

# Cheetah Chatter

Published by Meridian Park Elementary School and the Meridian Park PTSA



## Food Services Updates

- The USDA is allowing school districts to provide FREE meal service for all students through the end of the 2020-2021 school year.
- Weekly meal boxes contain 5 breakfasts, 5 lunches and milk. Orders can be placed [online](#) between Monday and Wednesday, and scheduled for pick up the following Wednesday.
- Free and Reduced meal applications are available [online](#). Even though meals are currently free, please apply if you think you may qualify as other resources and benefits may be available to you.
- Weather and Meal Box Distribution: If any weather condition forces a delay or cancelation, we will communicate using the robo-email and phone call system. Be sure to check your messages.
- Veterans Day: Due to the holiday, meal boxes will NOT be distributed on Wednesday, November 11th. Meal boxes will be distributed on THURSDAY, November 12th.



## Volunteers needed for the 2021 yearbook and beyond!

I am still looking for someone to take the reins for the 2022 yearbook. If you are interested, or have questions, please contact me (Molly) at [moogie1221@gmail.com](mailto:moogie1221@gmail.com). If you are interested in purchasing last year's

book for \$20, we still have some left. I am also in need of your photos. This year the yearbook may be a bit different from previous years and I need all the photos I can get from parents and teachers. This month I am asking for photos of our Cheetahs participating in online learning, and Zoom meeting whole class screenshots. I would also love photos of kids in their Halloween costumes.

Let's work together to make the 2021 Yearbook amazing!

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### Upcoming Events

**Wednesday, November 4th**  
PTSA Meeting on Zoom  
6:30 pm

**Friday, November 6th**  
Deadline for 5th Grade  
Instrumental Sign up

**Wednesday, November 11th**  
Veterans Day Holiday  
No School

**Thursday, November 12th**  
Meal Pick up due to Wednesday  
Holiday

**Wednesday, November 18th**  
Early Release Wednesday  
1:50 pm

**Wednesday, November 25th**  
Half Day Release  
11:45 am

**November 26th – 27th**  
Thanksgiving Holiday  
No School

**November 30 – December 13**  
MP Book Fair Online

**FREE MEAL PICKUP  
EVERY WEDNESDAY**  
Learn more [HERE](#)

### PTSA LINKS

[BECOME A PTSA MEMBER](#)

[VOLUNTEER](#)

[PTSA CALENDAR](#)

[FOLLOW US ON FACEBOOK](#)

[LINK YOUR FRED MEYER](#)

[REWARDS CARD](#)

[SUPPORT US ON](#)

[AMAZON SMILE](#)

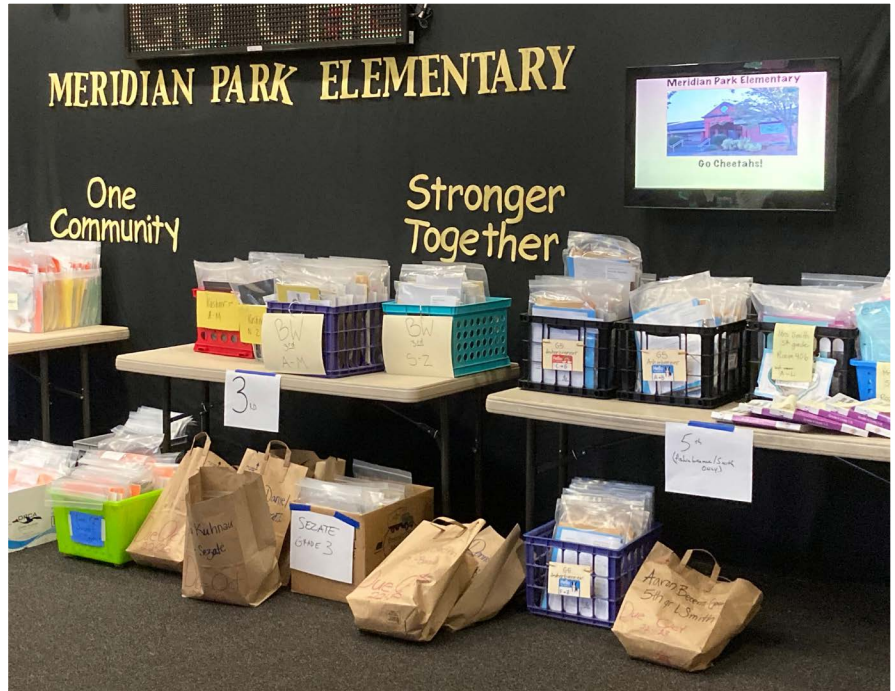


# Announcements

## Meridian Park Book Drive!

The Meridian Park Elementary PTSA is raising money to purchase books for our students with limited access to reading materials. A tax-deductible monetary donation for the Book Drive can be made at <https://www.memberplanet.com/campaign/meridianparkptsa/mpptsabookdrive>. We are also collecting new and gently-used books for our upcoming Little Free Library. If you have K-5 reading level books to donate, please email [mpptsaface@gmail.com](mailto:mpptsaface@gmail.com).

The MPPTSA will purchase and distribute new books to students in need. Stay tuned for information about the upcoming Little Free Library at the school for all our students.



## Room Parents Still Needed!

Want to be more involved with the school but don't have a lot of time or work full-time? Become a Room Parent! We're rethinking what this role is in our virtual world, so it's a great time to get involved and help shape the program while helping your kid's class! Please sign up at <https://tinyurl.com/mproomparents>. Questions or concerns contact [mpptsaface@gmail.com](mailto:mpptsaface@gmail.com).

## Neighborhood Little Free Food Pantries



Give what you can, take what you need! The pantry nearest to Meridian Park is at 18312 Corliss Ave N. The North City Little Free Pantry located at 18910 8th Ave NE also has meat, clothing, books, baby supplies and household items when donated. We'd like to thank the organizers and contributors for helping our community during this incredibly challenging time.





# Principal's Letter

Dear Cheetahs--

At Meridian Park Elementary, we welcome, embrace, and care for ALL families. Because at times families can experience feelings of stress or uncertainty, we believe that our public schools, including Meridian Park, should be safe places for ALL students and families to learn, grow, and be part of a community.

If you or a neighbor have questions, concerns, or need support, please contact us directly or any member of our staff. Every day, please join us in being a learning community where all families feel welcome, accepted, and supported.

**Meridian Park Staff**

**David Tadlock & Matt Alford, Administrators**

PS. Thank you for conferences! We want communication to be ongoing, so please reach out at any time. Starting with your teacher and resolving questions or concerns at the lowest level is best practice, but of course you can also contact any member of our staff. Thanks for our ongoing partnership.



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

## From the Health Office

Flu season is almost here and the fact is that the flu can be scary; especially for the ones we love most. Everyone aged 6 months and older needs a flu vaccine to stay healthier this fall.

Here is why:

- **The flu is dangerous.** The flu is different from the everyday cold. It can last 2 weeks or more and cause serious complications such as pneumonia. Every year the flu causes millions of illnesses, hundreds of thousands of hospitalizations, and tens of thousands of deaths in the United States.

- **Getting your flu vaccine is the best way to prevent the flu.** Flu vaccines reduce your chances of getting sick with the flu. Although good health behaviors including proper etiquette for coughs and sneezes can help reduce the spread of flu, experts agree a flu vaccine is the best way to prevent flu.

- **It saves lives and protects those on the frontlines.** Getting your flu vaccine could save someone else from getting seriously ill. Babies and young children, pregnant women, people 65 and older, and those with certain medical conditions—are all at increased risk of complications from flu. Getting vaccinated reduces the spread of flu from you to them, which can protect your family members, co-workers, and all those around you. This year, your flu vaccine will not only keep you and your loved ones healthier and out of the medical setting, it will preserve precious resources for those on the COVID-19 frontlines.

Both flu and COVID-19 may be spreading this fall, so it's more important than ever to get an annual flu vaccine. The best time to get vaccinated is before flu viruses start to spread—typically by the end of October. So, don't wait.

[Find a flu vaccine location near you.](#)

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](http://www.shorelineschools.org/info/title_ix.php)

# Cheetah Notes

## From the Library

Hello MP Families!

Cheetah Curbside Check Out is up and running.

Below is a schedule through December.

Be on the lookout for announcements and links to the check-out form through Messenger (MP Office) and Seesaw announcements.

It has been so much fun to receive students' book requests and fill their orders.

Reminder ~ Students will check out books in grade level bands. See the schedule below for your children's check out dates.

- All students, K-5, are allowed to have up to six books checked out on their accounts.
- Library Staff will fill your library book requests and honor specific title requests to the best of our ability.
- The Pick-Up day is always Wednesdays. Pick up dates coordinate with curriculum pick up dates.
- You may keep the library books for **two weeks**.
- You can **return your library books** only on the following days and at the following times: **Thursdays, 9:00 - 4:00, and Fridays, 9:00 - 4:00.**
- We will quarantine returned books for a minimum of 72 hours per the Governor's Phase 2 requirements for libraries, as well as recommendations from the Centers for Disease Control and Prevention, Public Health – Seattle & King County, and the REALM project.

Cheetah Check Out - Curbside Library Book Pick Up Program			
	Complete Online Form	Pick Up Library Books	Return Library Books
1st, 2nd, 3rd Grades	Oct. 19th - 22nd	Nov. 4th	Nov. 19th & 20th
Kdg, 4th, 5th Grades	Nov. 2nd - 5th	Nov. 18th	Dec. 3rd & 4th
1st, 2nd, 3rd Grades	Nov. 16th - 19th	Dec. 2nd	Dec. 17th & 18th

### Library Lessons – Library Seesaw Class

For the first eight weeks of the school year, I posted weekly library lessons in teachers' Seesaw classes.

I now have my own library Seesaw class, similar to music and PE. You can now find our weekly lessons posted there.

### Technology Assistance

I am available to help families with technology issues that arise with remote learning. Issues include, but are not limited to, login difficulties (usernames, passwords), password resets, processes for setting up devices and access pathways.

Over the past several weeks, I have helped many MP families with login issues. One of the biggest problems was

not using ClassLink first to get to the Seesaw app and the Zoom links.

Think of **ClassLink** as the front doors to the school.

You need to go through the front door to get to the classrooms.

Think of Seesaw as the classrooms.

FIRST → SECOND



You can reach out to me for assistance:

[jenny.hillger@shorelineschools.org](mailto:jenny.hillger@shorelineschools.org) (or at 206-393-4125)

Happy Reading!

~Jenny Hillger, K-5 Librarian

## Meridian Park's Virtual Fall Book Fair November 30 - December 13, 2020

Dear MP Families:

The **Scholastic Book Fair** is back! We are going to have a **virtual** book fair this fall. While the Fair will be exclusively held online this year, we still plan on making it a fun experience for MP families.

**What:** Since we cannot meet together for one of the happiest events of the year, the book fair, we are going to enjoy books together online.

The "doors" to our virtual book store will open on **Monday, November 30, at 8:00 AM**, and will close on **Sunday, December 13th, at 8:00 PM**.

Books will be shipped directly to you when you purchase them.

The link to the store will be sent out via **School Messenger (MP**

**Office)** and Seesaw, as well as posted to our **MP homepage**.

The "Store" will include over 6,000 titles by grade and genre, students can meet popular authors via video, and everyone can discover great books.

Every dollar you spend will benefit our school directly (25% back in rewards!).

**When & Where:** Two weeks, November 30 - December 13, online

**Why:** To bring us together around great books, to have fun with reading, and to raise funds for new books for all!

### Book Fair Flyer

While you wait for the book fair to open on Monday, November 30th, you can read through the four-page flyer. Click [here](#)

We can't wait to "see" you at the Fair!

# Cheetah Notes & PTSA News

## Counselor's Corner

### Character Trait of the Month

The trait for November is **GRATITUDE**. Gratitude can look like appreciating what you have, what you are given and what others do for you. In action, gratitude looks like letting someone know that you appreciate their work or help, and thinking of a way to help someone in return. Research shows that being grateful and showing thanks to those that are helpful to us can boost endorphins and make us feel good. Plus, it makes the other person feel good too - win-win! A great book to explore this idea more is [How Full is Your Bucket](#), for Kids, by Tom Wrath and Mary Beckmeyer.

At the end of the month we celebrate students who have been role models in this area with our VIC (Very Important Cheetah) Lunch. During remote learning, students will receive their VIC certificate in the mail and celebrated on our Friday morning announcement. [Please see the booklist](#) for other great ideas on how to continue the learning at home with trait specific books.

### How does friendship work remotely?!

I have talked to lots of kids and families about how hard it is to make and be with friends right now. While many are feeling the same way, it doesn't make it any easier to manage. We have started offering **Cheetah Chatter: Recess Talk**

**Time** for kids during the day to see friends outside of class. If your student is wanting more connection, encourage them to join! Also check out the ideas below and possibly set up a virtual playdate (via Zoom, FaceTime, Facebook Messenger...I'm sure there are many other options too).

VIRTUAL PLAY DATE IDEAS	
READ ALOUD 	TELL JOKES 
DOLLS & DINOS	BINGO 
SHOW-AND-TELL 	MAGIC SHOW 
CHARADES	Have a sing-a-long 
READ LIPS 	ASK QUESTIONS
DRAW PORTRAITS 	Play Musical Instruments 

www.MommysBundle.com

Credit to [Mommy's Bundle: Safe Virtual Playdate ideas for kids](#) – descriptions of each idea found in link.

## Shoreline Special Needs PTSA

The Shoreline Special Needs PTSA is a district wide PTSA that focuses on supporting and connecting families of students with special needs, as well as partnering with teachers and the school district.

We are an additional resource available to any family in the Shoreline School District who has a child on a 504 plan or an IEP, and for families who have a child who has not yet been identified as requiring school support but would like to connect with other families of special needs kids in the district.

We typically meet every other month throughout the school year and often have keynote speakers discussing topics relevant to our members at our meetings.

During the spring and summer our PTA has offered virtual parent support meetings (via Zoom). They have been an informal way for our parents and caregivers to connect with each other and also a great place to learn about what families are experiencing and sharing that with the district- we are continuing to offer these meetings through November and beyond based on interest.

In addition to receiving regular communication from us in the form of a monthly newsletter and membership packets with info pertinent to each membership meeting, we also offer members the ability to join a closed Facebook group for members only which is a wonderful support network of SSNPTSA families- sorry no district employee of any kind is able to join this group for privacy reasons.

You can follow us on Facebook and can find information about us on our website at [Shorelinespecialneedspta.org](http://Shorelinespecialneedspta.org). Thank you for your support!



# PTSA News

## PTSA Board Introductions:

Hi, I'm Callie Steward. I have been an active MP PTSA member since my daughter was in 2nd grade. I have two kids. Daughter now at Einstein (feel free to ask me about Einstein PTSA) and son already a 5th grader at Meridian Park. I am currently the treasurer of MP PTSA. I love being involved and helping the school. My favorite part of PTSA has been helping families build community with the school (remember the back to school BBQ) or by helping to shape the PTSA budget where we allocate the generous donations provided by our families. This year I am excited about our books and arts themes to help families connect. Feel free to reach out to me anytime with ideas or if you want to help out with any PTSA role at [calliel@hotmail.com](mailto:calliel@hotmail.com).



Hello, my name is Jiovanna Koceski. I am the Cheetah Chatter content editor and have been involved in the PTSA for the last 5 years. I grew up in Shoreline attending Shoreline schools, graduating from Shorewood

HS. When I got married my husband and I decided to raise our family within the Shoreline School District as I knew all that it had to offer families. I have 3 children, 2 daughters who graduated in 2016 and 2019 and a son, who is currently in 5th grade. I have really enjoyed participating in various events throughout the school year with my favorite being the Fall Carnival. I feel grateful that I have been able to be part of such an awesome school and community. This year I am looking forward to continuing to bring families information about happenings at MP through the Cheetah Chatter even though we can't be together in person. Feel free to reach out to me at [jiovanna@comcast.net](mailto:jiovanna@comcast.net) if you are interested in helping out or with any suggestions!

Hi! I'm Briana Bell. I have been an active Meridian Park PTSA member since 2017 when my youngest child was in kindergarten (now in 3rd grade). I have two kids, with my oldest at Shorewood High School. I am currently the secretary for MP PTSA. I joined to learn more about the school and help where I could, and I stayed a member because together we have made a positive impact at the school. My favorite part of PTSA

has been creating opportunities for families that want to be involved, but don't know how, or by being part of shaping a positive school community with students, staff and parents. This year I am excited about discussing ways we can provide additional resources for families, and coming up with creative ways in which we can connect safely. Please reach out to me at [brianarbell@gmail.com](mailto:brianarbell@gmail.com) with ideas or if you want to help out with any PTSA role.



Hi Cheetah families! My name is Whitney Hardie and I have 2 cheetah daughters (5th and 3rd grade) as well as a little one who will be in Kindergarten next year. I volunteer leading the Art Docent Program and I am missing our little art classroom

so much this year! Regardless, my heart is still with our Cheetah community, and I look forward to working together with many of you to help students access joy and meaning through creativity. Virtual lessons, an art supply pick-up box, pop-up mural opportunity, who knows what we will be able to facilitate this year!



I'm Joe Hardie and I'm excited to be working with you all and will be learning a lot here in my first year in PTSA. My wife, Whitney, and I have lived in Shoreline for about 3 1/2 years and love the neighborhood and community. You probably recognize Whitney as the fabulous Art Docent lead who has been non-stop in promoting art education for our school. I do my best to keep 2 steps behind her :). We have 3 daughters in 5th, 3rd, and pre-k. I work at Amazon as a Human Resources Manager and coach people on leadership and organizational development. In my spare time, I'm a runner, a woodworker, a church volunteer, and have been picking up violin in the last year or so. I know this

**continued on page 7**

# PTSA News

## continued from page 6

is a strange year and time for all of us. I've seen so many people step up and help one another and find ways to keep being great humans during COVID--and it's inspired me to be more involved in the community too. I look forward to serving with you!

I'm Alex Hart, the new Family Advocacy and Community Engagement (FACE) Chair. My son Dean is in Ms. Baroudi's 4th grade class, and I have a 7th grade son at boarding school. In my spare time, I love to cook/bake, knit, and watch movies & Seahawks football with my family. We moved to Shoreline 2 ½ years ago to be in a diverse neighborhood, and I'm really excited for the opportunity to work with you on projects such as the Book Drive, increasing parent involvement, and figuring out new roles for Room Parents. I absolutely want to hear from all of you how we can best serve our community, so please email me at [MPPTSAFACE@gmail.com](mailto:MPPTSAFACE@gmail.com) if you have suggestions or just want to volunteer!



Hello Cheetahs! I'm Katherine Van Gunst, and this will be my first year chairing the MPPTSA Grants Committee. I look forward to helping connect our teachers, staff, and PTSA school community

to funds for creative enrichment and academic program enhancements! (Please see the blurb below in this newsletter for more information.) If you have questions about the grant program, or are interested in serving on the Grants Committee, please reach out at [mpptsagrants@gmail.com](mailto:mpptsagrants@gmail.com). I have a third grader and a first grader at Meridian Park, and I am also happy to connect about PTSA or school more generally at [katherine.vangunst@gmail.com](mailto:katherine.vangunst@gmail.com). It's a challenging year, but we can do this!



My name is Keun-Young Choi, we are family of 5 - (our oldest is 4th grade HC at here MP magnet who is new to the school, coming from RC HC), middle kid is 1st grade at Brookside and our youngest is 4 year old. I am from S.Korea

and my husband is from Denmark. We live in Lake Forest Park, are excited to be part of MP. So far my oldest one loves his new school and new friends, so we are very grateful for your support. Personally, my job is a pediatric ICU nurse at Seattle Children's hospital. You can now join Highly Capable affinity group (via email : [equity@shorelineschools.org](mailto:equity@shorelineschools.org) // [www.shorelineschools.org/Page7794](http://www.shorelineschools.org/Page7794)). Happy to be part of such a great team.

## Applications for the 2020-2021 MPPTSA Grant Program

Did you know that MPPTSA offers the Meridian Park Elementary community an opportunity to receive one-time funding to support enrichment and academic program enhancements? The goal of the MPPTSA grant program is to support teachers, staff, and other PTSA members to bring their ideas, vision, and passions to our students by funding supplies, equipment, and projects that provide unique learning experiences that are not currently supported by other funding sources. Due to the COVID-19 pandemic and uncertainty of timing for returning to in-person school, we encourage those considering applying for a grant this year to be creative about ideas that can be completed remotely!

**Who can apply?** Anyone who is a MPPTSA Member!

**When are applications due?** Friday, December 11, 2020, by 5:00 pm.

**Where can I learn more and find an application?** Please visit the Forms tab of the MPPTSA website at <https://mpptsa.org/forms/> for complete information, examples of past successful applications, and to download the 2020-2021 Grant Application form.

**What if I have more questions?** If you plan to apply or have questions, please reach out to [mpptsagrants@gmail.com](mailto:mpptsagrants@gmail.com) and [mpptsapresident@gmail.com](mailto:mpptsapresident@gmail.com).

# Community Resources

## Meridian Park Elementary

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

David Tadlock, Principal  
[david.tadlock@shorelineschools.org](mailto:david.tadlock@shorelineschools.org)

Matt Alford, Dean of Students  
[matt.alford@shorelineschools.org](mailto:matt.alford@shorelineschools.org)

Jake Goett, Registrar

Annie Bach, Office Manager

Tama Leahy, School Nurse

Katie McCain, Counselor

Annie Gage, Family Advocate



**2020-2021 MP PTSA**  
[mpptsa.org](http://mpptsa.org)

### Executive Committee

Joe Hardie, President  
[mpptsapresident@gmail.com](mailto:mpptsapresident@gmail.com)

Briana Bell, Secretary  
[mpptsasecretary@gmail.com](mailto:mpptsasecretary@gmail.com)

Callie Steward, Treasurer  
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Dawn Moser, VP of Events  
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Erika Botch  
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### Standing Committees

Kate Beck, Legislative Chair  
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Suni Tolton / Mary Webb /  
Katherine Vangunst, Grants  
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Nancy Jenkins, Webmaster  
[mpptsawebsite@gmail.com](mailto:mpptsawebsite@gmail.com)

Nicola Beck, Special Needs Representative

Natalie Bachicha-Wells,  
Teacher Representatives

Follow the MP PTSA on Facebook

**facebook**

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Meridian Park Elementary and  
the Meridian Park PTSA

## Using Racial Equity Tools for Change

Fri. Nov. 6, 1:00pm-3:00pm

[Register online](#) by Thurs. Nov. 5th.

Free webinar coordinated by Governing for Racial Equity and Inclusion network. In the first hour, a panel will provide an overview of how they used Racial Equity Tools (RET) to plan and implement equitable and anti-racist initiatives. In the second hour, participants will have break-out sessions for deeper discussions on using RETs to engage the community, remove barriers to participation, and transform organizations.

Panel includes:

- Brian Sandler – City of Renton's Equity Lens applied to Human Resources
- Scott Winn – Racial Equity Trainer and Consultant, support for organizations new to using racial equity tools
- De'Sean Quinn, City of Tukwila Councilmember – The King County Mobility Framework will help Metro adapt to this changing transportation system in an equitable and sustainable way
- Rick Reyes – City of Seattle's Office of Arts and Culture support of arts organizations in promoting racial equity

## Washington COVID-19 Immigrant Relief Fund

The Washington COVID-19 Immigrant Relief Fund provides a \$1,000 one-time direct payment (up to \$3,000 per household). Eligibility includes: WA resident; at least 18 years old; been significantly affected by the pandemic (such as losing work, being infected by the virus, or caring for a family member who was infected); ineligible to receive federal stimulus dollars or unemployment insurance money due to immigration status.

Application and [documentation required](#).

For assistance, email [relief@immigrantreliefwa.org](mailto:relief@immigrantreliefwa.org) or call 1-844-724-3737 (Mon-Fri, 9AM-9PM).

## Free COVID-19 testing locations

For most updated information call the King County COVID-19 Call Center (open 7 days a week, 8 AM – 7 PM), at 206-477-3977.

Testing sites may change and new ones may open.

**King County Public Health COVID website** has common questions, downloadable fact sheets in multiple languages. Translated Public Health and state helpline info also available at <http://www.seattle.gov/mayor/covid-19>.

## Hopelink

Hopelink provides support for Shoreline residents through a food bank, emergency financial assistance, eviction prevention and move-in assistance. Hopelink isn't currently accepting physical donations of food out of an abundance of caution.

However, you can still make a monetary donation.

To access resources, visit their website at

<https://www.hopelink.org/location/shoreline-food-bank-and-emergency-services>.

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].