

Cheetah Chatter

Published by Meridian Park Elementary School and the Meridian Park PTSA

Snow Make-Up Days

Due to the loss of instructional time caused by the snow closures during the weeks of February 4-15, Shoreline Schools is adjusting the school calendar to meet the number of instructional hours required by the state.



School district and Shoreline Education Association leaders have come to the following agreement for snow make-up days:

Monday, June 3 will be a **FULL SCHOOL DAY**
(previously a Staff Work Day)

Friday, June 14 will be a **FULL SCHOOL DAY**
(previously a Half-Day Early Release)

Monday, June 17, Tuesday, June 18 and **Wednesday, June 19**
will be **FULL SCHOOL DAYS**

Thursday, June 20 will be the anticipated **LAST DAY OF SCHOOL**
with a **HALF-DAY EARLY RELEASE**

We again want to thank our families and staff for their patience and understanding during our recent snowstorms. The strain and stress that school cancellations and delays cause can be tremendous. Because of that, we never make those decisions unless absolutely necessary for the safety of our students, staff and families. We also realize that the changes caused by the make-up days can also be inconvenient for families. If you have trips or commitments planned for any of the make-up days, we ask that you communicate that to your school in advance so that absences can be marked accordingly.

2019 PTSA Read-A-Thon (R-a-T)



Read·A·Thon

This year's Read-a-Thon is underway and extends through **Sunday, March 24!** Students can earn prizes for reading and collecting pledges to benefit the Meridian Park PTSA.

Prizes include credit to spend at the Spring Book Fair, t-shirts, a pizza party, and even movie tickets! PTSA funds support school activities such as Camp Orkila, Drama Club, Family Fun Nights, Skating Parties, classroom activities, and more. Remember, **ALL READING COUNTS!** You can read to your student, or encourage your student to read aloud to someone or on their own. So, 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 29.**

Please feel free to contact **Elizabeth Swan** at eswan27@gmail.com with any questions or concerns. Happy Reading!

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Upcoming Events

Thursday, March 7 – Friday, March 8
Parent-Teacher Conferences
Early Release at 11:45 am

Thursday, March 7
Staff/Teacher Appreciation Lunch
Noon
MP Staff/Teacher Lounge

Thursday, March 7
Educational Effectiveness Survey Results Presentation
6:30 pm – 7:15 pm
Room 108 (Kindergarten)
MP Library (Grades 1-6)

Friday, March 8 – Saturday, March 9
The Lion King, Jr. Performances
7:00 pm
Shorecrest High School

Saturday, March 9
Shoreline Math Olympiad
8:00 am – 3:00 pm
Shoreline Community College

Sunday, March 10
Daylight Saving Time Begins
2:00 am
Move your clocks ahead one hour

Tuesday, March 12
Screenagers Movie Viewing
6:30 pm – 8:00 pm
Highland Terrace Elementary

Thursday, March 14
Stop the Bleed Training
6:30 pm – 8:00 pm
MP Library

Thursday, March 21
Family Science/STEM Night (Grades K-1-2)
6:00 pm
Meridian Park Elementary

Friday, March 22
Parents' Night Out
6:00 pm – 9:00 pm
Meridian Park Elementary

Monday, March 25 - Friday, March 29
Meridian Park Spirit Week

Tuesday, April 2
PTSA Meeting
6:30 pm – 8:00 pm
MP Library

Announcements

The Lion King, Jr. Performances This Weekend!

Looking for something to do that's fun for the whole family? Come watch MP students in grades K-6 perform in Dandylyon Drama's production of **DISNEY'S THE LION KING, JR.**

Friday, March 8 and Saturday, March 9
7:00 pm

Shorecrest High School Performing Arts Center

Tickets may be purchased in advance at **Brown Paper Tickets** or at the door the night of the shows.

If you have questions, please contact mpptsadramaclub@gmail.com



Meridian Park Spirit Week is Coming!

Monday, March 25
Spirit Skits at lunches

Thursday, March 27
Book Character Day

Wednesday, March 26
Student Store open during
grade 3-4-5-6 lunches

Friday March, 28
Cheetah Swag Day

Parents' Night Out Orkila Camp Fundraiser

By now you should have received a flyer in your kid mail for a fantastic opportunity to have a night out without having to worry about childcare! On Friday, March 22, we are hosting a **PARENTS' NIGHT OUT** at Meridian Park Elementary with a movie (*Paddington 2*), games, dinner and fun with friends.

Just in case you missed the flyer or it didn't make it home for some reason, it is **attached** at the end of this newsletter.

Cost is **\$25 PER CHILD**. It's *limited to the first 100 kids that sign up*, so please return your form with payment ASAP, before it fills up!

100% of the funds raised will go to the Camp Orkila Fund, which helps *ALL* of our families make camp more affordable.

Sincerely,
Camp Orkila Fundraising Team

Staff and Teacher Appreciation Luncheon: "Family Favorites"

Do you have a family favorite dish you'd like to share with the teachers? Bring it to the MP teacher/staff lounge on Thursday, March 7 and help feed our teachers and staff during conference week! Whether it's tamales, dumplings, chicken lasagna, vegan salad, your Great Grandma Betty's famous yellow cake recipe, or a prized find from Costco's grocery section – we want your favorites!



Sign up online at

www.PerfectPotluck.com/SICA5126

Food donations should be dropped off in the teacher/staff lounge by 11:30 am on March 7 so we can start the luncheon at Noon. Thank you!

Announcements

Seeking Auction Items



The SPRING AUCTION needs you!

Do you...

Own a business?

Have a vacation property?

Have connections with local businesses?

The MP Spring Auction Committee is actively seeking **items for our auction**. Please let us know if you have something to donate or would like to help procure items for the **FAMILY FUN NIGHT AND AUCTION** on **Thursday, April 18!**

Contact **Jax Higgins** at
jacquelinhiggins@gmail.com

Meridian Park's 25th Anniversary Party

This year marks a **QUARTER CENTURY OF CHEETAH GREATNESS (WOW!)**, and we plan to celebrate at the **Family Fun Night and Silent Auction** on April 18th.

If you're a **restauranteur**, we would love to partner with you to provide some small bites for the event and highlight/support our wonderful Cheetah-owned businesses!



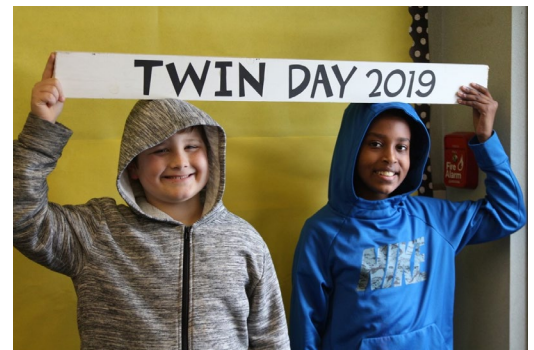
We have room for **3 more restaurants...** please contact **Naomi Hillyard** with your questions or interest at (206) 355-7365 or by email at naomihillyard@gmail.com

Yearbook Wants Your Photos!

The yearbook staff is looking for your **photos**. Have you captured a sharable moment on your phone or camera from an MP event, field trip or day-to-day classroom interaction?

You can email it directly to mpptsayearbook@gmail.com.

The photo submission deadline is **Monday, April 15** for the 2018-2019 yearbook.



Community Survey Results Presentation

Thursday, March 7

6:30 pm

Kindergarten meets in Room 108

Grades 1-6 meet in the Library



This Thursday, March 7, Mr. Dalasta and Mr. Tadlock invite you to an informal, informative presentation regarding the results of the community survey administered back in October. The presentations will begin at 6:30 pm in Room 108 (for Kindergarten) and the Library (for Grades 1-6) and will last about 30 minutes. Interpreters will be provided if needed. You may also access info on the About Us page of our MP website.

We hope you will join us!

Announcements

Rescheduled Guest Speaker Event: Austina De Bonte

Wednesday, March 20

6:30 pm - 8:30 pm

Shoreline Auditorium -

Shoreline Conference Center

The SHORELINE HI CAP PARENT ASSOCIATION, in partnership with the SHORELINE PTA COUNCIL, is excited to welcome back **Austina De Bonte**, President of the NORTHWEST GIFTED CHILD ASSOCIATION (NWGCA) for her presentation, *"What Parents and Educators Need to Know About Smart Kids."*

This is a wonderful opportunity to learn about the social/emotional concerns that impact our students: what's normal, what to expect as they grow, and why genuine challenge is vitally important to their learning, as well as the development of their academic talents – from the preschool and elementary years all the way to high school and beyond.

Please reserve your seat in advance thru Eventbrite: <https://tinyurl.com/y893azfs>

A limited number of free childcare spots will be available via RSVP on a "first come, first served" basis by the Dale Turner YMCA. Email shoreline.hicap.advocacy@gmail.com with your *name*, the *number of children*, and *their names and ages*, to reserve this service.
Children must be potty-trained.

*This is a free speaker event for parents and anyone who supports our students.
Don't miss this!*

Shoreline Hi Cap Parent Association:
www.shorelinehicap.org

Shoreline PTA Council:
www.shorelinepta.org

JOIN US FOR A SPECIAL SCREENING OF

SCREEN AGERS

GROWING UP IN THE DIGITAL AGE

SPONSORED BY: Meridian Park PTSA and Highland Terrace PTA

Tuesday, March 12 at

Highland Terrace Elementary, 100 N 160th St, Shoreline

- Movie viewing 6:30 pm - 7:30 pm
- Open discussion 7:30 pm - 8:00 pm

Visit screenagersmovie.com for information about the movie

screenagersmovie.com

share this event



Stop the Bleed - Save a Life

Thursday, March 14

6:30 pm – 8:00 pm

MP Library

Sign up for this free 1.5-hour course that teaches basic life-saving medical interventions, including a brief Active Shooter preparedness presentation and methods to control bleeding.

Class space is limited to 30 people; if interested in attending, please contact **April Ingle** to sign up at stopthebleed.shoreline@gmail.com. Additional monthly offerings will continue through the end of the school year.

For more information, please see the **flyer** at the end of this newsletter.

Principal's Letter

Dear Cheetahs –

We are grateful for everything during our recent 'snow break,' and hopeful that warmer weather is on the way!

Thanks for **CONFERENCES**. Continuing 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, privately, and take a positive approach. While Admin or Deans are happy to help, it's usually faster and easier to work things out with your teacher or other staff member that is directly involved. Thanks, as always, for our partnership.

We realize that **WEDNESDAY EARLY RELEASE** impacts families, and we are so grateful for the professional learning time. We are engaging in professional learning individually, in our teams, and with district workshops focused on student-centered instruction. Thanks again for your support on Wednesday afternoons.

It's also the first year of the **DISTRICT EDUCATIONAL EFFECTIVENESS SURVEY**. The results from the fall are posted in the *About Us* section of our school [website](#), and you're invited to review on your own or attend an informal review with **Derek** or **myself** on **March 7** at 6:30 pm. If you missed it this year, we will be doing the survey again next fall.

Thanks to our student leaders and advisors, **Tricia** and **Maren Norton**, our **STUDENT COUNCIL** is very active this year with spirit and service activities. We look forward to seeing you again soon at MP!

David Tadlock, Principal



FAMILY SCIENCE NIGHTS (STEM NIGHTS)

Thursday, March 21 – Grades K-1-2

Thursday, May 30 – Grades 3-4-5-6

Please mark the family calendar for these fun family nights involving many different science, technology, engineering, and math activities.

ARE YOU MOVING?

We are starting to plan for next year! If you know that your family will not be returning to MP, please call the office and let us know. Thanks!

SAFETY REMINDER: STUDENTS WALKING TO/FROM SCHOOL

Please help keep walkers safe. Students should cross streets only at intersections and only with adult supervision. While we allow grades 5-6 to walk alone, we prefer adults walk with kids, and we require adults walk with students in grades K-1-2-3-4. Thanks for helping us keep kids safe.



Tadlock Tip:

March can be a long month for busy families. I encourage **Family Face Time**: playing games, playing outside, reading, meals and exercise together. Be consistent with family routines and habits for balance and together time – meals without electronics, family meetings and/or walks. If needed, tell your kids: *'Mr. T says that family face time matters.'*

STATE TESTING SCHEDULE 2019 – GRADES 3-4-5-6

On time attendance is very important! Please plan ahead and limit appointments and other absences. It's very helpful for students to attend on the dates listed. We appreciate snack donations for the class. Thank you!

GRADE 3 May 7, 8, 22, 23

GRADE 4 May 7, 8, 28, June 4
Includes Mrs. Phelan 408

GRADE 5 May 9, 14, 16, 28, 31 (*includes science on May 9*)
Includes Mrs. Keeley 401 and Mrs. Norton 206

GRADE 6 April 30, May 14, 16, 23
Includes Mrs. Sezate 403

Grades 5/6 please bring ear buds or headphones

If you have questions, contact your **teacher** or **Mr. Alford**.

Thank you for helping us with perfect attendance on these dates!

From the Dean of Students

Lockdown Procedures and Practice

Each month at Meridian Park, students and staff engage in a scheduled school emergency preparedness drill. A difficult truth of the world we live in is that the threat of an intruder with malicious intentions is a reality that we must prepare for in our school community. As the Emergency Preparedness Lead for Meridian Park, I am charged with the uncomfortable task of imagining scenarios that involve a school intruder and creating systems that keep our school community safe.

Last week at Meridian Park we practiced our school-wide lockdown drill. A lockdown is enacted when an unsafe situation develops inside the walls of our school and it becomes necessary for us to contain students within a classroom using the "lights, locks, out of sight" protocol. I also took the opportunity last week to hold a discussion with 1st - 6th grade students at lunch around the scenario of a lockdown occurring while students are at recess. With a threat existing inside the building, we would obviously not want students re-entering the building towards the problem.

Students and supervisory staff were taught our recess lockdown signal and procedures and we practiced the scenario at lunch recess on Friday.

- * Three quick whistles... pause... three quick whistles... pause... repeat
- * RUN to our predetermined safe meeting location
- * Remain as quiet as possible
- * Look for a trusted adult and listen for directions about what to do next

As a parent and teacher, it is with an extremely heavy heart that I conduct these drills in our school. I care for these children immensely, and I am sensitive that the topic of school violence can be anxiety producing for adults and children alike. However, we have duty to do all within our power to keep our school community safe and I believe that 'practice makes permanent' with regards to preparing for school-wide emergencies.

Our message remains the same, school is a safe place to be and our culture of recognizing risk, creating strong safety systems and practicing unlikely scenarios with fidelity all contribute to ensuring this statement remains true.

I encourage you to continue an age-appropriate conversation with your child at home and I am always happy to receive feedback and answer questions that you may have.

Kind regards,

Matt Alford

MP Dean of Students

Matt.Alford@shorelineschools.org

(206) 393-1772



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

PTSA News

Washington State PTA Membership Awards

Congratulations to Meridian Park PTSA for increasing our membership to the **SILVER LEVEL**. Let's go for **PLATINUM**! Turn in your *"Second Chance At Love"* membership envelope sent out on Valentine's Day, or go to MPPTSA.org to sign up to be a member today. It costs **\$15** and gives our school an even stronger voice to advocate for our kids.

Washington State PTA <i>everychild.one voice.</i>					
MEMBERSHIP AWARDS					
PTA Name	PTA Number	Bronze LY + 1	Silver 105%	Gold 110%	Platinum 120%
Shoreline Special Needs PTSA	6.12.215	✓	✓	✓	✓
Ridgecrest PTA	6.12.60	✓	✓	✓	
Shorewood High PTSA	6.12.105	✓	✓	✓	
Melvin G. Syre PTA	6.12.70	✓	✓		
Meridian Park Family Association PTA	6.12.45	✓	✓		
Brookside PTA	6.12.15	✓			
Kellogg Middle PTSA	6.12.85	✓			

Membership Awards (updated 2/1/2019)

Join the MP PTSA Leadership Team Next Year!

The **PTSA NOMINATING COMMITTEE** is recruiting candidates to fill many positions next year. We have a variety of jobs with varying time commitments - we'd love to find a volunteer position that matches your desired commitment!

Open leadership positions include CO-PRESIDENT, CO-VP OF PROGRAMS, and CO-VP OF EVENTS. If you are interested in joining the leadership team or have questions, please contact Nominating Committee Chairs, **Callie Steward** (calliel@hotmail.com) and/or **Whitney Hardie** (whitney.hardie@gmail.com).

Multicultural and Family Board Game Night

Thanks to all who helped and participated in the Meridian Park PTSA Multicultural and Family Board Game Night on Friday, March 1. There were games, toys, craft projects, displays of talent and delicious food!



Big thanks to **Julie Reinhardt** and all the wonderful volunteers who made the night so much fun. The food was delicious. The games were delightful. The entertainment was fascinating. ***We love our Cheetah families!***

Cheetah Notes

From the Music Department

HAPPY MUSICAL MARCH TO YOU ALL!

SYMPHONY FIELD TRIP

5th, 4th/5th, and 5th/6th grade classes will be taking a field trip to Seattle Symphony's 12:15 pm concert "*Link Up: The Orchestra Moves*" at Benaroya Hall, **Tuesday, March 12**. Students will listen, sing along, play recorder and move to music performed by Seattle Symphony. This educational opportunity is provided by the *Seattle Symphony*, and *Weill Music Institute at Carnegie Hall* in New York, with lead support provided by the *Fund II Foundation*.



SPRING PERFORMANCES

Please put these dates on your family calendar now, as calendars fill up fast! You won't want to miss them!

Thursday, May 23

Evening

2nd and 4th Grades

(including combination classes)

Meridian Park Arts Festival

Tuesday, June 4

Evening

1st Grade

PTSA Meeting

Thursday, June 13

Morning

6th Grade

Moving-Up Program

Ms. Anderson and the Singing Cheetahs



From the Health Office

Hello Meridian Park Families,

The Health Office is in need of **CLOTHING DONATIONS** for students who need to borrow clean clothing during school. If you have gently-used clothes that you no longer need, please consider donating them to the Health Office. *We especially need pants that will fit younger students (grades K-3).*

Thank you!

Tama Leahy, RN

MP Nurse

(206) 393-4124

Counselor's Corner

The Character Trait for March is **HONESTY**. This trait integrates well into many of the traits we've already taught and celebrated this year. Students will be able to model respect, responsibility, integrity, and kindness (to name a few) through their honest actions, such as telling the truth, being sincere and trustworthy, and living by the motto "your actions speak louder than your words." Some examples we



share with students include: doing your own work, returning lost items to their owner, following through on what you say you'll do, truthful reporting, and many other examples as they arise!

A curated booklist can be found [here](#) for books that teach or have a theme of *Honesty*.

Katie McCain, M.Ed.

MP Counselor (Grades 1-6)

Monday - Wednesday

(206) 393-1785

Suz Fix, MSW

Job-Share Partner

Thursday - Friday

Cheetah Notes

From the Library

Greetings MP Families,

Below is information about what is happening in the library these days, plus a couple of requests.

SPRING BOOK FAIR

Our spring book fair will run Wednesday, April 17 through Friday, April 19, with previews for classes on Tuesday, April 16.

The hours are:

Tuesday, April 16:

Previews for classes throughout the school day

Wednesday, April 17:

8:40 am – 1:15 pm

Thursday, April 18th:

8:40 am – 4:00 pm and 5:30 pm – 7:30 pm

Friday, April 19th:

8:40 am – 1:15 pm

Monday, April 15:

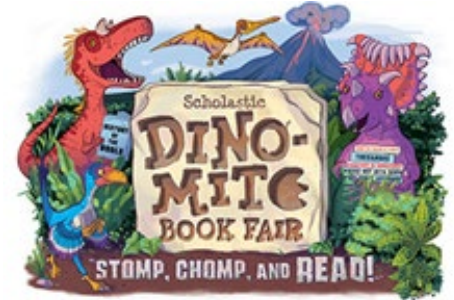
3:00 pm – 4:00 pm (set up)

We are able to run successful book fairs because of great **volunteers** who help out. If you are able to help out at the book fair on April 17, 18, and/

or 19, or if you can help us to set up the book fair on April 15, please let **Jenny Hillger**, MP Librarian, know via email (Jenny.Hillger@shorelineschools.org) or by phone at (206) 393-4125.

To preview book fair selections, click here:

<http://bookfairsfiles.scholastic.com/flippingbooks/S19-custom-booklist/S19-custom-booklist.html>



BUILDING A MAKER SPACE PROGRAM

I have been building a maker space program in the library for the past couple of years, incorporating more hands-on materials and activities into library instruction. I've received a few grants for electrical circuitry, building materials, and robots.

If you would like to contribute the following items, please send them to the library:



~ Legos
~ cardboard tubes
~ plastic bottle caps
~ beads



WHAT DO HARRY POTTER AND PERCY JACKSON HAVE IN COMMON?

They're both very popular in the Meridian Park library! They're so popular, in fact, that they frequently disappear or their books are damaged. If you have hard cover copies of Harry Potter or Percy Jackson books that you no longer use or need, please donate them to our library.



OVERDUE LIBRARY BOOKS – CAN YOU HELP US?

When students check out books, they can keep them for up to two weeks. Lately, students have been keeping books beyond the two-week due dates. At this point, the books are overdue. When students have overdue books, they cannot check out new books. And, other students cannot check out the books that have not been returned.

Books are expensive. We cannot afford to replace overdue books.

We send email and paper notices to parents if and when books have been overdue for an extended period of time. If you receive such a notice, please help your children look for the books in the house, care, backpacks, and so on. Thank you for your help!

Sincerely, **Jenny Hillger**, MP Librarian

Community Resources

Meridian Park Elementary www.shorelineschools.org/meridianpark/

David Tadlock, *Principal*
david.tadlock@shorelineschools.org
Derek Dalasta, *Kinder Administrator*
derek.dalasta@shorelineschools.org
Jake Goett, *Registrar*
Annie Bach, *Office Manager*
Suzy Cowgill, *Kinder Office Manager*
Tama Leahy, *School Nurse*
Katie McCain / Suz Fix, *Counselor*
Kim Kauffman, *Kinder Counselor*
Annie Gage, *Family Advocate*
Susie Moore, *Kinder Family Advocate*



2018-2019 MP PTSA mpptsa.org

Executive Committee

Naomi Hillyard / Jax Higgins,
Co-Presidents
mpptsapresident@gmail.com
Meghan Jernigan, *Secretary*
mpptsaexecutive@gmail.com
Ann Yee / Callie Steward, *Co-Treasurers*
mpptsatreasurer@gmail.com
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Briana Bell, *VP of Programs/Clubs*
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Elizabeth Swan / Nicky Beck,
Special Needs Representatives
Courtney Olander,
Highly Capable Representative
OPEN, *Bilingual Family Representative*

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Nancy Jenkins, *Webmaster*
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Elizabeth Swan, *Friday Email Blasts*
Hannah Peterson / Lara Gino,
Teacher Representatives

Follow the MP PTSA on Facebook

facebook

Cheetah Chatter is published monthly by
Meridian Park Elementary and
the Meridian Park PTSA

FREE TAX HELP BY AARP FOUNDATION



Shoreline Library, *Large Meeting Room*
345 NE 175th Ave, Shoreline

Date: Every Thursday
through April 11
Time: 3:30 pm – 8:00 pm

Date: Every Saturday
through April 13
Time: 11:00 am – 4:00 pm

Get **free** individualized tax preparation assistance provided by trained AARP volunteers. **NO AGE OR INCOME LIMITS.** Electronic filing will be available.

No appointment is necessary. People will be helped on a “first come, first served” basis.

Documents you need to bring:

- Government issued identification–picture ID
- Last year's tax return
- Social Security cards or other official documentation for yourself and all dependents
- Checkbook or pre-printed direct deposit information showing routing number and direct deposit account number if you want to do a direct deposit of any refund(s)
- All income documents for 2018 (W-2 forms, interest and dividend statements, etc.)
- Date of birth for each person listed on the return
- Health insurance coverage information, including any forms received from your health insurance company or employer

You must bring documented proof of the Social Security number for everyone on the return (taxpayer, spouse, and dependents). Acceptable documents are any original document issued by the US Government that includes the person's Social Security number. A legible picture ID for the taxpayer(s) present at the time of the appointment is also required.

MERIDIAN PARK PARENTS' NIGHT OUT

Details:

March 22, 2019 6:00PM-9:00PM

\$25 per child (cash or check only)

Open to Meridian Park students (enrolled at MPE during 2018-19 school year) and their siblings.

Children must be at least 3 years old AND potty trained.

No diaper changing services on premises.

What is Included:

Supervision by responsible Meridian Park and high school volunteers.

Games in the gym, crafts, and Paddington 2 in the cafeteria.

Hotdog dinner w/ veggies and dip, fresh popped popcorn, and water.
(Please feel free to bring your own dinner)



What is Extra:

Snacks, candy, sparkling beverages (\$1.00 each/cash only/bring to PNO).

All proceeds go to the Camp Orkila Fund.

Thank you for your support to reduce the cost of camp so that all 5th graders can experience camp next October.

Reserve your space: Space is limited to first 100 children.

Send this form to school with payment (check or cash) attached to hold your spot by March 20th.

**Checks should be made out to Meridian Park Elementary
with PNO in the subject line.**

Meridian Park Elementary Parents' Night Out Registration Form (Return by March 20th)

Parent(s) name(s): _____

Cell phone numbers (for emergency contact that evening): _____

Preferred email address: _____

Child's name _____ Age _____ Allergies? _____

Child's name _____ Age _____ Allergies? _____

Child's name _____ Age _____ Allergies? _____

Liability Waiver -- Must Be Signed By Legal Guardian

My children are of acceptable behavior and medically able and properly trained to be at Parents' Night Out (PNO). My children will abide by all decisions of adult supervision at PNO. I assume all risks associated with PNO, including but not limited to falls, contact with other participants, the effects of the weather, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my form to participate in PNO, I, for myself and anyone entitled to act on my behalf, waive and release Shoreline School District and its officers and agents, all sponsors, their representatives and successors from all claims or liabilities. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. I understand that the volunteers of PNO are not responsible for lost items.

Signature of Legal Guardian _____ **Date:** _____

Print name of Guardian: _____

March 14, 2019, MP LIBRARY

6:30 - 8:00 PM



Stop the Bleed is a national awareness campaign and call-to-action. Stop the Bleed is intended to cultivate grassroots efforts that encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives.

Blood loss is the leading cause of preventable death in multiple casualty events, like mass shootings, terrorist attacks and earthquakes. Significant external bleeding can also result from everyday events such as a motorcycle crash, or industrial accident. Rapid control of bleeding at the scene of the event can be life-saving. That's why we're teaming up with volunteer coordinators Matt Alford, April Ingle, and Edmonds-based Disaster Medicine Project to train MP families to be informed bystanders.

This free 1.5 hour course teaches basic life-saving medical interventions, including a brief Active Shooter preparedness presentation and methods to control bleeding. Upon completion, participants will be able to:

- Understand the principles of your response during an active shooter event.
- Describe the progressive strategy for controlling hemorrhage.
- Demonstrate wound packing and learn about topical hemostatic dressings.
- Demonstrate the appropriate application of a tourniquet to the arm and leg.

If you are interested in signing up for this event, please contact April Ingle at stopthebleed.shoreline@gmail.com. We have space for 30 participants (adults only please). Our intention is to offer this monthly for the rest of the school year, so if you don't make this class, you will be first for the next one in April (date TBA). We look forward to serving you and strengthening our community!