

# Cheetah Chatter

Published by Meridian Park School & Meridian Park PTSA

## SKATING PARTY

Thursday, October 2 from 6:00 - 8:00 pm. Join us for the first skating party of the year at Lynnwood Bowl & Skate, 6210 200th St. SW, Lynnwood. Admission is \$6.50 which includes quad skate rental. Pay an additional \$3.00 for inline skates. Parents are encouraged to participate. No drop-offs allowed. Feel free to bring your helmet! Hope to see you there!

## MATH CLUB COACHES NEEDED

The Meridian Park Math Club needs coaches and parent volunteers! In particular, third- and fifth-grade coaches are urgently needed and parent volunteers for all grades are needed (any club that includes more than 10 students requires a parent volunteer in addition to a coach).

Coaching math club is rewarding and fun, and does not require any special skills. Math Club provides study materials and the answers—if you've passed high-school algebra, you can coach math club!

Math Club is open to all, and the rewards that students reap from math club are phenomenal. Solving math word problems in a timed test is excellent preparation for high school and college entrance exams. Please don't let your child miss out. If you can help coach or volunteer, contact Ed Goldstick, MP Math Club Coordinator, at [mpmath-club@gmail.com](mailto:mpmath-club@gmail.com).

## THE CHEETAH CHATTER GOES DIGITAL

For the remainder of the school year the Cheetah Chatter will be distributed via email. Prints of the Newsletter will be available in the main office. Newsletters will also be posted on the school website at: <http://schools.shorelineschools.org/meridianpark/meridian-park-messenger/>

## DRAMA CLUB 4TH – 6TH GRADERS

### *Alice in Wonderland*

*A new musical by Dandylyon Drama's  
Rob Jones & Melani Lyons*

### Important Dates to know....

Parent Information Meeting: 12/4/14 @ 7:00 pm

Drama Auditions 12/15/14 – 12/18/14

Everyone who signs up gets a part!

1/5/15 – Drama Rehearsals begin Monday through Thursday

1/20/15 – 1/22/15 – Rehearsals held during early release days

12:00 – 3:30 pm

2/26/15 – Mandatory Dress Rehearsal @ Shorewood H.S. Theater

2/27/15 – Drama Performance @ Shorewood H.S. Theater

2/28/15 – Drama Performance @ Shorewood H.S. Theater

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## UPCOMING EVENTS

### October 2

6:00 – 8:00 pm  
Lynwood Bowl & Skate  
Skating Party

### October 6

Meridian Park Library  
Bookfair Set Up

### October 7

6:00-7:00 pm  
Board of Directors PTSA  
Meeting

### October 7

7:00-8:30 pm  
Meridian Park Library  
PTSA General Membership  
Meeting

### October 7

Meridian Park Library  
Book Fair Preview

### October 7 - 21

PTSA Fall Fundraiser

### October 8 - 10

8:40 am – 4:00 pm  
Meridian Park Library  
Book Fair

### October 8, 9 & 10

11:50 am  
Early Release for Elementary  
Parent Conferences

### October 24

1:50 am  
Early Release

### October 27

No School  
Non-Student Work Day

# Principal's Letter

Dear Families,

Autumn is here! We had a great month in September with learning, positive behavior, and activities. **Thanks** everyone for working together to help all students find personal and academic success.

**Recess** is an important time for students to play and exercise. As a reminder, we go outside for recess in all kinds of weather, including regular rainy days, so please make sure kids come to school prepared. Indoor recess is rare, except when it's unsafe, and we appreciate your support.

State **MSP results** have been mailed to all families in grades 4, 5, and 6. Meridian Park scores reflect the hard work of our students, our families, and our committed staff. If you have questions about your child's scores, feel free to contact me, your child's teacher, or visit [www.k12.wa.us/assessment/](http://www.k12.wa.us/assessment/). If you need a copy of your child's MSP report, call Jill in the office she will gladly mail you a copy. 2014 was the final year of MSP; this spring we shift to the National Assessment, called Smarter Balanced.



**Parent/Teacher Conferences are next week.** October Conferences are a great opportunity to establish a positive working relationship and communication plan with your teacher. Please double check your day and time; contact your teacher if needed. We look forward to having 100% participation. Reminder: early dismissal at 11:50 am on October 8, 9, and 10.

Family Access to online tools for student information and programs:

- **Skyward Family Access** allows access to the student information system and your student's attendance, lunch account, academic history, and more.
- **Data Dashboard** allows you to see your student's assessment & academic data.
- Pearson/Envisions **Math Program**, where you'll find many math program resources.

Our district, school, and PTA websites are great sources of information, and I hope you will refer to them often. [www.shorelineschools.org/meridianpark/](http://www.shorelineschools.org/meridianpark/)

Academic and personal **growth** is a priority at MP. We are working to grow with academics and habits of mind, work, and heart. Our school goals focus on academic growth with essential knowledge and skills; while also promoting growth with positive behavior and friendship. Our staff is learning about the brain and we are taking short regular brain breaks to stimulate brainpower. For more information, I encourage you to read [Brain Rules](#) or [Growth Mindset](#).

Happy October. Please check your conference day/time, and stop by the **BOOK FAIR** next week. We also hope to see you at our **Fall Family Night on November 6**. Our staff continues to work very hard to provide the best experience for your children—be sure to say thanks when you get a chance. Please join our wonderful PTA, and we look forward to seeing you around school. Your kids are simply the best.

~David Tadlock, Principal  
[david.tadlock@shorelineschools.org](mailto:david.tadlock@shorelineschools.org)

## BREAKFAST IS OPEN FOR ALL STUDENTS 8:45AM DAILY

Busses arrive early enough for bus riders to get breakfast. Please discuss with your family!

## PARKING LOT SAFETY

Our parking lot is very busy at 9:00 am and 3:30 pm. Please drive slow, safe, and patient.

Shoreline School District #412 does not discriminate against any protected classes. For further information on notice of non-discrimination, including the address and phone number of the Title IX officer, visit: [www.shorelineschools.org/info/title\\_ix.php](http://www.shorelineschools.org/info/title_ix.php).

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# Meridian Park News

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## REQUIRED TITLE 1 NOTICE

We are very proud of our highly qualified staff at Meridian Park Elementary School and would be pleased to share any information regarding the professional qualifications (teaching certificates, endorsements, college degrees) of your child's classroom teacher, Title I teacher, or instructional assistants. As part of the No Child Left Behind Act of 2001, parents have the right to this information. Please contact the principal if you would like to request these facts.

## SAFETY FAIR

Join us on Saturday, October 11, from 9:00 am-2:00 pm to learn how to prevent your family or business from becoming a crime victim! Find out more about fire prevention and lifesaving acts you need in an emergency! Win our raffle prizes! Details at [www.shorelinewa.gov/calendar](http://www.shorelinewa.gov/calendar), see the October 11 listing. For more information contact (206) 801-2254 or [shorelineoem@shorelinewa.gov](mailto:shorelineoem@shorelinewa.gov)



## FLU SHOTS

The Shoreline School District is committed to helping keep our students, parents, and our community healthy throughout the entire flu season. That's why we have partnered with the Seattle Visiting Nurse Association to provide flu shot clinics for our district. Many people believe that seasonal influenza ("the flu") is much like the common cold and that it cannot be prevented. But influenza is a serious and potentially dangerous disease. Each year students miss approximately 38 million school days due to the flu and each year parents miss more than 10 million

According to the CDC (Centers for Disease Control and Prevention), the single best way to protect you and your family from influenza is to receive a flu shot each year. The CDC recommends that EVERYONE over six months of age should be vaccinated against the flu.

Flu Shot Clinics will be held at the following central locations within the district:

- Shorecrest High School – Wednesday, October 15, 2014 from 3:00 pm – 7:00 pm
- Shorewood High School – Wednesday, October 22, 2014 from 3:00 pm – 7:00 pm

Clinics will be open to all Shoreline School District children (four years of age and older) and their families. Please note that students under the age of 18 will need a Patient Consent Form signed by a parent or guardian. Patient Consent Forms will be available at the clinic site.

All participants will be asked to provide their health insurance information (card) to receive an immunization. SVNA will electronically bill the insurance plan for your flu shot. They bill all insurance plans including Apple Health (Washington State Medicaid) plans. Flu shots are considered preventative care and are not subject to deductibles or co-pays. This means no out-of-pocket expense for you.

Please join us this year as we keep our schools, families, and communities healthy and flu free this season!

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# Meridian Park News

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## PARENT PREVIEW NIGHT

Introducing FLASH –Family Life & Sexual Health Curriculum

Dear Parents/Guardians,

The Shoreline School District will be offering sexual health instruction in grades 4-12 as part of our comprehensive health education program. Included in this is the HIV/AIDS prevention in grades 5-12 that is mandated by state law.

Parents and guardians are invited to learn about the goals of this program and preview the instructional materials during the following public review:

Date: October 22, 2014 from: 6:30 pm – 8:00 pm

Location: Ballinger Room, Shoreline Learning Center, 18560 1<sup>st</sup> Ave NE

You will be able to learn the program objectives, review the materials, identify resources, and ask questions. If you are unable to attend the public preview session, but want more information, please contact your child's school or teacher.

According to state law and district policy, a parent or legal guardian may excuse their child from participating in any, or all, classes related to sex education after they have previewed the materials. If you do not want your child to participate, you must notify the school in writing. You may complete and return the form, Student Participation in Health Education, or write a letter requesting that your child be excluded.

## SKATING PARTY FUTURE DATES

Here are the dates for the school year. Hope to see you there!

**10/2/14**

**11/13/14**

**2/11/15**

**4/2/15**

## ASSOCIATED STUDENT BODY (ABS) WALK A THON!



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# Cheetah Notes

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## NOTES FROM THE MUSIC ROOM

Fall is busy and exciting, and we are already learning new things in music class.

We are working on:

- Proper use of our vocal instrument, and singing in tune
- Playing singing games
- Learning new songs and rounds
- Reading notes and rhythms
- Playing instruments with songs



If you haven't already, please read the letter that came home in September Meridian Park go-home materials. There is important information for you regarding music classes, equipment, and performances. Please put May 28, 2015 on your family calendar. This is our annual celebration of the arts at Meridian Park, where 2<sup>nd</sup> through 5<sup>th</sup> grades will perform a wonderful concert of children's songs and choral music.

Thanks, and have a fantastic, musical school-year!

~Mrs. Anderson and the MP Singing Cheetahs

## ASSOCIATED STUDENT BODY (ABS) WALK A THON!





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# Cheetah Notes

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## A NOTE FROM THE LIBRARY

Our fun Fall Scholastic Book Fair is coming soon! This fall's theme is Sir Read-a-Lot's Castle.

The book fair will run Wednesday through Friday, October 8<sup>th</sup> daily, during the student day as well as during parent-teacher conferences. Please plan to stop by and support Meridian Park. Book fair profits benefit all Meridian Park students through new book purchases and special literacy events.

In order to have a successful book fair, we are seeking volunteers. If you would like to work a one- or two-hour shift, please contact Jenny Hillger at [jenny.hillger@shorelineschools.org](mailto:jenny.hillger@shorelineschools.org). Volunteering at the book fair is a great way to meet a lot of MP kids, see all of the new books, and meet other MP parents.



Sincerely,  
Jenny Hillger, Teacher~Librarian

## A NOTES FROM THE HEALTH OFFICE

Immunizations: Please follow up with the nurse if you have received reminders about submitting updated immunization information. All vaccinations must be up to date or an exemption form must be submitted. Please call [206-393-4124](tel:206-393-4124) or stop by the health office if you have questions!

Thank you for the wonderful clothing donations and for returning borrowed clothing!

Please send your children to school in shoes that are appropriate for running around. We have had several students come to the health office with broken sandals/flip flops, and we rarely have shoes to borrow in the appropriate size.

With wetter weather approaching, sending an extra set of clothing to school for your child is helpful. We have a selection of clothing for borrowing, but we may not have your child's size the day they need something.

As fall cold viruses circulate and we are all back together it is as important as ever to get plenty of sleep, healthy food, exercise, and to drink lots of water. Please wash hands often with soap and warm water for at least 20 seconds to help prevent spreading illness, and PLEASE keep sick children at home.

Thank you and Happy Fall!

~Susan Goldman, School Nurse



## PTSA President's Letter

Hello to Meridian Park families! This edition of the Cheetah Chatter marks an important milestone for our shared school/PTSA newsletter. It is our inaugural digital-only edition and it's also the first issue to be sent out with our new publication date of the first Wednesday of the month. Your feedback about these changes is welcomed and encouraged!

Thank you to everyone who visited our Open House during Curriculum Night. We were thrilled with the turnout and excited to see so many parents wanting to learn more about PTSA activities and programs.

We want to extend a special invitation to attend the first General Membership meeting of the year coming up on Tuesday, October 7<sup>th</sup> at 7 pm in the Library. There will be a brief business meeting followed by a Q&A forum about the "Failing Schools" letter that went out at earlier in the year. FREE childcare and snacks will be provided!

To accommodate the General Membership meeting start time, the October 7<sup>th</sup> Board of Directors meeting will be from 6-7 pm. Our regular monthly Board of Directors meetings are held on the first Tuesday of the month from 7-8:30 pm in the Library. YMCA provides free childcare and all of our meetings are open to the public. Want to know about other important dates? You can subscribe to the PTSA Calendar online here:

<http://mpptsa.org/calendar/>.

We are excited to welcome Callie Steward as our new (and much-needed!) Volunteer Coordinator. Just a few days after enthusiastically accepting the position, Callie rallied a great group of parents to fill an immediate need for lunchtime and recess monitors. Thank you to Callie and all of our wonderful volunteers! Look elsewhere in this issue for information about volunteer opportunities at Meridian Park.

Speaking of volunteers, we are still in need of a Vice President of Programs. The **VP of Programs** is an elected member of the Executive Committee. Job duties include being the primary point of contact for parent organizers interested in offering enrichment activities, such as Math Club. He or she is not expected to organize or lead the classes themselves. Even with this important position being vacant, we are excited to be able to offer before and after-school enrichment opportunities through the PTSA, including new languages arts and creative writing classes!

We also have an urgent need for a **Reflections Chair** manages our school's participation in the Reflections program, a National PTA and Washington State PTA cultural arts competition. We need your help to fill this critical PTSA office! Contact Kim or Jill if you are interested or have questions.

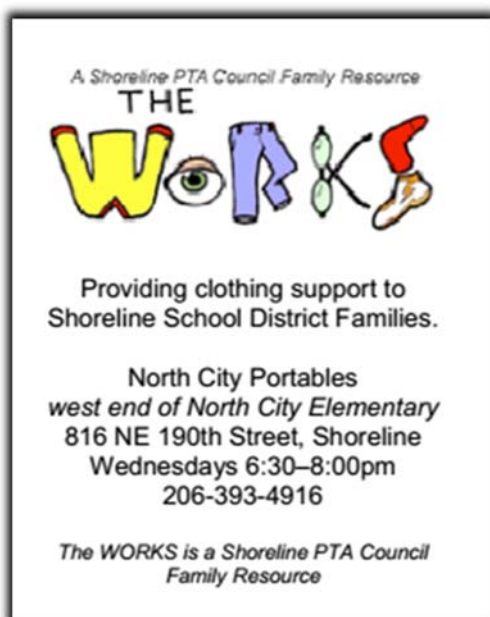
~Kim Ositis

~ Jill Steinberg

Co-Presidents, 2014-2015

[mpptsapresident@gmail.com](mailto:mpptsapresident@gmail.com)

206-229-7948



Like the MPPTSA on Facebook!



## Resources for Families

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/](http://schools.shorelineschools.org/meridianpark/)

**David Tadlock** *Principal*

[David.Tadlock@shorelineschools.org](mailto: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*

### 2014–15 MP PTSA EXECUTIVE COMMITTEE

[www.mpptsa.org](http://www.mpptsa.org)

**Kim Ositis & Jill Steinberg**

*Co-Presidents*

[mpptsapresident@gmail.com](mailto:mpptsapresident@gmail.com)

**OPEN** *VP Clubs & Program*

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**Dana Doerksen** *VP Events*

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**Adrienne Thompson & Matt Clark**

*Co-Treasurers*

[mpptsatreasurer@gmail.com](mailto:mpptsatreasurer@gmail.com)

### STANDING COMMITTEES

**Lee Lambert** *Grants*

**Adrienne Thompson**

*Legislative Chair*

[mpptsalegislativechair@gmail.com](mailto:mpptsalegislativechair@gmail.com)

**Susan Duthweiler** *Membership*

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**Mel Williamson & Denise Dana**

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*Webmaster*

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Follow the MP PTSA on Facebook

facebook


## SOAK IT UP REBATE PROGRAM

Do you have a grassy area or other hard surface that needs a makeover? How about turning it into a beautiful, native plant garden that helps manage rain water on your property!

The Surface Water Utility Soak It Up Program offers financial assistance to property owners who want to install a rain garden or convert hard surfaces such as turf, patios, and driveways into conservation landscaping.

These practices increase the amount of water that soaks into the ground; filter out pollutants before they reach the storm drain and eventually streams, wetlands, lakes, and Puget Sound; and provide habitat for beneficial insects and birds.

Visit [shorelinewa.gov/soakitup](http://shorelinewa.gov/soakitup) for program details. For questions call Tina Kendall, Environmental Program Assistant at 206-801-2450.



**2014  
FLU IMMUNIZATION  
CLINIC**

**fight  
the  
flu  
2014  
at school**

Don't get the flu. Don't spread the flu.  
**GET VACCINATED.**

We are all "fices" of influenza and at risk of contracting the seasonal flu virus. Influenza is a serious respiratory illness that is easily spread and can lead to severe complications, even death, for you or someone with whom you come in contact. Every year in the U.S. children miss more than 38 million days of school and 5 million sporting events due to the flu. On average, influenza and "flu" related complications results in approximately 226,000 hospitalizations and 36,000 deaths each year. Flu shots are safe and effective. **Get a flu shot** ... the best way to help protect you against influenza.


Flu shots are not subject to insurance deductibles or co-pays. There are no out-of-pocket costs to participants with a current health insurance card. This includes all Washington Apple Health plan members.

**Be sure to mark the date, time and location on your calendar!**

**Wednesday** **3:00PM-7:00PM**

**Shorecrest High School-October 15th**  
**Shorewood High School-October 22nd**

2014 "FIGHT THE FLU AT SCHOOL" CLINICS ARE PRESENTED IN COLLABORATION WITH THIS SCHOOL DISTRICT & THE SEATTLE VISITING NURSE ASSOCIATION

 Seattle Visiting Nurse Association

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