



Einstein News

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

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Elective Classes

Einstein students have been hard at work in some of their elective classes. Enclosed is information and pictures from the elective classes Art, World Language, Music, Engineering, Digital Communication, Drama and PE. You can learn more about our elective programs in our course catalogue.



Golden Apple Nominations

We are currently accepting nominations for our 2015 Outstanding Educator, Golden Acorn (volunteer), and Outstanding Advocate Awards. Nomination forms are available on the [Einstein](#) and [PTSA websites](#), as well as in the office. Let's take this time so show some love for our teachers and volunteers who make this school so great. The deadline for submission is Feb. 28th, 2015. See page 8 for more information.

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:

1. Phone: 206.317.5768
2. Text: Text your tip to 206.317.5768
3. Email: 1261@alert1.us
4. 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!

"A clever person solves a problem.
A wise person avoids it."

- 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)
- Tuesday Chess Club (L-5) 3:10-4:30



WEDNESDAY ACTIVITIES:

- DACB Club (D-11, Moreno)
- Video Game Club (A-7, Riley)
- Tardy Tank / Afterschool Detention (B-2, Aspen)
- Running Club (Front of the Gym 3:10- 4:30 Maschman/ Smolinsky)
- The WRITE Stuff (Library (2/11,3/11,4/8,5/13,6/3))
- Pizza and books (Library 2/25,3/25, 4/29, 5/27)

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

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





Drama Elective Classes

As first semester comes to a close, the **Drama/Theater 1** class has just finished celebrating all their dramatic accomplishments from the past 5 months. Drama/Theatre 1 introduces students to the basics of acting through development of different acting techniques, performance styles and theatre games. Students strengthen their ability to work together as a group and gain confidence as speakers and listeners in this past paced, high-energy class.

What this year's students had to say about the course:

- *"In my opinion everything about this class was great."*
- *"I had so much fun with every performance we did and every game we did. Everything in this class was so much fun."*
- *"It was a good way to be social and get rid of energy while still doing work."*
- *"Because of this class I became a lot more social and was able to express myself."*

- *"Being able to play the games with my friends while learning skills for me to be able to become a better actor was a pleasure."*
- *"I would totally say that I improved very much in being more outgoing."*

Einstein also offers **Play Production (Drama 2)**, which is a great continuation of the skills and concepts developed in Drama 1. This course asks students to create more advanced scenes and scripts while also exploring the world behind the curtain. Students learn about the technical side of theatre through projects that explore costume, scenic, lighting and sound design. The semester culminates in a staged production from a published playwright with students running the show.

Interested students can choose one or both of these semester electives when they register for classes in the Spring. The stage is calling!



Digital Communications class

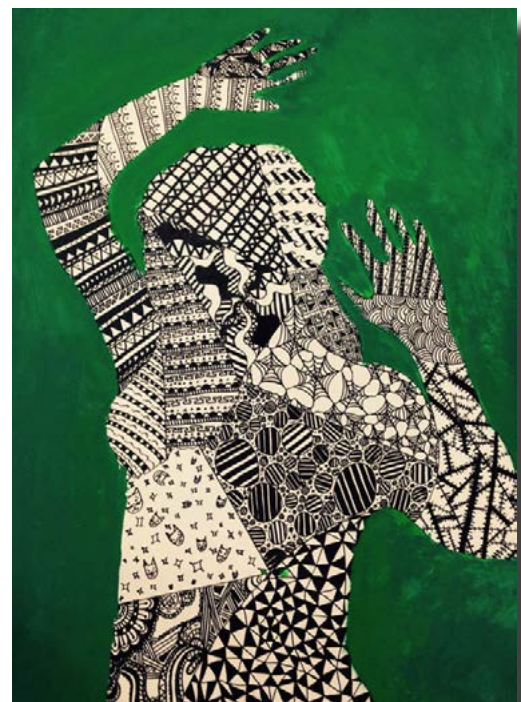
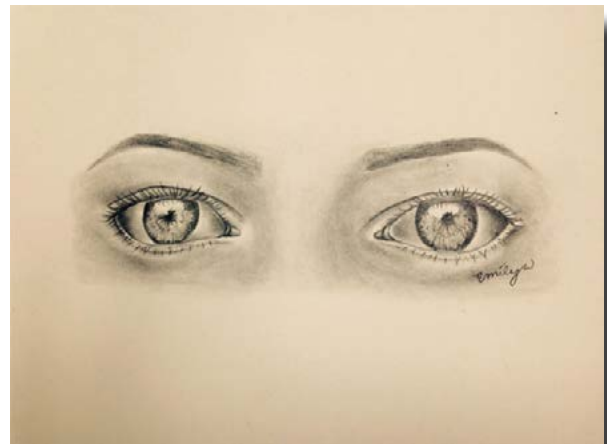
A group of students planning their I-Movie commercial for Digital Communications class.





Art Classes

Einstein Artists have been hard at work expressing their creativity in Art classes this semester through painting, drawing, printmaking, and building ceramic works of art. Participation in Visual Arts classes builds strengths beyond artistic skill. Research shows that students who participate in the Visual Arts score higher on standardized tests, develop flexibility of thinking, persistence, patience, creative problem solving and collaboration skills that translate to other academic areas and future success. Einstein's artists are having fun while experiencing and producing fantastic things!





New STEM CTE Elective at Einstein Finishes First Semester

This school year, for the first time, Einstein offered Introduction to Engineering and Robotics, a one semester elective. Students in this class followed the Engineering By Design and Intelitek curriculums. Students learned about the engineering design process and used it to solve challenges like building an alarm, a catapult, an air filter, a mechanism to remove oil from water, a suspension bridge and more. Students created designs on the computer and printed them out on our 3D printer. Students learned about modern engineering achievements and explored different fields of engineering. In the second quarter of the semester students built a vex robot and used it to meet various challenges. Students learned to program robots to do basic tasks in easy C. Pictured is a bridge project students created in the class.

Considering a Foreign Language?

There are many benefits of studying a world language...

- It can improve your cognitive and critical thinking abilities. Students who study another language score higher in science, math, and language arts.
- Students who elect to do so receive high school credit for world language classes they take at Einstein.
- Having two or more years of language study on your high school transcript will give you an advantage when applying to college.
- Our lives can be enriched by learning to communicate with people in their first language and by having an appreciation of their cultural backgrounds.
- Knowledge of a second language gives you an advantage in many jobs.
- World language classes at Einstein ARE FUN!!!

We hope you will join the ranks of the many Einstein students who have benefited from learning a World Language!



Madarin Chinese class. Above: Student Presentation
Below: Letter from a penpal.





Congratulations! Students Honored this Quarter

7TH GRADE STUDENTS OF THE QUARTER

Alec (AJ) Flock
Allison Jaquish
Angel Faria-Martinez
Ashley Mochizuki
Brian Elder
Colin Scharff
Cooper Warren
Emily Thomas-O'Connor
Jonathan Zhou
Joseph Yared
Kayla Shumate
Kody Carpenter
Leah Ellsworth
Mariano Peña-Cruz
Mary Haanen
Pratistha Kharel
Samantha Lee



8TH GRADE STUDENTS OF THE QUARTER

Alexis Katona
Angel Hern
Ava Bert
Brianna Peterson
Chris "Topher" Nickel
Claira Petit
Dylan Koidahl
Karmelah Dean
Kevin Hirohata
Kevin Vu





Principal Clark's *Comments*

Spring is a time to prepare students for great transition. We are working hard to welcome 6th graders to middle school, preparing 7th graders for 8th grade and working with Shorewood High School for a smooth transition for our 8th graders to high school. Below are important dates for you to mark on your calendar. For more detailed information please refer to our course catalogue on the Einstein (posted by February 12th) and/or Shorewood website.

Important Dates for **6th** to **7th** Grade Transition:

- **Thursday, Feb 26** (7:00 PM- EMS Cafeteria)
6th Grade Parent Night (Syre, Meridian Park, Brookside, Cascade K8, Private Schools). 6th Grade Honor Choir will practice in the choir room at Einstein during the presentation.
- **Tuesday, March 3** (7:00 PM- Cafeteria)
6th Grade Parent Night (Parkwood, Highland Terrace, Echo Lake, Boundary Exceptions).
- **March 2—March 6:** Einstein Counselors visit Shoreline feeder elementary schools
- **March 9—March 13:** Registration Forms are picked up by counselors
- **Tuesday, March 17:** Last call for registration materials
- **Thursday, May 14:** 7:00 PM – Location TBD
"Are You Ready to Be a Middle School Parent?"
Evening with Counselors and Parent Panel

Important Dates for **7th** to **8th** Grade Transition:

- **Friday, February 13:** Registration Guide Available on our Website by February 13th
- **March 2nd–13:** Counselors work with students in Science classes
- **Wednesday, March 4:** 7:30-8:15, and 9:15-10:00 AM – main office conference room. **Principal, Counselor, Parent Coffee:** Principal Clark and Lauren Paulhamus will be available for 7th grade families.
- **Tuesday, March 17:** Last call for registration materials

Important Dates for **8th** to **9th** Grade Transition:

- **Monday, March 2:** 6:30—7:30 at Shorewood HS Theater
8th Grade Parent Night
- **March 2 and 3:** Shorewood Counselors Visit Einstein English Classrooms
- **Monday, March 9:** Last call for registration materials.

8th Grade Field Trip - March 27th

On the last Friday in March, the entire 8th grade and many teachers and staff will participate in what is now an Einstein tradition: the 8th Grade Field Trip to the University of Washington and Shoreline Community College.

The goal is to get students to picture themselves in college and let them experience a brief visit to some of the options open to them. Research shows that students who have some goals for life after high school will do better in middle and high school. We will need many parent chaperones, so please consider taking the day off on Friday, March 27th to be with our 8th graders.

Parents who are chaperoning will need to fill in a Washington State Background Check and show photo ID by March 13, 2015. If you have already completed the background clearance at a district elementary school, or if you are a district employee, please call the main office to let us know. If not, please come to the office to complete the background clearance by 3/13/15.





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

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einsteinpublicaffairs@gmail.com

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einsteinwaysandmeans@gmail.com

Volunteer Coordinator

Allison Taylor
einsteinvolunteers@gmail.com

Newsletter

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einsteinmiddleschoolnews@gmail.com

Website

Jim Eaton
einsteinwebsite@gmail.com

PTSA President's Message

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

Loving our Teachers and Volunteers

It's February, and as our children's hearts and minds turn towards romance, we are thinking about the things we love most about Einstein: our teachers and volunteers. We are currently accepting nominations for our 2015 Outstanding Educator, Golden Acorn (volunteer), and Outstanding Advocate Awards. Nomination forms are available on the Einstein and PTSA websites, as well as in the office. Let's take this time to show some love for our teachers and volunteers who make this school so great. The deadline for submission is Feb. 28th, 2015.

Even though the year is barely halfway over, we need to be thinking about next year's PTSA leadership. Many of our current PTSA officers will be moving on as their children move on to high school. We have a great volunteer, Lisa Surowiec, serving as our nominating committee. If you are interested in being a part of our awesome PTSA next year, or know someone who is, please let her know. Nominations will be accepted until early March. We need you to help our school continue to be a place that our kids love!

We love honoring our students and staff! There are opportunities coming soon to send in delicious food and treats for Student of the Quarter and Staff Appreciation Luncheon. Please respond to emails from our volunteer coordinator, Allison Taylor, and sign up to send in some food as a way of saying "Thank You".

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:

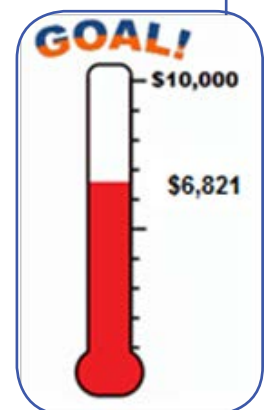
Upcoming meeting dates:

- Tuesday 2/10/15 @ 6:30 PM
– Staff Lounge
- Tuesday 3/10/15 @ 6:30 PM
– Staff Lounge

Pass the Hat Fundraiser

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!" We'd appreciate your gift.





Join Einstein PTSA...

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

Reiko Shigemoto, Ways & Means VP for Einstein PTSA

Did you know that joining the Einstein PTSA also entitles you to take advantage of the National PTA Membership Benefits? Here are just a few:

- Free one-year subscription (\$120 value) to gatheredtable, a website that creates personalized weekly menus and grocery lists that are unique to your family's specific household needs.
- Receive 20% off best available rates at Great Wolf Lodge (valid through 12/30/15.)
- Free access to MyJobChart.com, an easy to use online work and reward system designed to organize families and motivate kids to be responsible.
- Access to iWitness , the app that turns smartphones into personal safety devices, with a 50% savings.
- Special rates from FedEx/Kinkos for all your printing needs (it doesn't have to be PTSA related.)

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



Educational News

Suzanne Gugger and Carrie Campbell PTA Legislative Directors

Fix No Child Left Behind Law?

Local school boards in Washington are encouraging the U.S. Congress to amend the No Child Left Behind Law because it penalizes school districts that need the most help. The Shoreline School Board passed a resolution along with more than 150 other state school boards. For more information:

- Washington State School Directors' Association [1.16.15 Press Release](#).
- Senator Patty Murray's recent column in the [1.22.15 Seattle Times](#).
- Rewriting No Child Left Behind: Competing Views [Washington Post](#).

I-1351 Class Size Measure

I-1351 could add \$6 billion in new costs, so both sides are likely to try to find a way out of it. That leaves two options—getting a two-thirds margin in both houses to stop the law from going into effect or putting a funding package together to reduce class sizes, which would need to get voter approval again.

Taxes

Gov. Inslee has proposed capital gains and carbon taxes, but they are unlikely to pass since the majority in the state senate passed a procedural rule requiring a two-thirds vote to take up a new tax.

Focus Day

PTA Focus Day was Monday, January 19th and some parents and staff from Shoreline went to Olympia with a big showing from Seattle and Northshore. The legislature is beginning to work on the budget and education funding mandates.

Speak Up!

Legislators will hear a lot about minimum wage, paid sick leave, and neighborhood control over development. They need to hear about education too. It is not too late to send a letter to our [legislators in Olympia](#), letting them know what you think. Drop off a letter or postcard to the school, attention Suzanne Gugger, PTA Legislation and we will mail to Olympia on your behalf. Make sure to add your name and school/district to the note.

New Graduation Requirements

At the January 12th Shoreline School Board meeting, Teri Poff, Director of Teaching and Learning, presented the newest State Board of Education Graduation Requirements. These will take effect for the class of 2019, and include: 24 credits; a non-credit High School and Beyond Plan; Washington State History (usually taken in middle school); and three assessments. Many of the requirements closely parallel Shoreline's present requirements for classes 2016 and beyond. See the comparison chart below. For a more complete summary of the Shoreline School Board meeting see the [Shoreline Area News article](#) (1/23/2015). See the Washington State Board of Education website for more information about state graduation requirements.

Comparison of Graduation Requirements			
New State Requirements Class of 2019+		Shoreline Class of 2016+	
Subject	Credits	Subject	Credits
English	4.0	English	4.0
Math	3.0	Math	3.0
Science (2 labs)	3.0	Science (3 labs)	3.0
Social Studies	3.0	Social Studies	3.0
Health & Fitness	2.0	Health & Fitness	2.0
Career and Technical Ed.	1.0	Occupational	1.0
Arts	2.0*	Arts	1.0
World Language	2.0*	World Language	1.0*
Electives	4.0	Electives	4.5
TOTAL	24**	TOTAL	22.5



Attention current parents of 7th grade students!

Einstein is hosting “coffee talk” on Wednesday March 4th at 7:30am and 9:15am, in the conference room in the main office. The event is for current 7th grade parents to come talk to Principal Clark and Counselor Paulhamus about how their student's year is going and ask questions about 8th grade registration and beyond. You need only attend one of the sessions. If you cannot make it and have questions please contact Counselor Paulhamus at 393-4743 or lauren.paulhamus@shorelineschools.org.

Keeping Kids Safe

The following information is from *Safe Kids, Smart Parents: What Parents Need to Know to Keep Their Kids Safe*, by Rebecca Bailey. For more information, or to see sample safety contracts to set up with your child, talk with your child's counselor.

Basic Safety Ground Rules to Establish with Your Child:

- Make sure your child knows your address and phone number.
- Make a list of people who you and your child trust. Keep their phone numbers where your child can get them.
- Ask your child to agree not to go anywhere without telling you or the person who is taking care of them first.
- Ask your child to agree not to go places alone.
- Help your child know when it's OK to say **NO** (these apply to authority figures too):
 - When someone is doing something that is making you uncomfortable or you don't like;
 - When someone is touching you in a way you don't like;
 - When someone wants you to do something that's not safe;
 - When someone wants you to go somewhere without telling a parent or caregiver;
- Help your child think about creative ways to say NO (e.g., “I have to ask my parent first.”)
- Encourage your child to tell someone on the list if a bad thing happens.
- Remind your child that they shouldn't always believe what people tell them.

- Let your child know that strangers may know information about them because of their clothing (school, sport teams, etc.).
- Talk about situations when it's okay to NOT mind their manners.
- Promise your child that they can call you anytime, day or night, if they are unsure, or don't feel safe with what's going on around them. You will be there for them.
- Remind your child it's okay to trust his/her gut.
- Remind your children that you love them.

Warning Signs for Internet and Social Media Stress:

- Isolation from friends and family;
- Loss of interest in life, or in things previously enjoyed;
- Change in behavior;
- Recent weight loss or gain;
- Increased or decreased sleep;
- Increased or unusual amount of time spent online;
- Unusual restlessness or difficulty concentrating.

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

Intervention Specialist

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

We had a great and busy time in the library during the month of January and we are looking forward to all that February has to offer! On January 27th, **Joelle Charbonneau**, author of *The Testing Trilogy*, was able to meet with five of our classes. We're very grateful to **Third Place Books** for giving us this great opportunity. She has a new book called *Need* coming out in 2015. Her publisher has supplied us with abundant chapter samplers; they are in the library for everyone who wants a sneak peek!

The **WRITE Stuff** is very excited to be hosting **Gene Ambaum**, writer and cartoonist for the **Unshelved comic strip**, at our meeting on February 11th. We have invited the members of the anime club to join us as well. The students will have an opportunity to create their own comic panels as well as hearing how Gene creates his for Unshelved.

The library is exceedingly fortunate to be the recipient of 3 different grants this year: The first one is from the Shoreline Foundation to purchase informational texts for social studies. We will be able to use these for the CBA (Classroom Based Assessment) this spring. The second grant is also from the Shoreline Foundation to purchase informational texts for our health classes. These will supplement our new health curriculum. Our final grant is from the PTSA to purchase a new color printer for the library. In addition, I'll be working with the Read 180 team, who also received a grant from the PTSA to take a field trip to the Shoreline library where they will meet two YA (young adult) authors and hear a spoken word poet. Thanks to the Foundation and the PTSA for their generous support!

Mid-winter break is going to be here before you know it! Do you have a book to read? We also have audio books if you are going on a road trip. Regardless of whether you are traveling or staying home, be sure to swing by the library to get something to read over break.

Here are some of the new titles available for you to check out:

On These Courts, by Wayne B. Drash

A non-fiction account of a middle school basketball team in Memphis. The team members faced all sorts of issues from family situations, to gangs, failing grades and other challenges. Their coach worked tirelessly to help them



Joelle Charbonneau, author of *The Testing Trilogy*



achieve their dreams, but the true story is about this group of boys and their efforts at home, at school, and especially on the court.

3:59, by Gretchen McNeil

In this action-packed thriller, Josie and Jo are doppel-gangers living in parallel universes. These worlds intersect at 3:59 each morning. Josie's life—home, school, and family—all seem to be falling apart so Jo's world seems very enticing. They trade places, only for Josie to discover that Jo's life is no picnic either, but Jo has blocked her from getting home.

Gorgeous, by Paul Rudnick

After her mom dies unexpectedly, Becky finds a phone number hidden away. When Becky calls the number, she is whisked away and given the opportunity to have a famous haute-couture fashionista make 3 dresses for her that will make her the most beautiful woman on earth—but she must do exactly as he says. This fun tale is Rudnick's debut into the YA genre.



Upcoming Concert Dates

- February 3** Westside Band Festival – Wind Ensemble – 7:30 PM Shorewood Gym
- February 5** SKMEA MS Honor Festival (selected students) – 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
- March 5** Westside Choral/6th Grade Honor Festival – 7:00 PM, Location TBA
- March 11** SKMEA MS Choral Festival – Time and location TBA
- March 18** SKMEA MS Band Festival (Symphonic Band & Wind Ensemble) – All Day, Edmonds Center for the Arts
- March 18** Westside 6th Grade Honor Band & EMS Jazz Band concert, 7:30 PM, Einstein Cafeteria
- March 19** SKMEA MS Band Festival (Symphony & Concert Orchestras) – All Day, Edmonds Center for the Arts



Did You Know?

Nearly 100% of past winners in the prestigious Siemens Westinghouse Competition in Math, Science and Technology (for high school students) play one or more musical instruments. This led the Siemens Foundation to host a recital at Carnegie Hall in 2004, featuring some of these young people, after which a panel of experts debated the nature of the apparent science/music link. From *The Midland Chemist* (American Chemical Society) Vol. 42, No. 1, Feb. 2005



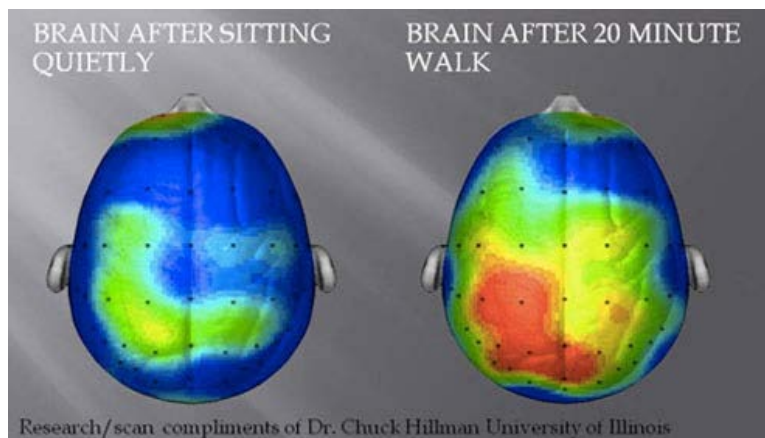
WHAT TRIGGERS HAPPINESS IN OUR BRAIN WHEN WE EXERCISE?

Most of us are aware of what happens to the body when we exercise: we build more muscle or more stamina. We feel how daily activities, like climbing stairs, becomes easier if we exercise regularly. When it comes to our brain and mood though, the connection isn't so clear. We hear the phrase "endorphins are released" regarding exercise, but what does that really mean?

When you start exercising, your brain recognizes it as a **"moment of stress."** As your heart pressure increases, the brain thinks you are either fighting the enemy or fleeing from it. To protect yourself and your brain from stress, you release a protein called BDNF (Brain-Derived Neurotrophic Factor). BDNF has a protective and also reparative element to your memory neurons and acts as a reset switch. That's why we often feel so at ease, that things are clearer, and even that we are happier after exercising.

At the same time, endorphins, other chemicals to fight stress, are released in your brain. According to MK McGovern in the article "[The Effects of Exercise on the Brain](#)," "these endorphins tend to minimize the discomfort of exercise, block the feeling of pain and are even associated with a feeling of euphoria."

There is a lot going on inside our brain, and even more when we are active than when we are sitting quietly.



Health

Joni Wishaar, MBA, BSN, RN, School Nurse

The State Board of Health recently changed the two dose varicella (chickenpox) vaccine for school requirement. Next year (2015-16) all students in 7th-8th grade will be required to have two doses of varicella vaccine. The following school year, 2016-17, all students in 9th-12th grade will be required to have two doses of varicella vaccine.

Students in the affected grades will be required to do one of the following:

- Get two doses of varicella vaccine, OR
- Show proof of immunity by blood test, OR
- Get healthcare provider verification of history of chickenpox disease, OR
- Submit a Certificate of Exemption.



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.

Community Education Night

Save the date for a Community Education Night focused on suicide prevention and the effects of drugs and alcohol on mental health. For more information, contact Devin Rodger at (206) 393-6107.

When: March 30th, 6:15-8:00 PM

Where: Shoreline Center in the Shoreline Room

Speaker: Charyhs Bailey, King County Field Coordinator of the Youth Suicide Prevention Program

Shoreline STEM Festival

Mark your calendars for the third annual Shoreline STEM Festival for all students K-12 and the entire Shoreline/LFP community. It will be held Saturday, May 9, 2015 at Shoreline Community College from 10:00am-2:00pm. The festival is sponsored by the Shoreline Public Schools Foundation, the Shoreline School District and Shoreline Community College, and organized by Shoreline STEM, a community-led and organized group parents advocating for STEM (Science, Technology, Engineering, Math) curriculum in K-12 education. This is a wonderful opportunity for all students, parents, teachers and others in the community. For more information, please see the [STEM webpage](#) or contact ShorelineSTEM@comcast.net or koellingr@comcast.net.

Summer Camps

Registration is just around the corner for summer activities!! More local and national options to come in our next newsletter but check out a sampling of some fantastic opportunities for your student this summer!

- [UW summer camps](#)
- [Stanford Youth Orchestra, July 12-August 1](#)
- US/Japan Summer Cultural Experience at [Keio Academy](#) in New York
- [Access Exeter](#) summer camp in New Hampshire

Trans and Gender Non-Conforming: The Expression of Identity

Northshore / Shoreline Community Network and the CARE Team will be presenting a broad based training on how to support trans, gender variant, and gender queer individuals. Learn how to better be an advocate and what sources are available in the area for those with

questions. The event is free, but space is limited. Please make a reservation at nsslnetwork@shorelineschools.org. February 10, 4:00-6:00 PM, Shoreline City Hall.

Free Tax Help

United Way of King County and AARP provide free tax preparation for low and moderate income households. What to bring: last year's income tax return, end of year tax and mortgage statements, social security numbers and birthdates for all household members, child care statements and provider's tax ID number, checking or savings account number for direct deposit of refund. Shoreline locations:

- Richmond Beach Library (19601 21st Ave. NW). Fridays, 10:00AM – 4:00 PM. Appointment required: call 206.365.1536.
- Shoreline Library (345 NE 175th St). Thursdays 4:30-8:30 PM and Saturdays 12:00-4:00 PM. No appointment necessary.
- Hopelink Shoreline (15809 Westminster Way N). Wednesdays 5:00-9:00 PM, Thursdays 1:00-9:00 PM, and Saturdays 10:00 AM – 2:00 PM. No appointment necessary.

Hopelink Services

Need Help? Hopelink's Family Development Program can help with crisis support, long term goal planning, stable and affordable housing, financial management, information and referrals, resources and family support. For more information call 425.883.4755.

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.





February 2015



FEBRUARY

2/3	TUE	Taproot Theater Presentation (online safety); Assembly schedule
2/3	TUE	Westside Band Festival, SWHS Gym, 7:30 PM
2/5	THU	SKMEA Middle School Honor Festival, Edmonds Center for the Arts, 7:30 PM
2/9	MON	Lunchtime concert by former EMS student performer Peet Monzingo – Zero Gravity
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
2/13	FRI	7th & 8th grade Registration Guide available on website
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	Girls basketball @ Einstein, 3:45 PM
2/26	THU	Wrestling @ College Place
2/26	THU	6th Grade Parent Night (Syre, Meridian Park, Brookside, CK8, private schools), Cafeteria 7:00 PM

MARCH

3/2	MON	8th Grade Parent Night, 6:30 PM, Shorewood Theater
3/3	TUE	6th Grade Parent Night (Parkwood, Highland Terrace, Echo Lake, boundary exceptions, Cafeteria 7:00 PM
3/3	TUE	Girls basketball @ Einstein, 3:45 PM
3/4	WED	Principal, Counselor, 7th grade Parent Coffee
3/5	THU	Girls basketball @ Olympic, 3:45 PM
3/5	THU	Wrestling @ Einstein, 3:45 PM
3/5	THU	Westside Choral 6th Grade Honor Festival
3/9	MON	Last call- 9th grade registration materials
3/10	TUE	Girls basketball @ College Place, 3:45 PM
3/10	TUE	Wrestling @ Einstein, 3:45 PM
3/10	TUE	PTSA Meeting, Staff Lounge, 6:30 PM
3/11	WED	SKMEA MS Choral Festival
3/12	THU	Girls basketball @ Einstein, 3:45 PM
3/12	THU	Wrestling @ Olympic View, 3:45 PM

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 are
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