiple-choice contests, mental math, team rounds, a lunch break (please bring pizza money), and plenty of entertainment leading up to the awards ceremony.

The event is on Saturday morning, March 12, starting around 8:30 am, at Shoreline Community College. Eligible Math Club students are already preparing for this, and they will receive more information about Shoreline Math Olympiad from their coaches.

Non-Math Club students — please read the following carefully if you wish to participate in the Math Olympiad:

Contact mpmathclub@gmail.com by February 26 if you are interested in attending the contest. Coordinator Raif will give you more information, including permission slips, what to expect, and how to practice.

The contest has individual rounds and team rounds. If you'd like attend the individual rounds, just let us know. If you'd like to attend the team rounds, keep reading. To attend the team rounds as a non-Math Club member, you must form your own team ahead of time. We will not join or mix Math Club and non-Math Club team members on the contest day. (Why? Because we cannot include non-club-members in our Math Club team practices, due to PTSA program rules. And like any sports teams that works hard and commits to high goals, we need to practice the same way we play.) If you like the idea of math team contests, be sure to join math club next year! Unlike previous years, 3rd-graders and below are no longer allowed at Shoreline Math Olympiad, per the contest organizers. Please do not bring 3rd-graders and below to the contest. This rule applies to Math Club members too. If you're not in 4th grade yet, we hope to see you in a future year!

Community News

Information on these resources is offered as a service to families—these are not always MP or MP PTSA events or workshops.

MERIDIAN PARK ELEMENTARY

schools.shorelineschools.org/meridianpark/

David Tadlock *Principal*
David.Tadlock@shorelineschools.org

Hillery Clark *Early Childhood*
Program Manager

Diane Randall *Office Manager*

Jill Gwazdauskas *Registrar*

Susan Goldman *School Nurses*

Annie Gage *Family Advocate*

2015–2016 MP PTSA EXECUTIVE COMMITTEE

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Follow the MP PTSA on Facebook

facebook

SHORELINE COMMUNITY MOVIE

Join the Shoreline Community and Shorewood PTSA on **Sunday, March 6**, to view a thought-provoking documentary on raising boys. The film entitled, "**The Mask You Live In**," is for anyone who is concerned about how we raise young people in today's world, not only parents of boys. The film is recommended for parents/ guardians/ coaches/ teachers and is appropriate for students age 14 and up. The film will begin at 5 p.m., with a panel discussion to follow from 7-8 p.m.

The location will be at the Shoreline Auditorium at 18560 -1st Ave. NE. (Shoreline Conference Center). Tickets at: <http://themaskyoulivein.bpt.me>

High school students will be admitted free at the door with ID. Adult admission is \$7, but is free if childcare is purchased (YMCA on-site).

LOCAL BOOK LAUNCH ON FEBRUARY 13

Many Shoreline families may be familiar with Mrs. Wigglesworth, who has been telling stories at Meridian Park and other Shoreline schools for over 10 years. Her niece, Pat Erickson, has written a book about her "Aunt Amanda" entitled "Mrs. Wigglesworth's Hat". Pat will be holding a book launch party on February 13th at the EM Event Center, 17537 15th Ave NE from 1 to 3 p.m., and all Meridian Park students and families are invited to attend. The EM Event Center is located in the basement level of the Easy Monkey Taphouse, with parking behind the building. Books will be available for purchase at that time. Those purchasing the first 35 books will each receive a free Mrs. Wigglesworth poster. Questions: 206-533-9179.

The Cheetah Chatter is Published Monthly by
Meridian Park Elementary School and the Meridian Park PTSA

SHORELINE COMMUNITY M O V I E

Presented by: Shorewood PTSA

Food
Trucks
at 4pm!!!

Sunday, March 6, 5pm - Shoreline Auditorium - 18560

1st Ave NE

Followed by a Panel Discussion 7pm-8pm

Be Cool... **Be a Man!** **STOP CRYING!**

From the team of Miss Representation, comes
a film exploring Masculinity in America!

The Mask You Live In follows boys and young men as they struggle to be true to themselves. Pressured by their peers, adults and the media, boys learn to disconnect from emotions, devalue friendships, objectify women and resolve conflict through violence. Gender stereotypes interconnect with race, class and circumstance to create a maze of identity issues boys must face in order to become "real" men.

Throughout the film, experts in neuroscience, psychology, sociology, sports, education and media weigh in on the "boy crisis" and tactics to combat it. *The Mask You Live In* illustrates how we, as a society, can raise a healthier generation of boys and young men.

VIEW THE TRAILER:

<http://therepresentationproject.org/films/the-mask-you-live-in/>

THE MASK YOU LIVE IN

- ✦ Film is appropriate for audience ages 14 and up
- ✦ Adults \$7 or free with purchased childcare
- ✦ On-site child care, 4:45 pm - 8pm, 2-12 years of age \$15 first child, \$10 subsequent
- ✦ Child care provided by YMCA with movie and crafts including pizza dinner
- ✦ All high school students FREE at the door with school ID from Shoreline or other districts

Brown Paper Tickets: <http://themaskeyoulivein.brownpapertickets.com>

About The Representation Project: Using film as a catalyst for cultural transformation, The Representation Project inspires individuals and communities to challenge and overcome limiting gender stereotypes so that everyone, regardless of gender, race, class, age, sexual orientation or circumstance can fulfill their potential.

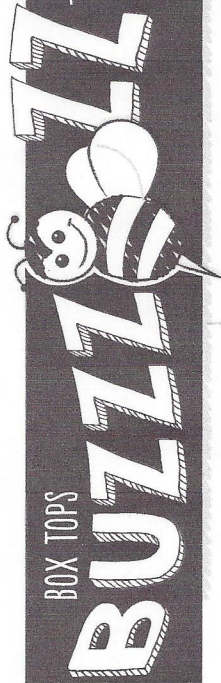


Sponsored by:

<http://www.shorewoodptsa.com>

<http://www.wfalliance.org>





THE LATEST NEWS & INFORMATION FROM BOX TOPS FOR EDUCATION | JANUARY 2016

OUR SCHOOL'S BOX TOPS COORDINATOR:

Amy P.

Welcome back after the holidays, parents! Did you know that we've already earned a check for

\$352.00

from Box Tops this school year?

KEEP CLIPPING BOX TOPS!

If 260 families complete the attached collection sheet and turn it in to school, we

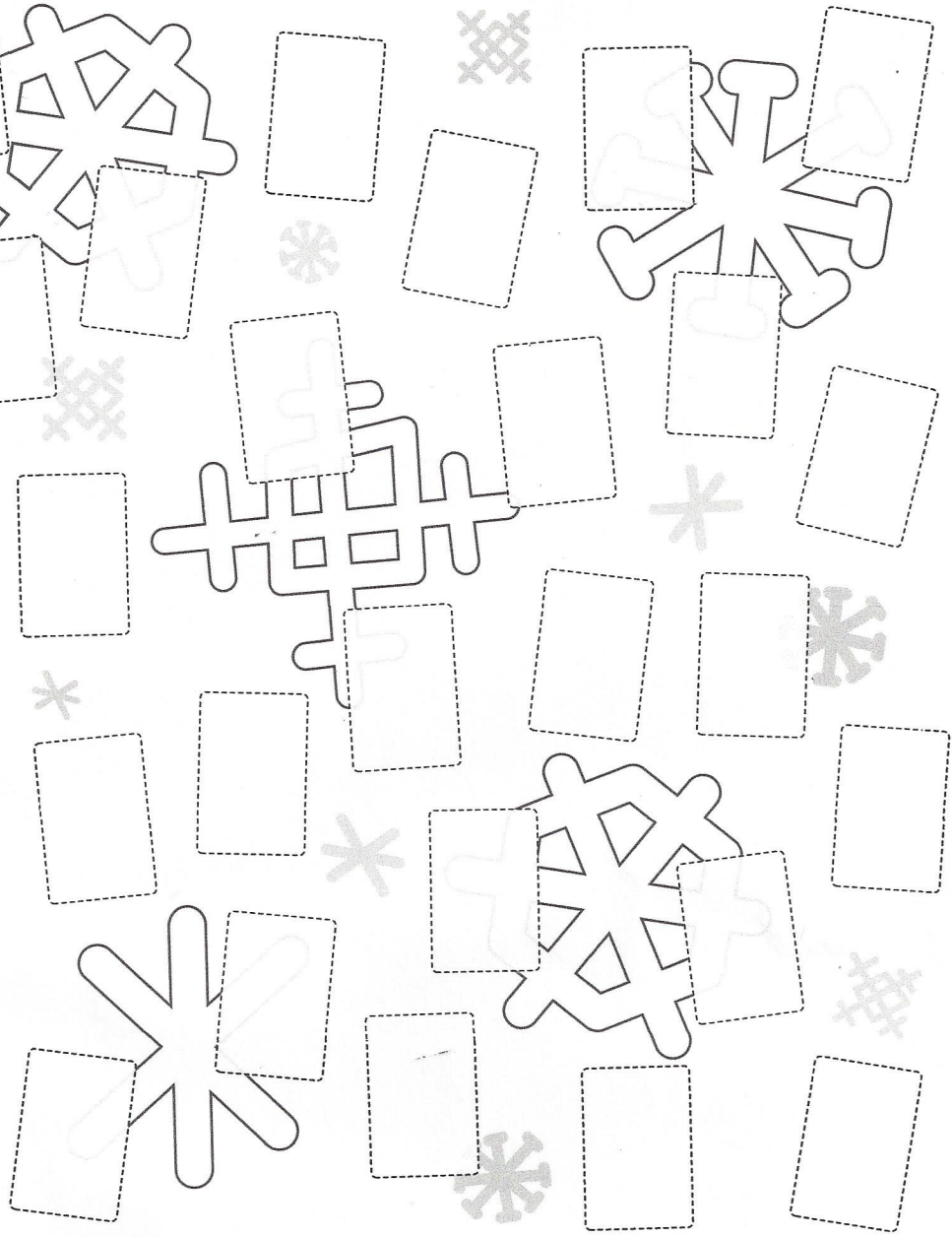
@Meridian Park Dem.

could
This year we are hoping to raise

our goal of \$1,000!

Don't miss out on all the chances to win Bonus Box Tops this month

BRING IN A BLIZZARD
OF BOX TOPS!



Thank you for helping! Clipped Box Tops are each worth 10¢ for your child's school. Bonus certificates should not be attached to this sheet - please submit them separately. To see more ways to earn cash for your child's school, go to BTfE.com.