



Cheetah Chatter

Published by Meridian Park Elementary & Meridian Park PTSA



Two Become One Combining the Chatter & Messenger

This is the 1st edition of the joint *Cheetah Chatter* / *Meridian Park Messenger*, compiling information for students and families in one publication.

What you'll find each month:

- Letters from Principal Amy Jessee and PTSA President Kathy Henderson.
- Details about upcoming events and classes and photos from recent events.
- Resources for families.
- Information on what's happening around the school and how you can get involved.

If you'd like to include something in the Chatter, contact Mary Crandell at mary.crandell@gmail.com or 206-393-4771. The deadline for each edition is the 3rd Monday of the month before publishing.

BBQ Fun

Thanks to all that helped make the Annual PTSA Back-to-School Barbeque a great way to start the year! The dunk tank was a great place to be on a hot evening and over 600 hotdogs were grilled. Everyone enjoyed meeting their teacher and seeing friends again. Big thanks to the Chair, Todd Crandell, and

Rachel Ariss
Grace Cui
Susan Duthweiler
Denise Hawthorne
Don Henderson
Ann Hou
Rebecca Lee
Ben London
Aileen Lu
Kelly Main
Steve Matthews

Susan McGroddy
Beth Paul
Steve Poole
Jenna Ramirez
Laura Saito
Renee Smith
Leif Stenford
Stacy Turner
Craig Yamane
Dixie Yamane
Ann Yee

Issue One, 2011–2012
September 21, 2011

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Upcoming Events

- **September 23**
MP Walk-a-Thon
1:30–3:10pm
- **September 26**
Parent Info Night
7:00–8:30pm
- **September 27 & 29**
School Picture Days
All Day
- **September 28**
PTSA Fall Fundraiser Launches
All Day
- **October 2**
Landscaping Work Party
1:00–4:00pm
- **October 4**
MP PTSA Monthly Meeting
7:00–8:30pm
- **October 7**
No School—Non-Student
Work Day
- **October 12-14**
Parent / Teacher Conferences
Fall Book Fair
Early Release at 11:50am
- **October 21**
Fall Carnival
Time to Be Announced

Visit our Web sites for complete and up-to-date calendar information:
www.meridianparkptsa.org
schools.shorelineschools.org/meridianpark/

Follow the MP PTSA on
Facebook

facebook

Back-to-School Open House & BBQ!



Principal's Letter

Welcome to the school year 2011-2012!

Whether you are a new family joining the Meridian Park Community or a 6th grade family experiencing your last year with us, we are so happy to have you here! Meridian Park is a great place—a school filled with teachers who care about student achievement and staff members who nurture students' social, emotional and academic growth. It is also a place where we strive to ensure that all families feel welcome. We need your support in our school and are so grateful for any time that you give to our school in terms of volunteering and attending events. For those of you who attended the Back to School BBQ, **thank you**—what a fabulous turnout and a glorious night!

I feel so fortunate to be entering my 5th year as a school principal here at Meridian Park. It is a fantastic school and we keep adding more wonderful faces to our staff list! Please join me in welcoming a few new teachers to the Meridian Park community: **Liz Bentley** in the half day Kindergarten program, **Kelsey Graves** in the full day Developmental Kindergarten and **Courtney Ryan** in our STEP program for students in need of a structured teaching program. We also have some new support staff members who will help us all around the building: **Jana Foti** in the lunch room, **Marianna Salvador** in the STEP program and **Janet Boyett** as our new school nurse for MP (and the Early Childhood Program & Room Nine Community School). With enthusiasm, we welcome four new interns to the K-6 teaching community: **Allan Rand**, **Nicole Mauge**, **Talena Kettrell** and **Jennifer Moon**. We are thrilled to keep Meridian Park as a learning community for both adults and students. Lastly, we officially say goodbye to a few more staff members that we were unable to recognize at the end of the school year. **Ronah Willis** planned to be on leave for this school year and has now decided to

resign from the Shoreline School District. She was a teacher for many years at Meridian Park and we thank her for her service to students. **Gig MacFarlane** also leaves us from her role within the kitchen / cafeteria and we appreciate all of her work in helping to feed our students each day! We wish them the best in their future endeavors.

These first few weeks of school will be busy ones for our staff and for your children. We plan to do a great deal of community building within our classrooms and also between grade levels. In numerous ways within grades 2-6, teachers plan to increase our formal and informal integration opportunities between students in the Highly Capable and general education program. From Kindergarten to grade 6 grade, we plan to formally assess all 500 of our students in reading and math on numerous district assessments: DIBELS NEXT (Reading), easyCBM (Math) and other grade level specific assessments for comprehension, phonics, site word recognition and more. Teachers will be very busy over the next few weeks making sure that student learning and achievement are a priority. For you as parents, please remember that Curriculum Night (September 20) and October Goal setting conferences will be right around the corner! Our teachers will provide you with a ton of important information at these events as well as time together to talk about your child and his / her individual needs. It is a great resource so please plan to come!

As always, we look forward to a great year together. Thank you for your dedication to your child's education. As parents, we recognize that you are their greatest teachers! Here's to a great year!

~Amy Jessee, Meridian Park Principal

President's Message

Dear Meridian Park Families,

Welcome back for another exciting year at Meridian Park. Students are busy with school not to mention all the after-school activities such as sports, classes and clubs. All of this can only mean one thing—it's time for the annual PTSA-sponsored Fall Carnival. Mark your calendar on Friday, October 21 and plan on joining us for this fun-filled event. We'll have games, prizes, pizza and pies, a raffle and music. Don't forget to wear your Halloween costumes for extra fun!

The Carnival is a huge event and we need **lots of volunteers**—there will be sign-up sheets in the lobby of the school, so please take a look and get involved! You can also contact this year's Fall Carnival Chair, Annette Stickney (206-877-2884 or annettestickney@gmail.com). Thank you Annette for leading the charge AGAIN this year—it's going to be an awesome evening!

The Meridian Park PTSA is quite active and we do many things to support the school. To continue bringing fun events and activities that help enrich the experience of our kids at MP, we need more people to step up and volunteer; to get involved. Volunteering is as simple as helping with one small task—whatever time you can allocate, whether it is one hour or one day, it is always greatly appreciated and will be helpful. So keep an eye on the Boomerang and please heed our call for help! If you have any questions or comments, please don't hesitate to contact us.

Keep an eye out for the Reflections Art Contest this month as well! "Diversity Means..." is the theme so encourage your students to create something—painting, drawing, music, video or writing. This is a wonderful program that really provides an opportunity for kids to unleash their artistic talents!

Our primary fall fundraiser is launching in October and we want to encourage you to participate in any way you can! Wrapping paper, mugs, jewelry—there are lots of items to purchase that will benefit our PTSA. We have increased the number of ways to support the PTSA financially in an effort to broaden our participation, but the fall fundraiser remains the cornerstone of our fundraising activity. We look forward to seeing you at the Fall Carnival and throughout the rest of this amazing school year!

~ Kathy Henderson, 2011-2012 Meridian Park PTSA President

Parent Information Night

Whether you're new to the school or returning for another year, this is for you.

New & Returning Parent Information Night

September 26, 2011

7:00-8:30pm

Meridian Park Library

Please join us to learn more about Meridian Park Elementary. This evening will be full of useful information about your school, what goes on throughout the school year, and ways to get involved. We'll have childcare available. An RSVP is not required, but is suggested so we can plan for everyone. For questions or RSVP, contact Mary Crandell at mary.crandell@gmail.com.

What's Going On?

Walk-a-Thon Is This Week!

Friday, September 23, 2011

1:30-3:10pm

Meridian Park Elementary

This fun annual event has moved from the Spring to the Fall this year so the money raised can go right to this year's field trips, safety patrol, new playground equipment, 6th grade camp and more. Give generously, and please come and volunteer! Contact Ms Quezada at aissa.quezada@shorelineschools.org to sign up or for more information.

Join the MP PTSA

Joining the PTSA shows your support for your school, education and community in Meridian Park, in Shoreline and beyond. The PTSA is not only a local organization but also represents our children on a state and national level on public policies in the government. Our monthly meetings on the first Tuesday at 7:00pm and a great way to learn about what's happening at our school.

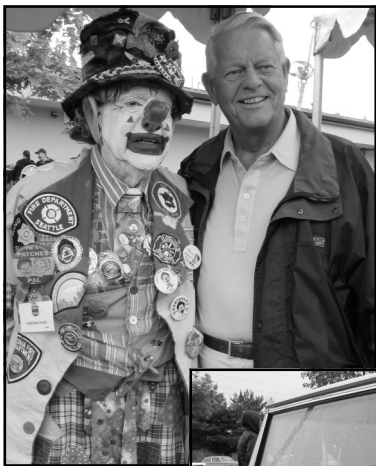
A membership envelope is coming home in Boomerangs and at the school. Annual Member: \$10/yr per person, Cheetah Cheerleader: \$25/yr per person, Cheetah Champion: \$35/yr per person. For information, contact our membership chair, Ann Yee, at theyeefamily@hotmail.com.

Shoreline 2nd Annual Classic Car Show

Thank you to everyone who helped out with the Second Annual Shoreline Classic Car Show at Meridian Park. We had great food and music to complement our classic cruisers—and even had some very cool vintage bicycles on display.

This year's show raised over \$4000 for Meridian Park Elementary! None of this would be possible without the help of our fabulous sponsors and vendors—please be sure to patronize their businesses and thank them for their support. Sponsors are listed on the MP Web site. Special thanks go to Maaco of Shoreline for donating a paint job for one lucky participant!

Despite a bit of rain, folks from Shoreline and beyond came out for the festivities. And with the help of Seafair, J.P. Patches, the Fabulous Hammers and our many fabulous sponsors, it's safe to say we all had a real good time!



Programs, Clubs & Classes

How Your Generous Dollars Work at Meridian Park

We have many ways that your giving supports the work we do at Meridian Park School and we thank you for your generosity! We know that giving is very rewarding but it can also cause stress when family finances are tight. We would like to share this information with you at the beginning of the school year so that you can prepare for times when we may ask for your support. **First, here is where your dollars go...**

Some of your dollars (and donations of goods) go directly to our **MP PTSA** and support programs such as:

- Affordable after school clubs for students & Art docents.
- Teacher grants for needed supplies and projects within the classrooms.
- Staff appreciation events & all school assemblies.
- Family events like the BBQ, Fall Carnival and more!
- Playground equipment.
- Affordable school photographs and yearbooks for students.

Some of your dollars go directly to our **MP ASB** (Associated Student Body). This "body of government" runs our school through the leadership of elected Student Council student leaders (of course, with staff guidance). The funds support programs such as:

- Field trips for each classroom and the big field trip at MP—6th grade camp!
- Playground and student patrol equipment and needs.
- Awards for students and special recognitions throughout the year.
- Community services and donations to needs (eg, national disasters, local community needs, etc.).

Some of your dollars (and donations!) go directly to the school to pay for services and/or to meet various school needs. These include:

- Student fees for special programs, club fees for supplies for teacher-led clubs (eg, rockets, art supplies, food supplies, etc.).
- Office and classroom supplies (including snacks!)



Our Art Docent program is made possible through your donations

There are only a few big fundraisers led by each group—the PTSA and the ASB.

The biggest ones come right at the beginning of the year in September and then the smaller ones happen throughout the year. ***We know this is a tough month for your checkbook but please recognize that other months are light on asking for your support.***

The first month of school:

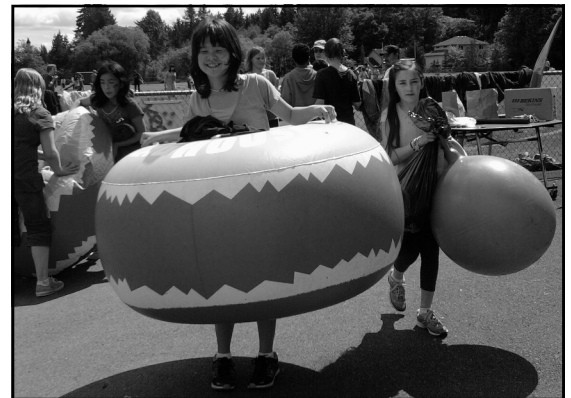
The Walkathon

Our ASB/Student Council puts this special event together and asks for students to raise lots of donations for laps around the field. Our goal is to raise \$10,000 each fall so that every classroom can have two free field trips for every child and support other programs that are cultural, arts-focused, recreational and social.

The PTSA Fall Fundraiser

This is a catalog and online ordering service that goes out to families selling gifts, magazines and wrapping paper. Families are able to purchase items as gifts and 50% of the profit goes directly to our PTSA to support all the PTSA activities that we put on at MP throughout the year

THANK YOU for your generosity!



Money from fundraising buys PE equipment



Scholarships make clubs and classes available to everyone

Programs, Clubs & Classes

Chess Club Looking for Some Moves (and volunteers)

"All I want to do, ever, is just play Chess" -Bobby Fischer

Meridian Park's chess club continues as one of our most popular clubs. This award-winning team of MP students is looking for a volunteer to organize registration, money and volunteers for the Club. If your child has enjoyed their time in this club, please help us continue the fun and learning by helping out.

The Chess Club is made up of 3 groups: Tournament chess will be again be coached by Elena Donaldson, 3-time US Women's Chess Champion, and we have a volunteer coach for Recreational chess. Kindergarten chess has long been a hit, and we are looking for a volunteer coach for these very enthusiastic players. Please contact Rachel Ariss at arissfamily@yahoo.com to find out more.

Add Yourself to the Math Equation

Meridian Park is home to a thriving Math Club, and this year is a great time to get involved. This set of long-term volunteers offers support and resources to someone wanting to share their love of numbers with students. With over 60 students participating, the Club has 5 different groups each focusing on a different set of competitions to cater to the needs of the wide spectrum of mathletes in our club.

We are looking for volunteers interested in coaching students for the Mathematical Olympiads for Middle and Elementary Schools (MOEMS), the Shoreline Math Olympiad (SMO) and the Washington State Mathematics Council's Middle School Mathematics Olympiad (WSMC).

Please contact Emmanuel Gnanapragasam at ldnkgnana@clearwire.net to find out more about the MP Math Club, and how you can get involved.

Diversity means...

It is time to get back out those paintbrushes, dance shoes, cameras, and journals. This year's Reflection theme is "Diversity means..."

For those of you who are new to Meridian Park or whose children may not have participated in the program in the past, Reflections is a National PTA and WSPTA cultural arts competition. The purpose of which is to provide an opportunity for students to use their creative talents by expressing themselves through their own original works. Students can submit pieces in any or all of the following six categories: Dance/Choreography, Film Production, Literature, Musical Composition, Photography, and Visual Arts.



All submissions are due to the MP office no later than end of day on Friday, October 28. The art will be displayed in the MP hallway for several weeks and an Art Walk and Reception will be held in the children's honor on Monday, November 14. Artists with submissions in the Dance, Film Production, Literature, and Musical Composition categories may be asked to perform/present their pieces at this reception. All participants will receive a ribbon.

Detailed information about Reflections including category specific instructions, entry forms, and parent/guardian consent forms can be found both in the MP foyer and at the MP PTSA Web site: www.meridianparkptsa.org. For additional questions please contact the Program Chair, Jennifer Combs, at combs47@comcast.net or 206-718-0057.

Happy creating, MP students!

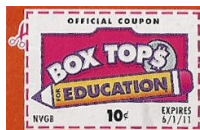
Volunteers Spending Money

Occasionally, volunteers spend money on items for events, classes and clubs. Brian Heagler and Tracey Poole are this year's treasurers, and are your contacts for all things having to do with PTSA money—reimbursements, how much is budgeted, where does the money come from, where does it go, and more. Email them at Tracey Poole at tracey@stevepoole.com or Brian Heagler at bheagler@gmail.com.

Reimbursement forms are available online at www.meridianparkptsa.com under the Resources tab or in the Treasurer's Box in the mailroom. Reimbursements are processed weekly and checks are typically delivered to the location indicated on the form each Friday.

Box Top Reminder

Don't forget to save your Box Tops! Each one collected raises a bit of money for MP programs, and when you put them all together, they really make a difference!



Volunteer for the Read-A-Thon!

We have lots of volunteer opportunities for the Spring 2012 Read-A-Thon! For as little as 2 hours of your time, whether during the evening or the school day, you can help support one of the biggest PTSA fundraisers in the school! This is a great opportunity for students and parents to help the school in a non-commercial way: nothing is being sold or purchased—simply lots of fun reading and encouraging each other, setting goals, participating in book swaps and winning fun prizes!

All funds raised go to the Meridian Park PTSA for support of special school projects such as clubs, field trips, special teacher grants for classroom activities and supplies, and other critical items. Please contact Melanie Gillespie at melaniegillespie@mac.com to let her know if you're able to help or if you have questions about what's involved. The Read-A-Thon Committee will have its first meeting later in the fall. The Read-A-Thon itself will be held in early spring.

Meridian Park News

Exciting news for MP's Preschool Program!

This year, we will welcome the Shorewood preschool program to our Early Childhood wing. This is great news for our program as it helps us to continue our goal towards more inclusion in the Early Childhood Special Education Preschool Program. If you know of families who are looking for preschool options, please tell them about these programs in our building!



Fresh wood chips on the playground greeted students on the first day of school

Information for Families

We are very proud of our highly qualified staff at Meridian Park 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.

New Health Curriculum

Family Life & Sexual Health Curriculum Preview Night November 3, 2011

Parents/Guardians are invited to attend a Family Life and Sexual Health (F.L.A.S.H.) Curriculum Preview Night on Thursday, November 3, 6:30–7:30pm in room D-105 at the Shoreline Center (18560 1st Ave. NE). Parents/Guardians will be able to preview the Curriculum notebook and lessons for students in grades 4–6. Beth Reis from King County Health, and Teri Poff, Shoreline Director of Teaching and Learning, will give an overview of the curriculum, the district's adoption process, and the guidelines for teachers to use when teaching the curriculum. The curriculum materials can also be viewed online at www.kingcounty.gov/health/FLASH. Additional information can be seen on the Shoreline website at <http://learn.shorelineschools.org/spec/health/index.php?section=documents>.

News about Meridian Park's Backyard yes, the construction zone

If you didn't notice, our back yard is all torn up! Construction began in August and will continue for the remainder of the school year. Despite the construction, most of our actual playground is back together and ready to go for students this year. Thank you for your patience!

What will be the result of all of this?

- A new 56,500 square foot fenced playfield for our students that will contain layouts for three soccer fields as well as a kickball venue. There will also be plenty of space for general recess activities. While the majority of the field will be natural grass, some small portions will include synthetic turf insets to help prolong the useful life of typically well worn areas—specifically goal locations and base paths.
- A varsity level baseball and softball field for the High Schools. These will be placed to the south of the school playfield and will include a new paved walking path for our community's use.
- A new driveway is also proposed in the plans that will allow our buses to exit from the current bus loop in a southerly direction to N 170th street, eliminating the need to have buses double back through the parking lot and onto Meridian Avenue. This will be a much-needed improvement and will help relieve some of our daily traffic congestion!
- Also, a portion of a new field's storage building will be placed near our current emergency supply container and will provide a more secure and accessible space for our emergency supplies.

While the construction will restrict the use of our current grass playfield for next school year, the opening of a new and enhanced playfield the following year will be a much welcomed addition to our school. The other elementary schools have been extremely pleased with their new fields and all reported that it was "well worth the wait!" Feel free to swing by and view the proposed plans located in our front lobby!

Help Give Money Away!

The PTSA Grants Committee has several seats open for new members. With a minimal time commitment (one meeting in the fall and one in the spring) you can help make critical decisions about investing PTSA funds to make Meridian Park even better. Please contact Jodi Forschmiedt at jodi@jodiwrites.com for info.

Meridian Park News

Library News from Ms. Hillger

Greetings from the MP Library Media Center!

I am excited about the upcoming school year. I hope that students will visit the library often to browse for and check out new books, as well as search for and use information.

Parents can also check out books from the MP library. Please stop by at any time to set up an account for yourself.

We will again run the Sasquatch and Young Readers Choice (YRC) chapter book award programs for fourth, fifth, and sixth graders, and the Washington Children's Choice Picture Book (WCCPB) award program for kindergarten, first, second, and third graders. The Sasquatch and YRC programs will begin in late September or early October. Students who read two or more books per category are invited to vote for their favorites in late March. The WCCPB program will run for several months in the library and classrooms. In late March, the primary students will vote to select the MP winner and the WA State winner.

This year's Fall Book Fair will be held during the three days of parent-teacher conferences (October 12–14). The Book Fair will be open each morning and afternoon, and Thursday evening during night conferences. Please stop by and support the Book Fair—it will be a fun event for everyone.

If you have questions about the library, would like to set up your own library account, or would like to learn about our online library catalog, please stop by during Curriculum Night on Tuesday, September 20.

Happy Reading!

Notes from the Music Room

General Music classes at Meridian Park are off to a fabulous start! With their usual excitement, students are already singing, moving, listening, and playing instruments and musical games. Through these activities, we learn melody, rhythm, harmony, form, dynamics and composition, expressing feelings through exploring, improvising, and creating music. Students will build upon their skills in theory and knowledge of musical history, cultures and style.

Ask your kids to sing you a song, then teach them one that you remember from when you were their age! Listen to music or write a song together, and notice classical pieces used in advertisements, movies, and television. Find pictures of instruments and draw or color together, sharing and making musical memories with your kids.

Enjoy the start of the new school year!

The Cheetah Gym with Ms. Willoughby

Welcome back for another great year of *Fitness and Fun* in the Cheetah Gym! I'm looking forward to teaching you new activities and sports. Fitness Gram Fun begins in a few weeks. Students try for their personal best.

Running Club

Running Club begins soon for 3–6 graders, ending with a 4-school meet at the end of October. More information will be available soon.

Circus Arts

After Running Club, Circus Arts Team will start up and run Tuesday and Thursday mornings from 8:15–9:00am. This team is open to 2–6 graders.

your photo here



We're always looking for photos for the Cheetah Chatter, the school and PTSA Web sites, and the yearbook. Please help us out by sending us your favorite pictures from school, events, clubs and classes.

All photos can be sent to Mary Crandell at mary.crandell@gmail.com, or left with Jill or Roxie in the Meridian Park office. Thank you!

Here Comes the Fall Carnival!

**MP Annual Fall Carnival
October 21, 2011**

Meridian Park Elementary

Every year, our students look forward to dressing up and attending the carnival (parents do, too!). Join us for a night of games, giveaways, raffles for cool prizes, yummy food and music.

It takes 80 volunteers to make this event run smoothly—we need you! A volunteer sign-up sheet will come home in your child's boomerang soon. If you have any questions before you receive yours, email Annette Stickney, Carnival Chair at annettestickney@gmail.com.

Shoreline Candidates Forum

**October 13, 2011
6:30–9:00pm**

Join your neighbors for a chance to meet and chat with all candidates running for office in Shoreline. Positions include City Council, School Board, Fire Department Commissioner, Shoreline Water District Commissioner and Ronald Wastewater Commissioner.

The evening will begin with all candidates at assigned tables to speak with you one on one. Followed by a City Council Candidate Q & A, where all 6 candidates will be asked to respond to 6 predetermined questions selected by the sponsor Neighborhood Associations. Finally, all candidates will again be available for individual wrap-up questions.

Resources for Families

Dance Show Fundraiser

Physical Poetry 2011

October 21 & 22, 8:00pm

Shorecrest Theater

(15343 25th Avenue NE, Shoreline)

The Shorecrest Hip Hop team will be hosting two nights of professional dancing, featuring companies from all over the Northwest to help raise money to compete at Nationals 2012.

Presale Tickets \$15, at the door are \$18.

Tickets can be purchased through www.brownpapertickets.com or visiting www.shorecresthiphop.com.

Meridian Park Neighborhood Association Work Parties

October 1, 2011

9:00am-12:00pm

Ronald Bog Work Party

Meet at the corner of 175th and the Freeway on Ramp to help remove blackberries and invasives. Water and Snacks will be provided. Bring gloves and clippers or hedge cutters. Limited tools will be available.

October 29, 2011

9:00am-12:00pm

Darnell Park Work Party

Meet off the interurban trail just below 165th Street. Bring your gloves, clippers and rakes. We will be removing invasives and blackberries. Water and snacks will be provided. Limited tools will be available.

Join the PTSA

Your membership supports programs and events for our school as well as statewide and national advocacy for children and families. Membership is only \$10 per person for the year.

Three easy ways to join:

1. **VISIT** the MP office and ask for a membership envelope.
2. **E-MAIL** Ann Yee at theyeefamily@hotmail.com
3. **SIGN UP** at any PTSA event. Join us for some fun, then join the organization!



Providing clothing support to Shoreline School District Families.

North City Portables
west end of North City Elementary
816 NE 190th Street, Shoreline
Wednesdays 6:30-8:00pm
206-393-4916

The WORKS is a Shoreline PTA Council Family Resource.

Families, Friends, and Feelings

from MP's Family Advocate, Annie Gage

Happy New School Year! I am thrilled to be back at Meridian Park a second year. People often ask me what it means to be a Family Advocate. It varies a bit from school to school, but here at Meridian Park, I work as a cross between a social worker and a counselor. When I'm wearing my Social Worker Hat, I:

- Help families get connected to community resources.
- Let folks know about low and no-cost sources of such things as food, clothes, eyeglasses, dental care and school supplies.
- Co-coordinate the Holiday Food Basket program.
- Work with staff and support families to keep kids safe and healthy.

Under my Counselor Hat, I:

- Lead classrooms in social skills lessons and cooperative games.
- Have kids to my office for "Friendship Groups" during lunch and recess.
- Meet with individual students at the request of their parents, teachers, or themselves.
- Guide kids through conflict resolution so they can eventually do it without an adult.
- Meet with parents to talk about any concerns about their children. These might include, but aren't limited to; handling emotions, family transitions, and difficulties with peers.

This year, I'll also be working with Mrs. Jessee to decrease the numbers of kids who get to school late or not often enough.

I'm looking forward to another fun year of growth with your kids!

~Annie Gage, MSW

206-393-1768, annie.gage@shorelineschools.org

Free Parenting Workshops

Staying Close While Standing Back: The Art and Science of Parenting Adolescents

Wednesday September 28, 7:00-8:30pm

Trinity Presbyterian Church Fellowship Hall, 1315 North 160 Street, Shoreline 98233

Don't miss this outstanding presentation for parents of high school students. One of the greatest balancing acts parents face in today's world is knowing when to step forward to help and guide their teen's lives and when to let their teen make independent decisions and choices for themselves.

The Young and the Restless: The Social Lives of Our Children

Wednesday, October 5, 7:00-8:30pm

Trinity Presbyterian Church Fellowship Hall, 1315 North 160 Street, Shoreline 98233

Learn effective ways to communicate with your children and build healthy relationships.

Presenter for both: Julie Metzger, RN MN, is a well respected and popular speaker on a wide range of parenting issues. She is a nurse consultant at Seattle Children's Hospital and the parent of three children.

Meridian Park Elementary and the Meridian Park PTSA

17077 Meridian Avenue N :: Shoreline, WA 98133 :: 206-361-4251

Meridian Park Elementary

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

Amy Jessee, Principal
email: amy.jessee@shorelineschools.org
Hillary Clark, Early Childhood
Program Manager
Roxanne Brendible, Office Manager
Jill Gwazdauskas, Registrar
Janet Boyett, School Nurse
Annie Gage, Family Advocate

2011-12 MP PTSA
Executive Committee

www.MeridianParkPTSA.org

Kathy Henderson, President
email: kathyhenderson@me.com
Rachel Ariss, VP Program
Renée Smith, VP Events
Open, VP Fundraising
Janina Pacunski, Secretary
Brian Heagler & Tracey Poole, Co-Treasurers
Open, Legislative Chair
Mary Crandell, *Cheetah Chatter* Editor