



Einstein News

Einstein Middle School
19343 3rd Ave NW
Shoreline, WA 98177
206.393.4730
<http://schools.shorelineschools.org/einstein/>
Einstein Middle School PTSA 6.12.75
PTSA Website

January 2015
Volume VII, Issue 5

In This Issue

Click to go to Page

- 2 [Student Activities](#)
- 3 [School Happenings](#)
- 4 [School Happenings](#)
- 5 [Principal's page](#)
- 6 [PTSA Presidents](#)
- 7 [PTSA Membership](#)
- 8 [Legislative News](#)
- 9 [Health](#)
- 10 [Public Health News](#)
- 11 [WEB/Counseling](#)
- 12 [Library](#)
- 13 [Music Notes](#)
- 14 [PE/Sports](#)
- 15 [Community](#)
- 16 [Calendar](#)

Food Drive Success

Thank you to all who participated in the annual food (and toilet paper) drive. Whether you brought food or volunteered along the way, Einstein smashed its goal and significantly contributed to the non perishable food items – roughly 1600 items were donated. The district was able to provide staple items to every family that requested help and filled a box truck full of food and gifts for Food Lifeline, also helping local families. Einstein families should be proud of their community involvement.

If you or someone you know needs help with food or other basic needs, please contact your family advocate or school nurse any time of the year. Your community cares and wants to help. It is amazing what we can accomplish when we work together.



Choir performs holiday tunes at Winter Assembly.

Lost and Found is Overflowing!

Students, please take a look at the Einstein Lost & Found in the SAC and near the Gym. You may find items you didn't even realize you were missing. Jackets, hats, lunchboxes, silverware, shoes, purses—even cell phones and student ID cards! Don't delay—everything that is left on Friday, January 30, will be donated to The WORKS for local families in need.

ASB Dance

To celebrate the end of the semester, ASB will be holding a dance after the End of Semester Assembly. Entry is \$5 and will include a complimentary glow stick if purchased in advance. Come celebrate, hang out with friends, and bust some moves! Friday, January 23, after school.

Parking and Driving in the Einstein Parking Lot

Maybe you have noticed the two new 15 minute parking signs and parking spots in the Einstein

parking lot across from our main office. When coming into the parking lot, please use those spots for your quick visit or drop off as opposed to the handicap designated parking spots. We have also installed a new "No Stopping" sign as you enter the parking lot. Please do not stop as you are

entering Einstein. This causes many traffic flow issues and can create an unsafe situation in the parking lot. Please use one of the many parking spots we do have in our parking lot or continue on through around the gym parking area and back out again. Thanks for your help in making Einstein a safe place to stop and visit!

Sign up for inclement weather notifications

Families can receive automatic notifications of inclement weather school closures or delays by signing up with FlashAlert [HERE](#):

"Peace cannot be kept by force. It can only be achieved by understanding."
- Albert Einstein



Interested in Joining Einstein Clubs or Afterschool Activities?

An ASB card is required for all students participating in after school activities. They are \$25, and available in the main office before and after school, or during lunch. Please see your counselor if you need help with a scholarship. Club Advisors will be checking to see that all students have an ASB card. Get your card so you are able to attend your favorite Clubs!

ACTIVITIES

Information about clubs and other extracurricular activities can be found on the Activities Page of the website. Students participating in after school clubs or athletics are eligible to take the Activity Bus on Tuesday, Wednesday & Thursday. Unless otherwise noted, activities are 3:00 – 4:30

TUESDAY ACTIVITIES:

- Advanced Jazz Band (H-15, Halferty) 7:30-8:20 AM
- City of Shoreline Activities (SAC and Gym)
- AV “SOFA” Club (H-15, Halferty)
- Robotics Club (L-4, Thurber)
- Tiger Tutoring (Library, Teeters)
- GSA (D-5, Flatters & Zwack):
1/13, 1/27



WEDNESDAY ACTIVITIES:

- DACB Club (D-11, Moreno)
- Yearbook Club (E-8, Wheaton)
- Video Game Club (A-7, Riley)
- Tardy Tank / Afterschool Detention (B-2, Aspen)
- Pizza and Books (Library, Dame)
- Drama Club



THURSDAY ACTIVITIES:

- Advanced Jazz Band (H-15, Halferty), 7:30 – 8:20 AM
- Latino Club (E-8, Wheaton)
- Math Club (A-7, Riley)
- City of Shoreline Activities (SAC & Gym)
- Newspaper Club (L-4, Thurber)
- Tiger Tutoring (Library, Teeters)



FRIDAY ACTIVITIES

- Jazz Combo (H-15, Halferty), 7:00 – 7:30 AM
- Jazz Band / Advanced Jazz Band (H-15, Halferty),
7:30 – 8:20 AM

JANUARY SOCK DRIVE – JANUARY 12-23

ASB wants to help the homeless by conducting a sock drive! Please consider donating a pair or package of new socks.

SAFESCHOOLS ALERT

Effective January 1, 2015, our district is using SafeSchools Alert, a tip reporting service that allows students, staff, and parents to submit safety concerns to our administration four different ways:

Phone: **206.317.5768**

Text: Text your tip to **206.317.5768**

Email: **1261@alert1.us**

Web: **http://1261.alert1.us**

You and your child(ren) can easily use SafeSchools Alert to report tips on bullying, harassment, drugs, vandalism or any safety issue that concerns you. Tips may be submitted with contact information or anonymously. Every tip SafeSchools Alert receives about our district will be immediately logged and our administration notified so that they can investigate and take appropriate action. For emergencies, please call **911!**

ACTIVITY BUS ROUTE 320 COVERS THE WEST/ SOUTH SIDE

4:45 pm	Depart Einstein Gym area
4:50 pm	Syre Elementary
4:57 pm	Richmond Beach Library
5:04 pm	Shorewood HS
5:08 pm	Highland Terrace Elementary

ACTIVITY BUS ROUTE 318 COVERS THE EAST/ NORTH SIDE

4:45 pm	Depart Einstein Gym area
4:50 pm	YMCA driveway N at 192nd
4:53 pm	Echo Lake Elementary
4:57 pm	1st Ave NE @ N 187th St.
5:03 pm	Meridian Park Elementary
5:10 pm	Parkwood Elementary



Camions Itinérants

Inspired by the fact that a young American woman started the first food truck in Paris in 2011, Einstein French II students created business plans for "Camions Itinérants." Each team decided on a target market, researched which arrondissement of Paris would best serve that market, designed logos and created menus. As a culminating event, they each prepared their menu's specialty item and served it to a panel of judges.



Ms. Rittenhouse's Spanish I classes made traditional orange cookies from Valencia.



French I students baked a traditional winter cookie, Suisse de Valence.



More traditional orange cookies from Valencia.



Another pic of French I bakers creating "Suisse de Valence", a traditional French holiday cookie.

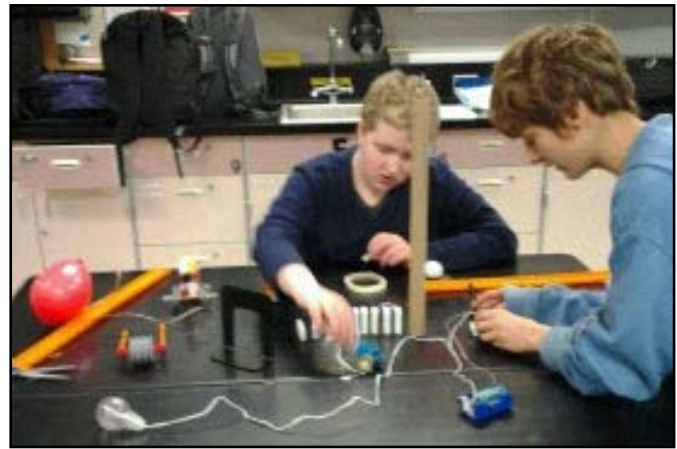
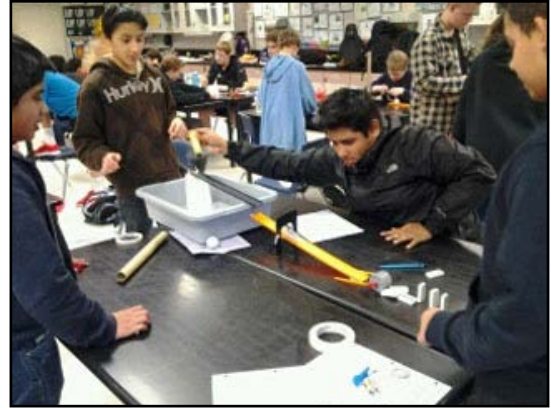


French I bakers creating "Suisse de Valence", a traditional French holiday cookie.



Engineering and Robotics

During Introduction to Engineering and Robotics, a new elective at Einstein, students use the Engineering Design Process to solve problems. Diana Hasegan, an environmental engineer, spoke with students in December about her job. Then students tried an environmental engineering challenge: students had to remove an oil spill from water. Students recently completed construction of their Vex Robots and have begun programming them to perform tasks. Science students are also exploring engineering. Eighth graders applied their knowledge of energy transfers and transformations to construct Rube Goldberg contraptions.



Einstein Site Council

The Einstein Site Council is a group of Einstein teacher, support staff, administration and parents who meet the first Thursday of every month to use data, research and discussion to implement positive change at our school. This year the Council is examining issues around diversity and equity.

November 20th was our International Family Night at Einstein. We had over 65 students and family members attend for dinner and desert prepared by our Latino Club. Families and staff talked about schools in their former countries along with their hopes and wishes for their children in Shoreline. Even with all the different languages, families were engaged with one another and shared their excitement for their children's future. After dinner, families learned how check their students' grades on Data Dashboard and meet with teachers. It was great experience to celebrate our diverse community in Shoreline and we hope to do it again. Those interested in volunteering for our next International Family Event should contact Heidi Di Virgilio, ELL teacher at heidi.divirgilio@shorelineschools.org.

There are many languages spoken at Einstein. Here's a list of some of our represented languages. Out of 742 students we have the following students that natively speak:

- Spanish (39)
- Vietnamese (14)
- Amharic (13)
- Tigrinya (13)
- Korean (12)
- Tagalog (8)
- Cantonese (7)
- Russian (4)
- Nepali (3)
- Mandarin (2)

LIFE Program

There are a variety of unique educational programs that enrich student life at Einstein. The LIFE program helps students with special needs strengthen functional skills to prepare them for high school and life beyond the classroom. Over the past several months, the 8th grade students in this program have completed a series of visits to Shoreline's production center. There, students help prepare various projects for local companies like putting together informational packets, mailers, and community holiday cards. In the classroom, students are working on functional academics, social skills, and consumer mathematics. Students in the LIFE program also partner with general education students for reading and peer buddies. In the buddies program, students partner to work on reading, social and performance task skills. We're proud to have such a unique program at Einstein and look forward to creating more opportunities for general education and LIFE students to work together.



Principal Clark's *Comments*

Welcome back Einstein students and families. I hope everyone was able to recharge during winter vacation. This is a great time to talk to your child about their academic and social goals for the new year as well as clean, organize and replenish your child's school supplies. The end of the semester is January 23rd and we want to always encourage our students to do their best. Middle school is a time to for students to start thinking about how semester grades and credits earned will lead to a high school diploma as well as provide them with opportunities after high school. In March, students will begin registering for courses for the next year. In addition to earning the appropriate amount of credits to graduate students will also have to reach proficiency on the new Smarter Balanced State Assessment. Please join me, Nyla Fritz and Einstein's PTSA, Tuesday, January 13th and learn more about the state test and how Einstein teachers are preparing students to be successful on these new standards. You may also click [HERE](#) to learn more about Einstein's school improvement plan and how we are preparing your children for the state's transition to the Common Core Standards.

- Stephanie Clark



Leading the 12 Days of Christmas.



Master of Ceremonies, Mr. Hafferty

Holiday Assembly

Congratulations to all performers for a wonderful performance!



Members of the orchestra play holiday tunes at the Winter Assembly.



A smile from the double basses.



PTSA Board 2014-2015

Co-Presidents

Anne Alonzi-Aw & Patty Austin
einsteinpresident@gmail.com

Secretary

Michelle Ryder
einsteinsecretary@gmail.com

Treasurer

Craig Yamane
einsteintreasurer@gmail.com

Legislation

Suzanne Gugger (7th) and
 Carrie Campbell (8th)
einsteinlegislation@gmail.com

Public Affairs

Rachel Snyder
einsteinpublicaffairs@gmail.com

Site Council

Betsy Rand, Maria Ales & Mandi Counter
einsteinsitecouncil@gmail.com

Student Affairs

Vicky Jaquish
einsteinstudentaffairs@gmail.com

Ways & Means

Reiko Shigemoto
einsteinwaysandmeans@gmail.com

Volunteer Coordinator

Allison Taylor
einsteinvolunteers@gmail.com

Newsletter

Mary Lynn Antush & Diana Nielsen
einsteinmiddleschoolnews@gmail.com

Website

Jim Eaton
einsteinwebsite@gmail.com

PTSA President's Message

Anne Alonzi-Aw and Patty Austin, PTSA Co-Presidents

Happy 2015! I don't know about you, but 2014 seemed to fly by! Now, as we stand at the start of a new year, we have so much to look forward to in 2015. PTSA will have a hand in many good things happening at Einstein this coming year, and we couldn't do it without your generous donations of time and money. Speaking of which, our Pass the Hat fundraiser is ongoing, and we are still accepting donations. You could start 2015 with a tax-deductible donation to your favorite middle school!

Our next PTSA meeting is on January 13th and will be a General Membership meeting. Ms. Clark will be talking about the new Smarter Balanced assessment (which will replace the MSP). She will have some great information about what the testing will look like at Einstein, and what we can do to help our students prepare. We hope to see you all there. The exact location of the meeting will be announced later. I'm wondering if we know the location yet? If so, I'd like to update this.

We will also be voting on our nominating committee in January. Many of our board members will be moving on after this school year, and it is vital that we find replacements for them. We need to find people to fill the following leadership positions: President, Treasurer (not as intimidating as it sounds), Ways and Means, and Public Affairs. If you are interested in helping to find enthusiastic people to fill our board positions, please contact Anne or Patty. It is a short-term committee, and it helps to ensure that Einstein PTSA will continue in the years to come.

Thank you for making 2014 an incredible year. We are excited to see what 2015 will bring!

PTSA Meetings

PTSA meetings are typically on the 2nd Tuesday of the month, although the schedule may change from month to month. Dates will be posted in the newsletter, and also on the PTSA and school websites. Everyone is welcome to attend these meetings. Please join us!

Upcoming meeting dates:

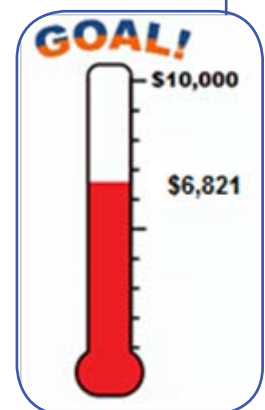
Upcoming meeting dates:

- Tuesday 1/13/15 @ 6:30 PM – General Membership Meeting – Einstein MS, specific location TBD
- Tuesday 2/10/15 @ 6:30 PM – Staff Lounge

Pass the Hat Fundraiser

It's not too late! Donate today to our PTSA Pass the Hat Fundraiser.

So many children will benefit from these dollars, teacher grants, supplies, field trips, you name it. Just drop off your check in the office to say, "I want to make a difference!"





Join Einstein PTSA...

...Become part of the largest child advocacy association in the state!

Reiko Shigemoto, Ways & Means VP for Einstein PTSA

The Einstein PTSA is at the center of a unique, close-knit community where each one of us makes a difference. By joining the PTSA, your membership dues help make it possible to supply our students and families with fun, educational activities and other events to enhance the educational experience, while promoting school spirit and civic responsibility. Please show your support and join the Einstein PTSA today!

Joining is easy. Just use the membership form below or use the form found on the [Einstein PTSA website](#). The membership form and payment can be dropped off at the school office, sent in with your student or mailed to the Einstein school office anytime. Thank you for your support!



WANTED:
NEWSLETTER EDITORS

If you are interested in working on the Einstein newsletter next year, please contact Mary Lynn Antush or Diana Nielsen at einsteinmiddleschoolnews@gmail.com. The newsletter is a joint staff / PTSA monthly publication, and is a great way to keep updated on what is going on at school. We would like to identify the new editors early to allow plenty of time for transition.

Cut here and return to Einstein PTSA via the school office: 19343 3rd Ave NW, Shoreline, WA 98177



PTSA Membership and/or Pass-the-Hat Donation Form

(Einstein's ONLY PTSA Fundraiser!) You do not have to be a PTSA member in order to donate to Pass-the Hat!

Name(s) _____	Membership for individual \$15.00	\$ _____
Address _____	Membership for two \$25.00	\$ _____
Student's Name _____	Pass-the-Hat (your donation)	\$ _____
Student's pride teacher _____	Total amount in envelope	\$ _____

The Student Directory, which is one of the benefits of joining the Einstein PTSA, will be sent home with your student.

Please make checks payable to Einstein PTSA. The Einstein PTSA is a 501(c)(3) organization. Donations are tax deductible to the extent allowed by law. To double your impact, check with your employer about matching donations. Thank you for your support! Mail to: 19343 3rd Ave NW, Shoreline, WA 98177



Focus Day:

We will be meeting other PTSA families from across the state in Olympia to speak to our Legislators on WA State PTA's annual Focus Day on Monday, January 19, 2015. There will be a group from Shoreline going to Olympia, so if you want to attend, send us a message to: einsteinlegislation@gmail.com or Click [HERE](#) for more information. Students welcome!

Every year the legislature sets aside a day for ordinary citizens to come in and talk to them face-to-face and express the things they are frustrated about and to hear their representative's voice on the subject. Here's your chance to go and be heard. January 19th is Martin Luther King Day and many folks have that day off from work, kids certainly have it off from school. Please consider this an opportunity to make a difference that day for you and your community.

Initiative 1351 for Smaller Class Sizes Passes

Voters passed I-1351 by a close margin: 50.2% yes to 49.8%. I-1351 promises to reduce K-12 class sizes, but comes with a major deficiency: no viable funding source. The measure is to be phased in over four years with the goals:

- Limit K-3 classrooms to no more than 15 to 17 students;
- Limit 4-12 grade classrooms to no more than 22 to 25 students;
- Require full funding of the new statutory class size and staffing allocations by the end of the 2017-2019 biennium

This is an unfunded measure and it is on top of the McCleary decision which indicates the state is already not funding education at the levels it is required to do by order of the State Constitution. If you want to know more go to the Einstein Web Site and read more about implementation requirements and choices for the legislature, including suspension of the initiative. If you want your legislators to know more about how you feel on the matter, then plan to go to Focus Day on 1/19, or call your representatives or send them an email. Make your voice heard.

Governor Inslee Rolls Out Education Plan

Governor Inslee held town hall forums throughout the State to roll out his education plan. Inslee said he intends to aggressively pursue improvements at all levels of education, from early learning and all-day kindergarten to a freeze on public college tuition and additional financial aid to help keep college affordable. The governor's education agenda is a key part of his effort to reinvest in Washington and boost the state's economy. It would provide state funding for more than 7,000 additional teachers and prepare students for the jobs of today and of the future.

Along with a financing plan that the governor will propose today, the policies outlined will take a significant step toward addressing the state Supreme Court's finding that the state has failed to adequately fund basic education, which Washington's Constitution says is the state's paramount duty. Read more at www.wastatepta.org/files/Inslee.pdf.



Member of the Jazz Band plays a solo at the Winter Assembly.



Health

Joni Wishaar, MBA, BSN, RN, School Nurse

Can You Hear Me Now?

Increasing numbers of younger people have hearing loss. Many musicians have early signs of hearing loss. Pete Townsend, from the group Who has permanent hearing loss and cannot hear other people talking.

Some statistics... Hearing loss from workplace noise is the most common job related ailment. Up to 75% of high school seniors have the beginnings of permanent hearing loss. 17% of the middle and high school students have some degree of hearing loss. Studies suggest that years of repeated exposure to loud noises increase the risk for non-cancerous tumors. Regular exposure to machine and construction noise raised the risk 1.8 times, music 2.5 times and screaming children/sporting events/bars & restaurants 1.4 times. Australian researchers estimate ¼ of iPod users 18-54 years old listen to volumes loud enough to cause hearing damage. Two studies in the U.S. demonstrated lower reading scores of students exposed to louder sounds. Blood pressure, heart and stomach health and sleep are all affected by long-term exposure to noise. High frequency sounds are the first to go. A person no longer can hear consonants of p, ck, f, th. Lip and lick would sound the same.

Any sound louder than 85 decibels (db) can damage ears. If you have to yell for someone three feet away (arms length) to hear, it is too loud. If a person is wearing headphones and you can hear the music, the volume is too high. Ear buds have higher output than earphones

at every volume level so they will cause more damage. The following table lists a few everyday noise activities, the decibel range and the length of exposure before damage to ears occur. (See box below.)

Prevention is the key. Wear ear protective devices (three members of Metallica wear earplugs), limit exposure to loud noises and turn down the volume.



Activity	Decibel Range	Time before damage occurs
Normal conversation	60 db	N/A
Vacuum cleaner	60-85 db	N/A
Food blender	88 db	N/A
Lawn mower / screaming child	90 db	8 hours
Woodworking class	100 db	2 hours
Typical nightclub / amplified music	110-130 db	Under 1.5 hours
Movie	118 db	30 minutes

**Communicable Disease Epidemiology
and Immunization Section**

401 Fifth Avenue, Suite 900
Seattle, WA 98104-1818

206-296-4774 Fax 206-296-4803

TTY Relay: 711

www.kingcounty.gov/health

Public Health 
Seattle & King County

December 16, 2014

Dear Parent/Guardian,

We have begun to see an increase in influenza activity in King County. Illness clusters have appeared in schools and long-term care facilities, and there are increasing numbers of cases being reported at local hospitals and clinics. Many schools have been seeing an increased rate of absenteeism for febrile illnesses associated with muscle and body aches, fatigue, coughing, and sore throat.

If your child gets sick with the symptoms listed above, please keep him/her home from school. Best treatments for influenza-like illnesses include rest and ensuring that your child gets plenty of fluids. Fever-reducing medication (Tylenol, ibuprofen) can bring down fever and might help your child feel more comfortable (discuss with your healthcare provider). Please keep your child home from school and other public gatherings until he/she has not had a fever and has not taken any fever-reducing medications for at least 24 hours. Children with asthma should be sure to take their medications as prescribed and have an asthma control plan with their healthcare provider for use during infections and when asthma worsens.

In addition to staying home when sick, information on other ways to prevent the spread of respiratory infections include:

- Covering the mouth and nose with tissue when coughing and sneezing. If you don't have tissue, cough and sneeze into your sleeve.
- Wash hands for at least 10 seconds with soap and water.
- Wash hands often, especially after coughing, sneezing or using the bathroom and before touching your eyes, nose or mouth.
- If water is not available to wash hands, use an alcohol-based gel or wipe.

Also, it is not too late to get a flu shot! The vaccine covers up to four strains of this year's circulating influenza viruses and remains the best way to prevent the flu. We recommend all persons 6 months and older be vaccinated. Although recent reports have described possible reduced protection from this year's vaccine, some protection is better than no protection and the season may be a severe one based on current information about the circulating influenza viruses.

Please contact your child's health care provider if you have questions.

Sincerely,

Krista Rietberg, MPH
Epidemiologist
Public Health - Seattle & King County



Pay Attention to Attendance: Keep Your Child On Track in Middle School

DID YOU KNOW?

- Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduate.
- Absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other potential serious difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, regular and high attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10 percent, or about 18 days, of the school year can drastically affect a student's academic success.
- Students can be chronically absent even if they only miss a day or two every few weeks.
- Attendance is an important life skill that will help your child graduate from college and keep a job.

WHAT YOU CAN DO

Make school attendance a priority

- Talk about the importance of showing up to school every day, make that the expectation.
- Help your child maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try not to schedule dental and medical appointments during the school day.
- Don't let your child stay home unless truly sick. Complaints of headaches or stomachaches may be signs of anxiety.

Help your teen stay engaged

- Find out if your child feels engaged by his/her classes and feels safe from bullies and other threats.
- Stay on top of academic progress (check Data Dashboard frequently).
- Stay on top of your child's social contacts. Peer pressure can lead to skipping school, while students without many friends can feel isolated.
- Encourage meaningful afterschool activities, including sports and clubs.

Communicate with the school

- Know the school's attendance policy—incentives and penalties.
- Talk to teachers if you notice sudden changes in behavior. These could be tied to something going on at school.
- Check on your child's attendance to be sure absences are not piling up.
- Ask for help from school officials, afterschool programs, other parents or community agencies if you're having trouble getting your child to school.

Source: www.attendanceworks.org

Student Support Team

7th Grade Counselor

Lauren Lochner Paulhamus
206-393-4743

8th Grade Counselor

Kelley Flatters
206-393-4744

School Psychologist

Kathryn Zwack
206-393-4745

Drug/Alcohol Interventionist

Devin Rodger
206-393-4736

School Nurse

Joni Wishaar
206-393-4734

Security Monitor

Liz Aspen
206-393-4738



LINES FROM THE LIBRARY

Anne Dame, Librarian

Happy New Year! I hope you all had a fabulous and relaxing break. My mantra was to eat, read, and sleep. I did all those things, so it was a great respite for me. I'm excited about the new year and what it holds for me and the students here. I look forward to working with them and the staff as we continue to learn and explore lots of different ideas and books and projects.

I have also set my reading goal for this new year. Once again I will be trying to read 365 books. As of December 17th, 2014, I had read 332 books with a stack of others to read over the break. Feel free to ask me if I made it all the way to 365 or not. If you read something great, please send your suggestions my way!

On January 27th, we will be hosting the author **Joelle Charbonneau** here in the Einstein library. She wrote *The Testing* trilogy, consisting of *The Testing*, *Independent Study*, and *Graduation Day*. Those looking for a dystopian novel with less violence than the *Hunger Games* will enjoy this series. I'm looking forward to hearing what she has to share with our students about her books, her writing process, etc. We will have copies of her books on sale for those who would like to purchase them. We will also be able to have them signed while she is here. An order form is below.

Please let me know if you have any thoughts, ideas, or suggestions for making the library an even better place for students, staff, and families in 2015! You can best reach me at anne.dame@shorelineschools.org Here are some of the new books I've gotten for the library from the two different review groups that I belong to. I'm looking forward to reading them and adding them to our collection! I sent photos of books to include here if you want



Meet Joelle Charbonneau! Tuesday, January 27th

Complete the following order form if you are interested in purchasing any of the books.

Prices include tax. Make checks payable to **Third Place Books**.

___ Graduation Day (hard cover) \$18.60

___ Independent Study (hard cover) \$18.60

___ The Testing (paperback) \$10.94

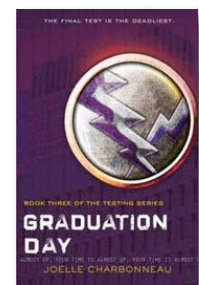
Total number of books: _____ Total cost of books: \$ _____

Personalize autograph to (please print): _____

Student Name: _____

School: _____

Return to the library with payment by Friday, January 23rd.





Upcoming Concert Dates

- February 3** Westside Band Festival – Wind Ensemble – 7:30 PM Shorewood Gym
February 5 SKMEA MS Honor Festival – 7:30 PM, Edmonds Center for the Arts
February 10 District Orchestra Festival – Symphony Orchestra – 7:30 PM, Shoreline Center, Spartan Gym
February 11 Einstein Bands and Orchestras – 7:00 PM, Einstein Gym

SKMEA HONOR FESTIVAL

The SKMEA Honor Festival, February 5, is a special event for our Einstein Music Students. 33 of our musicians have been selected to perform in this festival, sponsored by The Sno-King Music Educators Association (SKMEA). It is held at The Edmonds Center for the Arts in Downtown Edmonds. Our musicians will join more than 200 music students from Shoreline, Edmonds, Mukilteo and Whidbey Island Public Schools, as well as several private schools in the area, for this special performance that begins at 7:30pm that evening. Special guest conductors have been hired to work with these students in three separate performing groups for the evening (band, choir and orchestra). The selected group members will spend the day working with these outstanding educators from the northwest in preparation for the concert that evening. Admission is free so come if you can and enjoy an outstanding performance.

Instrument Fund

Thanks to the many, many of you that have donated to our Secondary Instrumental Fund. It's not too late to get involved for those of you that haven't had a chance to take part. Our District has established The Secondary Instrumental Music Fund to aid in the replacement of middle school and high school instruments that now cost more to repair than they are worth. Until the recent establishment of this fund it had been 20 years since we have had a major instrument replacement program in Shoreline. As you might guess, we are in a serious state of need. Most of our neighboring districts are experiencing similar problems. As a result, The Shoreline District has established "The Secondary Instrumental Music Fund" to help solve this problem. Donations can be made by check or by cash. Checks can be written to "The Shoreline School District" with a notation that indicates that it's to be used for The Secondary Instrumental Music Fund. Thank you for your support.



Washington Music Educators Select Einstein Students for Junior All State Performance Groups

Recently, WMEA, (Washington Music Educators), announced the selection of students statewide for Junior All State Performances to be held in Spokane in February. The following five Einstein students were selected based on recorded auditions that were submitted in October:

Maria Babcock, French Horn. Carissa Flaherty, Euphonium. Jamie Forschmiedt, Clarinet. Nghi Huynh, Double Bass. Kevin Lee, Alto Saxophone.

Did You Know?

In an Article from "Pacific Standard" entitled, "Arts Involvement Narrows Student Achievement Gap", March 29, 2012, Tom Jacobs states, "... Students who have arts-rich experiences in school do better across-the-board academically, and they also become more active and engaged citizens, voting, volunteering, and generally participating at higher rates than their peers." National Endowment for the Arts Chairman Rocco Landesman's takeaway from the study described in the article is clear: "I firmly believe that when a school delivers the complete education to which every child is entitled — an education that very much includes the arts — the whole child blossoms." Click [HERE](#) to read the full article.



THE IMPORTANCE OF PHYSICAL EDUCATION

by Charlotte Kelso

High-quality health and physical education programs help students succeed in life.

At the moment, it looks like we're losing the fight against inactivity and obesity in our young people. We are raising the most sedentary and unhealthy generation in American history: Its members may have the dubious distinction of being the first generation not to outlive their parents.

Meaningful, high-quality health and physical education (HPE) is one of the best strategies we have to reverse this trend. And, not only does good HPE increase the chances that our young people will live healthier, more productive lifespans, it pays off in the classroom, as well.

Clearly, we have a problem with childhood obesity in America. According to the Centers for Disease Control and Prevention, over the past three decades the childhood obesity rate has more than doubled for preschool children (ages 2-5) and adolescents (ages 12-19), and it has more than tripled for children ages 6-11. Our young people are spending way too many hours in front of computer and television screens and way too few hours engaged in heart-pumping physical activity. I call electronic devices such as the Wii, Xbox, PlayStation, etc., the "toys of obesity." Further complicating matters are programs such as *No Child Left Behind* and our current statewide budget problems, which often lead policymakers to consider cutting certain programs not seen as "essential," including the arts and HPE.

- **Improved physical fitness:** Improves children's muscular strength, flexibility, muscular endurance, body composition and cardiovascular endurance.
- **Improved judgment:** Students have the opportunity to assume leadership, cooperate with others, question actions and regulations, and accept responsibility for their own behavior.
- **Stress reduction:** Physical activity becomes an outlet for releasing tension and anxiety, and facilitates emotional stability and resilience.
- **Strengthened peer relationships:** Physical education can be a major force in helping children socialize with others successfully and provides opportunities to learn positive people skills.

- **Improved self-confidence and self-esteem:** Physical education instills a stronger sense of self-worth in children based on their mastery of skills and concepts in physical activity. They can become more confident, assertive, independent and self-controlled.

PE Electives offered at Einstein

- **Advanced PE:** A physically challenging class that puts students into teams and we then make all workouts a competition. For the highly motivated athlete who enjoys working out and getting in shape.
- **Rec Sports:** If you enjoy just playing different team sports and being active this is the choice for you. Also, no Fitness Runs, just being active participating.
- **Walking-Yoga:** If you want a class that gradually increases your endurance through the benefits of walking along with the benefits of stretching then this is the class for you.

*The key to getting the elective class you really want is to make it your #1 choice (not #2)

BASKETBALL

The 14 athletes on Einstein's 7th grade boys' basketball have been working hard to improve their individual skills and learn how to work together as a team. They headed home for the holidays with a 5-1 record to show for their efforts.





Community activities and events are included as a service to our families and students. These activities are NOT sponsored by the School District and the District assumes no responsibility for conduct or safety of the activities.

Richmond Little League Registration Open Now

Richmond Little League is open to all children between the ages of 5 and 18. Any player registered before February 7 is guaranteed a place on a team. Player evaluations (for ages 8 and above) will be held on February 7 at Meridian Park. Select a time slot when you complete your registration at [Richmond Registration](#).

Shorecrest Hip Hop Dance Team Hosts *Physical Poetry*

Professional Hip Hop, Modern, Salsa, Jazz and Tap Dance companies will hit the Shorecrest High School Stage January 9 & 10. *Physical Poetry* combines exciting dance varieties on one stage. Sharing culture and art with the rest of the community, *Physical Poetry* continually delivers exciting routines and dancers to a sold-out crowd. Exciting, heart-stopping, foot-stomping dance forms including hip hop, jazz, lyrical, tap, tango, zouk, Tahitian, Irish, Afro-Brazilian, modern, guarantee to keep attendees on the edge of their seats anticipating more. Advanced tickets are \$15 and can be purchased at physicalpoetry2015.brownpapertickets.com. Tickets are \$18 at the door. The show was **SOLD OUT** last year and we expect the same this year. Purchase your tickets now to reserve your seat at this popular Seattle event.

Summer Camps Barcelona

Hola y Saludos desde Barcelona. We would like to introduce you to SpainBcn-Programs and Youth Summer Camps in Barcelona with Homestay, a 1-4 week long program (June through August). Our Summer Camps are designed for boys and girls, juniors and teens, who want to improve their Spanish, enjoy a complete cultural program and/ or practice their favorite sports in a fun, safe and nurturing environment with other youth participants from all over the world. All our Teen programs are fully supervised. To learn more about SpainBcn-Summer Camps please visit: www.SpainBcn.com and www.SummerCampsBarcelona.com.

College Bound Scholarship Program

The College Bound Scholarship program encourages low-income, middle school students to choose a path that will lead to educational success after high school. The program promises tuition (at public institution rates) and a small book allowance for income eligible students who sign up in the 7th or 8th grade, graduate with at least a 2.0 GPA, stay out of legal trouble, and successfully apply to a higher education institution when they graduate. Students may sign up in the 7th or 8th grade, and need only apply once. The deadline for all applicants is by June 30 at the end of their 8th grade year. Visit the [College Bound website](#) for more information.



EMS Choirs sing at Richmond Beach for the Christmas Ships





January 2015

JANUARY

1/5	MON	Back to School
1/7	WED	Boys basketball @ Brier Terrace, 3:45 PM
1/7	WED	Girls volleyball @ Einstein, 3:45 PM
1/8	THU	Boys basketball @ Meadowdale, 3:45 PM
1/8	THU	Girls volleyball @ Einstein, 3:45 PM
1/8	THU	Shoreline PTA Council Reflections Reception, 6:30 PM
1/12	MON	Boys basketball @ Einstein, 3:45 PM
1/12	MON	Girls volleyball @ Alderwood, 3:45 PM
1/13	TUE	PTSA meeting, 6:30 PM, Location TBD
1/14	WED	Boys basketball @ Einstein, 3:45 PM
1/14	WED	Girls volleyball @ Kellogg, 3:45 PM
1/16	FRI	Martin Luther King Assembly- Assembly Schedule
1/16	FRI	Season 2 sports awards, 3:15 PM
1/19	MON	No School, Martin Luther King Jr Day
1/23	FRI	End of first semester – PM assembly schedule
1/26	MON	No School, staff work day
1/30	FRI	Student of the Quarter breakfast, 7:30 AM

FEBRUARY

2/2	TUE	Westside Band Festival, SWHS Gym, 7:30 PM
2/5	THU	SKMEA Middle School Honor Festival, 7:30 PM
2/10	TUE	PTSA Meeting, Staff Lounge, 6:30 PM
2/10	TUE	District Orchestra Festival, Spartan Gym, 7:30 PM
2/11	WED	Bands and Orchestras concert, Gym, 7:00 PM
2/12	THU	Girls basketball @ Einstein, 3:45 PM
2/16 – 2/20		No School – Mid-winter break
2/24	TUE	Girls basketball @ Gateway, 3:45 PM
2/24	TUE	Wrestling @ Einstein, 3:45 PM
2/26	THU	6th Grade Parent Night, location and time TBD

ATHLETIC SCHEDULE

The Sports Schedule can be downloaded from the [Athletics Information](#) page of the Einstein Website.

LUNCH MENU

Here is a link to the Middle School Breakfast and Lunch [Menus](#). Additional information about the district's food services is also available on the district website.



AFTER SCHOOL ACTIVITIES

Information about clubs and other extracurricular activities can be found on the [Activities Page](#) of the website. Students participating in after school clubs or athletics are eligible to take the Activity Bus on Tuesday, Wednesday & Thursday. **Please note there are now two Activity busses running after-school.**

ACTIVITY BUS ROUTE 320 COVERS THE WEST/SOUTH SIDE

4:45 pm	Depart Einstein Gym area
4:50 pm	Syre Elementary
4:57 pm	Richmond Beach Library
5:04 pm	Shorewood HS
5:08 pm	Highland Terrace Elementary

ACTIVITY BUS ROUTE 318 COVERS THE EAST/NORTH SIDE

4:45 pm	Depart Einstein Gym area
4:50 pm	YMCA driveway N 192nd at
4:53 pm	Echo Lake Elementary
4:57 pm	1st Ave NE @ N 187th St.
5:03 pm	Meridian Park Elementary
5:10 pm	Parkwood Elementary

