

Cheetah Chatter

Published by Meridian Park School & Meridian Park PTSA

Health Curriculum Night – October 6th

Shoreline Public Schools will be hosting a **K-12 Health Curriculum Night** for parents and guardians to learn about the goals of curriculum, including sexual health instruction for grades 4-12 and HIV/AIDS prevention in grades 5-12, and preview the instructional materials during the following public review:

DEPARTMENT OF TEACHING AND LEARNING INVITES YOU TO

HEALTH CURRICULUM NIGHT

WHEN: **OCTOBER 6, 2016**
6:30pm-8:15 pm

WHERE: **SHORELINE CENTER / SHORELINE ROOM**
18560 1ST AVE NE SHORELINE WA 98155

SHORELINE PUBLIC SCHOOLS

HEALTH CURRICULUM NIGHT

THURSDAY, OCTOBER 6, 2016
6:30-8:15 PM

You are invited to join the Director of Teaching and Learning Maria Stevens for a brief outline of the health curriculum currently taught in Shoreline public schools.

Agenda:
6:30-7:15 pm Grades K-6 Elementary Health Curriculum
7:30-8:15 pm Grades 7-12 Secondary Health Curriculum

QUESTIONS: 206.393.4211

Date:
October 6th, 2016

Time:
6:30 p.m. – 7:15 p.m.
(Grades K-6 Curriculum)

7:30 p.m. - 8:15 p.m.
(Grades 7-12 Curriculum)

Location:
Shoreline Room,
Shoreline Learning Center
18560 1st Avenue NE

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

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

Maria Stevens
Director of Teaching and Learning
(206) 393-4211
maria.stevens@shorelineschools.org

Inside This Issue

Announcements.....	1
Cheetah Cheers.....	2
Principal's Letter	3
Cheetah Notes	5
Meridian Park News.....	9
PTSA President's Letter.....	11
Community News.....	12

Upcoming Events

- October 6**
Health Curriculum Night (K-6)
6:30 p.m. – 7:15 p.m.
Shoreline Learning Center
- October 7**
WaKIDS Non-Student Day
Kindergarteners - No School
- October 12-14**
K-6 Parent/Teacher Conferences
Early Dismissal
- October 13**
Staff Appreciation Luncheon
- October 14**
ASB Walk-a-Thon and Jog-a-Thon
10:00 a.m. - 11:30 a.m.
- October 20**
MP Skate Night
6:00 p.m. – 8:00 p.m.
Lynnwood Bowl and Skate
- October 27**
MP Fall Harvest and Culture Fest
6:00 p.m. – 8:00 p.m.
MP Cafeteria and Gym
- October 31**
Non-Student Work Day
No School
- November 1**
PTSA Board of Directors Meeting
7:00 p.m. - 8:30 p.m.
MP Library
- November 11**
Veteran's Day
No School
- November 23**
Early Dismissal
- November 24-25**
Thanksgiving Break
No School

Cheetah Cheers

Thank you to the following families and staff for joining the MP PTSA for the 2016-17 school year. Up to this point we have **175 members!**

Jenny Hillger	Marla Swanson	Matt Reiman
Jiovanna Koceski	Tiffany Megargee	Sage Kleinhanz
Callie Steward	Courtney Olander	Sylvia LeRahl
Rhonda McRae	Bethany & Carl Gipson	Megan Chamberlin
Jeff McRae	Bomin Shim	Scott Strasser
Tanya Emmert	Kate Beck	Wei-Ping Lin-Chung
Julie Reinhardt	Veronica Beck	Rebecca Andresen
Kayla Candaux	Rhonda Beck	Barbara & Jerry Tantrum
Mary Carrow	Karen & Bob Lagasca	Jessica Soung
Vien & Khai Do	Tricia Norton	Patty Austin
Lori Finch	Joy Rieke	Sira Cruz
Megan Truville	Linda Smith	Correne Saunders
Kris & Andy McRea	Donna Ahron	Carolyn Yandell
Xiaoping Wu	John Moscrop	Won & Nathan Bruno
JunLi Feng	Laura Hungerford	Naomi & Jordan Hillyard
Katie Djibly	Katie Toth-Marter	Munira Ginary
Katie & Ian Schempp	Kathleen DuCharme	Liz Bentley
Raif & Luann Majeed	Shelly Adams	Michelle Blanchard
Nauko Grimlund	Cherry Mendoza	David Tadlock
Scott Halloran	Megan Allen	Sharon & Scott Lumsden
Molly & Christopher Nordstrand	Christel McArthur	Calandrillo Family
Shana Ava	Rosemary Trimmer	Kara & Steve Mitchell
Han Yu	Emma Moreno	Morrison Family
Daniel Smith	Susanne Horvath	Anita Burt
Huiliang Zhang	Peter Anderson	Catherine Fenner
Laura Graven	Judith & Roderick Reyes	Francisco Alvarez
Susan Buchholz	Shayn Tuberg	Michelle Morgan
Brittany Huntamer	Heather Sterling	Trang Fly
Angela Angelopoulos	Tim & Ann Yee	Sarah Treworgy
Ian Farmer	Anne & Chris Chalcraft	Matt & Kim Gillingham
Angelica Ramirez	Susie & Dave LaClergue	Klaas & Victoria Luiting
Michelle Hageland	Diana & Jared Gray	Margaret Stapleton
Lisa Sezate	Andrea Morales	Matt McNully
Matt Alford	Julianne Rogers	Yina Yoon
Vanessa Husted	Erica Graeff	Chuck Shin
Megan & Dino Menis	Mary Kate & Bryce Horwood	Ellen Stewart
Tom & Kim Stege	Qian Qiu	Tina Davis
Laura & Wayne Saito	Hong Tian	Elizabeth Marshall
Matt & Hillery Clark	Janet Pajimula	Kristen & Greg Johnson
Mary Loes	Sarah Sanders-Ode	Virginia Ly
Mollie Merkley	Chris Ode	Kim Busse
John Herold	Janet Shin	Suni Tolton
Katie McCain	Matt & Jen Simerson	Asami & Brittain Barber
Susan & Scott Duthweiler	Adrienne Thompson	Meghan Jernigan
Spencer Lockwood	Lee Lambert	Harmit Malik
Nancy Jenkin	Melanie Kimsey-Lin	Chandni Duggal
Jeremy & Jonna Clark	Tauryn Beeman	Amber & Jodi Dixit
Suzannah Salit	Ron Eng	Hannah Peterson
Molly Terwilliger	Laura Martin	Megan Jones

Please join the Meridian Park PTSA!

Principal's Letter

Dear Families,

We had a **super** month in September with learning, positive behavior, and activities. **Thanks to everyone** for working together to help all students find personal and academic success. **We have 612 Cheetahs!**

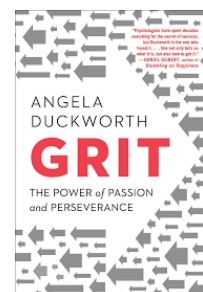
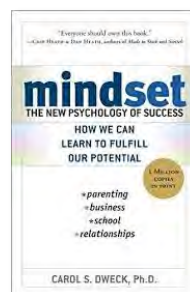
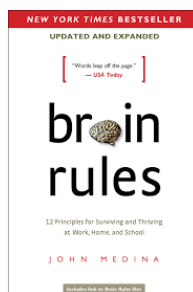
Recess is an important time for students to play and exercise. As a reminder, we go outside for recess in all kinds of weather, including regular rainy days, so please make sure kids come to school prepared. Indoor recess is rare. We appreciate your understanding and support. Be sure to play outside as a family after school or during the weekends.

The district has mailed **state test results** to all families in grades 4, 5, and 6 (SBA). Meridian Park scores reflect the hard work of our students, our families, and our committed staff. If you have questions about your child's scores, feel free to contact me, your child's teacher, or visit www.k12.wa.us/assessment/. If you need a copy of your child's state report, call Jill in the office - she will gladly mail you a copy. We continue to learn from the content and results to improve our program.

Again, this year **we are on a semester system**, like the middle and high schools. This means there are **two** reporting periods, so written progress reports will be provided at the end of February and June. To check on progress during each semester, conferences will be in October and March.

The first round of **Parent/Teacher Conferences** are **October 12th, 13th, and 14th**. October Conferences are a great opportunity to establish a positive working relationship and communication plan with your teacher. Please double check your day and time; contact your teacher if needed. We look forward to having 100% participation. The second round of Parent/Teacher Conferences will be held the week of March 7th, so please mark your calendar now (there is no school March 6th).

Fitness and growth are priorities at MP. We are working to grow with academics and habits of mind, work, and heart. Our school goals focus on academic growth with core standards of knowledge and skills, while also promoting growth with positive behavior and friendship. We have one of the best positive behavior systems in the area to help students learn to be self-managers. We continue to learn about the brain and taking short regular brain breaks to stimulate brainpower. For more information, I encourage you to read [Brain Rules](#), [Mindset](#), or [Grit](#).



Principal's Letter

We are very excited for October. **Please join our PTSA**, and I hope to see you at conferences and our **PTSA Fall Harvest and Culture Fest** on **October 27th**. Our staff continues to work very hard to provide the best experience for your children - be sure to say "thanks" when you get a chance. Your students are simply the best, and we are grateful for your family.

David Tadlock
Principal

david.tadlock@shorelineschools.org



Tadlock Tip #2 - Homework

Homework can be both an opportunity and a challenge. While we value homework for additional practice or completion time, we do not want homework creating stress. Parents can help with structure, encouragement, perspective, and snacks. Please let your student(s) do the work, even if they struggle. We value productive struggle and growth. Please set good limits on screen time, and please read with your kids. Thank you!

Online tools for student information and programs:

Skyward Family Access

Access to the student information system and your student's attendance, lunch account, academic history, and more

Pearson/Envisions Math Program

Math program resources

Wonders Online

Literacy program resources

Our district, school, and PTSA websites are also great sources of information, and I hope you will refer to them often.

www.shorelineschools.org/
www.shorelineschools.org/meridianpark/
www.mpptsa.org

Important reminders:

Early dismissal at 11:45 a.m. on October 12th, 13th, and 14th.

Student Information Update Forms will be sent home in October.

Please make any changes that are necessary and return to the school for updating.

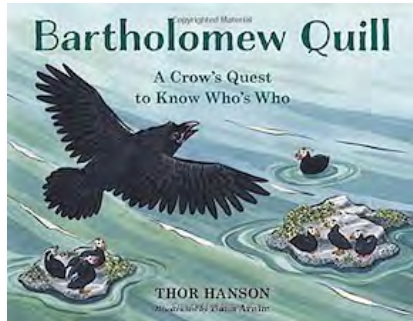
Cheetah Notes

October News from the Library Media Center

Greetings Meridian Park Families!

Guest Authors

During the month of October, students in all grades will celebrate books and reading with two guest author assemblies. These assemblies are sponsored by **Third Place Books**.



Kindergarten, first, second, and third graders will meet author **Thor Hanson** on Wednesday, October 12th at a 9:30 assembly in the cafeteria. Mr. Hanson has written a picture book titled [Bartholomew Quill: A Crow's Quest to Know Who's Who](#). This story combines a traditional creation myth with a strong message about biodiversity and individuality. You are welcome to join us for this assembly.

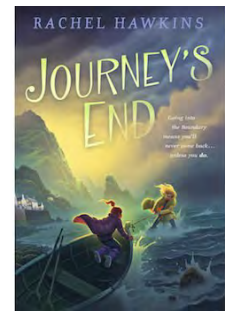
Order forms for Bartholomew Quill are due no later than Monday, October 10th. If you did not receive an order form, but want to purchase an autographed book, please send in \$18.60

(tax is included) in an envelope. Include your child's name and teacher's name. Checks should be made out to *Third Place Books*.

Fourth, fifth, and sixth graders will meet author **Rachel Hawkins** on Thursday, October 27th at a 9:30 assembly in the cafeteria. Ms. Hawkins writes fantasy for intermediate- and middle school-aged students. Her latest book is [Journey's End](#), the first title in a new fantasy series, to be released on Tuesday, October 25th.

Order forms for the book will be sent home by October 12th, and will be due no later than Monday, October 24th.

*A big thank you goes out to Third Place Books
for bringing authors to Meridian Park!*



Fall Book Fair - Date Change



Due to scheduling conflicts with Scholastic, our *one-day-wonder* **Scholastic Fall Book Fair** will **not** be held on Friday, November 18th. Instead, the book fair will take place on **Tuesday, December 6th**.

The Book Fair will run during the school day as well as the evening, along with the PTSA meeting and a choral performance. Students will have a chance to preview the Book Fair on Friday, December 2nd. It will be a fun event for everyone. Last year's one-day book fair was a huge success, as well as a lot of fun. Book fair profits benefit all MP students through the purchase of new books and the support of author visits and other literacy events.

I'd like to thank everyone who already signed up to help at the November 18th book fair. I really appreciate it. **If you would like to help out at the December 6th book fair** by volunteering a few hours of your time, please let me know (email is the best way to reach me).

Jenny Hillger
Teacher/Librarian
(206) 393-4125

jenny.hillger@shorelineschools.org

Cheetah Notes

October P.E. News You Can Use

What's with the double classes in P.E., Mr. Alford?

As many of you have likely heard by now, I am not teaching all of the sections of Physical Education here at Meridian Park this year. Our school has grown to **612** students, and while overall this is a good thing for Shoreline, it does have a significant impact on an Elementary Specialist's workload. The number of classrooms we now house at Meridian Park drives **120%** of a full-time P.E. and Music Specialist. This being the case, Meridian Park welcomed **Tiffany Smith** to our staff this year to cover the additional teaching load. This does mean that several times a week, two classes will attend P.E. in the same half-hour block.

I made the instructional decision that a team-teaching model with Ms. Smith supported my instructional and curriculum goals better than assigning certain sections to Ms. Smith for the entire year and losing contact with those students. It is important for me to retain a relationship with each Meridian Park student, even if this means that I instruct each class only once a week.

A few things that are important for you to know about this situation:

I direct the curriculum of the P.E. Program at MP, and students being taught by both Ms. Smith and me can expect very similar skills and games on a weekly basis. Ms. Smith and I have common planning time on Friday mornings to discuss curriculum for the upcoming week.

The P.E. facilities at Meridian Park support this plan. Meridian Park is technically a middle school campus, and thus, the gymnasium is double the size of the other elementary schools in the district. While I prefer and have become accustomed to my large gym for teaching intermediate students, the teaching spaces and equipment are comparable to others in the district and adequate to handle multiple classes at once.

Students can expect to spend more time outside this year. When the weather cooperates, I intend to use outdoor teaching spaces as much as possible this year to create optimal learning environments for all of your children. Please have your child dress appropriately on P.E. days, including shoes suitable for both indoor and outdoor play.

Change is difficult on all of us, and I appreciate your patience and support as we all work to accommodate a growing population of students at Meridian Park.

How is my child assessed in PE? (Part I)

Your child receives several marks on their report card each year, and the focus of this article is the **skill portion** of their report card.

In cooperation with several other P.E. specialists in Shoreline Schools, I am taking a little different approach to skill assessment in P.E. this year. Skill assessment standards are derived directly from **National Standards and Grade Level Outcomes** developed by the **Society of Health and Physical Educators**. Grade level skill standards can be found here: <http://www.shapeamerica.org/standards/pe/upload/Grade-Level-Outcomes-for-K-12-Physical-Education.pdf>

The standards can be divided into what the P.E. specialists of Shoreline are deeming the "**Power Six Domains**". The six domains are:

Locomotor (K-1)
Balance and Weight Transfer (2-6)
Throwing and Catching (K-6)

Jumping and Landing (K-6)
Striking with Implements (K-6)
Striking without Implements (K-6)

To provide an example of how your child might be assessed, I began the school year with a soccer/kicking skill unit for 1st-6th students. The Power Six category is "Striking without Implements", and the specific skills that I looked at in at in this unit were:

- 1) Dribbling ball in control with feet
- 2) Passing and receiving with feet
- 3) Kicking

Following the link above will allow you to see grade level outcomes for each of these skills. For example, the 5th grade outcome for dribbling ball in control with feet is:

Combines foot dribbling with other skills in 1v1 practice tasks. (S1.E18.5)

Cheetah Notes

During live game play, Ms. Smith and I look for a 5th-6th grade student to demonstrate the outcome above. At the end of the semester, we look at the totality of the skill assessments and assign a 1-4 mark based on the following criteria:

- 4: Student exceeds grade level outcomes.
- 3: Student meets grade level outcomes.
- 2: Student has not met, but is showing progress and effort towards grade level outcomes.
- 1: Student has not demonstrated effort towards attaining grade level outcomes.

Most students will receive a “3” with a minority distribution in the “4” and “2” range. A mark of “1” will certainly come with prior contact from me about specific concerns with your child’s age appropriate motor development or effort level.

Clean Campus Club

In addition to being your child’s P.E. teacher, I am also very passionate about teaching environmental stewardship to young people. I am deeply troubled by the amount of refuse that our society generates and further distressed by the litter I see in my local community. We truly live in one of the most beautiful places on the planet, and I want my students to grow up in a world that is clean, beautiful and values nature. *I believe strongly that teaching children to take better care of our planet is just as important of a lesson as anything else we teach them.* Following the mantra of “we must be the change we wish to see in the world”, I began spending just one half-hour a day cleaning our campus after school last year. Soon, I had several students asking to help. In response, I am creating a formal club of students who are willing to commit at least one afternoon a week from 3:30 p.m. - 3:50 p.m. cleaning up trash on the Meridian Park Campus. Sign-up sheets will be in the mail the first week of October, and we will have an informational meeting and training in early October. *I am going to be bold and announce that in 2016-2017, Meridian Park will become the cleanest elementary school campus in the world.*

MP Wrestling Club

In cooperation with our local USA Wrestling Club, the **Wrestling Rhinos**, I will be coaching a **Meridian Park Elementary Wrestling Club** for Kindergarten-6th boys and girls this Fall. Practices will commence in early November and continue through mid-January. Details and cost for athletes are still being worked out, but look for information and registration sheets coming home in the next couple of weeks.

MP Running Club

Running Club for 4th-6th grade boys and girls began Tuesday, September 27th at 8:15 a.m. in the MP Gymnasium. Practices will continue on Tuesday and Thursday mornings through November 1st. The culminating event of Running Club is the **Fall Fun Run at Hamlin Park on November 2nd**. Sign-up sheets are in the Main Office or on my website: <http://learn.shorelineschools.org/meridianpark/malford/documents>

Shoreline Sports Foundation Girls Basketball

Shoreline Sports Foundation Basketball is seeking **5th and 6th grade girls** living within the Shorewood High School boundary to play for a team focused on community-building, skill development, teamwork, self-confidence and preparation for play at a higher level. No-cost tryouts will be held at the following times and locations:

- October 4th, 7:30 p.m. - 9:00 p.m. at Shorecrest
- October 5th, 5:00 p.m. - 6:45 p.m. at Einstein
- October 6th, 6:30 p.m. - 8:30 p.m. at Shorecrest

Once selected to a team, there will be a fee to cover uniform, gym, league and coach costs. Scholarships are available, so please don’t let financial concerns stand between you and this great opportunity. I have personally had the fortune to work with many of the individuals involved in the Shoreline Sports Foundation over my 13-year career in Shoreline Schools and can attest to the fact that this organization is focused on the development of the whole athlete, not just the number of points on the scoreboard at the end of the game. I am happy to give you a flyer, and more information is available at: <http://www.shorelinesportsfoundation.org/foundationbasketball>

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

Cheetah Notes

Notes from Annie Gage, Family Advocate

Families, Feelings, Friendship, and Fun

At Meridian Park, we are fortunate to have plenty of staff to work with children and families in the area of social and emotional health as well as academic progress. As a parent, it might be confusing to know who to contact for what.

I am the **Family Advocate**.

Part of what I do is help parents find resources and make connections. For example, I might connect a family with a neighbor who can walk their child to and from school. Or, I might know of an organization that can help a parent replace their dead car battery. There are many valuable resources in Shoreline, and if they are hard to find, I can help!

MP's fledgling group of **Natural Leaders** is helping Meridian Park become an even more welcoming place for our international and ELL families, and I am their liaison to the rest of the school.

I also provide social and emotional support to students and parents. Now that our school counselor, **Katie McCain**, is on board (yay!), you may wonder who you or your student should contact if they want to talk about something. At this point the answer is... **either one of us!**

I often invite students to my roomy-yet-cozy office for lunch. Frequently, this is for "**Lunch Bunch**" to which every student is invited, or because a group has asked for some problem-solving help. When students have lunch in my office, they are never in trouble, although we may talk about serious things.

Please feel free to contact me at any time.



Annie Gage, MSW
Monday-Friday, 8:00 a.m. - 4:30 p.m.
(206) 393-1768
annie.gage@shorelineschools.org

Notes from the Health Office

Medication Reminder

All medications at be administered at school (including over-the-counter medications) require a completed **Permission to Administer Medication** form. Please note that this form needs to be signed by a Licensed Healthcare Provider and a parent/guardian. Medication brought to school must be in the original container labeled with the child's name. Prescription medications must include the pharmacy label/directions. Please note that students are not allowed to transport medications to or from school. If you have any questions, please contact our school nurse, Tama Leahy.

Tama Leahy, RN
206-393-4124
tama.leahy@shorelineschools.org



Meridian Park News

Staff Appreciation Luncheon - Thursday, October 13th

Happy Fall, Meridian Park families!

We have a Teacher/Staff Appreciation event coming up, and we would love if you could participate! We will be providing a buffet of warm soups, salads and sides on **Thursday, October 13th** at **11:15 a.m.** Please consider signing up to bring a food item or volunteer to help using the "Perfect Potluck" link: <http://www.perfectpotluck.com/meals.php?t=JCMF7115>



If you contribute a food item, please mark your item "Staff Appreciation", and either drop it off in the staff lounge (use staff refrigerator if needed) or send with your child either the day before (Wednesday, October 12th) or during morning drop-off on Thursday, October 13th.

Many, many thanks to all who helped make our first Teacher/Staff Appreciation luncheon on September 23rd a huge success by bringing delicious food, setting up, and cleaning up afterwards! It was a great start to the year!

From the Staff Appreciation Committee
Submitted by: Correne Saunders

ArtWise Camp - October 12th-14th



ArtWise conference week camp registration is open. Camp is October 12th-14th (choose one, two, or all three days) from 11:45 a.m. - 3:30 p.m. Sign up at www.artwisennw.com.

Parent volunteers are needed in order for the club to run. Get **free** tuition for one child in exchange for volunteering.

Submitted by: Mary Webb

Box Tops Update

Thank you for submitting Box Tops! Please keep on clipping and submitting to the school. **Remember, for every little Box Top, Meridian Park earns 10 cents!** The [box top collection form](#) is included at the end of the newsletter.



I will mail the first submission of Box Tops on **October 29th**, so get those Box Tops into school soon.

HAPPY CLIPPING!

Submitted by: Suzy Cowgill

Meridian Park News

Skating Party - Thursday, October 20th, 6:00 p.m. - 8:00 p.m.

Join your classmates for the first MP skating party of the year at [Lynnwood Bowl & Skate, 6210 200th Street SW, Lynnwood](#). Admission is \$6.50 which includes quad skate rental. Pay an additional \$3.00 for inline skates. Parents are encouraged to participate. No drop-offs allowed. Feel free to bring your helmet. Hope to see you there!



Please note that the next skating party dates will be on [December 1](#), [February 9](#), and [March 30](#). Flyers will be sent home through kid mail.

Submitted by Susan Duthweiler

Art Docents

Art Docents are parent volunteers who meet three times a year to discuss art projects for the kids. The docents then teach or assist with those art projects in your child's class, three times during the school year. It's a super fun way to get involved with art, the school, your child's class, and other parents!

How much you do is up to you! If you want to teach or assist just in your child's class, that's great! Up for multiple classes? Fantastic! The lessons are planned in advance so you are able to present them with a PowerPoint presentation in the classroom, then lead the class through the activity. Sound like too much? Assist another volunteer! Hand out paper! There's no such thing as too little help. Not available during the day? Volunteer to set up for evening events! Help with the annual fundraiser! Create fliers! Send emails! You can still help.

For more information or to join us for the next school year, please contact Carrie Yandell and Krista Morrison at mpartdocents@gmail.com.

Thank you!

Submitted by Carrie Yandell

PTSA President's Letter

Hi everyone,

I am so happy to have a chance to tell you about what the PTSA has been up to this past month and to give you a heads-up on what's coming!

We would like to say **Thank You** to everyone who stopped into the library to visit and check out the PTSA during Curriculum Night. We handed out a lot of water bottles for memberships at the \$25 level. All PTSA memberships over \$10 benefit Meridian Park directly. We appreciate your dedication to our school. **Our membership is currently at 175 members!**

We are starting a robust **compost and recycling program** in our school cafeteria at school. The students are receiving guidance on the proper disposal of their food waste and recycling. Please ask them about this endeavor. It is hard and they need encouragement to be patient while sorting their trash as they leave the lunch room. Contamination in the compost or recycle bins will require the whole can to go to trash. We are aiming for a big reduction in our waste to landfill, and we can't do it without the students!

Before-and-after school programs are starting! We are focused on bringing a variety of interests into the school. Our goal is to give students an opportunity to learn, explore, and expand their interests. We hope you find something interesting. If there is a club or program you are interested in bringing to the school, please feel free to contact me. Almost all of our clubs and programs are brought to us by parents. Don't let cost be a deterrent; please contact Annie Gage, our Family Advocate, if you would like your student to be considered for a scholarship.

Reflections is a national PTA program and entries are due by **October 28th**. **The theme this year is "What is Your Story?"** This is a chance to let your child display their artwork. I hope you will encourage and support them with entering this contest. The school calendar showcases art that has been made for the Reflections program from across the whole district.

We are starting our Fall Fundraiser in October. This is the big one, folks! **Our goal is \$10,000.** There are 612 students at Meridian Park. If every student brought in \$16, we would meet our goal. Please take a moment, dig through your student's back pack, and find our **Drive the Cheetah** pledge form coming home next week. All the money that we raise will go directly to our school.

The Cultural and Harvest Fest is October 27th. We are looking for a whole variety of volunteers for this event. We would really love to give the students at MP a cultural experience that represents their classmates. If you would like to put together any type of experience (table display, performance, craft) to share with your student's classmates, please contact me. We would be very interested in having your family share your culture and traditions.

On behalf of our whole team, thank you so much for all you do!

Callie Steward
MP PTSA President 2016-2017
mpptsapresident@gmail.com

Community News

Meridian Park Elementary

www.shorelineschools.org/meridianpark/

David Tadlock *Principal*

david.tadlock@shorelineschools.org

Julie Harris *Instr Coach/Admin Intern*

Hillery Clark *Dir of Early Learning*

Diane Randall *Office Manager*

Jill Gwazdauskas *Registrar*

Tama Leahy *School Nurse*

Katie McCain *Counselor*

Annie Gage *Family Advocate*

2016–2017 MP PTSA Executive Committee

www.mpptsa.org

Callie Steward *President*

mpptsapresident@gmail.com

Rhonda McRae *Secretary*

mpptsasecretary@gmail.com

Joy Rieke *Treasurer*

mpptsatreasurer@gmail.com

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Community Flu Shot Clinics

Shoreline Public Schools is committed to helping keep our students, parents and our community healthy throughout the entire flu season. That's why we have partnered with the **Seattle Visiting Nurse Association** to provide flu shot clinics for our District.

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

Clinic locations and dates:

Shorecrest High School
Thursday, October 13th
3:00 p.m. - 7:00 p.m.

Shorewood High School
Thursday, October 20th
3:00 p.m. - 7:00 p.m.

The Clinics are open to all Shoreline Public Schools faculty, staff, students and their families (children four years of age and older). Please note that students under the age of 18 will need a **Patient Consent Form** signed by a parent or guardian. Please complete one for each person and bring with you to the event. Forms will also be available at the clinic.

All participants will be asked to provide their health insurance information (card) to receive an immunization. SVNA will electronically bill the insurance plan for your flu shot. They bill almost all insurance plans, but are not able to accept Cigna or Kaiser.

Students 18 years and under without current health insurance coverage will be offered a flu shot at no cost. Adults without current insurance coverage may pay the \$30.00 immunization fee with cash or check.

Family Resources

The Works

Clothing bank for Shoreline School District families
Wednesdays, 6:30 p.m. - 8:00 p.m.
North City Portables - 816 NE 190th Street, Shoreline

Homework Factory

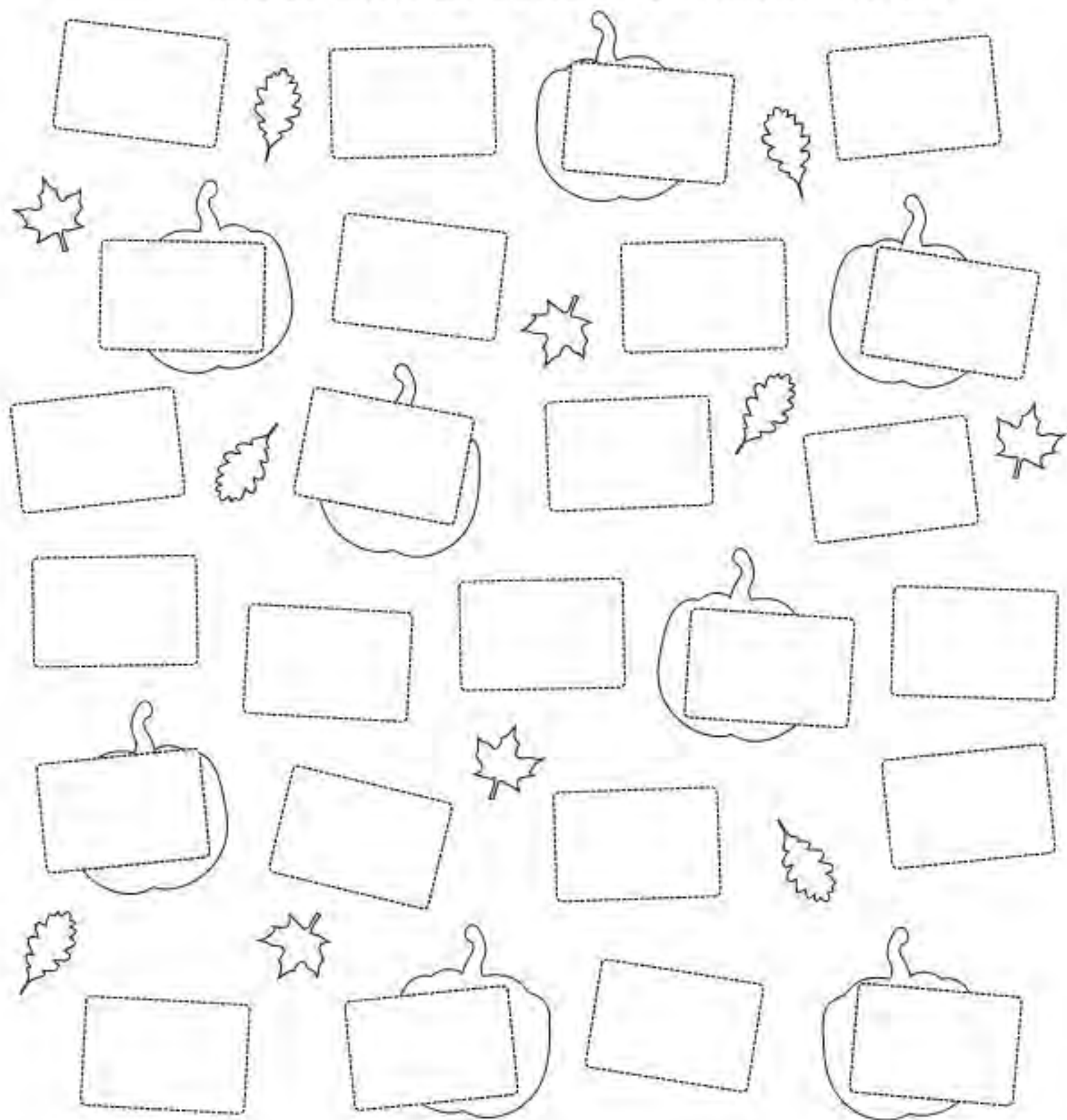
FREE afterschool homework support for 2nd-6th graders
Shuttle service from Meridian Park
Parent pick-up at 5:00 p.m.
Register: (206) 402-6960 or lynn@turningpointseattle.org

Childcare Resources

A statewide referral center that helps families find and pay for childcare that fits their needs
Contact: ccr@childcare.org



HARVEST ALL YOUR BOX TOPS AND SEND THEM TO SCHOOL!



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



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Encontrar Box Tops es fácil. De hecho, tal vez tengas algunos en tu casa en este momento. Recorta Box Tops de cientos de tus productos favoritos. Cada cupón de Box Tops tiene un valor de 10¢ para tu escuela y esas cantidades se suman rápido!

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- Fiber One™ Mixes
- Reynolds® Genuine Parchment Paper
- Reynolds® Non-Stick Baking Pans
- Reynolds® StayBright Baking Cups

CEREAL CEREALES

- Annie's®
- Batman™ Chocolate Strawberry
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- Cascadian Farm™ Protein Granola
- Cascadian Farm™ Farm Stand Harvest Granola
- Cheerios™
- Chex™
- Cinnamon Toast Crunch™
- Cocoa Puffs™
- Cookie Crisp™
- Fiber One™
- French Toast Crunch™
- Gluten Free Chex™ Oatmeal
- Golden Grahams™
- Honey Nut Clusters™
- Kix™
- Lucky Charms™
- Nature Valley™ Oat Cereals
- Nature Valley™ Protein Crunchy Granola
- Oatmeal Crisp™
- Raisin Nut Bran
- Reese's Puffs®
- Star Wars cereal (© & ™ 2015 Lucasfilm Ltd.)
- Superman™ Caramel Crunch
- Total™
- Trix™
- Wheaties™

FOOD STORAGE CONTENEDORES PARA ALIMENTOS

- Ziploc® brand Big Bags XL (4 ct.)
- Ziploc® brand Freezer Bags
- Ziploc® brand Smart Snap Containers
- Ziploc® brand Storage Bags
- Ziploc® brand Twist 'n Lock® Containers
- Ziploc® brand VersaGlass® Containers
- Ziploc® brand Vacuum Freezer System
- Ziploc® brand Zip 'n Steam™ Bags

FROZEN CONGELADOS

- Annie's® Frozen Snacks
- Green Giant™ Vegetables
- Totino's™ Party Pizza® & Pizza Rolls® Snacks

HOUSEHOLD CLEANING LIMPIEZA DEL HOGAR

- Finish® Dishwashing Detergent
- Lysol® Bathroom Cleaners
- Lysol® Disinfectant Spray & Wipes

MEALS & SIDES COMIDAS Y GUARNICIONES

- Annie's® Mac & Cheese
- Annie's® Microwaveable Mac & Cheese Cups
- Annie's® Soups
- Betty Crocker™ Specialty Potatoes & Potato Buds
- Betty Crocker™ Suddenly Salad
- Green Giant™ Canned Vegetables
- Green Giant™ Veggie Blend-Ins
- Hamburger Helper™ select flavors
- Old El Paso™ Bold Stand n' Stuff Shells
- Old El Paso™ Dinner Kits
- Old El Paso™ Rice & Beans
- Old El Paso™ Shells & Seasonings
- Old El Paso™ Soft Tortilla Taco Boats
- Old El Paso™ Stand n' Stuff Shells
- Progresso™ Soup
- Progresso™ Broth

PAPER PRODUCTS PRODUCTOS DE PAPEL

- Kleenex® Facial Tissues
- Scott® Bath Tissue
- Scott® Paper Towels
- Scott Naturals™ Flushable Cleansing Cloths

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- Green Giant™ Fresh Vegetables, Fruit & Herbs

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- Annie's® Yogurt tubes
- Go-Gurt® Multipacks
- Kazy Shack® Pudding
- Land O'Lakes® Cheese Products
- Land O'Lakes® Fresh Buttery Taste® Spread (Sticks and tubs)
- Land O'Lakes® Margarine (Sticks and tubs)
- Land O'Lakes® Sauté Express® Sauté Starter
- Land O'Lakes® Stick Butter or Spreadable Butter Products
- Yoplait® Original and Yoplait® Light Fridge Packs

SCHOOL & OFFICE SUPPLIES ARTÍCULOS PARA ESCUELA Y OFICINA

- Boise POLARIS® Premium Paper
- Boise® FIREWORX® Premium Colored Paper

SNACKS & JUICES BOCADILLOS

- Annie's® Cookies
- Annie's® Crackers
- Annie's® Fruit Snacks
- Annie's® Granola Bars
- Annie's® Snack Mix
- Betty Crocker™ Fruit Flavored Snacks
- Bugles™
- Cascadian Farm™ Granola Bars
- Cereal Treat Bars
- Chex Mix™
- Fiber One™ Bars, Brownies, Cookies, and Streusel
- Food Should Taste Good™ Snacks
- Gardetto's™ Snacks
- LARABAR™ (multipacks)
- Larabar™ RENOLA Grain Free Granola
- Mott's® Applesauce products
- Mott's® Juice
- Mott's® Medleys Fruit Flavored Snacks
- Nature Valley™ Bars
- Nature Valley™ Granola Bites
- Nature Valley™ Protein Soft Baked Granola Bites
- Ocean Spray® Fruit Flavored Snacks

TABLEWARE MANTELERÍA

- Hefty® Deluxe™ Plates and Platters
- Hefty® Easy Grip® Cups
- Hefty® Everyday™ Cups
- Hefty® Everyday™ Soak Proof Plates and Bowls
- Hefty® Printed Cups
- Hefty® Style Plates
- Kleenex® Dinner Napkins (50 ct.)

WASTE BAGS BOLSAS DE BASURA

- Hefty® Blackout Tall Kitchen Drawstring Bags
- Hefty® Cinch Sak Large Trash Bags and Lawn & Leaf Bags
- Hefty® Easy Flaps® Tall Kitchen Bags and Large Trash Bags
- Hefty® OdorBlock® Tall Kitchen Drawstring Bags
- Hefty® Renew® Tall Kitchen Bags and Trash Bags
- Hefty® SteelSak® Trash Bags
- Hefty® Twist Tie Tall Kitchen Bags and Trash and Lawn & Leaf Bags
- Hefty® Ultimate
- Hefty® Ultra Flex® Trash Bags



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