

Cheetah Chatter

Published by Meridian Park School & Meridian Park PTSA

CURRICULUM NIGHT SEPTEMBER 11

At Curriculum Night you will have the opportunity to make a connection with your child's teacher, build a better understanding of what your children will be learning this year, and discover ways that you can support your student at home.

6:00 - 6:40 pm - 4-6 grades

6:45 - 7:00 pm - Check out what the PTSA is all about in the
MP Library

7:05 - 7:45 pm - K-3 grade

THANKS TO BACK TO SCHOOL BBQ VOLUNTEERS

A loud Cheetah Cheer for everyone who helped to make the Meridian Park Back to School Barbecue such a success! We could not have done it without you! Thank you to: Principal Tadlock, Lee Lambert, Adrienne Thompson, Kim Ositis, Matt Clark, Hillery Clark, Holly DeGrazia, Marty DeGrazia, Callie Steward, Fej Pajimula, Ben London, John Thompson, Dana Doerkson, Susan Duthweiler, Chrissy Franciscutti, Diane Randall, Jill Gwazdauskas, Jim Lakey, Gary Hobart, Sheryl Skoglund, Lisa Olson, Peggy Bunstine, Jill Steinberg, Joe LaBore, and Laura Saito. We apologize if we have missed anyone.

FALL CALENDAR

There's a lot going on in September and October. Keep up-to-date with school events by visiting the MP school and MP PTSA Web sites:

<http://schools.shorelineschools.org/meridianpark/>

<http://mpptsa.org/>

Information will also be sent home in Boomerangs on Wednesdays and via School Messenger (see "Getting News from School" later in this newsletter).

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/>

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UPCOMING EVENTS

September 3 & 4

9:10 - 10:00 am
Front of Main Entry
PTSA Welcome Coffee - free
coffee & treats

September 9

9:15 - 10:00 am
2:45 - 3:30 pm
Meridian Park Main Entrance
New Family Tours & Principal
Meet & Greet

September 9

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

September 11

Curriculum Night
Additional information in the
Newsletter

September 26

Walk-a-thon

September 29

Non-Student Work Day

October 7 - 21

PTSA Fall Fundraiser

October 8 - 10

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

October 8, 9 & 10

Early Release for Elementary
Parent Conferences

October 24

Early Release

October 27

Non-Student Work Day

Principal's Letter

Dear Families,

Happy end of summer and welcome to a fantastic new school year in 2014-15. I am honored to be back with you again this year as your principal at our award-winning school.

This year will be my 30th year in education. I am a dedicated career educator who taught language arts, including 10 years at Shorewood HS as both a teacher and administrator and six years as the Principal of Syre Elementary. My daughter is a first-year college student, my son attends high school in Seattle, and my lovely wife is both a doctor and a high school biology teacher. My family and I love being involved in schools.

Fall is a great time for kids and families to establish good school routines. On the weekends, play outside and read, read, read! I hope that all Meridian Park families will take advantage of time to

be together, exercising minds and bodies. Let's please keep an eye on screen time, and limit as needed. I especially encourage all young Cheetah students to play outside, visit the library, read, and help out around the house.



We welcome a fantastic group of new staff to MP, and I look forward to meeting you soon. Go Cheetahs!

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

ATTENDANCE

Is your child coming to school late or not at all? Please call the MP Office at 206-393-4252 to report a late arrival or absence. You can also e-mail: jill.gwazdauskas@shorelineschools.org

GETTING NEWS FROM SCHOOL

Because we use School Messenger for regular email communication or telephone calls, especially during bad weather, it is very important to us to have your updated contact information. Please update your e-mail, phone, or mailing address at the MP Office at any time.

BEHAVIOR AT SCHOOL

In the area of Behavior, we are committed to helping all children grow socially and emotionally through the reinforcement of Positive Behaviors. Expectations:

- Be Respectful.
- Be a Responsible Learner.
- Be Safe.

Sometimes we need to work with students and parents on behaviors. Our general rule is for problems to be handled at the lowest level possible. Most behavior or other types of problems are resolved successfully between the child and teacher or family and teacher; occasionally, issues are resolved at the office level. Thanks for your support and watch for more information during the year.

BEHAVIOR ON THE BUS

All school expectations and rules apply on the bus. The general rule is that students are accountable for positive behavior door to door.

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.

Meridian Park News

DROP OFF – PICK UP

We want children to be safe in the mornings and afternoon! Please be careful in our parking lot during drop-off and pick-up. Please use our drop-off/pick-up lane, or if you park, please walk your child to the grass. Dropping off after the first week or two allows your child to develop independence.

BEFORE SCHOOL–AFTER SCHOOL

Students line up outside their door beginning at 9:00 am, and parents are welcome to wait with their child. We do not have a before school recess. At the end of the day, children will be released outside at 11:45 am or 3:30 pm, and you are welcome to wait for them outside the room.

SHORELINE E-FLIERS

The Shoreline School District works with community organizations to provide information to families about not-for-profit services for students and their families. You can find more information here:

<http://schools.shorelineschools.org/e-fliers/>

BUYING LUNCH?

School lunches cost \$3.00 (\$.50 for milk). Students can bring in a check or cash to the MP Office. Alternatively, you can set up online credit card payments. For more information, call the MP Office at 206-393-4101, or visit <https://touchbase.shorelineschools.org/>

PUBLICATION OF STUDENT NAMES & PHOTOS

We often recognize or highlight our students in newsletters or websites. We ask that families who do NOT want their student's names or photos publicized to please "opt out" in September with the district form provided in your Back to School Packet.

PLEASE RETURN FORMS

There are important forms we need returned each year to have accurate information for the success and safety of all students. Most of these forms will be provided in your Back to School Packets, during Meet the Teacher, or on the first day.

Thanks for your patience and understanding regarding paperwork!

FAMILY ACCESS TO STUDENT INFORMATION

Family Access for Skyward and other programs is great for parents to check student information, lunch accounts, email, math, and other programs. Access will begin on approximately September 10; please watch for account access information to be sent home after school starts. If you were in the district last year, your login and password remain the same.



Cheetah Notes

WELCOME NEW STAFF!

Kendall Chase, Kindergarten, Room 102
Kim Anderson, Second Grade, Room 207
Nicole Mauge, Sixth Grade, Room 404
Julie Harris, First/Second Grade Hi-Cap, Room 401

Kathleen DuCharme, Sixth Grade Hi-Cap, Room 402
Kimberly Faircloth, Resource Room, Room 205.2
Christina Leggett, ELL, Room 405.1
Matt Alford, Health/Fitness, Gym

NOTES FROM PE

Hello from Mr. Alford!

Greetings from your new Health and Fitness teacher at Meridian Park Elementary! I am returning to Shoreline Schools after a year of leave during which I bicycled across the United States and travelled internationally in New Zealand, Australia, and Southeast Asia all with my lovely wife Jenny. I also worked on a fishing boat in Bristol Bay, Alaska. I previously taught at Brookside Elementary for nine years and worked in the Kids in Medicine Program at the Seattle Science Foundation. I have a passion for teaching fitness, skills, health and human sciences as well as empowering young people to take charge of their personal well-being. I am very excited about working at Meridian Park and look forward to the upcoming year.

WHAT IS HAPPENING IN PE?

Skill focus K-6: Throwing and catching

Concept focus K-6: Function of the heart and lungs, exercises that contribute to healthy heart and lungs

Academic vocabulary words: Heart, lungs, oxygen, cardiac muscle, and cardiorespiratory endurance

Exercise of the month: Push-up

Social focus: Compassion

RUNNING CLUB

Meridian Park will be offering a before-school running club on Tuesdays and Thursdays before school from 8:15 to 9:00 a.m. The first day of Running Club is September 16th. Information and permission slips are available at <http://learn.shorelineschools.org/meridianpark/malford/home>.

FAMILY FITNESS TIP

Can you name the single best medicine that you can take for your health? This intervention has been proven to treat arthritis, prevent dementia and Alzheimer's disease, decrease risk for type two diabetes, increase bone density, decrease blood pressure and cholesterol, lower anxiety and depression, improve body composition, and significantly lower risk of early death. This medicine doesn't come in a bottle and is available at virtually no cost to you. The medicine I am talking about is exercise (largely walking), and simply participating in it 30 minutes a day at a moderate intensity reaps all the benefits named above. Take a few minutes and watch 23 1/2 hours on Youtube for an entertaining and informative look at the benefits of a little exercise. <http://www.youtube.com/watch?v=aUaInS6HIGo>

Thanks for taking the time to read.



Matt Alford
PE Specialist Meridian Park Elementary
Matt.alford@shorelineschools.org

Cheetah Notes

NOTES FROM THE MERIDIAN PARK LIBRARY MEDIA CENTER

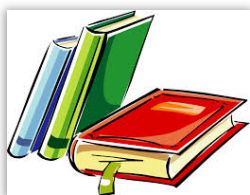
We are gearing up for a fantastic year in the MP library. Students will visit the library with their classes once per week, and may visit on their own as their class schedules allow during the week. Parents can also check out books from the MP library. Please stop by at any time to set up an account for yourself.

During class library visits students will learn how to use the library, how to access and use information effectively, and about authors and types of literature.

I will 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. Stay tuned for more information about these programs in upcoming newsletters, as well as on the library website.

Our small fall Scholastic Book Fair will be held Wednesday through Friday, October 8 - 10. The book fair will be open before school, during the morning, and in the afternoon during parent-teacher conferences, 8:40 – 4:00. Please stop by and support the book fair. It will be a fun event for everyone. If you would like to help out at the book fair by volunteering a few hours of your time, please let me know. (206-393-4125; jenny.hillger@shorelineschools.org). Book fair profits benefit all MP students through the purchase of new books and the support of author visits and other literacy events.

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 the library before or after school.



Sincerely,
Jenny Hillger, Teacher~Librarian

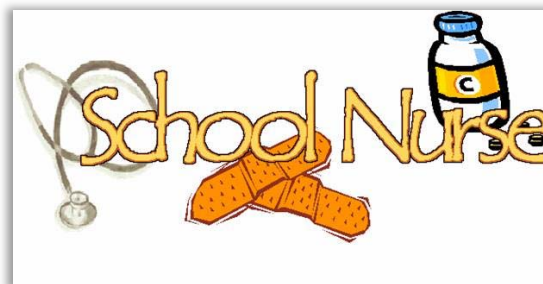
NOTES FROM THE HEALTH OFFICE

Proof of Immunization or an approved Certificate of Exemption is required by October 1st.

Students with life-threatening health conditions must present to the school treatment orders and medication paperwork as well as medications BEFORE attending school.

Vision and hearing screenings will be performed in the fall for students in grades K, 1, 2, 3 and 5 unless families choose to opt out.

School Nurse Susan Goldman can be reached at 206-393 4124 and susan.goldman@shorelineschools.org
Health Office Hours are M-F, 9 am- 3:30 pm.



~Susan Goldman, School Nurse

PTSA President's Letter

Welcome to a new year at Meridian Park Elementary! The PTSA is looking forward to an exciting year ahead. Our monthly Board of Directors meetings are held on the first Tuesday of the month from 7-8:30 pm in the MP Library. The September meeting will be one week later than usual, on September 9th, as to not fall on the night before the first day of school. Our first General Membership meeting will be Tuesday, October 7 from 7-8:30 pm. The 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:

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

We invite everyone to come to the MP Library during Curriculum Night on Thursday, September 11th from 6:45-7:00 p.m. to learn more about all the exciting PTSA activities and events coming up this year. There will be an opportunity to turn in your 2014-2015 membership and to buy some Cheetah t-shirts and sweatshirts! Did you miss out on getting a commemorative 5th Annual Shoreline Classic Car Show t-shirt? Pick one up at Curriculum Night while they last! Plus anyone who joins the PTSA during Curriculum Night will get a limited edition "I'm a Cheetah Kid" button for the MP students in their household.

The Board of Directors slate is almost full for this year. We are still in need of a Vice President of Programs. The VP of Programs is an elected mem-

ber 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.

There are also several openings on ad hoc committees. These positions do not come with voting rights nor are you required to regularly attend PTSA meetings. Tracey Poole has ably chaired the Works and Family Services Committee for several years but we need a trainee to learn alongside Tracey this year in order to take over in 2015-2016. The Reflections Chair manages our school's participation in the Reflections program, a National PTA and Washington State PTA cultural arts competition. Lee Lambert, Chair of the Grants Committee, is looking for more volunteers. The Grants Committee meets two times a year in the evening (beverages and snacks provided!) to consider grant applications from MP staff and teachers. It does not require any daytime commitments.

If you are interested in any of these positions or have questions about the PTSA, please contact us at mpptsapresident@gmail.com.

~Kim Ositis
~ Jill Steinberg
Co-Presidents, 2014-2015
mpptsapresident@gmail.com
206-229-7948



BOX TOPS FOR EDUCATION

We are anxiously awaiting all the boxtops that you have been collecting over the summer! Please send them in with your student, or place in the little school house located in the lobby. The PTSA uses boxtop money to help fund things such as our recent back to school BBQ (dunk tank & barbecue rental fees) and the upcoming fall festival. Last year the PTSA received just over \$600 for submitted boxtops! The goal this year is \$1000!! We can do it - keep on cutting! Thanks for your support!



PTSA News

POLLY-GLOT TOTS

<http://pollyglottots.com/>
<https://www.facebook.com/PollyGlotTots>

The Meridian Park PTSA is pleased to be offering Spanish and French weekly morning classes beginning the week of September 16, 2014.

You can sign up and make payment for your child(ren) online at the Polly-Glots website under Classes. You can sign up for one session of 10 weeks at a time in Fall, Winter and/or Spring, or pay for the whole year. The cost is \$120 per student per class session, or \$360 per student for the entire school year, and \$12 per student per school year for the class workbook.

Specific days, session dates, and room assignments will be announced soon! Be on the lookout for more information in the first couple of weeks of school. The classes will run 8:15 a.m. – 9:00 a.m.

About Polly-Glots: We are committed to providing great teachers for our children. Our instructors are at least native-level speakers, experienced and trained by Polly-Glot Tots so that you and your child develop a positive relationship with foreign language learning.

We are passionate about bringing foreign language education to children wherever they are. Polly-Glot Tots provides enrichment programs for children in day cares, preschools, community centers and elementary schools.

Questions about Polly-Glot Tots? Please email info@pollyglottots.com or call them at: 206-861-9698.

CAMPBELL'S SOUP LABELS

The Labels for Education program is a great way to generate donations for our school and it's even better this year, with over 150 products now worth 5 points! Visit their Web site for a list of participating products. Please send labels in with your student or turn them into the little school house located in the MP lobby (the same with Boxtops). <http://www.labelsforeducation.com/default.aspx>

SAFeway eSCRIP

The eScrip program allows shoppers to raise money for schools simply by making purchases at their stores. Anyone can enroll — parents, grandparents, alumni. Once a shopper is enrolled in eScrip, a portion of the proceeds from each shopping trip goes directly to the Meridian Park PTSA. Go to <http://escrip.com/> and enter Group #8564720.

TARGET

When you use your REDcard (Target® Visa® or Target® Card), Target will make a donation to Meridian Park Elementary. It's easy. Just visit www.target.com/tcoe, or call 1-800-316-6142 to designate our school. So if you're going to Target anyway, please consider using one of the cards listed above.

FOLLOW THE MP PTSA

Visit <http://mpptsa.org> and click on the "Follow" button that appears in the bottom right hand corner of your browser window. By following the site, you will receive an email notifying you of new posts. Recent posts include information about getting involved with this year's Shoreline Classic Car Show and Approved Board Meeting Minutes. Please also "Like" us on Facebook: Meridian Park Elementary PTSA.

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

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

Kim Ositis & Jill Steinberg

Co-Presidents

mpptsapresident@gmail.com

OPEN *VP Clubs & Program*

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Dana Doerksen *VP Events*

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Jennifer Kleyn *Secretary*

mpptsasecretary@gmail.com

Adrienne Thompson & Matt Clark

Co-Treasurers

mpptsatreasurer@gmail.com

STANDING COMMITTEES

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Adrienne Thompson

Legislative Chair

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Susan Duthweiler *Membership*

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Cheetah Chatter Editors

cheetahchatter@icloud.com

Frank Kleyn

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mpptsawebsite@gmail.com

Follow the MP PTSA on Facebook

facebook

DINE OUT AT JERSEY'S!

Dine out at Jersey's any time and help raise money for the Meridian Park PTSA! Any time you eat at Jersey's in Shoreline, 20% of your bill (excluding tax) will be donated back to the PTSA. Just let your server know you are a Meridian Park Elementary family and 20% of your dining bill will automatically be donated back to our school. Jersey's offers great food and fun for the whole family. Kids are welcome!



BE A PART OF THE INAUGURAL COMMUNITY GARAGE SALE AT PARKWOOD ELEMENTARY!

This Community Garage Sale on Saturday, September 27 from 10 a.m. to 2 p.m., rain or shine, on the Parkwood Elementary School grounds, is hosted by the Parkwood Elementary PTA. You can buy a space (registration fee benefits Parkwood's 6th grade camp) and sell your treasures, hand-crafted goods, books, and more! The proceeds from what you sell at your table are yours to keep. Register soon--no later than 9/15--as space is limited for this sure-to-sell-out community event. More information and registration forms are available at www.parkwoodpta.org/events/garage-sale/.

Questions? Contact garagesale@parkwoodpta.org.



MANDARIN CHINESE

Mandarin Chinese classes are forming now! The classes are taught by Hua Zhang and are generously hosted by Aurora Church of the Nazarene across the street from Meridian Park Elementary.

Beginning Mandarin - Wednesdays starting September 16th

Continuing Mandarin - Tues & Thurs starting September 15th

Classes are held at Aurora Church of the Nazarene from 8:00 - 8:55 am. Students will cross the supervised crosswalk together to Meridian Park after class as a group. Classes will continue through the week of June 11th (holidays & non-student days follow the Shoreline School District calendar).

Look for registration information about classes for the 2014 - 2015 school year in your child's Boomerang or contact Hua Zhang directly at huazhang98@yahoo.com.

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