

Cheetah Chatter

Published by Meridian Park School & Meridian Park PTSA

SMARTER BALANCED ASSESSMENTS

State testing for grades 3-4-5-6 is scheduled for April 26-June 2 at Meridian Park. This is the second year that Washington will use the national Smarter Balanced Assessment for Literacy and Math; Grade 5 will also complete the State Science Assessment.

The specific testing dates for each grade level are as follows:

GRADE 3 - May 3-4-5, June 1-2

GRADE 4 - May 10-11-12-13

GRADE 5 - May 17-18-19, May 26, June 1-2

GRADE 6 - April 26, May 3 & 5, May 10

As a reminder, on-time attendance is very important on your student's testing dates, so please mark the dates on your calendar and limit out-of-school time. We need students in school during the entire day on the day of the test. More information to follow this month.

THE MERIDIAN PARK PTSA NEEDS YOU NEXT YEAR!

In order to serve the MP population as best as we can, the MP PTSA is looking to fill these vacant positions next year:

Elected officers (Executive Board)

- **Co-Presidents or President** ***We must fill this position in order to have a PTSA!***
- Co-VP of Events
- Co-Treasurer

Non-Elected Officers but Members of the Board

- Membership

Non-Elected Officers (Chair specific events but not required to vote at Board of Directors meetings)

- Family Services
- Box Tops
- Golden Acorn/Outstanding Educator Awards

Event Chairs and Other Groups

- Variety Show (January)
- Fall Harvest & Cultural Fest (October)
- Car Show (July)
- Friday Email Blast Coordinator
- Yearbook Club

Please consider volunteering your time for one of these opportunities!

If you are interested in finding out more, please contact Jill Steinberg at mpptsapresident@gmail.com.

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UPCOMING EVENTS

April 7

5:30 p.m. - 7:30 p.m.
LGBTQ & Allies Family Potluck
Dinner
Shoreline Center

April 11-14

MP Scholastic Book Fair
Library

April 14

5:30 p.m. - 8:00 p.m.
MP Spring Family Fun Night
"Noodlepalooza"

April 18-22

No School
Spring Break (Shoreline schools)

May 3

7:00 p.m. - 8:30 p.m.
PTSA Board of Directors Mtg
Library

May 14

6:10 p.m.
MP Mariners Night
Safeco Field

May 16

No School
Staff Work Day

May 26

6:00 p.m. - 8:00 p.m.
MP Arts Festival

May 30

No School
Memorial Day Holiday

Principal's Letter

Dear Families –

It's the time of the year when we start to consider your child's classroom assignment for next year, so it's important to share how we create balanced classes. Student assignments are not random or arbitrary. We are intentional and thoughtful about how we determine class assignments, and our staff teams work together closely to consider many factors in creating balanced classes.

Each classroom is a small learning community, and we support the idea that classrooms need to be representative of the social, emotional, and academic needs and abilities of children. We consider the following criteria when we create balanced classrooms:

- Academic balance
- Social/emotional balance and the development of new social groups
- Balance of students who have a positive influence
- Special academic needs, social needs, and learning styles
- Balance of boys, girls, and grade levels (if possible)
- Benefits of having a male or female teacher if possible

We welcome input about your child's strengths, needs, circumstances, or other information that might be helpful. The [Parent Input Form](#) is not a teacher request form, but an opportunity for families to provide information about their child's social, emotional, learning, or academic characteristics. Additionally, because we value the benefits of combination classes, we also invite families to indicate their preference for a split grade class (combination classes are likely in both programs, and especially in the highly capable program).

In this process we also ask that you not make a private request of your current teacher or request a specific teacher for next year. Together, the teachers and I are careful about an appropriate placement for each student. While we will make our best plans this spring, we cannot anticipate teacher changes, enrollment changes, or other factors that may occur over the summer and the first two weeks of school. Like the other schools, it's a district standard to post classroom assignments on the day before school starts. ***We are careful to make the best placements possible and cannot accept requests for changes.***

If you would like to offer information related to your child's classroom assignment for next year, please complete the [Parent Input Form](#) included with this newsletter and ***return it by April 14.*** Please also let us know if you are not returning to MP. Program and staffing depend on enrollment, and every child makes a difference. ***Please call Jill in the office if you decide that you will not be returning to MP next year.***

We appreciate our partnership and your support of our student assignment process as a key component to our educational program. Along with other Shoreline schools, we have utilized this process successfully for many years. We are confident that your student's class assignment will result in a positive experience next year. Thanks for your trust and confidence, and our best to your family this spring!



David Tadlock, Principal
david.tadlock@shorelineschools.org

TADLOCK TIP #8 - ENJOY THE OUTDOORS

***Family time outside reading or playing in the sun can be so positive!
 Let's all give our kids some of our time outside today or tomorrow!***

Cheetah Cheers

STATE 'REFLECTIONS' AWARD WINNERS

Congratulations to Meridian Park 5th graders for winning at the state **Reflections** competition! **Daisy Cui** received an "Award of Excellence" and **Emily Wang** an "Award of Merit." Both girls won for beautiful pencil drawings which they had submitted into the Visual Arts competition.

To view all state results, visit: http://www.wastatepta.org/programs/reflections/2015-16/Winners/WSPTA%20Reflections%20Winners%2015-16.pdf?utm_source=Real%20Magnet&utm_medium=Email&utm_campaign=91678633

At the state level, only five awards are given in each category and in each age division. Because of the hundreds of entries, it is **VERY** difficult to place at state.

A HUGE CONGRATULATIONS TO DAISY AND EMILY!

THANK YOU "NIGHT IN ITALY" DINNER PARTICIPANTS

Thank you to all of the families who donated supplies and food for the PTSA staff appreciation "Night in Italy" dinner on March 10! The meal was amazing, and the teachers and staff were very grateful. Special thanks to the chefs and coordinators - it really was an impressive spread and a beautiful setting.



"OUT OF THE WOODS"

In March, Meridian Park Drama Club students performed "Out of the Woods." **Thanks to Dandylyon Drama, our volunteers, and to everyone who supported our show!**



Cheetah Cheers

SHORELINE MATH OLYMPIAD



On March 12, Meridian Park sent 33 students to compete in the **Shoreline Math Olympiad**. Our mathletes went up against more than 600 other students from Shoreline's public, private, and home schools. Competitors took individual multiple choice contests, team contests, and mental math contests (where there is no scratchwork or erasing allowed!).

Our students practiced hard before the contest and delivered an outstanding performance.

In the **individual competition**, 26 of our 33 students won awards, including two first-place awards:

- 4TH GRADE** Luke Gillingham (*1st place*), Andrew Yao (*6th place*), Charlie Frye (*7th place*), Cole Davis (*7th place*), Larson Buchholz (*7th place*), Maren Goracke (*7th place*), Mary Walker (*7th place*), Carter Lambert (*9th place*), Frank Clark (*12th place*)
- 5TH GRADE** Beta Chen (*1st place*), Evan Austin (*2nd place*), Ameena Majeed (*3rd place*), Daisy Cui (*8th place*), Kevin Peng (*8th place*), Hazel Beatty-Witt (*9th place*), Kai Green (*9th place*), Kayla Simerson (*10th place*), Evan Colando (*11th place*), Yukine Barber (*11th place*), Brandon Lu (*12th place*), Emily Wang (*12th place*)
- 6TH GRADE** Kai Poffenbarger (*7th place*), Jillian McRae (*10th place*), Will Hiatt (*12th place*), Aaron Lee (*14th place*), Kathie Wu (*14th place*)

In the **team competition**, 9 Meridian Park teams were entered. And all 9 won awards! That includes one first-place award.

- 4TH GRADE** Andrew Zeleke, Charlie Frye, Larson Buchholz, Njomza Hertica (*2nd place*); Andrew Yao, Carter Lambert, Frank Clark, Luke Gillingham (*2nd place*); August Murphy, Cole Davis, Maren Goracke, Mary Walker (*2nd place*)
- 5TH GRADE** Beta Chen, Brandon Lu, Hazel Beatty-Witt (*1st place*); Cosette Lumsden, Evan Austin, Kevin Peng (*2nd place*); Evan Colando, Kai Green, Kayla Simerson, Yukine Barber (*3rd place*); Ameena Majeed, Daisy Cui, Emily Wang, Sesen Kiplom (*6th place*)
- 6TH GRADE** Aaron Lee, Will Hiatt, Kai Poffenbarger (*4th place*); Jillian McRae, Kathie Wu, Kyla Johnson, Lauretta Moussavou (*5th place*)

Thank you to our volunteers who helped make this contest possible! Steve Beatty, Fan Chen, Hillery Clark, Jeremy Davis, and Aileen Lu volunteered to help run the SMO event in various roles. Mike Frye, Adrienne Thompson, Tina Davis, Sharon Lumsden, Yong Lu, Grace Cui, Matt Simerson, Lisa Lee, and Dick Padrick chaperoned the students. Luann Majeed and Jillian McRae coordinated our pizza order. These results also reflect the hard work and support all year from coaches (Matt Simerson - 3rd grade, Paul Goracke - 4th grade, Raif Majeed - 5th grade, Dick Padrick - 6th grade), PTSA leaders, host teachers, and principal David Tadlock. Also many thanks to the Math Olympiad staff and the competition sponsors for the great experience.

Last but not least, thank you to all our math-competition students! We commend you for your practice, participation, focus, and sportsmanship. More Math Club contests will be coming over the next couple of months, so let's keep up the good work!

Announcements

YOUTH NATURALISTS NEWS

Youth Naturalists (grades 2-5) will be meeting on Thursdays after school until 4:30 p.m. on the following dates: May 5, 12, 19, 26 and June 2, and 9. Join us to create a butterfly garden at the school! We will be weeding as well as planting milkweed for monarch butterflies. For our recycling lesson, we will be collecting old toothbrushes. A white cotton t-shirt will be needed for the last class, as we will work on a tie-dye project. Cost is \$10. This will be a parent-led group.



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 **APRIL 13th**, so claim your items now!

BOX TOPS FOR EDUCATION UPDATE

Please keep sending in those Box Tops! We're up to nearly \$500, but we hope to make it to \$1000 this school year. **WE CAN DO IT!!!**



You can continue to send in your Campbell's labels as well, even though the program is ending this year. Thanks for all the clipping and pasting you've been doing!

Amy Poffenbarger, Coordinator

ADVANCED VOLLEYBALL CLUB

Advanced Volleyball begins on May 17th at 8:15 a.m. in the gym and continues every Tuesday and Thursday through June 9th. There are currently six positions still available. Sixth grade students only. Permission slips are available in the main office.



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

Announcements



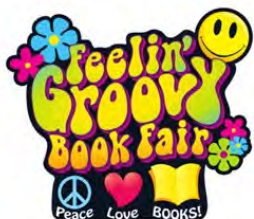
MERIDIAN PARK PTSA PRESENTS...

NOODLEPALOOZA: USE YOUR NOODLE!

Thursday, April 14th from 6:00 p.m. – 8:00 p.m.

Join us for a fun-filled night that includes:

The Meridian Park **Spring Scholastic Book Fair**
from 5:30 p.m. – 7:30 p.m.



The **5th Grade Science Fair**
in Room 502 (Ms. Peterson's classroom)
from 5:30 p.m. – 6:15 p.m.

A delicious **noodle (spaghetti) dinner**
with salad and bread for \$3.00/person*
from 6:00 p.m. – 7:30 p.m. in the cafeteria



The announcement of
the **Golden Acorn Award** recipients
in the Cafeteria at 7:00 p.m.

Raffle Prizes – a Razor Scooter and James Alan Goody Bag!

A **Performance Arts Club Show**
at 7:30 p.m.



Bring a dessert to share
for the **Dessert Potluck**

We need volunteers to make this event a success!

If you are interested, please contact Jill Steinberg at jrsteinberg@comcast.net or
Dana Doerksen at gasbarri@comcast.net.

* covers cost of food

Cheetah Notes

NOTES FROM THE MERIDIAN PARK LIBRARY MEDIA CENTER

2016 READ-A-THON

Our annual PTSA fundraiser was a huge success, with 172 students participating, making it our most successful Read-a-Thon yet! Students received some of their prizes – key chains and book fair certificates, along with a letter on April 5th. T-shirts, invitations to the pizza party, and movie theater gift cards will be distributed in May. Parents should look on their children's prize letters for specific dates.

Congratulations to all of the MP students who participated. They read for a total of **200,639 minutes!!!**

Congratulations also to fifth grader **Katelyn Moy** for winning our second annual Read-a-Thon T-shirt design contest. Katelyn's illustration will be featured on this year's R-a-T T-shirt.

SCHOLASTIC BOOK FAIR: "FEELIN' GROOVY"

Our big Scholastic Book Fair will run the week of **April 11th – 15th** in the library.

Hours will be 8:40 a.m. – 4:00 p.m. Monday through Thursday, and 8:00 a.m. – 1:00 p.m. on Friday. The book fair will also be open during Open House/NoodlePalooza on Thursday, April 14, from 5:30 p.m. – 7:30 p.m. More detailed information will be sent home the week before the fair.



We depend upon volunteers to help our book fairs run smoothly.

If you are able to volunteer for a 1½ to 2-hour shift, please let me know. Thanks!



Jenny Hillger
Teacher/Librarian
jenny.hillger@shorelineschools.org
(206) 393-4125

NOTES FROM ANNIE GAGE, FAMILY ADVOCATE

NEW NATURAL LEADERS TRAINING

We are inviting parents to come and learn about the Shoreline School District **Natural Leaders** program. At this training you will learn all about what Natural Leaders do and you will gain new skills. Natural Leaders are multi-cultural families at schools that are identified as warm, caring, social individuals to serve as a bridge between families/community and the school. All families are encouraged to attend this training and learn about Natural Leaders. The training session in English was held on March 31. The next session in Spanish is scheduled for **Saturday, April 9, at the Shoreline Center** (18560 - 1st Ave NE) from 10 a.m. – 1 p.m. Childcare and snacks will be provided.

To register, please contact Maria Cristina Canales by email at cris-olm@hotmail.com or by phone at (206) 403-3452.

Annie Gage, MSW
MP Family Advocate
annie.gage@shorelineschools.org
Monday-Friday, 8:00 a.m. - 4:30 p.m.

Cheetah Notes

NOTES FROM THE MUSIC DEPARTMENT

WESTSIDE CHORAL MUSIC FESTIVAL

On March 10, these amazing Meridian Park 6th graders represented our school by participating in the beautiful **Westside Choral Music Festival Concert** at Shorewood High School. Shorewood High School Choirs and 6th Grade Honor Choir performed in this fabulous concert. Thank you!

Dawson Chan
Fatoumatta Danso
Melissa Degrazia
Jack Kleinhantz
Tenzin Lodoe
Alisha Mahtab
Anthony Mao
Dallas Medalia
Danait Mehari
Caleb Robinson
Dulce Rodriguez
Liyat Shenkute
Muluken Tedila
Jancarlo Valiente

Twyla Van Dyke
Trinity Webb
Devan Benedict
Clinton Nichols
Max Ramsay
Mercy Haub
Anna Kleyn
Beth Ma
Max Null
Iris Pang
Kali Stroshane
Lily Bradford
Konner Lewis
Jillian McRae

IMPORTANT MUSIC EVENTS FOR MERIDIAN PARK

Please put these on your family calendar today!

MERIDIAN PARK ARTS FESTIVAL 2016

Thursday, May 26, 6:00 p.m. – 8:00 p.m.

6:00 p.m. – 6:30 p.m.

Poetry readings in the Cafeteria, Directed by Jenny Hillger

6:35 p.m. – 6:55 p.m.

Vocal Concert Grade 2* in the Cafeteria, Directed by Shari Anderson
All students in grade 2 will perform

7:00 p.m. – 7:20 p.m.

Vocal Concert Grade 4* in the Cafeteria, Directed by Shari Anderson
All students in grade 4 (and Grade 3-4 Ms. Peters' class) will perform

7:20 p.m. – 8:00 p.m.

Visual Art Viewing around the building

*Students, dress up as much as you would like!

6TH GRADE "MOVING ON" PROGRAM

Thursday, June 23, 9:30 a.m. - 11:00 a.m.

From Mrs. Anderson and the Meridian Park Singing Cheetahs

Cheetah Notes

NOTES FROM THE P.E. DEPARTMENT

MAYBE MORE EXERCISE ISN'T THE SOLUTION

I recently began reading **Get Up**, by Dr. James Levine. Dr. Levine is Director of the Mayo Clinic/Arizona State University Obesity Solutions Initiative and has spent decades performing research into the relationship between sitting and obesity in our modern society. Reading his work has caused me hesitation in how I think about and talk to children about the ingredients for a healthy lifestyle.

Nearly every day I remind students of the big three healthy habits that will help them to keep their bodies healthy and strong.

1. **Eat healthy.** Most of our diet should be vegetables and fruit, lean protein and healthy fats. We should work to avoid processed foods and especially sugar.
2. **Sleep at least 10 hours a night.**
3. **Exercise at least an hour a day.**

While this blueprint is certainly a solid foundation of a healthy lifestyle, Dr. Levine's research has shed light on to the role that **Non-Exercise Energy Thermogenesis** or **NEAT** plays in maintaining a healthy weight and body composition.

Before we begin the discussion about NEAT, it is necessary to have a very basic understanding of human metabolism. There are three factors that impact a person's daily energy expenditure.

First is the **Basal Metabolic Rate**. BMR is the amount of energy required to for the body to maintain its basic functions at complete rest without food. In other words, BMR is the work of the body simply to stay alive. This activity accounts for about 60% of our overall metabolic rate. Naturally, larger individuals have higher BMR than those with smaller bodies. Similarly, those with a higher lean body mass (more muscle) have higher BMR than those individuals of the same body weight with a lower lean body mass (less muscle).

The second factor that impacts overall metabolic rate is the **Thermic Effect of Food**. Quite simply the act of eating, digestion, absorption, and storage of food takes energy. The Thermic Effect of Food accounts for about 10% of daily energy expenditure and fluctuates very little from person to person.

The third and most variable component of human metabolism is **Activity Thermogenesis**, or the caloric cost of movement. This category can further be divided into Exercise and Non-Exercise Thermogenesis (NEAT). Exercise is defined as "bodily exertion for the sake of developing or maintaining physical fitness." Examples of this include participation in a sport or going to a gym and working out. The vast majority of people (less than 15% in the USA) don't exercise on a regular basis, and for those who do, exercise accounts for only 100-200 calories a day. NEAT, on the other hand, is the energy expended in all the non-sporting activities in which we participate. Such activities include walking, standing, performing work-related duties, housework, gardening and other leisure time activity. As I stated before NEAT is the most highly variable component of metabolism and can differ thousands of calories a day between the individual who sits at a desk all day and the construction worker who performs manual labor. (see *chart on next page*).

Cheetah Notes

NOTES FROM THE P.E. DEPARTMENT, CONTINUED

Dr. Levine's research entails intentionally overfeeding research subjects by 1000 calories a day over their maintenance needs and controlling the experiment by restricting all subjects from Exercise Thermogenesis (no study participants engaged in sport or exercise programs). The results of the experiment demonstrate strongly that subjects who increased their NEAT (Non-Exercise Activity Thermogenesis) did not gain body fat, and those who remained completely sedentary gained the most body fat. Specifically, subjects who sat for more than 2½ hours each day became the most obese in the study, and the subjects who simply walked or stood for more than 2 hours a day did not gain body fat, even with sustained overeating.

Table. Occupational Nonexercise Activity Thermogenesis (NEAT)*

Occupation type	NEAT, cal/d
Chair-bound	300
Seated work (no option of moving)	700
Seated work (discretion and requirement to move)	1,000
Standing work (eg, homemaker, cashier)	1,400
Strenuous work (eg, farming)	2,300

*Data based on a basal metabolic rate of 1,600 cal/d. Adapted from Black AE, Coward WA, Cole TJ, Prentice AM. Human energy expenditure in affluent societies: an analysis of 574 doubly-labelled water measurements. *Eur J Clin Nutr.* 1996;50:72-92.

Dr. Levine's research points strongly to the fact that humans were not born to sit, and our society has become addicted to the chair over a relatively recent history. Furthermore, there exists a strong link between our lack of NEAT and the rising obesity of our population.

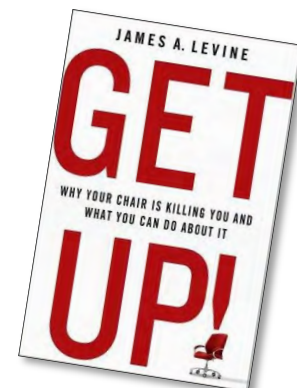
As a professional in the field of health and fitness for over 20 years, it has become increasingly evident to me that a large part of the solution to the rising obesity epidemic in our country is not in newest and best exercise programs, but rather in simply increasing the amount of overall movement in our lives. We cannot live overall sedentary lives and expect to exercise our way to health in 60 minutes a day. We were born to move in abundance at a relatively low intensity, and we were not engineered to sit in chairs.

As I think about Dr. Levine's research and how it informs my practice, I am forced to recognize that I need to add another healthy habit to the list that I stated earlier:

- 1. Eat healthy.** Most of our diet should be vegetables and fruit, lean protein and healthy fats. We should work to avoid processed foods and especially sugar.
- 2. Sleep at least 10 hours a night.**
- 3. Move as much as you can. Avoid sitting down.**
- 4. Exercise at least an hour a day.**

Matt Alford
MP Physical Education Specialist
matt.alford@shorelineschools.org

Source: Levine, James M.D., Ph. D. (2014). *Get Up. Why your chair is killing you and what you can do about it.* New York: Saint Martin's Griffin.



PTSA President's Letter

HELLO FROM THE MERIDIAN PARK PTSA!

Congratulations to the 4th-6th grade Drama Club for two splendid performances of “**Out of the Woods.**” Thank you to **Dandylyon Drama and all of the MP volunteers** who helped make the production such a success!

We hope to see everyone at the **Spring Family Fun Night - NOODLEPALOOZA** coming up on **Thursday, April 14th**. There are many events planned for that night including the Scholastic Book Fair in the library, the Hi Cap 5th grade Science Fair in Ms. Peterson's room, and a Performance Arts demonstration in the gym. We will also be announcing the recipients of the Golden Acorn and Outstanding Educator awards in the cafeteria. Look for the flier in last week's kid mail, elsewhere in this issue, and online at www.mpptsa.org.

Have you ever heard of the **Shoreline PTA Council**? This group acts as a liaison for all of the local PTAs throughout Shoreline and manages several uniquely Shoreline events and projects, such as The Works, the Back to School Consortium, and the Holiday Baskets. They are looking for volunteers to fill positions. Check out www.shorelineptacouncil.org to learn more!

Many thanks to our hardworking **Nominating Committee** who has been busy recruiting several candidates for office in 2016-2017. We still have several key positions open, including **President, Co-Treasurer, and Co-Vice President of Events**. 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 next planning meeting will be Sunday, April 10th at 7:00 p.m. at Jersey's Great Food, just up the hill from Meridian Park Elementary. Your help is needed to continue this wonderful tradition.

The next **PTSA Board of Directors meeting will be Tuesday, May 5th from 7:00 p.m. – 8:30 p.m.** in the Library. The regular monthly Board of Directors meetings are held on the first Tuesday of the month. YMCA provides free childcare and all of our meetings are open to the public.

Jill Steinberg
PTSA President 2015-2016
mpptsapresident@gmail.com
206-356-5977

PTSA News

MERIDIAN PARK PTSA MARINERS NIGHT

The MP PTSA Mariners Game is **Saturday, May 14, 2016 at 6:10 p.m., Safeco Field!** Ticket order forms were sent home with students the week of March 27th. Order forms will also be on the MP PTSA website and in the school lobby. Ticket cost is \$15 per person.

Ticket order deadline is Friday, April 15th.



THE WORKS VOLUNTEERS NEEDED – APRIL 27TH

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.



A Shoreline PTA Council Family Resource

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 April 27th from 6:30 p.m. – 8:30 p.m.

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

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/](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 Nurse*

Annie Gage *Family Advocate*

2015–2016 MP PTSA EXECUTIVE COMMITTEE

www.mpptsa.org

Jill Steinberg *President*
mpptsapresident@gmail.com

Mary Webb *VP Clubs & Programs*
mpptsavpprograms@gmail.com

OPEN *VP Events*
mpptsavpevents@gmail.com

Rhonda McRae *Secretary*
mpptsasecretary@gmail.com

Matt Clark & Joy Rieke *Co-Treasurers*
mpptsatreasurer@gmail.com

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Linda Tsai & Diana Gray *Cheetah
Chatter Editors*
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Heather Sterling *Webmaster*
mpptsawebsite@gmail.com

Follow the MP PTSA on Facebook

facebook

LGBTQ & ALLIES FAMILY POTLUCK DINNER

Thursday, April 7, 5:30 p.m. – 7:30 p.m.

Shoreline Center (18560 1st Ave NE)

On April 7th, the first-ever **LGBTQ & Allies Family Potluck Dinner** will be held at the Shoreline Center (18560 1st Ave NE) from 5:30 p.m. – 7:30 p.m. This is a cooperative effort between the Shoreline School District, Shoreline PTA Council, and the community.

We encourage all Shoreline school community members to join in this festive welcome dinner.

During this event, the Gay/Straight Alliances (GSA) from our secondary schools (Shorecrest, Shorewood, Kellogg, and Einstein) will be raising funds for their organizations by having a bake sale. Funds will be distributed evenly between the groups and will be used for events such as hosting speakers and purchasing promotional items to increase their visibility in their school communities.

Make a reservation using this link:

<https://lgbtqfamilypotluckshoreline.eventbrite.com>

Reservations are not required –

if you find that you can make it at the last minute, please come!!

To donate baked goods for the bake sale, please contact Kim Darcy at (206) 393-4217 or kim.darcy@shorelineschools.org to drop items at the Shoreline Center on Thursday, April 7. To make other arrangements, please contact Lisa at surowieclisa@gmail.com.

Community members wishing to donate arts supplies and/or lend LEGO or other building items may contact parent volunteer Scott Shiebler at doctoros27@gmail.com. These will be used to lead small group activities for young children.

This will certainly be an inspiring evening as we build community together. If you have any questions or concerns, please feel free to contact Tanisha Brandon-Felder, Director of Equity and Family Engagement for Shoreline Schools at tanisha.felder@shorelineschools.org.

SHORELINE STEM FESTIVAL & SCIENCE FAIR

Saturday, May 14, 10:00 a.m. – 2:00 p.m.

Shoreline Community College

The Shoreline STEM (Science, Technology, Engineering, and Math) Festival is a one-day extravaganza for the Shoreline community!

You won't want to miss this event on May 14th at Shoreline Community College, with a K-12 student science fair, hands-on STEM fun, robotics demonstrations, and more.

For more info, visit: <http://shorelinestem.org/>

You can design and present a project in the science fair or just come to experience the projects, exhibits, and demonstrations. **Registration deadline for the science fair is April 14, 2016.**

The Cheetah Chatter is published monthly by
Meridian Park Elementary School and the Meridian Park PTSA
17077 Meridian Avenue N | Shoreline, WA 98133 | 206-361-4251

Parent Input Form (optional)
Student Assignments for 2016 – 2017

Dear Parents: We are intentional in our efforts to create balanced classes. We have a strong teaching staff who care about student learning and social growth. We recognize that all students have different learning styles, needs, and respond in a variety of ways to changing environments. We know that your child's classroom assignment is important to you. It's important to have your input as we create balance classrooms for next year. In creating balanced classes, we carefully consider several factors:

- Staff & parent input
- Academic and social needs of students; learning styles, student academic performance
- Behavior patterns, social groups, & overall class balance (gender)

Parents sometimes wonder if we can consider friendships. Friendships are not one of the factors because it's difficult to assign all students with their friends. We do, however, consider this an opportunity to create new and better balanced social groups. We also invite families to indicate that they prefer combination classes.

If you have info/input to add as part of our assignment process, please complete this form and return it by April 14. Here are a few reminders:

- Staff and grade level configurations may change at any time; combination classes are likely in both programs
- Information is **not** confidential and will be shared with the staff
- We **do not** accept specific teacher requests or guarantee placement in a specific classroom
- Completion of this form is optional and all students are given careful consideration even if no parent input

Child's Name _____ Current Teacher & Grade _____

How do you view your child in the following areas? Strong Area, Average Area, Area of Growth

Reading _____ Math _____

Work/Study _____ Social _____

WORKS WELL: Individually _____ With Partners _____ In Groups _____ In Split Grade Class _____

Describe unique or specific learning needs

Describe special strengths

Describe the best type of learning environment

Other relevant information you would like to share?

Parent Signature _____

Deadline April 14, 2016
Thank You!

Report to PARENTS

Encourage Your Child's Creativity to Flourish

Creativity has been called a key 21st century skill. That means it—along with skills like communication and critical thinking—will help students navigate the increasingly collaborative and information-rich world that awaits them once they leave school. The arts have been shown to boost students' academic performance, perseverance, self-confidence, and more. Here are strategies for supporting your child's creativity.

Take stock of your toys. Flashy electronic toys are fun, but they don't offer children opportunities for open-ended, imaginative play. Make sure to have basic art supplies—paper, crayons, glue, clay—at home, along with toys like building blocks, puzzles, or costumes for dress-up.

Cut the screen time. Set limits on TV and iPad time. Try designating a certain time during the week when your entire family will put down cell phones and work on a creative project.

Embrace mistakes. Children who are afraid of failure are less likely to think creatively. Teach your child that mistakes are opportunities for growth. Ask, "What could you do differently next time?" Be patient with your child—and model patience as he or she learns new skills or tries a new project.

Encourage curiosity. Don't squelch kids' natural curiosity by being frustrated when your child asks lots of questions. Embrace it! Ask, "What if" questions, and encourage your child to use his or her imagination.

Offer constructive praise... Too much praise can make a child "hooked" on success. Instead of offering general praise ("You're so smart!"), offer specific feedback that praises your child's effort or the process he or she used ("You found a great way to paint that scene," or "I can tell you've been practicing.") Offer non-verbal praise (a hug



or a thumbs-up), or implicit encouragement by displaying your child's work on the refrigerator.

...but step back sometimes. If a child feels constantly watched, he or she may be less likely to try new ideas. Give your child space to play on his or her own. Wait until your child is finished drawing to ask what he or she has made.

Look for community resources. Check your local library, museum, or community center for art classes or workshops to try new creative skills. Keep an eye out for poster or story contests offered by community organizations, too. Or, try teaming up with a neighbor or friend to host an art playdate. Some projects can be time-consuming or expensive, but working together with other families can help ease the burden.

Web Resources

Visit Crayola's **Creative Parenting Web page** for activities and tips to spark creativity at home.
bit.ly/creativeparenting

The **Tinkerlab** offers dozens of hands-on art, science, writing, and craft ideas for families to try.
tinkerlab.com/

At **The Artful Parent** blog, explore interviews with children's art experts along with lists of the best supplies.
artfulparent.com/

Informe a los PADRES

Anime la Creatividad de su Niño

La creatividad se ha descrito como una destreza clave para el siglo 21. Esto significa que ésta—junto con otras destrezas tales como la comunicación y el pensamiento crítico—ayudarán a los alumnos en navegar el mundo rico en información que les espera una vez que salgan de la escuela. Según los estudios los proyectos creativos y las artes fomentan el rendimiento académico, constancia, autoconfianza y mucho más. Las siguientes son algunas estrategias para apoyar la creatividad de su niño.

Considere los juguetes de su niño.

Aunque los juguetes electrónicos llamativos son divertidos, no ofrecen oportunidades para que los niños jueguen abiertamente, usando la imaginación. Asegúrese de mantener en casa suministros de arte básicos—papel, lápices de color, goma para pegar, greda—al igual que juguetes tales como bloques de construcción, rompecabezas o disfraces.

Corte la televisión.

Establezca límites en cuanto a la televisión y iPad. Trate de designar una hora durante la semana para que toda la familia guarde los teléfonos celulares y trabaje sobre un proyecto creativo.

Acepte los errores. Los niños que tienen miedo del fracaso son menos propensos a pensar con creatividad. Enseñe a su niño que los errores son oportunidades para crecer y pregúntele, “¿Qué harías diferente la próxima vez?” sea paciente con su niño—y enséñele a ser paciente—en tanto aprende nuevas destrezas o trabaja sobre un proyecto nuevo.

Anime la curiosidad. No aplaste la curiosidad natural de los niños por medio de sentirse frustrada cuando le hagan muchas preguntas. ¡Aceptelas! Hágale preguntas “que tal si” y anímelo a usar la imaginación para responder.

Ofrezca elogios constructivos... Muchos elogios pueden hacer que el niño se sienta que depende del éxito. En lugar de ofrecer elogios generales (Eres muy inteligente!) aplauda los esfuerzos o el proceso que usó su niño para obtener buenos resultados (“Encontraste una excelente forma de pintar esa escena,” “Ya puedo ver que has estado practicando.”) Ofrezca elogios no verbales (un abrazo o los dedos pulgares hacia arriba), o anímelo

implícitamente por medio de exhibir el trabajo de su niño en el refrigerador.

...pero retroceda a veces. Si el niño siente que lo están observando constantemente, va a ser menos propenso a probar ideas nuevas. Déle espacio a su niño para que juegue sólo y espere hasta que termine de dibujar para preguntarle acerca de lo que ha hecho.

Busque recursos comunitarios.

Revise la biblioteca local, museo o centro comunitario para ver si ofrecen clases o talleres para probar destrezas creativas nuevas. Busque

también concursos de afiches o cuentos en los centros comunitarios, o planee junto con un vecino o amiga, una tarde para un proyecto divertido de arte. Algunos proyectos pueden resultar largos o caros, pero al trabajar junto con otras familias se puede aliviar la carga.

Recursos en la Web

La página de **Crayola** sobre los padres y la creatividad ofrece actividades y consejos para animar la creatividad en casa.

bit.ly/creativeparenting

The **Tinkerlab** ofrece decenas de ideas sobre art, ciencia, ensayos, y trabajos de artesanía para las familias.

tinkerlab.com/

En el blog de **The Artful Parent**, explore entrevistas con los expertos en arte para niños y vea listas de los mejores proyectos.

supplies.artfulparent.com/

