

Cheetah Chatter

Published by Meridian Park Elementary School and the Meridian Park PTSA



Calling All MP Artists!

The yearbook staff is having a Cover Contest for the 2019-2020 MP yearbook. If your student would like to enter, please submit your art to the Yearbook staff by January 10th. It must be in Full Color and on 8.5X11 inch paper. Please incorporate our yearbook theme into your art - "Looking to the Future 20/20". Remember that this is the cover, so the more full the page is, the better it will look. If you have any questions, please email Molly Nordstrand at moogie1221@gmail.com.

Meridian Park Skate Night



Where: Lynnwood Bowl and Skate
6210 200th St. S.W
Lynnwood, WA 98036

When: Tuesday, October 29th from 6-8pm

Admission Price:

\$7 per person, skates included

Inline Upgrade: \$3.25 additional

**Bring the whole family but please no drop-off*

For support with admission & skate rental,
contact Annie Gage:

annie.gage@shorelineschools.org or 206-393-1768.

We need your help for the next Staff Appreciation Lunch!

Make a meal of appetizers! The PTSA will provide a charcuterie board, but we need your help! Please bring a hearty appetizer to the teacher's lounge by 11:15 am Nov 7 marked as teacher appreciation. Let's show our appreciation to the hard-working staff of Meridian Park!



Sign up at:

<https://www.PerfectPotluck.com/GBBW7013>

Please email Miranda Jennings at

baeksonghwa@gmail.com

with questions or if you need ideas.

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Upcoming Events

Friday, October 4th

PTSA Movie Night &
6th Grade Pizza Sale
6:00 pm

Saturday, October 5th

PTSA Board Meeting &
Candidate Forum
10:00 am

Thursday, October 10th

Kindergarten Friendship Night
6:00 – 7:30 pm

October 14 – October 16th

5th Grade Camp

Tuesday, October 22nd

Health Curriculum Night
6:30 pm

Friday, October 25th

Fall Carnival
6:00 – 8:00 pm
Meridian Park Elementary

Tuesday, October 29th

Meridian Park Skate Night
6:00 – 8:00 pm
Lynnwood Bowl & Skate

November 4th – 8th

Elementary Conferences
Half Day Release, 11:45 am

Friday, November 7th

Staff Appreciation Lunch
11:15 am

Monday, November 11th

Veterans Day
No School

Wednesday, November 13th

No Early Release

Wednesday, November 13th

PARENTING WORKSHOP:
Tools to deal with your child's
big emotions. Presented by Meridian Park
PTSA and Shoreline Special Needs PTSA.
6:30 – 8:00 pm
Meridian Park cafeteria

Tuesday, December 3rd

Fall Book Fair
Meridian Park Library

Announcements



MP小学中文班欢迎您

Mandarin

SPONSORED BY MP-PTSA

Morning and Afternoon classes for all students

October 1st, 2019-May 28th, 2020

Mandarin Teacher: Mrs. Hua Zhang

Language



Calligraphy



Cooking



Culture



Day	Time	Tuition	Grade	Location	When
Tuesday & Thursday	Morning 8:00-9:00 AM	\$15 per 1 hour class. The tuition includes learning materials, cooking class, art class supplies, lightly snacks and Lunar New Year celebrations expenses, etc. Three payments for a year: T&Th 1st payment of \$310 M&W 1st Payment of \$320 due on 09/27/19 2nd & 3rd payments will to be announced Sinblings 10% off	k-6th	Room #237 	October 1st, 2019 to May 28th, 2020 (Holidays, non-students days follow Shoreline school district calendar)
Mondays & Wednesdays	Afternoon 3:35-4:35 PM				
Early release days	2:00-3:30 PM				

Name:

Age:

Grade/Teacher:

Parent name:

E-mail

Phone#(home/cell/work)

Address :

Health concerns:

The available volunteer dates:

Parent signature:

*Parent Lead volunteer receives 100% off on tuition for attending every class in session, or 50% discount for one day per week attendance. Please contact instructor for availability of the Parent Lead and the responsibilities."

* Please register online at <https://www.6crickets.com/schools/US/WA/Shoreline/Meridian-Park-Elementary-School>. If you have any question about registration, please contact instructor at huazhang98@yahoo.com

* All tuition is non- refundable when classes start. Please make sure your child is on time and attends regularly.

* For a planned/unplanned absence, please contact instructor Ms. Hua Zhang.

Question? Contact instructor Ms. Hua Zhang

Email: huazhang98@yahoo.com

Phone: 206-669-0819

Website: <https://huamandarin.wixsite.com/studio/home>

Announcements

SHORELINE SCHOOL DISTRICT
INSTRUCTION DEPARTMENT
INVITES YOU TO

HEALTH CURRICULUM NIGHT

During Health curriculum preview families will have the opportunity to be introduced to and ask questions about the health curriculum in Shoreline prior to classroom instruction and receive modification/opt-out options if necessary.

Please see the [Washington State Healthy Youth Act](#) and SLSD procedures [2125](#) and [2169](#) for details.

TUESDAY, OCTOBER 22, 2019

6:30-7:30 PM

SHORELINE CENTER, SHORELINE ROOM
18560 1ST AVE NE, SHORELINE, WA, 98155

FIND OUT MORE AT

THE GREAT BODY SHOP: <https://bit.ly/2kLrEoN>

FLASH: <https://bit.ly/2sgEvCq>

206-393-4211

Principal's Letter

Dear Cheetahs,

Thanks for a super September at MP, and October looks to be even better. Our teamwork on behalf of all Cheetahs makes a difference in our community.



We look forward to seeing everyone at parent/teacher conferences the week of November 4. Conferences are a great time to share about your student and learn from your teacher. Teachers will start scheduling on October 10. We look forward to 100% family participation, so please plan to attend!

As a district and at MP, we are talking about establishing traditions and practices that are positive, healthy, safe, and inclusive for all students and families. This fall in October or November, many of our classrooms will be celebrating learning and moving away from traditional Halloween or harvest parties. Teachers will share plans for celebrating and we appreciate your support. Please contact me if you have questions.

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 are ready for weather. Indoor recess is rare. Breakfast is open to all students; and we have a great lunch program. We love it when you join your student for lunch. At home, please read together, play board games, limit screen time, and support outside activities.

I hope you will join PTSA and attend a meeting. Your students are simply the best, and we are grateful for your family.

David Tadlock, Principal

Parent/Teacher Conferences

Week of November 4 – 8

Students Out at 11:45 am each day

Daily 9:05 – 11:45 students in school
12:30 – 4:00 conferences

No conferences on November 6
Scheduling will begin on October 10

Patience in the Parking Lot Please!

- no stopping in the north end loop
- like the airport: please stay with your car in the curb lane
- safety first for everyone!

Tadlock Tip for October

Read **aloud** to be together and learn together. Life is busy, but reading aloud together daily, even for 10 minutes, is a great way to relax, talk, and learn.

SBA state test results for families in grades 4, 5, and 6 will be in your US Mail by early October. Meridian Park scores reflect the hard work of our students and 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/. We continue to learn from the results to inform and improve our program.

Title I Notification: We are proud of our highly qualified staff at Meridian Park and would be happy 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.

The **Shoreline App** is a great tool to use Skyward Family Access and keep in touch with Shoreline schools. See the [flyer](#) at the end of this newsletter!

District Policy Reminder!

Healthy Snacks and Treats Only, Please!

This includes birthday celebrations and other class parties.

Nutrition and Wellness Policy

In 2017, the Shoreline School Board approved an updated nutrition and wellness policy. The policy was developed by the District Wellness Council, comprised of students, teachers, parents, nutrition staff, and administrators. You can find more information on the policy, as well as 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>



**One Community • Stronger Together
Celebrating 26 Years of Greatness**

Cheetah Notes

Kindergarten News

Our classrooms and hallways are filled with smiles and laughter as our youngest students here at Meridian Park learn school routines, make new friends, and build community in our “kindergarten village”. With each passing day, your children are increasing their stamina for a full day of learning and developing important prosocial and communication skills.

We are proud of your children and thankful for your support. We truly appreciate all the work you do at home supporting your children and ensuring they come to school every day prepared to learn!

We have a large team of educators supporting our kindergarten students as they learn in the classroom, playground, hallways, and cafeteria. Our Kindergarten Team is pictured below, with the exception of our brand new family advocate, Kristin Harrington. She was just hired and she hasn't officially started yet. Read next month's Cheetah Chatter for news from the Family Advocate.

The MPPTSA is looking for businesses to promote in our Cheetah Chatter newsletter and on our website. We would love to provide this opportunity to you. Email Naomi Hillyard at naomihillyard@gmail.com or text 206-355-7365 for more information.

Meridian Park Kindergarten Team 2019-2020



Derek Dalasta
Administrator



Ryan Ferguson
Dean



Suzy Cowgill
Office Manager



Chelsey Hays
Counselor



Family Advocate
Kristin Harrington



Liz Bentley
Teacher Rm 102



John Herold
Teacher Rm 103



Donna Ahron
Teacher Rm 104



Megan Jones
Teacher Rm 105



Beth Greathouse
Teacher Rm 106



Alexandra Uhrich
Teacher Rm 107



Annalise Nye
Teacher Rm 109



Lara Gino
Teacher Rm 303



Faith Shubin
Teacher Rm 304



Taylor Armstrong
Teacher Rm 305



Katie Simpson
Instructional Coach



Andrew Ybarra
Physical Therapist



Alison Novak
Special Education



Blyn Burroughs
Music



Rebecca Moslo
Physical Education



Maggie Cramer
Library/Media



Julianne Colwell
ELL/LAP/Title



Geri Johnson
Paraeducator



Sarah Enders
Paraeducator



Sheryl Skoglund
Paraeducator



Joette Larson
Psychologist



Brenda Harper
Paraeducator



Kristina Hegerberg
Paraeducator



Jane Seslar
Paraeducator



Tama Leahy
Nurse



Celeste Dang
Speech SLP



Carlos Humphrey
Paraeducator

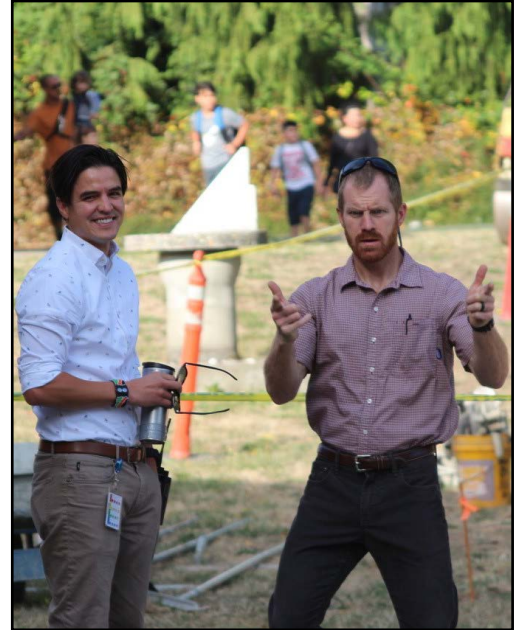


Tiffany Roth
Physical Education



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 Notes



Kindergarten Counselor's Corner

It's only #natural for kids to release their emotional, mental and physical energy as soon as they get home from school. After all, they had to show a lot of self-control during the school day.

'After-school restraint collapse' is extremely common in kids under 12, says Psychotherapist Nancy Brooks, and it lessens as children develop more emotional resilience. Until then, the symptoms of after-school restraint collapse are likely familiar to parents of young children: "When they come home from school they will regress emotionally," says Brooks. "They will act younger than their age and whine, cry, throw tantrums, act needy, moody and generally have a meltdown. They will look and behave as if they are exhausted." Because self-control is exhausting.

Here are some tips on handling 'after-school restraint collapse':

- Give children time to get a snack and relax their minds.
- Offer your child a physical activity directly after school, such as sports, yoga or walking, to act as a release that helps to balance the mind and body.



- Homework can also wait and will probably be done better as a result of a #brain break.

- Stay aware of how ourselves as parents act when we get home, as kids are likely to model our behavior.

- Use your car ride home to decompress from the day, to allow yourself (or your family) to be 'fresh' when you walk through the door.

As the school year goes on, you can expect after-school restraint collapse to ease up a bit—both because of a child's increasing maturity and their adjustment to the new schedule. Be patient. It gets better!

Chelsey Hays, M.Ed, LMHCA

School Counselor

Chelsey.hays@shorelineschools.org

North City Kindergarten Program
Mon, Fri, and 1st & 3rd Wed, 206-393-1418

Meridian Park Kindergarten
Tue, Thur, and 2nd & 4th Wed, 206-393-1797

Cheetah Notes

Counselor's Corner



Character Trait of the Month: This month students are learning and practicing the trait of **RESPONSIBILITY!** This is another one of our three main school behavior expectations: Be Respectful, Be Responsible, Be Safe. Students earn Cheetah Cheers for modeling these important

behaviors and are entered into a drawing on Fridays for a special prize. At the end of this month we celebrate students who have been exceptionally **RESPONSIBLE** in our VIC (Very Important Cheetah) Lunch. Please see the booklist for great ideas on how to continue the learning at home with trait specific books.

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

Katie McCain, M.Ed.
Meridian Park School Counselor
Monday - Wednesday
206-393-1785

From the Health Office

Hello Meridian Park Families,

The Health Office is in need of 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 (K-3rd grade).

Hearing and vision screening will be happening soon. Washington State law requires schools to conduct hearing and vision screenings for elementary students in grades K, 1, 2, 3, and 5. Meridian Park students will be screened in mid-October (dates to be determined). Parents will be notified of abnormal results. Parents are welcome to volunteer to help with screening and more information will be available soon.

Thank you!
Tama Leahy, RN
Meridian Park Elementary Nurse
206-393-4124

Looking for snack ideas that follow our school's new nutritional guidelines?



Make holidays and parties fun and healthy too!

Below are healthy drink and food ideas for classroom parties. Please ask the classroom teacher if there are any food restrictions due to allergies or other needs.

Drink Options:

- Plain Water (carbonated or uncarbonated)
- Plain Low fat milk (white/unflavored)
- Fat Free Milk (plain, chocolate, other flavor)
- Non-Dairy Milk (soy, rice, etc.)
- 100% fruit/vegetable juice w/no added sweeteners

Snack Ideas:

- Popcorn
- Fruit/Veggies (fresh, canned, dried)
- Hummus and Whole Grain Crackers
- Fruit & Yogurt Parfaits
- String Cheese
- Beef Jerky

For more information on healthy snacks, recipes, and non-food rewards, go to the Shoreline School District website www.shorelineschools.org/page/1265 and scroll down to the **"Nutrition & Wellness Resource Library."**



Cheetah Notes

From the Library

Resources – Resources – Resources

Shoreline Schools have adopted **ClassLink** to provide OneClick, single sign-on into programs and applications that students use at school. Students can use ClassLink from home.

Things to remember when using Classlink from home:

- It is a web service and is available from anywhere a user logs in.
- If you are using home equipment to access:

Use the Chrome browser for best results.

A Chrome extension for Classlink needs to be loaded on the user's computer. They should automatically be prompted to add it and then directed through the process.

The user has to log on using the Google button and choosing or adding their @k12.shorelineschools.org account.

If you are trying to access online resources, and ClassLink isn't working for you, you can follow these directions:

Links for resources are located on the Meridian Park homepage.

Simply go to the homepage, find "students" on the page, and click on *learning tools*.

Here is the link: <https://www.shorelineschools.org/domain/394>

Here are the username/login and passwords for the various resources:

King County Library Partnership with Shoreline S. D.

Access a variety of electronic resources. Each student has his/her own login information. **The username is 412+student number and the password is the last four digits of the student number.**

SIRS Discoverer

Online encyclopedias and search tools for elementary students

Login - w412empark

Password – welcome

(SIRS Discoverer is more user-friendly than eLibrary.)

eLibrary

Shoreline School District subscribes to eLibrary, an online database of resources for students. Resources include newspapers, magazines, books, maps, pictures, audio/visual materials, and transcripts.

Login - w412empark

Password – welcome

CultureGrams

Shoreline School District subscribes to Culturegrams, an online database about countries and cultures of the world.

Login - w412empark

Password – culture

Britannica Online

This is a district subscription, is geared toward elementary-age students, and includes a separate component for PreK – 2nd grade.

Login – MPES

Password - 412

In addition, we have our very own eBook library at Meridian Park. These books are available all the time, day or night, weekday or weekend. You can "check them out" whenever you like, on a school computer or a home device.

Here is the link to our eBook Library: <http://www.mycapstonelibrary.com/login/index.html>

Our username is mpark.

Our password is school.

Fall Book Fair



We will have a *one-day-wonder* Scholastic Fall Book Fair on **Tuesday, December 3rd**. This year's theme is "Arctic Adventure Book Fair."

The Book Fair will run during the school day as well as the evening along with the PTSA's monthly meeting and a family event. Students will have a chance to preview the Book Fair on Monday, December 2nd. It will be an enjoyable event for everyone. Our one-day book fairs have been 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.

Cheetah Notes

From the Library

2019 – 2020 Sasquatch Award Nominees
From the Washington Library Association website:
Sasquatch Book Award Kids' Choice Award
for 4th through 6th grades

- Read or listen to any two nominated titles to be eligible to vote.
- Books can be found at your school library and at the public library. Ask a librarian if you need help.
- Voting takes place **April 1 - April 30** and the winner for the state is announced shortly after voting closes.

Fourth, fifth, and sixth grade students can begin checking out the books from the MP library on Wednesday, October 9th.

Parent Library Accounts

Parents 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

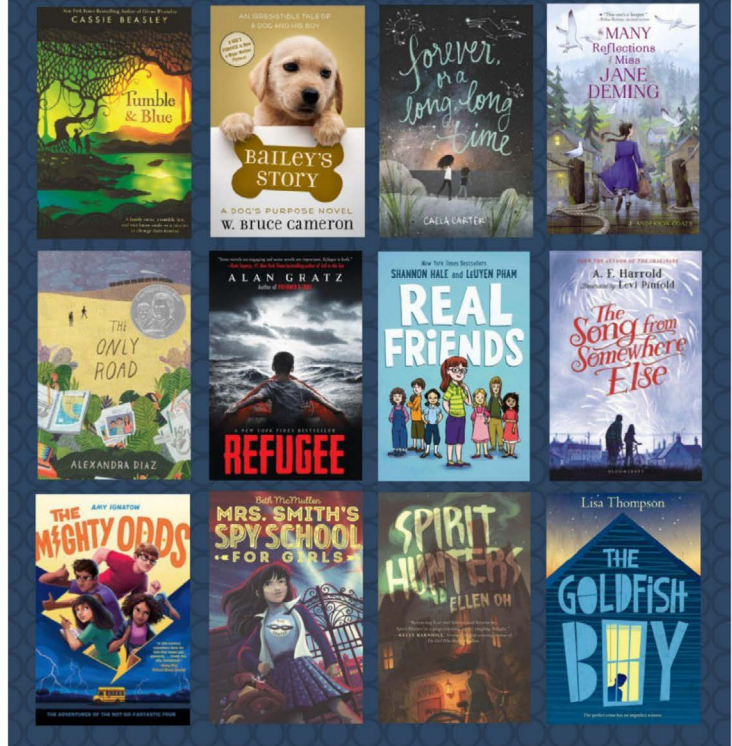
In addition to visiting the library with their classes, students may visit on their own as their class schedules allow during the school day, throughout the week. However, there is *no student supervision in the library before school* begins in the morning. Students may come to the library at 9:00 in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

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.

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, MP Teacher~Librarian
Jenny.hillger@shorelineschools.org
206-393-4125

Sasquatch Nominees 2019-2020

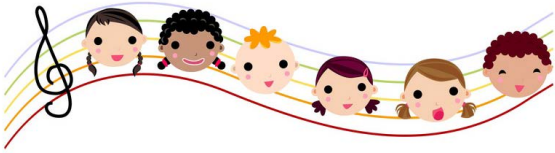


Fall Festival! Come have fun on **Friday, October 25, from 6-8** at the Fall Festival. Costumes encouraged. We will have lots of games, prizes, crafts, face painting, the Cake Walk and much more at this FREE PTSA event! There will be pizza and snacks sold by the 6th Graders. Bring the whole family!

Volunteer at the Fall Festival! We have lots of slots available for this fun event. Volunteer shifts are for half the event so you can enjoy the other half with your kiddo. Do you have a teen that needs community service hours? Have them sign up too! Check out the link or e-mail Julie, julie@shesmoke.com or our Events Chair Dawn Moser, mpptsaevents@gmail.com. Link: <https://www.signupgenius.com/go/10c-094fa9ab2aabfe3-volunteer2>

Cheetah Notes

From the Music Department



Happy October from general music!

Kids are busy learning so many things about music. Young musicians are singing and playing in ensemble with others to experience the joy of making music together, and we are all working for excellence! Ask your child to share with you or teach you something they are learning in music class.

Intermediate students are doing a wonderful job making sure they have a recorder for music class; thanks kids and parents! Don't forget, if you wish to buy one, they are \$6.00. Please purchase your recorder by October 4.* And many thanks to the families who donated money for scholarships! Your generosity is greatly appreciated and those recorders will be put to good use!

Enjoy the fall by listening to some beautiful music that reminds you of autumn leaves, a chill in the air, or your favorite fall celebration! Sing happy!

*** To purchase a recorder, send \$6.00 in a labeled envelope:**

Label outside of envelope:

RECORDER

First and Last Name

Room number

Inside: Enclose

\$6.00 cash, or check payable to Meridian Park

Link Your Fred Meyer Rewards Card to Meridian Park PTSA Support Meridian Park PTSA by [linking your Fred Meyer Rewards card today](#) [Meridian Park PTSA #TY486]. Don't worry – you'll still earn fuel points, rewards points, and rebates all while supporting your school. It's a win-win!

FOR YOUR CALENDARS:

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

3rd grade

Sings at 6:00 p.m. at the Book Fair Night & PTSA Meeting
Tuesday, December 3, 2019.

Meridian Park Arts Festival, Thursday, May 21, 2020:

2nd grade and 1/2nd

combination classes sing at 6:30 p.m.

4th grade and 3/4th

combination classes sing at 7:00 p.m.

1st grade

Sings at 6:15 at the PTSA Meeting
Tuesday, June 2, 2020.

5th grade

Sings at 9:30 a.m. at their moving up program
Tuesday, June 16, 2020.

6th grade

Sings at 9:30 a.m. at their moving up program
Wednesday June 17, 2020.

Meridian Park students also sing in several other events, such as Veterans Day Assembly in November, Winter sing along in December, and the Dr. Martin Luther King, Jr. Assembly in January.

5th and 6th grade

Both 5th and 6th grade students have instrumental performances here at Meridian Park. 5th and 6th grade honor choir students perform at the west side choral festival January 30, 2020.

6th grade students have additional performances with band, and orchestra festivals.

Meridian Park Spirit Wear

Be sure to visit the [Meridian Park Spirit Wear store](#) to pick up your Cheetah gear for the school year! Save 10% on the Ladies Advocate Hooded T-shirt during the month of October with code **OCT19F**.



PTSA News

Hello MP Community,

The Meridian Park PTSA has \$6000 of grant funds available for the 2019-2020 school year to support enrichment, unique learning opportunities, and program enhancement. Anyone in the MP community can apply for a PTSA grant. Please do!

Applications are due **Thursday, November 7th by 5:00 p.m.** and must be sent via email to both mpptsagrants@gmail.com and mpptsapresident@gmail.com. PDF and Word versions of the applications are attached, along with examples of successful grant proposals.

Please go to the Meridian Park PTSA [website](#) or see attached MPPTSA grant application guidelines for more information. Some helpful tips:

· Applicants must be PTSA Members. If you haven't joined the PTSA, please see how to join here: <https://mpptsa.org/membership/>

· If you plan to apply, it is recommended that you send a message via email to mpptsagrants@gmail.com and mpptsapresident@gmail.com of your intent to apply so we can make sure we receive your application.

· Projects must be endorsed by David Tadlock, so please contact him before the application is due.

· Requests for professional development and operational funding will not be considered.

· Grant funds must be used by end of 2019-2020 school year.

To download an application, visit <https://mpptsa.org/forms/> and click on the 2019-2020 Grant Application (Doc) link. We value the donations from all Meridian Park PTSA members which make these grants possible!

If you need assistance with the grant application or have questions, please email mpptsagrants@gmail.com and mpptsapresident@gmail.com.

Thanks,

Suni Tolton and Mary Webb
MP PTSA Grant Co-Chairs

PTSA LINKS

[BECOME A PTSA MEMBER](#)
[VOLUNTEER](#)
[PTSA CALENDAR](#)
[FOLLOW US ON FACEBOOK](#)
[LINK YOUR FRED MEYER](#)
[REWARDS CARD](#)
[SUPPORT US ON AMAZON SMILE](#)



OCTOBER COMMUNITY COFFEE

This year, MP PTSA is hosting monthly Community Coffees to provide space for learning more about Meridian Park and each other. Please join us for this month's Community Coffee at **9:05am on October 17** in the lobby.

Remaining 2019-20

Community Coffee Dates:

- October 17th • November 21st
- December 19th • January 16th
- February 13th • March 19th
- April 16th • May 21st

[Learn more and RSVP here.](#)

NOVEMBER 13th PARENTING WORKSHOP: TOOLS TO DEAL WITH YOUR CHILD'S BIG EMOTIONS



Please join us for a Parenting Workshop with Cher Anderton, MSW, LSWAIC. Cher is a mental health therapist, former elementary school counselor, Trauma Informed Practices Consultant, and Positive Discipline Parent Educator. Cher and her partner have four kids and live in Shoreline.

In this workshop, Cher will cover the following topics:
Modeling and Teaching Emotion Regulation to Your Kids:

- Age appropriate behaviors that go along with big emotions like worry/anxiety/anger/sadness/hurt/frustration
- Feelings - What's their purpose?

Simple strategies to model and teach kids healthy emotional processing:

- Name It to Tame It
- Feel Good Plan (home and school)
- Do-Overs/Making Repairs
- Healthy Boundary Setting

November 13th from 6:30-8:00pm in the Meridian Park cafeteria. Presented by Meridian Park PTSA and Shoreline Special Needs PTSA. [RSVP here!](#)

PTSA News

CALLING ALL VOLUNTEERS!



Our school depends on the generous support of our volunteers each year. We invite you to complete the **PTSA Volunteer Survey**, either [online](#) or using the [printout](#) that came home in your Welcome Packet, so that we can match your interests/schedule with volunteer opportunities throughout the school year. Students thrive with family involvement at school, and we can't do it without you!

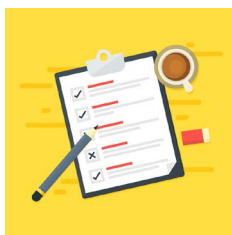
Be sure to make a **Two Hour Volunteer Pledge** this year! Post the image above to your social media with the hashtag **#2HoursForMP** to let your friends and family know that you're proud to help our school — then donate just two hours of your time during the year to make a real difference in the Cheetah community.

HELP KEEP MP PTSA GOING STRONG!

If you're ready to take volunteering to the next level, please consider one of the following open positions:

- Co-VP of Volunteer Engagement
- Co-VP of Events/FACE (Family and Community Engagement)
- ELL/Bilingual Board Representative
- Hi Cap Board Representative
- Green Team Lead

Email Gretchen, mpptsapresident@gmail.com, if you're interested in learning more about any of these important roles.



MERIDIAN PARK STAFF SURVEY

Meridian Park educators and staff: we'd love to hear how the PTSA can best support your work this year. Please take a moment to complete the [2019-20 Staff Survey](#) to let us know about your priorities, challenges, and feedback, and let's work together to make this school year our best yet!

We welcome Kitty Korner Cat Rescue and Lounge as a sponsor of our MPPTSA Movie Nights!

The MPPTSA is looking for sponsors for our school wide events.

- Fall Carnival - October Gentling Smiles
- Multicultural Festival - March
- Annual Variety Show - January Orthodontics Exclusively
- Winter Ball - January
- Family Fun Night/Silent Auction - April

Cheetah Rawr! \$500-\$700

- Sponsors receive your name/logo on all of our printed event materials including posters.
- Name/logo in the Cheetah Chatter during the month of the event.
- Your name and live link on the MPPTSA Facebook event page.
- Verbal recognition during event.

Cheetah Meow \$300-\$499

- Sponsors receive your name/logo on all of our printed event materials including posters.
- Name/logo in the Cheetah Chatter during the month of the event.
- Verbal recognition during event.

Cheetah Purr \$100-\$299

- Sponsors receive your name/logo on all of our printed event materials including posters.
- Verbal recognition during event.

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



2019-2020 MP PTSA
mpptsa.org

Executive Committee

Gretchen Bjork Knudsen, President
mpptsapresident@gmail.com

Briana Bell, Secretary
mpptsasecretary@gmail.com

Ann Yee / Callie Steward, Co-Treasurers
mpptsatreasurer@gmail.com

Dawn Moser, VP of Events
mpptsavpevents@gmail.com

Mary Kate Horwood / Erika Botch
Co-VP of Programs/Clubs
mpptsavpprograms@gmail.com

Standing Committees

Kate Beck, Legislative Chair
mpptsalegislativchair@gmail.com

Suni Tolton / Mary Webb /
Katherine Vangunst, Grants
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Nancy Jenkins, Webmaster
mpptsawebsite@gmail.com

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

A few Shoreline Library Adult Programs:

From Mexican to Mexican-American:

A Family Immigration Story

Thur. Oct. 10, 6:30-8:00pm

Shoreline Library, 345 NE 175th St., Shoreline

UW emeritus professor Carlos Gil sought to understand immigration by tracing his family's history from the 1920s to the 1970s. Based on his book, "We Became Mexican-American: How Our Immigrant Family Survived to Pursue the American Dream," this talk explores Mexican immigration by spotlighting his own family's experience in southern California, including parallels with Washington.

Shoreline Social Justice Book Group

Sun. Oct. 13, 2-4pm

Shoreline City Hall, 17500 Midvale Ave. North, Shoreline

The Shoreline Social Justice Book (SSJB) group is a rich opportunity to meet neighbors and build community by reading and discussing books written from diverse perspectives. Books selected focus on the experiences of people of color, LGBTQ, people with disabilities, and other marginalized groups, as well as social issues such as immigration and poverty. October's book is There, There by Tommy Orange. Contact Suni Tolton at stolton@shorelinewa.gov or 206-801-2256 for more info. and if you are interested in volunteering to help facilitate discussions.

Edmonds Diversity Film Series

Third Saturday of the month at Noon.

Edmonds Theater, 415 Main Street, Edmonds

FREE screenings of films related to diversity, inclusion, and equity.

Oct. 19 - CinemAbility: The Art of Inclusion - Documentary looks at the evolution of "disability" themes in entertainment, film, TV, and web, to see if the media has had a hand in transforming the societal inclusion of those with disabilities.

Nov. 16 – Double Feature!

Lioness – Documentary about the first group of 5 women soldiers sent into direct ground combat in Iraq. Together the women's candid narratives and scenes from their lives back home form a portrait of the emotional and psychological effects of war from a female point of view. And Charlie & Sam 15 minutes film follows WWII Naval Aviator Charlie Edwards, age 97 year) as he travels to meet his old squadron mate for a final farewell.

Are you interested in joining a MP club?

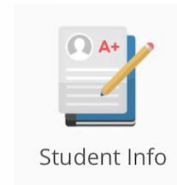
Some clubs have started and you can sign your kids up at [MPPTSA Clubs](#). As clubs are finalized, they will be added here so if you don't see your choice yet, keep checking the website. Scholarships are also available from Family Advocate, Annie Gage.

We Have an App for That!

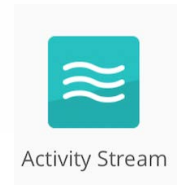
Shoreline Schools App Now Available



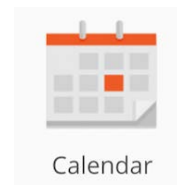
Shoreline Schools App Features:



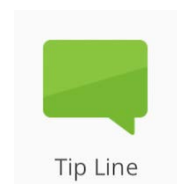
Student Info connects you to your student's grades, attendance and meal account balances



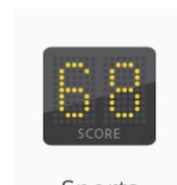
Activity Stream pull all of your school/s social media channels into one feed



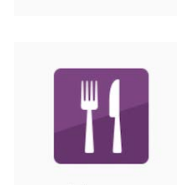
Calendar allows you to see all of your school/s events and has the ability to add to your phone's calendar



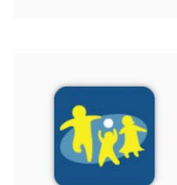
Tip Line gives you access to our SafeSchools Alert safety tip line



Sports gives you quick access to high school sports information and schedules



Menus provides a link to our school meal menus



PTA provides links to all of our PTA/PTSA's websites

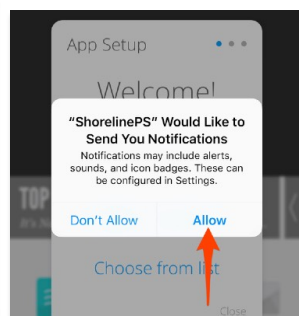


Jobs lets you see what positions are currently open

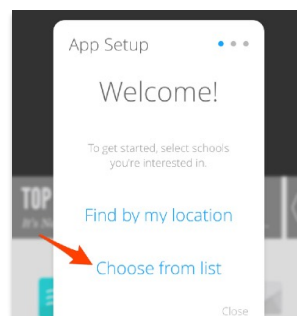
See app instructions below and features to the right



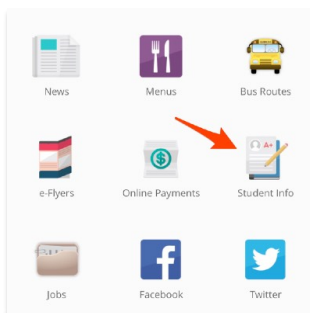
Search "Shoreline Public Schools" in the Apple App Store or Google Play and download.



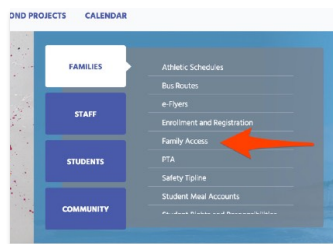
Tap "Allow" if you would like to receive notifications through the app, such as messages from schools, meal account balance alerts, grade alerts and more.



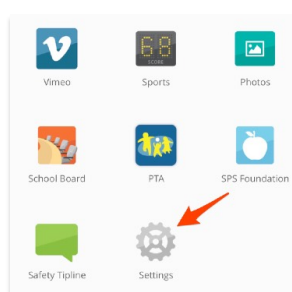
Tap "Choose from List" to select which school to follow for calendar, website and social media feeds for those schools.



If you have a student attending our schools, you can swipe left to the second page, tap "Student Info" and input your Skyward Family Access username and password to sync your app with our student information system. This will allow you to see information on your student's grades, attendance and meal account balances through the app.



If you do not know your Skyward Family Access username or password, you can find your username or reset your password by visiting shorelineschools.org and clicking "Family Access" in the families links box. Then click "Forgot your Login/Password" on the Skyward login screen and follow the directions. If you do not remember what email address you registered your child with, please contact the office at your child's school.



Swipe left to the third page and tap "Settings" to set your app settings, such as which schools you follow, language translation and setting alerts for grades, attendance and meal account balances.