

# Cheetah Chatter

Published by Meridian Park School and Meridian Park PTSA

Dear Families –

I want to take a moment to say how much we welcome, embrace, and care for **ALL** families at Meridian Park, regardless of circumstances. As many of us are experiencing feelings of uncertainty or anxiety, I cannot say strongly enough that our public schools, including Meridian Park, is today and everyday a safe place for **ALL** students and families to learn, grow, and be part of a community. This month, my primary message to everyone is **All Families Welcome**. If you, your children, or another family member have any questions, concerns, or need support, please contact me directly or any member of our staff. Please join us in making all families feel welcome and part of our wonderful school.

*David Tadlock, Principal*



## The Family Picture Project

Please join us in celebrating and honoring all of the families at Meridian Park. The PTSA and Meridian Park staff would like to invite all families to participate in our **Family Picture Project**. The goal is to fill our front foyer with pictures of our families.

### We are asking you to:

- Send a printed family photo with your child to school (one you might not get back) and write your name on the back, *OR*
- Email a photo to: [mpptsapresident@gmail.com](mailto:mpptsapresident@gmail.com)

We hope to have all family photos ready for display **by Friday, March 24th**.

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### Upcoming Events

#### March 7

PTSA Board of Directors Meeting (*all are welcome!*)  
7:00 p.m. – 8:30 p.m.  
Meridian Park Library

#### March 7-10

Parent-Teacher Conferences  
**Early Dismissal**

#### March 9

Shoreline Hi Cap Advocacy Group Meeting  
7:00 p.m. – 8:30 p.m.  
Ridgecrest Elementary Cafeteria

#### March 11

Shoreline Math Olympiad  
Shoreline Community College

#### March 12

Daylight Saving Time Begins  
Move clocks forward 1 hour

#### March 12

"Resilience: The Biology of Stress and the Science of Hope"  
Screening  
4:00 p.m.  
Shoreline Center Auditorium

#### March 30

Meridian Park Skating Party  
6:00 p.m. – 8:00 p.m.  
Lynnwood Bowl and Skate

#### April 3

Non-Student Staff Workday  
**No School**

#### April 4

PTSA Board of Directors and General Membership Meeting  
7:00 p.m. – 8:30 p.m.  
Meridian Park Library

#### April 7

Meridian Park Multicultural Potluck  
5:30 p.m. – 7:30 p.m.  
Meridian Park Cafeteria

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# Announcements

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## Read-a-Thon (R-a-T)



The **2017 PTSA Read-a-Thon (R-a-T)** is underway **now** and extends through **Sunday, March 19th**! Students can earn prizes for reading and collecting pledges to benefit the Meridian Park PTSA. Prizes this year include credit to spend at the April Book Fair, t-shirts, bookmarks, a pizza party, and other gift certificates. PTSA funds support school activities such as 6th Grade Camp, Drama Club, Family Fun Nights, Skating Parties, classroom activities, and more. **ALL READING COUNTS!** You can read to your student, or encourage your student to read aloud or on their own. Grab a book, reach out to family, friends, and employers for support, and **make sure to turn in your reading calendars and pledges by Friday, March 24th**. Please feel free to contact Elizabeth Swan at [eswan27@gmail.com](mailto:eswan27@gmail.com) with any questions or concerns.

Happy Reading!

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## Shoreline STEM Festival

**Do you love science and art?**

It's time to start getting ready for the **Shoreline STEM Festival**, which will take place on **Saturday, May 20th** at Shoreline Community College, with a K-12 student science fair, hands-on STEM fun, robotics demonstrations, and STEM Career expo! Now is the time to start a project for the science fair with three categories to choose from: Science Investigation, Engineering Design and Invention, and Computer Science Design and Invention. Need help deciding on a project? You'll find guidelines and links to resources on our website, [shorelinestem.org](http://shorelinestem.org). **All entries will require a project proposal, and you can turn yours in now until Friday, April 14th. Registration and entrance to the festival are all completely FREE!**



**Young artists** - design our festival t-shirt! The deadline for design submissions is **Sunday, April 2nd**.

**Parents** - we need volunteers to make the festival happen! Sign up on our website or email us to find out how you can help.

Details for everything can be found at [shorelinestem.org](http://shorelinestem.org) or email us at [shorelinestemfestival@gmail.com](mailto:shorelinestemfestival@gmail.com).

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## Last Skating Party of the Year - Thursday, March 30th

The last skating party of the year will be held **March 30th**. Join your Meridian Park classmates for an evening of skating at **Lynnwood Bowl & Skate** (6210 200th St SW, Lynnwood) from 6:00 p.m. - 8:00 p.m. Look for fliers to come home in your student's kid mail. Hope to see you there!




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## Cheetah Chatter Survey

Thanks to all of you who have taken the time to share your thoughts about the *Cheetah Chatter* via our online survey. If you haven't already, feel free to take the quick survey and share your opinions and ideas regarding the monthly newsletter. Your responses are completely anonymous. Click the link to get started: <https://mpptsnewsletter.typeform.com/to/a8rxxS>.

We appreciate your time and insight!

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# Principal's Letter

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Dear Cheetahs —

Second semester is well underway, and our staff teams continue to collaborate on important topics of student learning. Teamwork includes our school and team growth goals. Thanks to our hard working staff who is making a positive difference each day for our students.

Our **school goals** this year are listed on the following page and focus on these topics:

- Increasing Movement During the Day
- Positive Behavior
- Instructional Strategies
- Updating Our School Vision
- Learning about Equity



We continue to learn and apply research involving the brain, growth mindset, and helping students develop habits of mind, work, and heart. All student classes take regular 3-5 minute 'brain breaks' to stimulate brain power and activity. As a school, we engage in all school lessons related to growth and persistence. Please see the info provided at parent-teacher conferences and included with this newsletter.

**Semester reports were sent home on February 10th**, so you should have your student's report card. If you do not have your student's report card, please contact your teacher. **Parent/teacher conferences are this week**; if needed, contact your teacher about your date/time. **Our goal is 100% participation**, so please let us know how we might support your busy schedule.

**The purpose of the March conference is to discuss academic progress.** Before the conference, please review your child's semester report card and identify a few talking points. It might also help to review the additional info sent home with report cards. While this is the final scheduled conference for this school year, we are always happy to visit with you individually about your student's progress or other questions.

Communication is also important when there's a problem or concern. Our general guideline is to communicate with staff closest to the situation and resolve at the lowest level possible. It's helpful to communicate quickly and privately, assume the best, and take a positive approach. While I am always happy to help, it's usually faster and easier to work things out directly with your teacher or the staff member directly involved. Thanks as always for our partnership.

**We are starting to plan for next year! Before April 10th, we will need every family to return an intent form about your plans for next year.** We realize most families will return, but we need to be sure since enrollment is key to staffing and class configurations. Our student assignment process begins in April and ends right before school starts. We are very careful about creating balanced classes and making the best classroom assignments for children and grade levels. Please watch for a flyer in your student's take home folder.

**Thank you, PTSA, for the school play, 6th grade camp support, classroom grants, family activities, parent education, and more.** We could not be the great school we are without our PTSA. And thank you, adults, for our partnership in the education of your children; it's powerful when adults work together on behalf of kids. We hope to see everyone soon at one of our many activities.

David TadlockPrincipal  
[david.tadlock@shorelineschools.org](mailto:david.tadlock@shorelineschools.org)

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# Principal's Letter

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***Congratulations to our Global Reading Challenge Teams!*** We encourage families to read together daily. March 2nd was Dr. Seuss's birthday, and this month is National Reading Month, so please consider celebrating as a family with a "reading party" at home. ***The month of March provides a great opportunity to limit screen time and read more instead!***

## INFORMATION REMINDER

We are committed to regular communication and information, and we rely heavily on email and websites. We encourage you to set your inbox and browser for easy access to information. It's also helpful to keep Office Secretary, Jill, updated with current phone numbers and email addresses.

MP PTSA	<a href="https://mpptsa.org/">https://mpptsa.org/</a>
MP Office Email	<a href="mailto:jill.gwazdauskas@shorelineschools.org">jill.gwazdauskas@shorelineschools.org</a>
District Website	<a href="http://www.shorelineschools.org">http://www.shorelineschools.org</a>
MP Website	<a href="http://www.shorelineschools.org/meridianpark/">http://www.shorelineschools.org/meridianpark/</a>

(the MP website includes links to teacher sites, the library, and many other school resources and contacts)

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## Tadlock Tip #7: Family Face Time

Life is busy, and I encourage *Family Face Time* - playing games, playing outside, reading, meals, exercising, and relaxing together. March especially can be a long month for busy families. I encourage you to be consistent with family routines and habits for balance and together time, including meals without electronics, talking with one another, and uninterrupted face time.

***Tell your kids 'Mr. T says that Family Face Time matters.'***

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## STAFF GOALS FOR 2016-2017

### Instructional Goal

By June 2017, MP staff will grow with learning and utilization of instructional strategies that improve academic achievement.

### Fitness Goal

To support the connection of learning and exercise, our goal is to grow from the current baseline of 30 minutes of movement per day (September) to 60 minutes of movement per day (June).

*Note: some days already 60 minutes*

### Equity Goal

By June 2017, raise awareness and create safety for staff dialogue and learning around issues of equity.

### Vision Goal

By June 2017, create a shared 'vision statement' that defines and reflects our values and beliefs for staff/students currently and for the next 5 years.

### Positive Behavior Goal

By June 2017, continue and modify Tier 1 systems and focus on developing more Tier 2 systems.

**State Testing will be in May and specific dates will be provided in the next newsletter.**  
**Please avoid scheduling trips or appointments in May.**

# Cheetah Notes

## Meridian Park Winter Clothes Drive



Hello Cheetahs,

**Congratulations! You collected 180 pounds of winter clothing!** All winter clothing was taken to Mary's Place on February 17th. I hope you are all proud of yourselves and that this inspires you to go out and change the world - even the smallest action can go a long way! **Go Cheetahs!**

Sincerely,

Katherine Haycox, Student Council Service Manager

## Multicultural Potluck on April 7th!

**YOU ARE INVITED TO  
MERIDIAN PARK'S MULTICULTURAL POTLUCK  
Friday, April 7, 5:30-7:30 p.m.  
All Meridian Park Families Welcome**

**PLEASE BRING FOOD TO SHARE FROM YOUR CULTURE  
and/or COUNTRY OF ORIGIN \***



### You are welcome to:

- Write information on a card about the dish you bring to place near the food
- Make a poster with pictures and/or information about your culture
- Wear traditional attire; children will be invited to participate in a Multicultural Fashion Show
- Bring games from your culture to teach \*\*
- Bring toys or artifacts to show
- Participate in academic activities in the library

\* Entrees, salads, side dishes and desserts from your culture are all welcome. If cooking from your culture that day is too challenging for you due to time constraints or other concerns, don't worry - bring something simple like drinks, or something that your family loves and eats often (like chocolate chip cookies or mac-n-cheese). Those are good alternatives!

\*\* If you would like to bring a game to teach, please let Annie Gage, MP Family Advocate, ([annie.gage@shorelineschools.org](mailto:annie.gage@shorelineschools.org)) know so she can arrange for space.



## From Mrs. Anderson and the Meridian Park Singing Cheetahs

We are the winter song-birds, celebrating variety in weather and music!  
Thank you, parents, for your support of the music program here at our school!

6th grade students represented our school at the **2017 Shoreline School District West Side Choral Festival** on February 2nd. Thank you, 6th graders! The concert was beautiful and you were fabulous!

The 5th and 5th/6th grade classes recently attended a field trip concert to hear **Seattle Symphony's Youth Education Concert: Link Up (The Orchestra Sings)** at Benaroya Hall on March 1st.

Mark your calendars for the **Meridian Park Arts Festival** on **Thursday, May 25th, 6:30 p.m. - 7:15 p.m.** 1st/2nd and 2nd grade classes, as well as 3rd/4th and 4th grade classes will perform!

6th grade students will all sing and instrumental groups will perform at their **"Moving On" program Thursday, June 22nd, 9:30 a.m. - 11:00 a.m.**



# Cheetah Notes

## From the Library Media Center

Greetings M. P. Families!

I'm very excited that **author and illustrator Ben Clanton** will be at Meridian Park **March 15th-17th**. Mr. Clanton will give presentations to all kindergarten through sixth grade students in small workshops consisting of just two classes each. The schedule is below.

### Wednesday, March 15

**9:30 - 10:30**

*5th/6th Grade*

Raki, Borovina

**10:45 - 11:45**

*3rd/4th Grade*

Sabo, Peters

**12:45 - 1:45**

*2nd/3rd Grade*

Bachicha-Wells, Smith

**2:20 - 3:00**

*Kindergarten*

Ahron, Bentley/Jones, Gino

### Thursday, March 16

**9:30 - 10:30**

*5th Grade*

Peterson, Rudberg

**10:45 - 11:45**

*4th Grade*

Phelan, Reiman

**12:45 - 1:45**

*1st Grade*

Loes, Reed

**2:00 - 3:00**

*2nd Grade*

Jenks, Anderson

### Friday, March 17

**9:30 - 10:30**

*6th Grade*

Sezate, DuCharme

**10:45 - 11:45**

*3rd Grade*

Kushner, Lockwood

**12:45 - 1:45**

*1st/2nd Grade*

Clark, Uran

**2:20 - 3:00**

*Kindergarten*

Herold, Ildiri

I'd like to thank the Shoreline Public Schools Foundation and the Shoreline-LFP Arts Council for funding this literacy event!



## CAPSTONE LIBRARY – EBOOKS | INFORMATION AND EVENTS

You can access **Capstone eBooks** (they're audio, too) on the Meridian Park website. The link can be found under *Resources*, as well as under *Students* on the homepage. Click on the **MyCapstoneLibrary** link. The username is **MPark** and the password is **School**. I have grouped many of the books into collections, such as graphic novels, Colonial America, and books about Ancient Civilizations. eBooks and audio books are a great way to increase comprehension and reading enjoyment.

I will provide an overview of these books, as well as an overview of some King County Library System resources during parent-teacher conferences.

To learn more about the eBooks and the public library resources, please plan to visit the library on **Thursday, March 9th, between 5:00 p.m. and 6:00 p.m.**

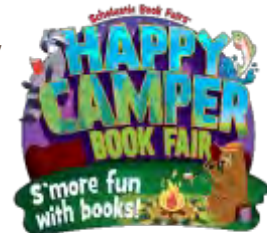
**Please bring one or more of the following with you:** a laptop, tablet such as an iPad, a handheld device such as an iPod, or a smart phone.

## SPRING SCHOLASTIC BOOK FAIR

Our Spring Scholastic Book Fair will run **Wednesday, April 12th through Friday, April 14th**, with previews on Tuesday, April 11th. This spring's theme is Camp Book Fair.

**I am in need of volunteers for the book fair.** If you would like to volunteer, please contact me at [jenny.hillger@shorelineschools.org](mailto:jenny.hillger@shorelineschools.org). Thanks!

Happy Reading,  
Jenny Hillger, Teacher/Librarian  
(206) 393-4125  
[jenny.hillger@shorelineschools.org](mailto:jenny.hillger@shorelineschools.org)



# Cheetah Notes

## From the P.E. Department

### SUGAR, SUGAR, SUGAR!!!

If someone asked me what my least favorite day of the year is, I would have to say it's a toss-up between Valentine's Day and Halloween. While I recognize and appreciate the excitement and joy that these celebrations bring to children in our schools, I have a very difficult time with the blatant and unchecked consumption of sugar associated with these holidays. Call me a curmudgeon if you must; I am more than comfortable with the label when it comes to the topic of dietary sugar consumption by our children.

***Recent studies on sugar consumption in the U.S. estimate that the average child in our country consumes between  $\frac{1}{4}$  and  $\frac{1}{2}$  pound of sugar every day!*** That's correct, folks; your kids are quite likely eating more than their own body weight in sugar every year!

**You may ask yourself: *How can that be? I really try to provide my child healthy food options!***

When we take a look at some common foods that kids eat every day, it is easy to see how it all stacks up. Soda and sweetened beverages are by far the most sugar loaded "foods" that we consume. An average can of **soda** has **8 teaspoons** of sugar. But even foods that are marketed as healthy or "low fat" are loaded with empty sugar calories. **8 ounces of fruit-flavored low-fat yogurt** contains **6 teaspoons** of added sugar; **8 ounces of low-fat chocolate milk** has **4 teaspoons**; and a cup of average **breakfast cereal** has **4 teaspoons**. Throw in a **Capri Sun** (**4.5 teaspoons**), a **doughnut** (**20 teaspoons**), a **cookie** or two (**4 teaspoons** each) and it is easy to see how easily one can accumulate **30-60 teaspoons** ( **$\frac{1}{4}$ - $\frac{1}{2}$  pound**) of sugar each day. With the high amounts of sugar hidden in our children's staple diet, adding copious amounts of additional sugar at class birthdays, holidays, parties, and as rewards for good behavior seems like insult to injury.

**Increasingly, science is proving a direct causal relationship between sugar consumption and obesity, heart disease, diabetes, dementia and cancer.**

Anecdotally, I can say that periods of high sugar consumption at school result in decreased attention, increased poor decision-making, more student management issues and a significant loss of instructional time. Why we knowingly continue to feed our kids something that has a proven negative impact on their physical, mental and intellectual health is beyond comprehension.

*I strongly encourage you to take an inventory of your kid's sugar intake for just one day; you may be surprised how much they are actually consuming.* Furthermore, it seems appropriate that as a school we begin to rethink how we celebrate holidays and birthdays in ways that promote a culture of health and wellness for our entire student body.



Matt Alford  
Physical Education Specialist  
[matt.alford@shorelineschools.org](mailto:matt.alford@shorelineschools.org)

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# PTSA President's Letter

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## HELLO FROM YOUR MERIDIAN PARK PTSA!

A big thanks to all who participated in the MP Drama Club production of *"Tall Tales."* We are very lucky to have [Susan Duthweiler](#) as head of this club. It would not be possible without her dedication and involvement as a parent volunteer. It is an amazing opportunity for our 4th-6th graders to experience this quality of a production from Dandylyon Drama. I don't know about your experience, but this is a much higher quality than the high school plays that I participated in.

The **Nominating Committee** is currently recruiting candidates to run for office in 2017-2018. Open positions include Co-Presidents, Co-Treasurer, and Co-Vice President of Events. I hope you will consider stepping into a more involved role on the PTSA. Please contact Nominating Committee [Diana Gray](#) [diana.gray@colliers.com](mailto:diana.gray@colliers.com) or [Meghan Jernigan](#) [meghanjernigan@hotmail.com](mailto:meghanjernigan@hotmail.com) to find out more about open positions and ways you can be involved.

We have started a food recovery program in the lunch room. Basically, when the kids don't open their banana, milk, juice, yogurt, cheese stick, etc., their option was to take it with them or throw it away. Now we replaced the "throw it away" option with a new option! They can leave it in a box at the front of the recycle/garbage line, and we take it to **HOPELINK**. We have already donated over 100 lbs of food and milk that would have otherwise been thrown out. It is another way we are providing service in our community and teaching our students to be mindful citizens of Shoreline. If you would like to learn more about this program, help with a bulletin board tracking our food donations, or help with donation drop-off, please contact me at [mpptsapresident@gmail.com](mailto:mpptsapresident@gmail.com).

**The next PTSA General Membership meeting** will be **Tuesday, April 4th** from **7:00 p.m. - 8:30 p.m. in the Library**. The business agenda will include the election of officers, and we will host [Curtis Campbell](#), **Shoreline Schools Public Information Officer**, who will go over the cool new District App. Bring your smart phone and be ready to learn how to use the app to track all kinds of great info. There are more details involved for your 7th-12th graders, so we will have him talk about tracking grades and attendance in high school, too. Eventually, we will all be there! The YMCA provides free childcare, and all of our meetings are open to the public.

**Lastly, our PTSA values all Meridian Park families and hopes that everyone feels cared for, safe, and included in the school.** [There are over 30 languages spoken at Meridian Park!](#) No matter where we come from or what language and customs we follow, all of us parents want the best for our children.

The PTSA is working on a message of inclusion. It is valuable to support our neighbors, fellow parents, and community members, and to connect with each other. This has always been a strength of Meridian Park families. We can get even more involved by attending workshops and talks that are being held in our community. **The PTSA is excited that Annie Gage and Natural Leaders are hosting a multicultural potluck on April 7th. Sharing food brings people together!**

We are interested in your feedback and how you would like for us to facilitate opportunities for conversation and connection among us. Please, feel free to share! In the meantime, continue to do what all of us at Meridian Park are best at – **by reaching out, being friendly, and being inclusive.**

Callie Steward  
MP PTSA President  
[mpptsapresident@gmail.com](mailto:mpptsapresident@gmail.com)  
(206) 380-9640



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# PTSA News

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## ***Do you want to help shape the PTSA? Are you interested in working with a dynamic team?***

Whether you are working to build your skill set on your resume, are happy to put your skills to use, or just want to be part of your child(ren)'s school - **WE WANT YOU!** Do any of the following positions 'speak' to you?

### **2017-18 OPEN PTSA POSITIONS:**

**Reflections Chair** - Meridian Park participates in the **Reflections** Program, a National PTA and Washington State PTA cultural arts competition. The purpose is to provide an opportunity for students to use their creative talents by expressing themselves through their own original works. ***This is a fall volunteer opportunity and is a very defined 2-month job.*** PTSA meetings are optional.

**Fundraising Chair** - Can you help us raise money? Do you have ideas or expertise for this kind of job? We have **two main fundraisers** a year that need to raise approximately **\$20,000** total, and we have a few smaller events that raise money, like the Read-a-thon. We are looking for a good organizer to work with our whole team. ***You won't be alone!*** Everyone on the board participates in fundraising; we need someone to lead us in our efforts. PTSA meetings are optional.

**Co-Treasurer** - An accountant would be great! There are **two sides** to the business of our finances - the money coming in, and the money going out. It would be nice to divide the job. We can provide you all the training you need to do this job successfully. ***This is a very high priority and we really need this position filled.*** It is behind the scenes, but vital to the organization. Attendance at PTSA meetings the first Tuesday of the month is strongly recommended.

**VP of Events** - Can you oversee our Events and help turn our planned events into success? ***You won't have to plan or do all events; rather, you help to keep track of all the people working on them.*** You will be able to use our **Volunteer Coordinator** to find people who want to participate in the events. This position does a lot of follow up, emails, check ins, networking and gets the right people together. Attendance at PTSA meetings the first Tuesday of the month is strongly recommended.

**Co-President** - Master delegator! Can you help lead our team? Best job ever, all thanks and **FUN!** As PTSA Co-President, you are responsible for encouraging and creating the events and programs that MP teachers and parents ask for. The group is already in place, your job is to help everyone get the tools they need to make their projects successful for the whole school to enjoy. The PTSA provides resources to the administration, the teachers, and directly to parents and students. You will become a master at **Robert's Rules** and gain an understanding of the non-profit 501c3 model. This job is what you make of it, but expect to spend an average of 4 hours a week either meeting with people or emailing as part of the position. Attendance at PTSA meetings the first Tuesday of the month is required - you lead the meetings! (Although everyone does miss a meeting here and there!)

### **AWARDS:**

It is that time of year where the PTSA would like your help in recognizing our teachers and volunteers. Each year, we help MP parents recognize an **Outstanding Educator of the Year**. Do you want to recognize a Meridian Park teacher? You can nominate your pick and tell us how great they are here:

<https://www.surveymonkey.com/r/F3WLXJN>

In addition, we also award what is called the **Golden Acorn**. A Golden Acorn Award is presented to a volunteer in recognition of his/her dedication and service to the children and youth in our school. Does someone come to mind? Make your nominations here:

<https://www.surveymonkey.com/r/FQHP85B>

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# Resources for Families

## Meridian Park Elementary

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

**David Tadlock** *Principal*  
[david.tadlock@shorelineschools.org](mailto: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](http://www.mpptsa.org)

**Callie Steward** *President*  
[mpptsapresident@gmail.com](mailto:mpptsapresident@gmail.com)

**Rhonda McRae** *Secretary*  
[mpptsasecretary@gmail.com](mailto:mpptsasecretary@gmail.com)

**Joy Rieke** *Treasurer*  
[mpptsatreasurer@gmail.com](mailto:mpptsatreasurer@gmail.com)

**Mary Webb** *VP Clubs/Programs*  
[mpptsavpprograms@gmail.com](mailto:mpptsavpprograms@gmail.com)

**OPEN** *VP Events*  
[mpptsavpevents@gmail.com](mailto:mpptsavpevents@gmail.com)

## Standing Committees

**Lee Lambert** *Grants*

**Adrienne Thompson** *Legislative*  
[mpptsalegislativechair@gmail.com](mailto:mpptsalegislativechair@gmail.com)

**Janet Shin & Nauko Grimlund** *Membership*  
[mpptsamemberships@gmail.com](mailto:mpptsamemberships@gmail.com)

**Linda Tsai & Diana Gray** *'Cheetah Chatter' Editors*  
[mpptsanewsletter@gmail.com](mailto:mpptsanewsletter@gmail.com)

**Heather Sterling** *Webmaster*  
[mpptsawebsite@gmail.com](mailto:mpptsawebsite@gmail.com)

Follow the MP PTSA on Facebook



Cheetah Chatter is published monthly by

**Meridian Park Elementary and the Meridian Park PTSA**  
17077 Meridian Avenue N  
Shoreline, WA 98133

## Free Haircuts

A limited number of vouchers for a free haircut for children 12 and under are available each month in partnership with *James Alan Salon* in Shoreline. Call **Tanya** at **Center for Human Services**, [\(206\) 631-8836](tel:(206)631-8836) for more information.



## Community Event

**"RESILIENCE: THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE"** will be screened on **Sunday, March 12th, 2017, at 4:00 p.m.**, at the Shoreline Center Auditorium, (18560 1st Avenue NE), followed by a post-film panel discussion.

James Redford, son of Robert Redford and director of the award winning documentary, **"Resilience"**, helps us to see that there many families in diverse communities who are unaware of adverse childhood experiences and the cycles kids are trapped in. The good news is that outside efforts of teachers, therapists and social workers can help to break the cycle. Whether you are a parent, teacher or neighbor, you are the external structure that helps create a positive, caring and nurturing environment.

"True resilience is not a matter of character or moral fiber," Redford said. "It's about finding the right ingredients to be successful in life."

\*Note: One of my hopes is that every young adult will be well-equipped for the potential stresses of new relationships and environments. We all either know or will soon come across others who have experienced significant trauma; perhaps we can all be slightly better equipped for both handling ourselves and dealing with personal and professional relationships by learning from **"Resilience."**

Watch the trailer at <http://bit.ly/2d6BrQ2>

An informational flyer is also attached with this newsletter.

Tickets \$5 per adult; Students free; Childcare available by reservation

\*Advance tickets and childcare can be purchased at <http://shorelinecommunitymovie.bpt.me>

# SAVE THE DATE

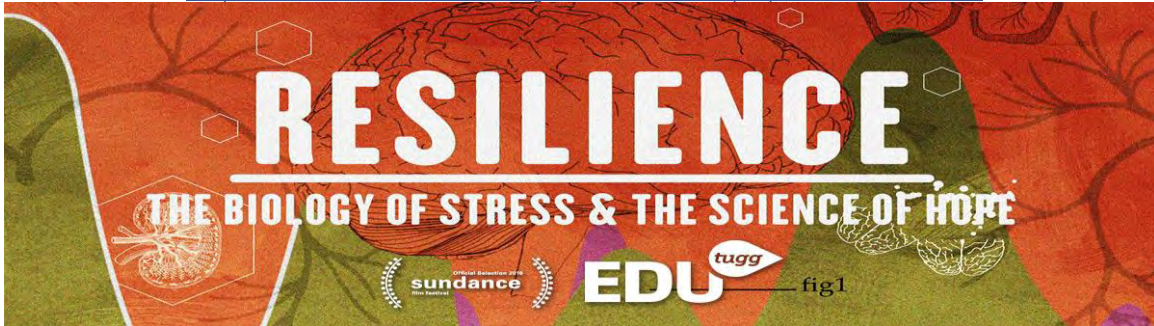
## SHORELINE COMMUNITY MOVIE

Sunday March 12, 4 pm,

Shoreline Center Auditorium, 18560 1<sup>st</sup> Ave NE, Shoreline, Wa. 98133

Tickets \$5 for adults, Students free

<http://shorelinecommunitymovie.brownpapertickets.com/>



Resilience is not an innate characteristic, but rather a skill that can be taught, learned and practiced. Everyone has the ability to become resilient when surrounded by the right environments and people.

**Join the Community for this special screening as we increase awareness about what are Adverse Childhood Experiences (ACE's), the impact on individuals, communities and society at large and hear from experts how WE can inspire a CALL TO ACTION empowering adults and teens with tools for building Resilience.**



Steel Magic Northwest

BLAST

into



SPRING!

Steel Band Concert



7:00 p.m., Wed., March 15, 2017

Edmonds Adventist Church

(8625 - 196th St SW, Edmonds, WA)

**FREE ADMISSION**

Tax-deductible donations accepted!

Steel Magic Northwest is a 501(c)(3) non-profit organization providing after school steel band classes to area youth regardless of ability to pay, and adult community steel band. This activity is not sponsored by the District and the District assumes no responsibility for conduct or safety of the activity. In consideration for the privilege to distribute these materials, the School District shall be held harmless from any cause of action, claim, or petition filed in any court or administrative tribunal arising out of the distribution of these materials, including all costs, attorney's fees, and judgments or awards.

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