

Cheetah Chatter

Published by Meridian Park Elementary School and the Meridian Park PTSA

Holiday Basket Food Drive (November 27 – December 8)

The **HOLIDAY BASKET FOOD, TOYS, AND TEEN GIFT DRIVE** will run from November 27 – December 8. The program's objective is to provide quality food and gift support to Shoreline School District families who will be needing assistance during this upcoming holiday season.



Meridian Park's food item is **CANNED VEGETABLES**, but any non-expired, non-glass packaged food is appreciated. Our school goal is 500+ items. There will be drop boxes in every classroom and in the lobby of the school. (see [flyer](#) at the end of this newsletter)

There will also be a hot chocolate party awarded to the classrooms that bring in the most items!

Families who will be needing assistance with winter break food and holiday gifts may register in one of two ways:

Register at www.eventbrite.com.
Under Search for Events, enter "Holiday Baskets"

or

Fill out a registration form and give it to your school's Family Advocate.

Forms are available from Family Advocates and

also at www.shorelinepta.org

under "Family Services - Holiday Baskets - To Register."

The deadline to register is November 8. The distribution of food and gifts is Saturday, December 9, from 11:30 am - 4:30 pm at Kellogg Middle School.

Multicultural Festival - Thursday, November 16

The **MERIDIAN PARK MULTICULTURAL FESTIVAL** needs **YOU!**

We are seeking folks to host cultural tables.

Share your culture with our students with simple activities and items or pictures that tell your story. Interpreters are available!

There are lots of ways to help for this wonderful MP all-school event:

- **SET UP** and **CLEAN UP** - many hands make work light!
- **BRING A DISH** to the multicultural potluck
- Help with the **POTLUCK TABLE DISPLAY**, arranging dishes by country/region
- **PERFORM** - do you (or someone you know) perform in a cultural act (music, dance or other art)?
- We need someone to run the **SOUND SYSTEM** to keep the flow going
- Have your child participate in the **TRADITIONAL DRESS FASHION SHOW**
- Help with **POSTERS AND FLYERS** to get the word out

If you would like to participate and/or fill a need, please call or email:

JULIE REINHARDT: (206) 331-8279, julie@shesmoke.com

ALMA MENDEZ: (206) 327-5815, mendezalma24@yahoo.com

Inside This Issue

(click on section title to jump to page)

Announcements.....	2
Cheetah Cheers.....	4
Principal's Letter	6
Kindergarten News.....	7
PTSA News	9
Cheetah Notes: Library Media Center ...	10
Cheetah Notes: Counselor's Corner..	11
Cheetah Notes: Music.....	12
Family Resources	13

Upcoming Events

November 7

PTSA Board of Directors Meeting

(all are welcome!)

7:00 pm – 8:30 pm

MP Library

November 9

Staff Work Day

No School

November 10

Veteran's Day Holiday

No School

November 14

Picture Re-take Day

November 16

Multicultural Festival

6:00 pm – 8:00 pm

MP Cafeteria

November 22

Thanksgiving Break Begins

Early Dismissal

November 23-24

Thanksgiving Break

No School

November 27 - December 8

Holiday Basket Food Drive

December 4

Staff Work Day

No School

December 5

One Day Wonder Book Fair

December 5

PTSA General Meeting and Choral

Performance

6:30 pm – 7:30 pm

Location TBD

December 7

PTSA Family Movie Night and

Holiday Basket Food Drive Collection

6:15 pm – 8:00 pm

MP Cafeteria

Announcements

Meridian Park's Green Team Recognition Event by City of Shoreline

MONDAY, NOVEMBER 6, 7:00 PM, SHORELINE CITY HALL



The City of Shoreline is recognizing Meridian Park for achieving a **10% increase** in our recycling and composting efforts! This event will be held on Monday, November 6, at 7:00 pm during the city council meeting at Shoreline City Hall (17500 Midvale Ave N). Each year, a school or business is selected to be recognized by the city council with a special proclamation. **Kudos to the efforts of our entire school, including our Green Team members and of our staff member, Sheryl Skoglund!**

You and your student(s) are invited to join us at this event, as all of Meridian Park's students have earned this accolade. The presentation is scheduled at the start of the meeting. **Each student that sends in a RSVP will receive a certificate.** This is also a great opportunity for your student to get a glimpse of city government at work! Please RSVP to mpptsapresident@gmail.com.

Meridian Park Wrestling Rhinos



Do you have a wrestler? Mr. Alford is coaching Meridian Park's Wrestling Rhinos, with practices beginning on November 6. Practices are scheduled on Mondays and Wednesdays, 3:30pm-4:45pm, until January 17. Your child will have fun while learning the basics of folkstyle wrestling. Cost is \$15 for the USAW Wrestling Card and \$105 for the Club Practice Fee. Scholarships are also available. The group is limited to the first 40 participants. To register, visit: www.wrestlingrhinos.org. If you have questions or are interested in being a parent coach or volunteer, contact Mr. Alford: matt.alford@shorelineschools.org. Parents who coach or volunteer will have their club fee waived.

Display My Art Update

All Kindergarten classes and other students who submitted their artwork to **DISPLAY MY ART** will receive their **FREE** magnet and brochures during the week of November 6. **November 17 will be the last day to order and receive free shipping!** (you can order anytime after that, but you will incur shipping costs)

In order to receive orders in time for Christmas, please place orders no later than December 11.



9th Annual Meridian Park Musical

The Meridian Park PTSA & Dandylyon Drama are pleased to announce this year's musical...

THE WIZARD OF OZ, JR.!!!



This wonderful show will be performed by 4th-6th graders, and *for the first time ever*, our 1st-3rd graders will have the opportunity to be a part of the event! It is sure to be a great crowd pleaser!

Here are some **important dates and information** regarding the show:

Thursday, December 7

7:00 pm, Meridian Park Library

MANDATORY PARENT MEETING

Parents will learn how Drama Club works and how the students will participate. Registration packets will also be available.

January 8 - January 11

3:30 pm - 5:30 pm, Meridian Park

MANDATORY AUDITIONS

for 4th-6th graders

Starting in January

Various Mondays - Thursdays

3:30 pm - 5:30 pm

DRAMA REHEARSALS

for 4th-6th grades

Tuesdays

3:30 pm - 4:45 pm, MP Cafeteria

DRAMA REHEARSALS

for 1st-3rd grades

Friday, March 16 and Saturday, March 17

7:00 pm, Shorecrest High School

THE WIZARD OF OZ, JR PERFORMANCES

Announcements

Meet the Teacher: Hannah Peterson, 5th Grade

TIME AT MERIDIAN PARK: 11 years (1 as a student teacher, 10th year as a teacher). MP is my teaching home!

TELL US ABOUT YOUR WORK: As a 5th grade teacher, my favorite part of teaching is learning along with the kids. I learn new things from their perspectives and inquiries every year. I also love laughing with the kids every day!

ABOUT SAFETY PATROL AT MP: I enjoy advising safety patrol because I get to connect with so many of our 5th and 6th graders (even 4th graders in the spring). I think patrol leadership is a wonderful way for our older students to give back to their school and community.

LIFE OUTSIDE OF MP: I have a wonderful husband, Ken, and two teenagers, Leah (15) and Levi (13) who attend Shoreline schools. As a family, we love to travel, hike and backpack, and play board games. On my own, I love to read and drink coffee (or both at the same time!).




All Families Welcome

At Meridian Park Elementary, we welcome, embrace, and care for ALL families. Because at times families can experience feelings of uncertainty or anxiety, we cannot say strongly enough that our public schools, including Meridian Park, are a safe place for ALL students and families to learn, grow, and be part of a community. If you or another family have any questions, concerns, or need support, please contact us directly or any member of our staff. Each and every day, please join us in making all families feel welcome and part of our wonderful school.

David Tadlock, Principal

Lara Drew, Kindergarten Administrator




Minutes Matter

Did You Know?

If a student is 10 minutes late to school each day, this adds up to missing more than 33 hours of class time. A student with a 90 percent attendance average for Kindergarten through 12th grade will miss over a year of accumulated time in the classroom.

#ShorelineEveryDay



Shoreline School District #412 does not discriminate against any protected classes. For further information on notice of nondiscrimination, including the address and phone number of the Title IX officer, visit

http://www.shorelineschools.org/info/title_ix.php

Cheetah Cheers

Special thanks to **KATE BECK**, Meridian Park parent and Homestreet Mortgage broker, for sponsoring the Fall Carnival at the \$500 level!
(See Kate for your mortgage needs, too!)

[HomeStreet] Bank®

Kate Beck

206.898.7100 | kate.beck@homestreet.com

NMLS ID#582875 | www.katebeck.com

If your business would like to sponsor an event at Meridian Park, please contact Naomi Hillyard at naomihillyard@gmail.com.

The Meridian Park PTSA wants to extend a huge round of applause for **EVERYONE** who stepped up to help make the **FALL CARNIVAL** a roaring success! Thank you to the families who contributed to the raffle (the Horwoods, the Yoshimuras, the Stewards, the Reinhardts, the Hillyards, the Hardies, and the Okumotos). Thank you to the families who brought goodies for the cake walk. We also want to thank Mr. Alford for organizing the **Thriller Dance** (photos below), which is always the highlight of the evening, and for announcing the raffle winners without a working microphone. Thanks as always to Mr. Tadlock who provided support at every step of the process. Thank you to **I9 SPORTS** and the **YMCA** for helping with our carnival games and **ESPECIALLY KATE BECK** for sponsoring the Fall Carnival!



We owe a huge debt of gratitude to **Julie Reinhardt and her family** who made the Fall Carnival one of the best we have ever had! Many thanks to the following volunteers and their families who, with open hearts, sacrificed their time and toil to make the evening run smoothly and where everyone had fun.

Sage Kleinhanz	John Chiesak
Kristy Dickson	Nauko Grimlund
Lisa Aberld	Heather Sterling
Lori Finch	Mary Loes
Ann Yee	Sofia Boetes
Alma Mendez	Samantha Lee
Callie Steward	Sonam Sharma
Meghan Jernigan	Lilia Pate
Mary Kate Horwood	Olga Vruskova
Callie Livingston	Emma Vruskova
Shawn Van Horn	Laura Gino
Laura Graven	Evangelina Koceski
Hannah Bush	Molly Stojetz
Nancy Buehler-Jenkins	Akima Toledo-Fisher
Rob Swan	Molly Nordstrand
Whitney Hardie	Heide Smith
Naomi Hillyard	Jed Keller
Jordan Hillyard	Aaron Lee

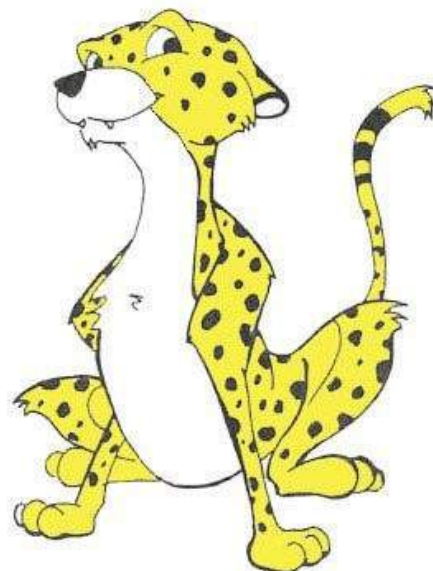
This is not an exhaustive list and we also want to acknowledge those who stepped in at the last minute or saw a need and helped out. Much love to you!

Cheetah Cheers

We are excited to announce that we made a little over **\$3,500** in our **CHEETAH RACE TO \$12,000** for the 2017-2018 school year. We know that with dedicated parents, teachers, students, and community members, we will reach our goal to keep funding the events, programs, and extras that we all enjoy so much. **PLUS**, we will be able to reach our goal to get a display sign in front of the school!

Don't forget to make your donation in the **green envelope** sent out last week. More green envelopes will be located in the lobby. You can also donate online through our website: <https://mpptsa.org>, or our Facebook page: <https://www.facebook.com/MeridianParkPTSA/>.

Happy Fall and see you at our Multicultural Festival!
From the MPPTSA Board of Directors



6TH GRADE FUNDRAISER contributors and volunteers at the Fall Carnival: **THANK YOU** to the following families who helped with either volunteering at the event and/or donating treats for sale to raise money for all 6th graders to attend camp next spring! We raised approximately **\$1,100!**



Laura and Wayne Saito
 Erika Haub
 Kristina LaBore
 Adrienne Thompson
 Sheilah Copon
 Anne Chalcraft
 Trez McBean
 Andrew Viertel
 Kristy Dickson
 Tina Davis
 Olga Josiah

Cayetano Mendez
 Alina Nelec
 Karen Lagasca
 Josh Olsen
 Rebbecah Emanuel
 Sarah Treworgy
 Alma Mendez
 Pedro Olivera
 Susan Duthweiler
 Susie Hoss
 Linda Tsai

And a loud "Cheetah Roar" to all families and guests who supported our efforts by purchasing pizza, goodies, drinks, etc.!!

Thank you to all the families who contributed to **OCTOBER'S STAFF AND TEACHER APPRECIATION SOUP AND SALAD LUNCH!** It was delicious and well received by everyone in the building!

Our next appreciation event will be a "Before School Beverage Bar" on December 18. Please keep an eye out for sign-ups in November!



Principal's Letter

DEAR FAMILIES:

With autumn leaves and a chill in the air, it looks and feels like fall. Our students are working hard, and I appreciate the thoughtful work of staff to help each student learn and grow. We know you are busy also supporting your students with academic and social growth, and we are grateful for our partnership.

Thank you for attending October conferences. **Regular communication is a priority, so let's keep talking.** Feel free to contact your child's teacher at any time by phone or email. When there's a question, please contact the staff member closest to the situation. As much as possible, we want to resolve questions or concerns at the lowest level. Our general guideline is to return your calls or emails within 48 hours. We value proactive communication, so please communicate early and often.

Our calendar includes non-student days for the purpose of professional development. Our topics include work regarding our goals, standards, assessment, data, and more. **We are committed to using non-student time to grow as educators and improve our program.** One of our professional learning topics is **EQUITY**, and we are fortunate to partner with **Shoreline Equity Director, Dr. Tanisha Brandon-Felder**, to learn more about increasing access and opportunity for all students.

Our other goals are focused on best instructional practices, increasing movement, and positive behavior. We appreciate your support and reinforcement of our **Self-Manager system** involving positive behavior choices. While our approach is to emphasize prevention, positive interactions, and problem solving, we use the district progressive discipline policy regarding chronic or significant negative behaviors when needed.

Family Engagement is also a high priority and we are starting to learn more about the important differences between family engagement and family involvement. We want your family to feel connected, informed, like you can be involved, and engaged. Please let us know your thoughts and watch for more information about family engagement.

Enjoy the fall. Thanks to our wonderful PTSA for our recent Family Night, Reflections, teacher grants, and other support and activities. Please join PTSA – it's never too late. I also invite you to have lunch with your child(ren) at any time – it's a lot of fun. Thank you for sharing your children and family. We are a great school community because of all of us working together. See you soon.

David Tadlock, Principal



Tadlock Tip #3

Exercise and learning go together. Children and adults can benefit by daily exercise that increases heart rate. Fall is a great time to walk or bike together to enjoy the leaves and fresh air. It helps to stand more and move more (less sitting). Screen time is a big factor – by reducing screen time, we can increase movement. Try it in November: get outside to walk together for 15 minutes daily – I promise you will feel a positive difference. Let's all model health and fitness for our kids.

Reminders

Drop Off Lane – No Parking Please

- Just like the airport, the curb lane is for drop-off only, please – **no parking**.
- Adults stay with the car.
- Help keep things moving by pulling forward as much as possible.
- Please park in the lot if you would like to walk your child(ren) to the door.

Arrival time is **9:00 am** - Please do not drop students off early. Thank you.

If school is late because of weather, class will start at **11:05 am**. We will be on a regular recess, lunch, and specialist schedule.

We appreciate your cooperation!

Kindergarten News

The first few months of Kindergarten are a wonderful time of learning for students and teachers, too. Kindergarten teachers observe children during everyday classroom activities. ***This helps teachers find out what each child knows and can do at the beginning of the school year.*** Knowing more about a child's entering skills and strengths helps teachers and parents work together to support student growth in the Kindergarten year.

During our October 13th non-student time, the Kindergarten team reflected on what we are learning about our students, and we wanted to highlight **SOME OF OUR OBSERVATIONS:**

- Our Kindergarten students show interest in listening to stories, creative play, movement and dance, art, and sharing ideas with each other
- Our Kindergarten students have learning dispositions that include being happy, eager and enthusiastic about learning, engaged in activities, and curious and active
- Social-emotionally, our Kindergarten students exhibit skills that include kindness and care for others, making friends, and an interest in being recognized
- Academically, our Kindergarten students are learning quickly, making connections to their background knowledge, and showing strength in foundational reading skills



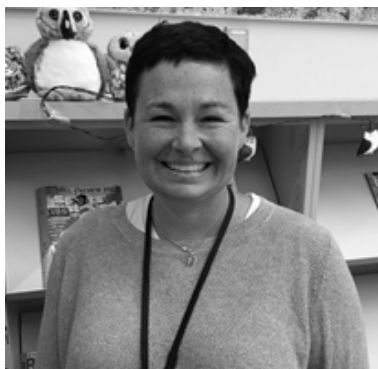
We use the information we gather to develop action plans which identify the areas that we will focus on in the current school year, the goals they want students to achieve, and how the school plans to collaboratively meet these goals. The plans are updated regularly to reflect the strategies being used at each school. Our Kindergarten team worked closely with the full Meridian Park staff to develop **FOUR AREAS OF FOCUS: equity, instruction, positive behavior intervention systems, and wellness and growth mindset.** The Kindergarten team then developed specific goals and action steps specific to our Kindergarten program and what we are learning about our students. ***You can learn more about our areas of focus and plans at the following link: <https://goo.gl/N6Fnwu>.*** In November, we will reach out and gather more information about our community and how best we can support your family.

Lara Drew, Kindergarten Administrator

Kindergarten Team

Each month, we want to introduce you to members of our Kindergarten team so you get to know each of us who care about your children, advocate for you children, and teach your children each day. This month, we highlight Maggie Cramer, Tiffany Smith and Suzy Cowgill.

KINDERGARTEN LIBRARIAN: MAGGIE CRAMER



Hello Kindergarten Families! My name is Maggie Cramer and I am the librarian for all of the kindergarten students. I am so excited to be here at Meridian Park, as being a school librarian is a dream-come-true for me!

I have absolutely loved meeting all of the kindergarten students and helping them to get to know the library and check out books to bring home! We have spent a lot of time talking about book care. They are doing great and are taking their jobs as responsible library students very seriously.

My goal for the library this year is to help create readers and thinkers by learning about a variety of books, asking questions and accessing information and talking, writing and creating to share new thinking. My hope is that the students see the library as an inviting, fun place filled with stories, ideas and information!

The Meridian Park Library is also open to you as families! You are welcome to stop in and create an account so that you may check out books to enjoy at home. Please don't hesitate to come in at any time!

Kindergarten News

We are also looking for volunteers to help re-shelve the books. If you have an interest in volunteering, please let us know. We are very appreciative of any help we can get! The faster we can get the books back on the shelves, the more books the students have access to!

When I'm not at the library, I am spending time with my family and husband. I have four daughters! They range in age from 5 to 18, and our house is busy and full of laughter. I enjoy gardening, cooking, and reading... of course!

I'm really looking forward to this year and all that we will accomplish in the library! If you have any questions or would like to contact me, please don't hesitate!

Maggie Cramer, Kindergarten Librarian
maggie.cramer@shorelineschools.org
 (206) 393-4125

KINDERGARTEN PHYSICAL EDUCATION SPECIALIST: TIFFANY SMITH



Hello Kinder families! I'm very excited to take this journey with the kinder program this year. I was at Meridian Park last year as an extra physical education teacher as the school has been growing. This year I get to focus my attention on teaching physical education to the

kindergarteners at MP. My focus with them this year will be body movements, spatial awareness, balance, throwing and catching, kicking, sharing, and how to keep our bodies healthy and strong. We will be doing this with small group and large group activities, as well as games. When I'm not at MP, I also teach P.E. at Cascade K-8 Community School.

Outside of teaching, I just completed my Master's Degree last June in Health and Physical Education at CWU. With the extra time I have now, I decided to help coach girls soccer at Shorecrest - go Scots! I'm also planning my wedding for next August, and trying to be outside as much as possible to enjoy the little bit of sunshine we have left! I love relaxing on the weekends, working out, snowboarding, and watching the Seahawks play.

If you ever have any questions or want to come play some games with the kinders, email me anytime.

Tiffany Smith, Kindergarten P.E. Specialist
tiffany.smith@shorelineschools.org

KINDERGARTEN OFFICE MANAGER: SUZY COWGILL



Hello Meridian Park families - My name is Suzy Cowgill and I am so happy to be the new Office Manager/Registrar for the Kindergarten Program at Meridian Park! For the last fourteen years, I have worked as a Student Advisor for international students at Shoreline Community College and then at the University of Washington. I am ecstatic to be working again in the Shoreline community and at Meridian Park!

I am originally from Dallas, Texas and have lived in Seattle now for twenty-one years. I have a Bachelor of Arts degree in General Studies (concentration in Psychology, Anthropology, and Radio/Television/Film) from the University of North Texas. In addition, I hold a diploma in Culinary Arts from the Art Institute of Seattle. My interests are spending time with my husband and eleven year old son, cooking, reading, going for walks, watching movies, and exploring food around Seattle.

It has been so nice meeting our Kindergarten families! Thank you for sharing your children with our school!

Suzy Cowgill, Kindergarten Office Manager/Registrar
suzy.cowgill@shorelineschools.org

PTSA News



JOIN THE MERIDIAN PARK PTSA!

We are offering online registration this year,
and it's never too late to join - **JOIN TODAY!**

<https://www.pt-avenue.com/shopGP.asp?sc=MerParkPTA>

Room Coordinator Update

The PTSA is organizing Room Coordinators to facilitate the dissemination of information!

The **ROOM COORDINATOR** is a designated volunteer from each classroom who will be organizing mostly via email with other parents. The best way to build our community is through communication. The first assignment for Room Coordinators is to build a classroom directory. *This is shared only in your classroom*. The directory is to help each of us communicate with other parents in our child's classroom. We can plan more activities together, ask questions, plan birthday parties – the possibilities are endless. Also, this will allow the Room Coordinators to be able to send you updates about PTSA and/or activities in your child's classroom. We hope that you find this helpful and that it makes our big school feel smaller and more connected!

If you would like more info or to help with these efforts, please contact us at mpptsapresident@gmail.com

Passive Fundraising - Small Effort, Big Impact!

You can support Meridian Park by joining us in **Passive Fundraising** throughout the school year. These programs give a percentage of sales back to our school at no additional cost to you. When you spend as you normally would at participating companies, you are helping MP students with every shopping trip – and the more people who sign up for these programs, the more significant the benefit to Meridian Park will be!

AMAZONSMILE



AmazonSmile is a simple and automatic way for you to support our school every time you use Amazon. When you shop via smile.amazon.com/ch/91-1609258, a portion of every dollar you spend on eligible items will be donated

to the MP PTSA. Feel good about supporting our school while you shop! Search for Meridian Park PTSA on AmazonSmile, or copy the link above into your browser. For more information about AmazonSmile, visit smile.amazon.com/about.

BOX TOPS FOR EDUCATION

You probably already know to look for the Box Tops logo on products, clip the logo, and send them to school for redemption (at a value of 10 cents each!). But, did you also know you can visit their [website](https://www.bboxtops.com) for great coupons on participating products?

Or, that you could earn even more cash for our school through the **Box Tops for Education Bonus App**? See www.bboxtops4education.com/bonusapp for details!



ESCRIP



eScrip allows participating merchants to contribute a percentage of your registered grocery loyalty cards, credit card and debit/ATM card purchases to Meridian Park. Anyone – parents, grandparents, neighbors – can enroll! Sign up at www.escrip.com.

When enrolling, be sure to enter our school's group ID **#8564720**.

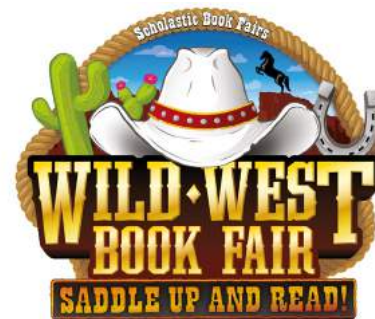
Thank you for partnering with the PTSA to raise funds for our school!

Cheetah Notes: Library

Greetings MP Families!

Our first book fair of the year, the **ONE-DAY-WONDER**, will be held Tuesday, December 5. Please plan to join us either during the day, 8:40 am – 4:00 pm, or during the evening, from 5:00 pm – 7:00 pm.

Not only is the book fair an enjoyable event for students and families, but it is also the greatest source of revenue for purchasing library books and supplies for all kindergarten through sixth grade students.



Please plan to support the book fair! If you are unable to attend in person, you can shop online at our book fair website: <http://www.scholastic.com/bf/meridianparkelementarysch>

You can also preview some of the featured books on the website. Students will bring home book fair flyers during the week prior to the fair.

Online Subscriptions

The Shoreline School District subscribes to several high quality databases. These databases are great resources for students as they learn about many topics, including countries of the world.

Below is a list of resources and what they offer. *Because Shoreline School District pays for these subscriptions, I am not allowed to publish the login and password information where it can be accessed online.* However, a list of logins and passwords is available to students and parents upon request. If you would the list, please stop by the library for a copy, ask your child to bring one home, or email me for it.



CULTUREGRAMS - Shoreline School District subscribes to Culturegrams, an online *database about countries and cultures of the world*. (Email Ms. Hillger for login and password information)

SIRS DISCOVERER - Shoreline School District subscribes to this *online encyclopedia* and search tools for elementary students. (Email Ms. Hillger for login and password information)



ProQuest
SIRS® Discoverer®



BRITANNICA ONLINE - Shoreline School District subscribes to this *encyclopedia*. It includes edited, reviewed, and updated informational text selections. Thousands of new *articles, images, and multimedia* elements are added every quarter. There is a special section for PreK – 2nd grade students. (Email Ms. Hillger for login and password information)

ELIBRARY - Shoreline School District subscribes to this *database of articles* from a variety of media, best suited to intermediate students. (Email Ms. Hillger for login and password information)

eLibrary

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

Cheetah Notes: Counselor's Corner

Attitude of Gratitude

What are you grateful for today?

For November, our monthly behavior theme is **GRATITUDE**. Students will be taught the meaning, discuss examples, and be caught demonstrating this quality throughout the month. We will celebrate our **VICs (Very Important Cheetahs)** who are chosen as positive examples of this theme at the end of the month during lunch.

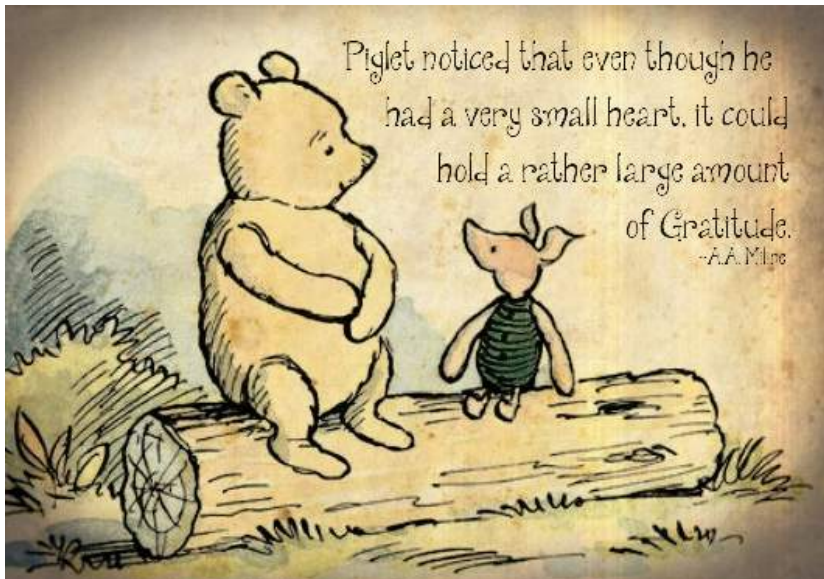
Please see the curated booklist from Mollie Merkley and Jenny Hillger for great ideas on how to incorporate more learning about gratitude at home! <https://www.shorelineschools.org/Page/2890>

- Gratitude** - the quality of being thankful or grateful
- showing appreciation in words and actions
 - showing kindness related to another person's words/actions

Katie McCain, School Counselor, M.Ed. – Grades 1-6
(206) 393-1785 – katie.mccain@shorelineschools.org

Kim Kauffman, School Counselor, LICSW – Kindergarten
(206) 393-1797 – kim.kauffman@shorelineschools.org

Gratitude
is the best
Attitude



grat·i·tude: 😊

the quality of being thankful;
readiness to show appreciation
for and to return kindness.

Cheetah Notes: Music

Happy November from General Music!

Every November, I am thankful for my two favorite things, music and kids! You have wonderful children - *thank you!*

Coming Up...

Meridian Park will celebrate **Veteran's Day** with an assembly Wednesday, November 8, 2:30 pm - 3:00 pm. While we honor our Veterans, all students will sing several songs together.

PERFORMANCES

Please reserve these dates on your family calendar now!

Tuesday, December 5

Evening

5th Grade

Book Fair Night, PTSA Mtg

Tuesday, December 19

9:30 am

6th Grade

Winter Sing-Along

Friday, January 12

9:30 am

MLK, Jr. Assembly

Thursday, May 24

Evening

**1st/2nd combined, 2nd, 3rd, and 4th
Grade**

Meridian Park Arts Festival

Tuesday, June 5

Evening

1st Grade

PTSA Meeting

Thursday, December 19

9:30 am

6th Grade

Moving On Celebration

HONOR CHOIR

Announcing the 2018 Shoreline School District West Side 6th Grade Honor Choir. Students are selected by vocal ability and positive behavior. The Westside Honor Choir includes 6th grade students representing Echo Lake, Highland Terrace, Meridian Park, Parkwood, and Syre Elementary Schools. The Choir will sing at the **Westside Choral Festival** on **Thursday, February 1, at 7:00 pm** in the **Shorewood Theater**. This Concert will also feature singers from Shorewood High School. (Note: 6th grade students can participate in both the vocal festival and instrumental festival, as rehearsals and concerts do not conflict)

HONOR CHOIR MORNING REHEARSAL SCHEDULE

8:30 am - 9:05 am	Thursday, December 14, 2017	MP 601, Music Room
8:30 am - 9:05 am	Friday, December 15, 2017	MP 601, Music Room
8:30 am - 9:05 am	Thursday, January 4, 2018	MP 601, Music Room
8:30 am - 9:05 am	Friday, January 5, 2018	MP 601, Music Room
8:30 am - 9:05 am	Monday, January 8, 2018	MP 601, Music Room
8:30 am - 9:05 am	Tuesday, January 9, 2018	MP 601, Music Room

2018 HONOR CHOIR EVENING REHEARSAL AND CONCERT SCHEDULE

7:00 pm - 8:30 pm	Wednesday, January 10	Shorewood Choir Room
7:00 pm - 8:30 pm	Wednesday, January 17	Shorewood Choir Room
7:00 pm - 8:30 pm	Monday, January 22	Shorewood Choir Room
7:00 pm - 8:30 pm	Wednesday, January 24	Shorewood Choir Room

DRESS REHEARSAL

7:00 pm - 8:30 pm	Tuesday, January 30	Shorewood High School Theater
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WEST SIDE CHORAL AND 6TH GRADE HONOR CHOIR FESTIVAL PERFORMANCE

7:00 pm - 8:30 pm	Thursday February 1	Shorewood High School Theater
<i>Honor choir in place at 6:40 pm</i>		

I hope your children are singing for you – they are learning many wonderful songs, and showing musical growth in so many ways! Throughout the year, look for information, music highlights, events, and performance updates in the PTSA and school newsletters, and on the website (*below*).

Ms. Shari Anderson
General Music Teacher

<http://learn.shorelineschools.org/meridianpark/sanderson>

Resources for Families

Meridian Park Elementary

www.shorelineschools.org/meridianpark/

David Tadlock, Principal
david.tadlock@shorelineschools.org

Lara Drew, Kinder Administrator
lara.drew@shorelineschools.org

Hillery Clark, Director of Early Learning

Jill Gwazdauskas, Registrar

Diane Randall, Office Manager

Suzy Cowgill, Kinder Office Manager

Tama Leahy, School Nurse

Katie McCain, Counselor

Kim Kauffman, Kinder Counselor

Annie Gage, Family Advocate

Micaela Katz, Kinder Family Advocate

2017-2018 MP PTSA

mpptsa.org

Executive Committee

Callie Steward / Naomi Hillyard,
Co-Presidents

mpptsapresident@gmail.com

Meghan Jernigan, Secretary
mpptsasecretary@gmail.com

Joy Rieke / Ann Yee, Co-Treasurers
mpptsatreasurer@gmail.com

Mary Kate Horwood, VP Events
mpptsavpevents@gmail.com

Terrice Atkins, VP Clubs/Programs
mpptsavpprograms@gmail.com

Standing Committees

Lee Lambert, Grants

Adrienne Thompson, Legislative
mpptsalegislativchair@gmail.com

Janet Shin / Nauko Grimlund,
Membership
mpptsamemberships@gmail.com

Linda Tsai / Diana Gray,
'Cheetah Chatter' Editors
mpptsanewsletter@gmail.com

Heather Sterling, Webmaster
mpptsawebsite@gmail.com

Jiovanna Koceski, Friday Email Blasts

Hannah Peterson, Teacher Representative

Follow the MP PTSA on Facebook

facebook

Cheetah Chatter is published monthly by

Meridian Park Elementary and
the Meridian Park PTSA

Free Dental Care for Children

UNIVERSITY OF WASHINGTON'S CENTER FOR PEDIATRIC DENTISTRY

(206) 543-5800

No insurance necessary

Ask for **"Give Kids a Smile"**

Available for a limited number of first time patients

Family Health Hotline

www.parenthelp123.org

Can assist families with understanding and applying for state benefits, including free or low-cost health insurance.

Message from Annie Gage, Family Advocate

If you ever have a little extra, please keep Shoreline families in mind! There are many ways to help out during the school year.

One way is to provide **gift cards for Fred Meyer or gas stations**. They can be incredibly helpful for families who are struggling financially.

It's wonderful to be able to give them to folks at my discretion.

Just put them on my desk, in my mailbox, or give them to Jill G. at the front office, and let her know they are for the Family Advocate's office.

"Resilient Shoreline" Free Workshops

Saturday, November 18

9:30 am - 12:00 Noon

Shoreline City Hall (17500 Midvale Ave N)

SKILL-BUILDING DAY: STRESS, ANXIETY AND YOU

Free Workshops include:

Skill Building for Parents – Fostering Wellbeing for You and Your Children

Learn practical skills, approaches and orientation that can help YOU and your child as they grow.

Cher Anderton, MSW, LSWAIC Counselor - Echo Lake Elementary

Neuroscience and YOU

This playful session uses interactive exercise and theatre/drama games to bring home understanding of the Neurosciences and Stress.

Teresa Posakony - Consultant, Facilitator and Trainer

Accessing "Body Neutral" in Times of Stress and Anxiety

Practices to increase your relaxation response, reset your nervous system, and restart your resilience capacities.

Scott Wurtz - Instructor, Coach, Massage Therapist and Business Owner

For more information, contact **Rob Beem**, Community Services Manager (City of Shoreline) at (206) 801-2251 or rbeem@shorelinewa.gov.

The Shoreline School District will again be participating in the Annual "Holiday Baskets" Food, Toys, & Teen Gifts Drive. This is in conjunction with the Shoreline PTA Council, Shoreline Fire Department, Hopelink, Lake Forest Park Rotary Club, the City of Shoreline, and Dale Turner Family YMCA. Together, we will provide quality food & gift support to Shoreline School District families needing assistance this holiday season. Collection boxes will be placed in your student's classroom for donations of non-perishable foods and teen gift cards.

Each school is encouraged to collect approx. 500+ of their assigned item along with their regular food donations. These items will be pooled together to create a "basket" of Winter break essentials.

Shorecrest HS	Flour & Macaroni and Cheese	Shorewood HS	Peanut Butter & Paper Towels
Einstein MS	Sugar	Kellogg MS	Rice
Briarcrest	Healthy Cereal	Brookside	Canned Soup / Meals
Echo Lake	Cooking Oil	Highland Terrace	Soup Stock
Lake Forest Park	Granola / snack bars	Meridian Park	Canned Vegetables
Parkwood	Pasta	Ridgecrest	Fruit cups
Syre	Shelf-stable Milk	Children's Center	Dried beans (250)
Home Ed.	Dried beans (250)	Cascade K-8	Dried beans (250)

In addition to your target item, we are asking for winter break food support. "Most Wanted" suggested items include:

- Peanut Butter
- Macaroni & Cheese
- Pasta & Rice
- Beans (canned, refried, pork & beans)
- Canned fruit
- Canned soup & vegetables
- Cereal (hot/cold) & breakfast items
- Canned tomato products
- Granola bars, snack items
- Canned meats

No 'Costco-sized' bulk items, glass jars, homemade foods, or expired items please!

PLEASE BRING DONATIONS TO YOUR CLASSROOM NO LATER THAN **DECEMBER 8TH**

THANK YOU FOR SUPPORTING YOUR SHORELINE COMMUNITY!

For volunteer opportunities with distribution of food to families on Saturday, Dec. 9th, Go to <http://signup.com/go/cWfxQQe> or email Heather or Neha at shorelineptahbf@gmail.com

More information at www.shorelinepta.com - Click on Family Services, then Holiday Baskets.



