

Cheetah Chatter

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Published by Meridian Park Elementary School and the Meridian Park PTSA

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

We are very proud of our highly qualified staff at Meridian Park and would be pleased to share any information regarding the professional qualifications (teaching certificates, endorsements, college degrees) of your child's classroom teacher, Title I teacher, or instructional assistants. As part of the Every Student Succeeds Act, parents have the right to this information. Please contact the principal if you would like to request this information.

Attendance Reminder

Is your child late or absent?

For **kindergarten**, please contact **Suzy Cowgill** at (206) 393-4127 or by email: suzy.cowgill@shorelineschools.org

For **grades 1 – 6**, please contact **Jill Gwazdauskas** at (206) 393-4252 or by e-mail: jill.gwazdauskas@shorelineschools.org

If your child is leaving school early, please send a note into the teacher so they can plan for their early release.

Important Nutrition and Wellness Policy Changes

Earlier this summer, the Shoreline School Board approved an updated nutrition and wellness policy. *The **policy and procedure** were developed over the past two years by the District Wellness Council, which is comprised of teachers, parents, nutrition staff, principals, district administrators, community members and student representatives.* The changes include what **types of snacks and treats can be shared in classrooms**. You can find more information on the policy changes, frequently asked questions and resources for selecting the right types of snacks and treats on the **Nutrition and Wellness webpage**. (<https://www.shorelineschools.org/Page/1265>)

Seeking PTSA Sponsorship Partners!

Fall Carnival, Multicultural Festival, Winter Ball, Variety Show, Drama Club Performance... these are just a few of the events the MP PTSA is going to make happen this year. ***Do you know of a company that would like to partner with us and sponsor an event?***

Contact us at mpptsasponsorus@gmail.com or feel free to chat with any PTSA board member.

THANK YOU!



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Upcoming Events

October 5
Shoreline PTA Council and Hi Cap
Advocacy Group Guest Speaker:
Austina DeBonte, NW Gifted Child Assoc
6:30 pm – 9:00 pm
Shoreline Auditorium

October 9-12
Parent/Teacher Conferences
Early Release

October 11
Teacher/Staff Appreciation Luncheon
11:15 am
MP Teachers' Lounge

October 12
ASB Walk-a-Thon
10:15 am

October 13
Staff Work Day
No school

October 19
MP Skate Party
6:00 pm – 8:00 pm
Lynnwood Bowl and Skate

October 21
MP Gardening/Landscaping Party
10:00 am – 12:00 noon

October 22
Angst: Normalizing the Conversation
Around Anxiety for Kids & Teens Screening
4:00 pm
Shoreline Auditorium

October 24
Kindergarten Pumpkin Carving
6:00 pm – 7:30 pm

October 27
Fall Festival
6:00 pm – 8:00 pm

November 7
PTSA BOD Meeting (all are welcome!)
7:00 pm – 8:30 pm
Location TBD

Announcements

District Health Curriculum Night - Tuesday, October 17th

The *District Health and Curriculum Night* is scheduled for **Tuesday, October 17**, from **6:30 pm - 7:30 pm** in the **Shoreline Room at the Shoreline Center** (18560 1st Avenue NE). **Maria Stevens**, Director of Teaching and Learning, will provide an overview of the district's health curriculum for elementary and secondary grade levels and will answer questions.



Teacher and Staff Appreciation Luncheon – Wednesday, October 11th

Happy fall, Meridian Park families! We have a Teacher/Staff Appreciation event coming up, and you are invited to help make it a success!



We will be providing a buffet of **warm soups**, **salads** and **sides** for all the teachers and staff on **Wednesday, October 11** at **11:15 am**. This is during the week of parent/teacher conferences. *Please consider signing up to bring a food item, or volunteer to help set up or clean up for the luncheon using the "Perfect Potluck" link:*

<http://www.perfectpotluck.com/meals.php?t=WTXM9265&welcome=1>

If you contribute a food item, please mark your item "Staff Appreciation" and drop it off in the staff lounge (use a staff refrigerator if needed) or send with your child either the day before (Tuesday, October 10) or during morning drop-off on Wednesday, October 11.

If you'd like to help us plan events like these, please join us at a planning meeting on Wednesday, October 11 at 9:15 am in the teachers' lounge. We'd love to hear your ideas about how we can cultivate a good relationship with our teachers! Questions? Please contact hungerfordfamily@gmail.com.

- PTSA Teacher and Staff Appreciation Committee

Lost and Found

Parents - please remember to **put names in coats** and have kids regularly **check for missing items**. We want to get belongings back to their owners before we clear out the lost and found on October 31st.



Shorewood Thunderbird Select Hoops

Thunderbird Select Hoops is the basketball feeder program for Shorewood High School for 4th-8th grade boys. The program was formed in 2007 to help prepare local boys with the essential skills to compete at Shorewood High School. Boys attending Einstein, Echo Lake, Highland Terrace, Meridian Park, Cascade Community K-8, Parkwood, or Syre (or attending a private school but live within the SWHS boundary) are invited to try out for Thunderbird Select teams. There will be one team of 9-12 boys formed in each of the five grade levels from 4th-8th grades. Practices begin in October, and league games are played on Saturdays and occasional Sundays from late November thru early March. This is a not-for-profit, fee-based AAU "Select" basketball program for motivated athletes. For more info:

<http://www.thunderbirdselecthoops.org>

Cheetah Cheers

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

Meridian Park School and its Green Team are invited to **City Hall** on **Monday, November 6** to receive a **special proclamation** during the Shoreline City Council meeting. The event will begin at **7:00 pm**. Each year, a school or business is selected to be recognized during a city council meeting with a proclamation.

The City of Shoreline is recognizing Meridian Park for achieving a 10% increase in our recycling and composting efforts! All Green Team students (this year and last year) are invited to attend. We will form a group at the school at 6:30 pm, then walk up to City Hall at 6:40 pm. Please send one adult with every 6 children. You can also meet us at City Hall (17500 Midvale Avenue N). Please send an email to mpptsapresident@gmail.com to let us know that you would like to attend, as we would like to obtain a headcount of students.



→ → → → → We would like a lead organizer for this event. Can you help? Let us know! ← ← ← ← ←

Meet the Teacher: Natalie Bachicha-Wells, 3rd Grade

Hi there! It's Mrs. Bachicha-Wells (or as the kids call me, Mrs. B-W), checking in from room 411. I feel so lucky to be starting on my 2nd year here at Meridian Park! I grew up in California, but moved around the country a lot these last few years, so I'm happy to be setting my roots here in the Pacific Northwest. I live in Seattle, just a few minutes away, with my husband, a gecko named Virgil, and a dog named Snoop. When I'm not teaching, I like to read, explore, and cook. I'm not a great chef YET, but I'm working on it. My goal this year is to learn to make my *abuela's* recipe for *buñuelos*, a desert common in Latin America. My *abuela's* look like a big circle of fried dough covered in cinnamon and sugar or syrup. I'll let you know how it goes! Before I go, I LOVE learning to cook new things. If there is a recipe you're eager to share, send them my way, and I'll give them my best effort. *Hasta luego!*



Mrs. Bachicha-Wells' dog, "Snoop"

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

Kindergarten News

The sounds of learning, happiness, and teaching of respectful behaviors and routines have filled the classrooms, halls, lunchroom, and playground. Our students should be proud of the community they are developing together, the increase in stamina for a full day of learning, and their focus on learning how to be respectful.

We are proud of your children and are very thankful for your support. We appreciate the work you do at home supporting your children to come to school ready and prepared for learning. We also thank those of you who can come to school and help our students throughout the day.

Kindergarten Team

We wanted to share with you pictures of our entire Kindergarten team so you begin to get to know each of us who care about your children, advocate for you children, and teach your children each day. Each month, we will highlight a few staff so you get to know more about our roles and work.

Kindergarten Team



Kindergarten News

Meet the Kindergarten Counselor: Kim Kauffman

Hello Kindergarten students and families! What an exciting start to the school year...we are so glad YOU are here!! As a School Counselor, my primary responsibility is to support the social, emotional and academic growth of all students. I do so by providing:

- Individual counseling (brief 6-8 weeks), check-ins and problem solving
- Small group counseling (ie: friendship, grief/loss, stress/anxiety)
- Classroom guidance support
- Coordination and training around school-wide Positive Behavior Intervention Supports (PBIS)
- Consult and collaborate with parents, teachers, and staff

By being present at recess, lunch and arrival/dismissal I hope to have the opportunity to connect with all students and build relationships. Any student can request to meet with me or they can be referred by a staff member or parent. If you would like for me to meet with your child or if there are ways I can help support your efforts at home, please do not hesitate to contact me. I will be working closely with our MP counselor and family advocates as well as counselors at Ridgecrest, Echo Lake, LFP, Briarcrest, and Highland Terrace elementary schools to help bridge services for all of our kindergarteners as they transition to first grade.

On a personal note, when I am not at work, I enjoy cheering on our children (ages 15 and 17) at their various school activities and sporting events. I am an avid photographer and always enjoy walks on the beach with our family and dog, Daisy.

I am looking forward to meeting you. Please feel free to contact me at kim.kauffman@shorelineschools.org or (206) 393-1797 if you have any questions or concerns.

Meet the Kindergarten Family Advocate: Micaela Katz

Hello Meridian Park Families! I'm absolutely thrilled to join the team at Meridian Park as the Kinder Program Family Advocate. As a family advocate, I partner and work closely with families, students, counselors, teachers, administrators and other district family advocates in order to provide support and resources to meet the needs of our families and facilitate home-school partnerships. Additionally, I am available to provide general school information, connect your family to community resources, advocate for you or your child to receive needed services, coordinate and offer McKinney Vento support and information, provide assistance during family crisis or transitions and support social-emotional individual and classroom guidance. I passionately believe in supporting our students and families in order to have fulfilling and successful educational journeys.

When I am not at Meridian Park I enjoy reading, solving puzzles, practicing yoga, snowboarding and surfing. In 2001, my family moved from Argentina to the United States in search of a safe, bright and promising future. The last fifteen years hold some of the most pivotal and important moments in my life, as I fulfilled a dream to receive my bachelor's degree from the University of Washington, began my professional career and embarked on a new journey as I pursue a master's degree in Professional School Counseling. As a native Spanish speaker, I always appreciate the opportunity to connect through the beauty of each different language.

If your family needs assistance at any point this school year, please do not hesitate to contact me. I look forward to working together towards a successful year!

Micaela Katz

micaela.katz@shorelineschools.org

(206) 393-1763

Tuesdays: 8:00 am–4:00 pm | Thursdays: 8:00 am–4:00 pm

Family Events

Kindergarten is a special year of learning and community building. We have a few Kindergarten-specific events we invite you and your families to attend. We will share more information about the events as the dates get closer:

- Pumpkin Carving, October 24, 6:00-7:30 pm
- Cultural Night (all school), November 16, 6:00-7:30 pm
- Making Gingerbread Houses, December 14th, 6:00-7:30 pm
- Winter Ball/Dance (combined with all school), January 18, 6:00-7:30 pm
- Valentine's Celebration, February 8th, 6:00-7:30 pm
- STEM Night, March 15, 6:00-7:30 pm
- Kindergarten Art Gallery (combined with all school Arts Festival), May 24, 6:00-7:30 pm
- Playground Playdate, June 7th, 6:00-7:30 pm

Principal's Letter

Dear Families,

Thanks for a super September, and October looks to be even better. Our partnership for your student(s) and all Cheetahs makes a positive difference in the lives of each child.

Parent/teacher conferences are important to our partnership, and we look forward to seeing everyone during the week of October 9. Conferences are a great opportunity to establish a positive working relationship and communication plan with your teacher. We look forward to 100% family participation, so please contact us if you need help attending.



The School Board recently adopted a Nutrition and Wellness Policy. The new policy requires healthy snacks and treats at classroom and school activities, including class parties, birthdays, or other celebrations. The policy prohibits the use of food as an incentive or reward and encourages staff and families to celebrate with healthy treats or special activities. Additional information is included with this newsletter.

Recess and lunch are important for rest, nutrition, play, and exercise. 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. Breakfast is open to all students, and we have a great lunch program. Please join your student(s) for breakfast or lunch. Please also limit screen time at home and support outside play.

Personal growth and movement are also priorities at MP. We work to grow with academics and also habits of mind and heart. We teach and promote growth with positive behaviors, self-management, and friendship. We continue to learn about the brain and take short movement-based brain breaks to stimulate brainpower.

Please join our PTSA, and we look forward to seeing you at conferences. Your students are simply the best, and we are grateful for your family.

David Tadlock, Principal

Reminder: Early dismissal at 11:45 am on October 9, 10, 11, 12. Please double check your plans.

State test results have been mailed 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 and she will gladly mail you a copy. We continue to learn from the results and the content to improve our program.

Tadlock Tip #2 – Reading

Reading with your kids is a terrific way to be together and learn together. Life can be so busy, but we hope you will make even just 15 minutes a day of reading time a priority. It's a great way to relax, talk, and learn. Please also set good limits on screen time, and get outside to walk or ride or swim with your kids.

One Community • Stronger Together

Cheetah Notes: P. E.

The Big Three

As the Physical Education Specialist at Meridian Park Elementary, it is my goal to create a culture of health and fitness at our school. Rigorous research continues to support the strong connection between physical fitness, emotional health and academic success in learners of all ages. Our culture tends to compartmentalize academic achievement apart from physical wellness, but the fact is that the two cannot be separated. Children who are more physically fit simply perform better in the classroom. One of my biggest frustrations as a physical education teacher is the small amount of time I am actually afforded to engage with your children in instruction. At best, your son or daughter receives just 60 minutes of physical education a week. (Did you know that Washington State Law says they will receive at least 100?) With the limitations of time and resources, I am left wondering how I can make the largest positive impact on the health of my community. **Of the most important lessons for long-term health and wellness that I strive to instill in my students is what I refer to as the Big Three Healthy Habits.** We talk about these habits on a regular basis in my classroom and it warms my heart when students voluntarily share the choices that they are making that contribute to their health and wellness.

1. **Eat your fruits and vegetables!** Most of our foods should be vegetables and fruits. I have been a student of health and fitness for over 25 years, and if there is one thing I believe whole-heartedly it is that the Standard American Diet (SAD), rich in saturated fat, sugar, and empty carbohydrates, is *killing us*. The World Health Organization recommends that children consume no more than 3 teaspoons of sugar a day (for reference, a cup of chocolate milk has 6 teaspoons), and I am deeply troubled by the amount of sugar that I see being consumed by our children in the lunchroom on a daily basis. Diets high in sugar are linked directly to heart disease, type 2 diabetes, obesity and Alzheimer's disease.
2. **Sleep!** Without a doubt, sleep is one of the most important components of a healthy lifestyle. Recent research supports the theory that our brain is actually organizing and integrating new learning when we sleep and disposing of waste products. Our body pumps out growth hormone and repairs damaged cells during sleep. Truly, sleep is the time we get stronger and smarter! The National Sleep Foundation recommends that school age children get between 9 and 11 hours of sleep each night.
3. **Exercise!** The Center for Disease Control recommends at least 60 minutes of moderate to rigorous physical activity each day. I can't stress enough that this doesn't have to be fancy or expensive. Nature is the best playground, and individuals who simply walk at brisk pace for 20-30 minutes a day have as good of health outcomes as any other form of exercise.

I encourage you to talk with your children about the connection between fitness and academic success, as well as the importance of sleep, nutrition and exercise in overall wellness. **Better yet, eat your vegetables and cut down on the sugar, go for a walk and get a good night's sleep.**

Clean Campus Club

I am looking for 1st-6th grade student volunteers for the **Meridian Park Clean Campus Club**. Last year our Student Clean Campus Club volunteered over 500 hours of community service and collected over 300 gallons of trash off Meridian Park's campus. Clean Campus Club will meet on Tuesdays and Thursdays this year from 3:30 pm - 4:00 pm beginning on October 17. The club will be supervised by Mr. Alford and Mr. Pozarski. Sign-up sheets are available on my website.

Parent Survey

Please take a moment to let me know how you think I am doing and your thoughts on the PE Program at Meridian Park. Survey results will be published in an upcoming issue of the *Cheetah Chatter*.

Parent Survey

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

Cheetah Notes: Library

Greetings from the Meridian Park Library Media Center!



The library was a busy place during September! We welcomed over 750 students to the library, including over 200 kindergarteners. One highlight of the month was third and fourth graders reading *The Most Magnificent Thing* by Ashley Spires and creating structures out of toothpicks and gumdrops. One of the story's themes is persistence, especially when things become challenging. Students practiced persistence, as well as respect for others and their ideas, while working in pairs to build structures using 20 toothpicks and 10 gumdrops that would support library books. It was a fun, engaging, and learning-filled activity.

Parent Library Accounts

This is a reminder to parents that they can set up their own MP library accounts in order to check out books. Stop by the library before or after school. It takes just a few minutes!



Nitty Gritty Information

In addition to visiting the library with their classes, students may visit on their own as their class schedules allow during the week. There is no student supervision in the library before school begins in the morning. Students may come to the library at 9:00 am to return books or check out new ones before heading off to class.

After school, students may stop by the library to return or renew library books or check out new books. However, there is no student supervision in the library after school, so children are not allowed to stay in the library while they wait for parents to pick them up.

We will have a One-Day-Wonder Scholastic Fall Book Fair on Tuesday, December 5th. This year's theme is "Wild West Book Fair." The book fair will run during the school day, as well as during the evening with PTSA's monthly meeting. Students will have a chance to preview the book fair on Friday, December 1st. It will be a fun event for everyone. The previous two years' one-day book fairs were huge successes, 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.



If you would like to help out at the book fair by volunteering a few hours of your time, please let me know. My contact information is (206) 393-4125 and jenny.hillger@shorelineschools.org.

MakerSpaces

What are MakerSpaces? A MakerSpace is a place where students (or adults) can gather to brainstorm, design, experiment, and create things. Sometimes a MakerSpace emphasizes computer programming, engineering, science, and mathematics. The big idea is people coming together to work together and support one another as they use their imagination and skills to make things. Other times, last year, I dabbled in MakerSpaces with a couple of classes and held an after-school electrical circuits club. I want to expand upon this even more this year. Currently, I am looking for LEGO and other kinds of connectable building blocks. If you have extra LEGO that you no longer use, please consider donating them to the library.

If you have questions about the library, would like to set up your own library account, or would like to learn about our online library catalog, please stop by the library before or after school.

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

Cheetah Notes: Music

Happy October from General Music!

Kids are working hard in music, learning so many things about music, including working in ensemble with others to experience the joy of making music together, and striving for excellence!

Coming Up

Meridian Park will celebrate Veteran's Day with an assembly Wednesday, November 8, 2:30 pm - 3:00 pm. We will honor Veterans through songs, pictures, and words.

Performances

Schedule these dates on your family calendar now, as spring calendars fill up fast! You won't want to miss them. Your kids will shine!

- 5th Grade sings at the Book Fair Night/PTSA Meeting on Tuesday, December 5
 - 6th grade will sing at the Winter sing-along at 9:30 am on Tuesday, December 19
 - 1st/2nd grade combination classes, 2nd, 3rd, and 4th grade classes will perform at the Meridian Park Arts Festival on Thursday, May 24
 - 1st grade classes will sing at the PTSA Meeting on Tuesday, June 5
 - 6th grade will sing at their wonderful Moving On program on Thursday, June 21
 - Both 5th and 6th grade students have instrumental performances here at Meridian Park, and 6th grade students have additional performances with Honor Choir, Band, and Orchestra festivals
 - Meridian Park students also sing in several other assemblies and performances, such as Veterans Day in November, and Martin Luther King, Jr. Day in January
-

Recorders

All 4th and 5th and 6th grade students are playing soprano recorder. Students will keep their recorders in the music room, but may bring them home over longer vacations. If your child needs to purchase a recorder, please send \$5.50 to Meridian Park, labeled with your child's first and last name, "Recorder," and classroom number.

Instrumental Music

Instrumental music is underway! 5th and 6th grade students study instrumental music with Mr. Dennis Ashbrook, band teacher, and Mr. Nick Wade, string orchestra teacher.

Throughout the year, look for information, music highlights, events, and performance updates in the PTSA newsletters and on the [website](#) (below).

Ms. Shari Anderson
General Music Teacher

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

Cheetah Notes: Counselor's Corner

Welcome to the Counselor's Corner!

This year I am happy to welcome an additional counselor and colleague to Meridian Park – **Kim Kauffman**, who will be supporting all of the Kindergarten students and teachers. **Katie McCain** will continue to support teachers and students in Grades 1-6.

As counselors, supporting students in their social, emotional, and academic growth is of top priority to us both. To help us do this and get to know students, and as part of our **Positive Behavioral Interventions and Supports (PBIS)** school-wide model, we will be asking teachers to complete a survey to help us get to know students and learn how to best support them. This survey focuses on teacher observations of student behavior in class. If you have any questions or concerns, please don't hesitate to contact us.

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

In addition to the teacher survey mentioned above, I will also be surveying students to ensure that we have holistic data and hear what students need directly from the source. This includes a school climate survey to help us determine if students understand our PBIS behavior expectations, school rules, and to determine how students feel about safety and the overall climate of our school – all of which we will address in our PBIS committee as positive school culture is a top priority. For Grades 1-3, this will be in the form of a class activity and school climate discussion. For Grades 4-6, this will be in the form of the survey and individual needs assessment, which asks a few questions around experiences in student's lives that may affect their social, emotional, and academic growth. All of this information is confidential for students to help ensure honest sharing of their opinions and needs. Please let me know if you have any questions or concerns! We value your thoughts and opinions too, and we hope to begin work on a parent survey soon!

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

PBIS Monthly Theme: Responsibility

Each month, Cheetahs learn about and work to demonstrate specific themes that are linked to our **Positive Behavioral Interventions and Supports (PBIS)** program. In recognition of their efforts, two students from each class are celebrated each month during our Very Important Cheetah (VIC) lunch.

October's PBIS theme: **Responsibility**. Students are taught the meaning, including the notion of integrity - doing what you're supposed to do, and doing the right thing even when no one is watching. Encourage your student to demonstrate responsibility by turning in their homework on time, returning materials, following the rules, and thinking before they act or speak.

For a curated list of books related to October's theme of Responsibility, please visit:

<https://www.shorelineschools.org/Page/2889>

PTSA News

PLEASE JOIN THE MERIDIAN PARK PTSA!

We are offering online registration this year, or you can send in the yellow envelope that was included in your back-to-school packet. **JOIN TODAY!**

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

Special PTSA Kindergarten Art Project

All Meridian Park families are invited to participate! Would you like to send Grandma and Grandpa a coffee mug, fridge magnet, bag or t-shirt with your child's drawings on it? The PTSA has organized Kindergarten to participate in a special art project through the fundraising company, **Display My Art**. We would like to invite any interested student in our school to turn in their artwork if they would like to have the same opportunity to make a special gift and also support the MP PTSA. Here are guidelines for the artwork: it must be submitted using the template at the end of this newsletter (you can also find it on our website - www.mpptsa.org). There are suggestions on making the artwork look the best it can for the printing process on the instructional flyer, which is also attached. ***Please turn in all artwork by October 12th*** to the office or to your teacher. It will be collected and sent off by the PTSA. A flyer and a magnet with your child's artwork will come to the school, and you can order with free delivery anywhere in the U.S. by December 25th. Questions? Please contact: mpptsapresident@gmail.com.

PTSA VOLUNTEER OPPORTUNITIES

Gardening/Landscaping Party

October 21 (Saturday) - 10:00 am - 12:00 noon

Join MP parents and students for some fall yard work at our Landscaping Party! Bring gardening tools such as shovels, rakes, hand tools, and gloves. Bring your coffee and Bluetooth speakers! Enjoy some fresh outdoor air while we work to make our grounds look great for fall.

Family Event/Cultural Night, November 16th

This is sure to be a really fun event and is just in the planning phases. We would love your vision and help to make this a great success! Contact Mary Kate Horwood at marykatea@gmail.com for more info or to sign up for this event.

PTSA Position - Fundraising Coordinator

We are looking for someone to **lead our three main fundraisers**. The job is not doing the fundraising itself, but to keep the Board of Directors on track; schedule, print and distribute flyers; invent/brainstorm for Spring Fundraiser; utilize volunteers for the efforts; and bring your enthusiasm and ideas to PTSA.

Time commitment: This person will be busy from mid-October thru November, and again during February to March. Estimated time is 2-3 hours per week (emailing and on the computer) as well as 1-2 stops at the school per week for an hour to pick up or pass out information during these times. In addition - attending the PTSA monthly meetings regularly would be very helpful.

PTSA Position - Co-VP of Programs

Fall Programs are almost finished with registration, but we still need someone who is **available during school hours to answer emails and train parent leads**. This person will also begin work on scheduling the next round of programs in January.

PTSA News

This position requires a dedicated individual who has great attention to detail and the ability to answer emails during the day. Busiest times include beginning of the school year, December-January, and March with the registration of the students in the clubs.

Time commitment: Estimated time during busy periods is 3-6 hours a week with emailing; 1-2 stops at the school per week for up to 2 hours during each stop; and regularly attending the monthly PTSA meetings would be very helpful.

PTSA Position - Green Team Parent Leads

These parents will help students with recycling and composting efforts in the lunchroom by standing at the garbage cans and providing assistance with the sorting of items into the proper bins.

Time commitment: Green Team parents will attend one weekday lunch (11:15 am – 1:15 pm) during the first full week each month:

2016: October 2–6 November 6–10 December 4–8

2017: January 8–12 February 5–9 March 5–9 April 2–6 May 7–11 June 4–8

You do not need to commit to all of the dates listed. In addition to a regular volunteer shift(s), we welcome parents to sign up as substitutes and/or help with “popcorn reward days” three times a year!

Meridian Park PTSA: 2017-2018 Strategic Goals

Goals help us believe in ourselves. Setting goals is a way to fuel our ambition. Goal setting isn’t just about creating a plan and holding our organization accountable; it is also about giving us all the inspiration necessary to aim for things we never thought possible.

1. Establish a robust parent volunteer database with at least 100 names of volunteers for events and projects.
2. Increase diversity of the PTSA by asking everyone to participate in outreach to other parents. Some concrete ideas:
 - Have ELL Family Night during PTSA meeting – planned for October 3rd meeting
 - Ask volunteers to bring a friend to PTSA meetings and events
 - Post family pictures in our school – Family Picture Project
 - Host Family Movie Night with a foreign language film – planned for December 7th (Spanish?)
 - Invite parents to have lunch with their children in the cafeteria
3. Create and build a robust Room Parent program at Meridian Park. Utilize parents that already volunteer or plan to volunteer in their child’s classroom weekly to create a two-way information sharing system. Provide resources to room parents – what is expected in this role, template for sharing phone and emails, provide regular updates to room parents for them to disperse to teacher and parents, ask room parents about the specific needs of their classroom and teacher.
4. The PTSA survey indicated that our community would like more opportunities for community service. Increase opportunities/visibility for families to provide service to the community through two or three coordinated volunteer events, such as Holiday Basket Stuffing, Back-to-School Consortium, Landscaping, Green Team, etc. Re-label our efforts as Community Service, because it *is* Community Service!
5. Re-work the newsletter to make it mobile-friendly and utilize the webpage more effectively. Make the newsletter more PTSA-focused – Parent, Teacher, Student. Provide opportunity for teachers and volunteers to share via the newsletter. Highlight student successes at Meridian Park. Create motivation for parents to read the entire newsletter or most of it each month. A campaign encouraging parents to be informed and share information with their fellow parents.

PTSA News

PTSA Sponsored Fall Clubs

Most clubs start this week and have a limit on the number of students. If you would like more information, please send an email to mpptsavpprograms@gmail.com and mpptsapresident@gmail.com. Because these activities are PTSA sponsored, please do not call the MP school office about these activities. Thank you!

Spanish (K-6) Tuesdays and Thursdays, 8:00 am - 9:00 am, October 3 – December 14

First trimester cost is \$260. Meet in Room 203. Bring your child to the room for check in.

How to register: Flyer sent home, extras in the lobby. Email: mscott@thespanishlanguageschool.com

Mandarin (K-6) Tuesdays and Thursdays, 8:00 am - 9:00 am, OR 3:30 pm - 4:30 pm; October 3 – December 14
First trimester cost is \$350. Meet in Room 237. Morning session: bring your child to the room for check in. Afternoon session: check your child out at the lobby at 4:30 pm.

How to register: Flyer sent home, extras in the lobby. Email: huazhang98@yahoo.com

ABC Builders (Kindergarten ONLY) Wednesdays, 8:00 am - 9:00 am, October 4 - November 29

Cost is \$95. Meet in Room 101 (Kindergarten Music Room). Bring Kindergarteners into lobby for sign in at 7:55 am - 8:00 am, or bring to room after 8:00 am.

How to register: <http://leap4kidz.com/after-school-classes/abc-builders/>

JR Engineering (Gr 1-4) Thursdays, 3:30 pm - 4:30 pm, October 5 - December 7

Cost is \$95. Meet in Room 206 (Ms. Norton's 5th grade classroom). Pick up students in the lobby at 4:30 pm.

How to register: <http://leap4kidz.com/after-school-classes/jr-engineering/>

Kindness Club (Gr 2-4) Fridays, 8:00 am - 9:00 am, October 6, 20, and 27, November 3 and 17

Cost is FREE. Meet in Room 411 (Mrs. Bachicha-Wells' 3rd grade classroom). Sign in at 7:55 am - 8:00 am in the lobby, or bring to classroom.

How to register: Email: naomihillyard@gmail.com

Chess Club (Gr 3) Tuesdays, 3:30 pm - 4:30 pm, October 3 - November 28

Cost is FREE. Meet in Teacher's Lounge. Pick up students from Teacher's Lounge at 4:30 pm.

How to register: Flyer sent home

Chess Club (Gr 5-6) Thursdays, 3:30 pm - 4:30 pm, October 5 - November 30

Cost is FREE. Meet in the Library. Pick up students from Library at 4:30 pm.

How to register: Flyer sent home

Homework Club (K-6) Monday-Friday, 3:30 pm - 6:00 pm, October 2 - December 15

Cost is \$275/month or \$20/day. Meet in the Cafeteria. Check out students from the Cafeteria at your best pickup time. No drop ins; Schedule is monthly, flexible. HS students will help with homework, daily themes.

How to register: Email: hnmunro@hotmail.com

ArtWise (K-6) Conference Week, 11:45 am - 3:30 pm, October 9-12

Cost is \$35/day (one day or all days). Meet in the Cafeteria. Check out students from the Cafeteria at 3:30 pm.

How to register: Flyers sent home and www.artwisennw.com

Yarn Arts (Gr 2-6) Wednesdays, 3:30 pm - 4:45 pm, October 5, 18, and 25, November 1 and 15

Cost is \$108. Meet in Teacher's Lounge. Pick up students from the lobby at 4:45 pm.

How to register: www.madesewing.com/products/meridianparkyarn

Mad Science (Gr 1-5) Thursdays, 3:30 pm - 4:30 pm, October 5 - December 7

Cost is \$147. Meet in Room 203. Pick up students from Room 203 at 4:30 pm.

How to register: www.madscienceregistration.com

Math Club (Gr 4-6) TBD. Parent Info Meeting on October 11 from 7:00 pm - 8:30 pm in the Library. Find out more, how to register, and sign up to be a parent coach. Email: mpmathclub@gmail.com

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
mpptsalegislativechair@gmail.com

Janet Shin / Nauko Grimlund,
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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

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.

Community Flu Shot Clinics

Shorecrest and Shorewood High Schools

Shoreline Public Schools is committed to helping keep our students, parents and 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. Get more details and information [HERE](#).

Clinic locations:

- Shorewood HS: Monday, October 23 from 3:00–7:00 pm
- Shorecrest HS: Wednesday, October 25 from 3:00–7:00 pm

Shoreline Children's Center: Extended Care

Early Release and Staff Work Days

This year, after-care on Early Release Days will only be available to students who are currently enrolled in Children's Center after-care programs. This change in programming was made last spring in order to ensure safe ratios and group sizes at every site.

The Children's Center will continue to offer care to all program and non-program students on all eight Staff Work Days, beginning with the first of those days on October 13, as well as five days during Winter Break, and all of Mid-Winter Break and Spring Break.

These programs will take place at our **new temporary site, North City Elementary** at 816 NE 190th Street, Shoreline.

The cost for care for elementary students on Staff Work Days is \$45/day, for up to 10 hours.

The cost for care for preschoolers on Staff Work Days is \$42/day for up to 6.5 hours; \$60/day for up to 10 hours.

Please refer to the Shoreline Children's Center website for more info:
<https://www.shorelineschools.org/childrenscenter>.

Families Are Invited!

Dear Parent,

Your family is invited to create art at home that can be turned into custom keepsakes for our Display My Art fundraiser.
One art submission accepted per family member.

How to participate:

- 1) Print the art paper template found at www.displaymyart.com/DMAPaperTemplate.pdf on 8.5"x11" paper.
 - 2) Fill out the family member's name in the student name location using the students's homeroom teacher where indicated.
 - 3) Follow the art guidelines below when creating your masterpiece.
 - 5) Submit family member art to the homeroom teacher by the due date indicated below.
- Any questions please contact the main office, thank you!

Artwork created by families is due to the
main office or your child's teacher by:

October 12th

For FREE printable art lessons visit www.displaymyart.com/lessonplans.aspx
For FREE video art lesson plans visit www.vimeo.com/displaymyart

The art space on the Display My Art paper template is 8.5"x8.5" once printed on 8.5"x11" paper. **ALL IMPORTANT DESIGN DETAILS**, such as artist signature and date (if included) **MUST BE 1"** away from the 8.5"x8.5" art space edge. This safety area allows various size and material keepsakes to be made without cropping these important details.

- Do not draw above the "Do Not Draw" gray line.
 - Do not staple or cut the paper.
 - Do not rotate the paper (create art so orientation remains vertical).
 - Do not use fluorescent, metallic or glitter.
 - Do not use chalk or pastels without spraying fixative on the final piece.
 - Do not use photographs.
-
- Avoid tiny details as they may not be visible on smaller keepsakes (ornaments, keychains, etc).
 - Avoid sparsely or lightly colored images.
 - Avoid design borders as they may not reproduce well on smaller items.
 - Avoid crayon wax build-up.



Samples with and without vibrant color
White background art transferred onto white keepsakes such as mugs, sweatshirts, etc. may not look as striking as images with color. If you desire more contrast between the image and the merchandise, use dense colors in your background.

**Display My Art will take great effort in making the colors as close as possible to the art provided. Negligible variation in color may occur as there are various materials and finishes the image will print on.
Please submit art only if placing an order. Display My Art reserves the right to refuse art submissions not deemed acceptable.*



www.DisplayMyArt.com • 800-394-2090

3/20/15

First Name: _____

Last Name: _____

Grade: _____

Class: _____

Teacher: _____

School: _____

- Artist should sign name at least 1 INCH from paper's edge
- Do not create a border around the art space edge to define the 1 inch space
- Slight cropping may occur
- Add color to edge of paper

DO NOT DRAW IN GREY AREA - ART IN GREY AREA WILL BE IGNORED