



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

November 2013
Volume VI, Issue 3

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Dedication



Reflections

Thank you to all the artists who submitted entries for this year's Reflections district competition. All of the artwork will go to the Shoreline Center where it will be on display starting in December. The district show will be January 9, 2014. **Congratulations to all our artists:**

- **Visual artists:** Jade Ramsay, Jasmine Pritikin, Cindy Yang, Kathryn Balancio, Heran Gessesse, Angel Hern, Maki Nakano and Forrest Neander
- **Music Composition artist:** Kathlyn Nakasone
- **Photography artists:** Stefan Mueller and Kevin Lee

**"We cannot solve
our problems with
the same thinking
we used when we
created them."
Albert Einstein**

Volunteer Opportunities

Sign up [HERE](#) for volunteer help on campus! Following are two of the volunteer tasks needed in November:

- Make copies for teachers on Wednesdays or Thursdays.
- NEW request from Principal Clark: Clean out the student use microwave (cafeteria). On the sign-up website, this is listed as a Friday task but it can be any time you are on campus. Just borrow the cleaning supplies from the staff workroom and give the microwave a swipe (or a scrub if needed!). **Thank you EMS volunteers!**



Extra Curricular Clubs and Activities

Unless otherwise noted, clubs meet from 3:00 – 4:30 each week (days listed below). Students participating in after school clubs or athletics are eligible to take the Activity Bus on Tuesday, Wednesday & Thursday. (See page 13.)

Monday

No activities other than sports practices scheduled.

No Activity Bus on Monday

Tuesday

- Advanced Jazz Band, 7:30 AM – 8:20 AM (H-15, Halferty)
- Tiger Tutoring, 3:10 PM – 4:30 PM (Library, Teeters)
- After School in the SAC, 3:00 PM – 4:30 PM (SAC and Gym, City of Shoreline staff)
- SOFA Club, 3:00 PM – 4:30 PM (H15, Halferty)
- Chess Club, 3:00 PM – 4:30 PM (L-5, Paulhamus)
- GSA, 3:00 PM – 4:30 PM (D-5, Flatters/Zwack). Every other week: 11/5, 11/19, 12/3, 12/17, 1/7, 1/21, 2/4, 3/4, 3/18, 4/1, 4/15, 5/6, 5/20



Wednesday

- Magic Club, 3:10 PM – 4:30 PM (L-1, Crowley)
- Online Student Newspaper, 3:00 PM – 4:30 PM (L-4, Thurber)
- Tardy Tank/Afterschool Detention, 3:00 PM – 4:30 PM (B-2, Aspen)
- Climbing Club, 3:00 PM – 5:15 PM (Vertical World Seattle, Smith). Club is full at this time!
- Yearbook Club, 3:00 PM – 4:30 PM (E-8, Wheaton)
- Video Game Club, 3:00 PM – 4:30 PM (A-7, Riley)
- Pizza and Books Club, 3:00 PM – 4:30 PM (Library, Dame). Usually 4th Wednesday of the month: 11/20, 12/18, 1/22, 2/26, 3/26, 4/16, 5/28
- Write Stuff Club, 3:00 PM – 4:30 PM (Library, Dame). 2nd Wednesday of the month

Thursday

- Advanced Jazz Band, 7:30 AM – 8:20 AM (H-15, Halferty)
- After School in the SAC, 3:00 PM – 4:30 PM (SAC and Gym, City of Shoreline staff)
- Tiger Tutoring, 3:10 PM – 4:30 PM (Library, Teeters)
- Math Club, 3:00 PM – 4:30 PM (L-3, Haskins/Riley)
- Latino Club, 3:00 PM – 4:30 PM (E-8, Wheaton)
- Drama Club, 3:00 PM – 4:30 PM (E-5, Gill)
- DACB (Drawing/Anime/Comic Books) Club, 3:10 PM – 4:30 PM (D-10, Moreno)

Friday

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

No Activity Bus on Friday



If you are interested in starting an after school club, you need: An advisor who is willing to supervise and guide your club on Tuesdays, Wednesdays or Thursdays, and approximately 10 students who are interested in joining your club. Talk to your PRIDE teacher, your counselor or an administrator if you need assistance.



Principal Clark's *Comments*

Einstein Middle School has been working hard to consistently improve our school in all areas. We have many exciting extra-curricular programs, which help students feel engaged and become active members of our school community. We have extra-curricular activities in athletics, science, drama, math, and literacy (Books and Pizza, Write in the Library, Online Newspaper and Yearbook). We also have clubs that are social and fun - Magic the Gathering, Anime and Comic Book Club, Video Game Club, and SOFA club. Look on page 2 for the days and locations.

For the last several years, we have worked hard as a school to increase the academic achievement of every student. More specifically, we have worked to increase the percent of students scoring at or above the proficiency level on state, district and classroom assessments in reading, writing, math and science. For the last five years we have created a sense of urgency in improving our instruction in reading and writing in all areas of the curriculum. Students who possess strong reading and writing skills should be able to succeed in all areas of the curriculum in high school and college. For the last two years 82% to 85% of our students have scored at or above grade level in reading and writing. Last year over 64% of our students scored in the highest level in reading and over 50% received the highest score in writing. This year as a community we will continue to push all of our students to improve their skills in reading and writing.

For the last four years we have made steady gains in the area of science and math. Last year 83.5% of our students met the state standard in science and 74% of our students met or exceeded the state standard in math. Our science and math teachers have worked hard to provide your child with excellent opportunities in science and math. The math and science teachers continue to work together to help students develop a deeper understanding of science and math concepts, build confidence in their ability, and stimulate their interest and passion for the subject area.



Members of the Girls Track Team

As our team works to continue to make steady gains on the MSP state assessment, we are also preparing for the new state standards called The Common Core and the new state assessment called The Smarter Balanced English/Language Arts or Math Assessment. Students will take their last MSP this May. In the 2014-2015 school year, all students will take the smarter balanced assessment. If you would like to learn more about the state standards and assessment you can visit the following website: <http://www.k12.wa.us/Corestandards/default.aspx>.

Lastly, I would like to highlight Einstein's efforts in improving Middle School students' executive functioning skills. The Einstein staff has worked to support your child as a middle school learner. We have students use a planner and organized binder, write academic goals, and check their progress every other week. We hope having and using the binder and planner will help students create organizational systems that will work in high school. We encourage you to help us hold your child accountable for organization: require your child to keep an organized binder and use their planner to prioritize their work. Many families designate a day to organize their child's paperwork.

Please do not hesitate to call if you would like to learn more about our school improvement plan or would like more information on how to improve your child's success in school.

Go Tigers - Einstein PRIDE!



Americanism Essay Contest for Grades 7-12

Essays are due (postmarked) by December 1st. Great prizes! Click [HERE](#) for more details. Contest Rules.

Siemens we can change the world contest

Entries due March 4, 2014. The contest is now open and there is a specific category for grades 6-8. Click [HERE](#) for more details. [Contest Rules](#).

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Good ACT scores in grades 6-8

[Web Site information about the ACT College Search tool](#)

Letters for Literature contest

Deadline for entries grades 4-8: January 10, 2014. Read a work of literature either fiction or non-fiction and write a persuasive letter to the author about how it changed you. Click [HERE](#) for more information and rules.

NACAC College Fair 11/8-9

Click [HERE](#) for information about the fair and a list of schools that are attending, and make a game plan before you go. Click [HERE](#) for a document with tips about attending the fair. A note about going to these events early: demonstrating an interest or developing a relationship with some of these schools may lead to application fees being waived.

After School in the SAC – Tuesdays & Thursdays

Raffle tickets & prizes just for showing up in November! Get double tickets if it's your first time attending! Raffle drawing on November 26th. Come for the awesome snacks, stay for the fun! Play ping pong, sports, or games, or just kick it with your friends listening to the music. Check the daily bulletin for the calendar of activities. It's all free!



McCormick Spice Girls

Campaign for Kids!

The Shoreline Public Schools Foundation Fall Campaign for Kids will wrap up Sunday, November 3rd in the culminating “Calling for Kids Phone-A-Thon.” You can donate online now by visiting shorelinefoundation.org. Donations online eliminate the need for a phone call to your home on November 3rd.

Interested in helping? Join us on Sunday, November 3rd from 3:00 PM to 6:00 PM at the Shoreline Center (Shoreline Room) for a fun afternoon with door prizes, ice cream, and good company as we raise money for the students in the Shoreline Public Schools. We need over 70 volunteers that afternoon to help us reach our pledge drive goal. RSVP to Charlene Carlson at 206-393-4107.

Lost & Found Is Overflowing

- Encourage your student to check the Einstein Lost & Found (one in the SAC and one in the gym) for any misplaced items. Please note that items remaining in
- Lost & Found at the end of the day on December 6
- will be collected and donated to The Works for local families in need.



PTSA Board 2013-2014

Co-Presidents

Lori Ramsay & Jamie Kirkwood
einsteinpresident@gmail.com

Secretary

Janina Pacunski
einsteinsecretary@gmail.com

Treasurer

Craig Yamane
einstein treasurer@gmail.com

Legislation

Melanie Gillespie
einsteinlegislation@gmail.com

Membership

Ania Babcock & Kathy Tinoco
einsteinmembership@gmail.com

Newsletter

Mary Lynn Antush & Diana Nielsen
einsteinmiddleschoolnews@gmail.com

Public Affairs

Dixie Taira & Beth Paul
einsteinpublicaffairs@gmail.com

Reflections

Diana Ensenat

S is for Student

Carrie Campbell

Site Council

Maria Ales & Mandi Counter
einstein sitecouncil@gmail.com

Student Affairs

Sherry Edwards & Renee Smith
einstein studentaffairs@gmail.com

Volunteer Coordinator

Allison Taylor
einsteinvolunteers@gmail.com

Ways & Means

Reiko Shigemoto
einsteinwaysandmeans@gmail.com

Website

Jim Eaton
einsteinwebsite@gmail.com

PTSA President's Message

Lori Ramsay and Jamie Kirkwood

Time to Vote... Looking to the future

"Autumn is a second spring, where every leaf is a flower." (Albert Camus)

November brings the smell of the crisp fallen leaves, reminding us of the change in the season and the start of the winter holidays ahead. We will be starting our annual food drive to support the Holiday Baskets for families in our community. If you are able, please consider purchasing an extra item (or more) when you are doing your shopping. This is often a good time of year to find things on sale. Your generous contributions assist many families in our community.

Student of the Trimester is just around the corner (November 22nd). This program recognizes students for their exemplary acts. Students are selected by Einstein staff. When you see the email and link to donate breakfast items, please take a moment to sign-up to help reward our students for acts of kindness.

We wanted to send out a huge THANK YOU for all the amazing volunteers who have signed up to contribute their time at our school. If you would like to be added to the list, please email Allison Taylor at einsteinvolunteers@gmail.com

We have voted in our nominations chair, Tracey Poole. I know this may seem early, but we will vote in our new board in April for the 2014-2015 school year. Many positions will become available, including the Co-Presidents. If you are interested or would like to nominate someone, please email Tracey at einstein nominations@gmail.com.

If you have ever considered joining the PTSA, now is a great time. In addition to general membership, we have several leadership positions open right now, including nominations committee, healthy lifestyles, and community service project committee members. Please email us at einsteinpresident@gmail.com if you are interested.

THANK YOU to everyone who has contributed to our Pass the Hat Fundraiser. Your support means the world to our students!

It has been brought to our attention that many families have received a phone call regarding a student trip to Washington DC led by Paul Monahan and American Student Tours. This is neither an Einstein PTSA nor a Shoreline School District sponsored trip. Mr. Monahan is not a current employee of the Shoreline School District and Einstein Middle School does not have any affiliation with this organization. Neither Einstein Middle School nor Einstein PTSA provided any student information to this organization. We encourage you to ask him to take you off his call list if you are not interested.

Advocacy is an extremely important part of our PTSA. Please make sure your voice is heard in our November elections. Every vote really does matter!

Best Wishes for the Holidays!



PTSA Membership

Thank you everyone who has already joined Einstein PTSA! We still need your support and it is not too late to join. Every PTSA member makes our voice stronger. Membership is for all – parents, students, teachers, grandparents, aunts, uncles, and people in business.

PTSA members can save money on everyday purchases thanks to the National PTA's Member Benefits Provider Program. Some of the benefits PTSA members can enjoy include:

- Year-round in-store discounts at Staples – 10% off of supplies and furniture, 25% off copy and print, free shipping on Staples.com, and more.
- Discounts ranging between 15 – 50% on a wide array of Sharp products.
- Savings up to 20% on Hertz car rentals and more.
- Special group discounts on auto insurance through MetLife Auto and Home.
- T-Mobile wireless deals – 14% discount every month one every line; no annual service contract(s); waived activation fees, free shipping and more.
- AARP membership discounts for grandparent and senior members.

Please join! Use the Membership form included in this newsletter or use the form found on the Einstein PTSA website. Membership forms can be dropped off at school, sent in with your student, or mailed to the Einstein school office anytime. Thank you for your support!

PASS THE HAT!

Our one and only PTSA fundraiser – Pass the Hat – has almost reached its goal! Thank you to everyone who has already donated. Your gift makes a difference! If you have not yet made a donation and are able to do so, we are collecting donations throughout the school year. It's not too late and every little bit helps!

Here are some of the things your donations help to fund:

- Medics in the Classroom for all 7th graders
- Field trip to University of WA and Shoreline Community College for all 8th graders
- Teacher classroom grants
- Edible Schoolyard

And much, much more!



PTSA Meetings

The next Einstein PTSA board meeting will be November 12th at 6:30 PM in the staff lounge. We welcome you to join us! If you have questions, please contact Janina Pacunski at einsteinsecretary@gmail.com

Cut here and return to Einstein PTSA via the school office:



PTSA Membership and Pass the Hat Donation

Name(s) _____	Membership for individual \$15.00	\$ _____
Address _____	Membership for two \$25.00	\$ _____
Student's Name _____	Pass-the-Hat (your donation)	\$ _____
Student's 6th period teacher _____	Total amount in envelope	\$ _____
If you would like to receive PTA legislative updates via email, please provide your email address: _____		

Membership Cards and Student Directory 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



Health

Joni Wishaar, MBA, BSN, RN, School Nurse

The “Choking Game”

The “choking game” is a dangerous activity that some older children and early adolescents “play” to get a brief high by deliberately cutting off oxygen to the brain. After just a short time, youth can pass out which may lead to loss of consciousness, seizures, serious injury or even death.

There are several ways to reduce blood flow to the brain. One involves participants bending over, holding their breath until they feel light-headed, and then standing up quickly in order to “pass out” or faint. Another common way to play the so-called game, is to put pressure on the neck or chest to reduce the flow of blood to the head until consciousness is lost (it can be another person using their hands or arms, or by using belts, ropes, sheets, scarves, leashes or other objects to reduce blood flow). A variation is to try to hyperventilate, or breathe quickly, while doing one of the other methods.

Although this activity has been around for decades, more youth are aware of it after seeing videos on You Tube. Despite many videos on You Tube showing participants having seizures as a result of the activity, youth perceive it as safe and “normal” behavior. Between 1995 and 2007 at least 82 youth died from experimenting with the “game.” A 2012 study in Oregon found that one in 16 thirteen-year-olds had experimented with this.

Warning Signs

- Discussion of the game
- Bloodshot eyes
- Marks on the neck; Wearing high-neck shirts, even in warm weather
- Frequent, severe headaches
- Disorientation after spending time alone
- Ropes, scarves and belts tied to bedroom furniture / doorknobs or found knotted
- Unexplained presence of dog leashes, choke collars or bungee cords
- Pinpoint bleeding spots under the skin of the face, especially around the eyes.

What parents can do:

- Talk to your children about the dangers of this type of activity.
- Be aware of the warning signs.
- Monitor your children’s computer use.
- Click here for links to an [article](#) at the Centers for Disease Control and Prevention (CDC) website.

Other names used for the choking game

- Pass-out or fainting game
- Space monkey
- Suffocation roulette
- Scarf game
- The American dream
- Purple hazing
- Blacking out/blackout
- Dream game
- Flat liner
- California choke
- Space cowboy
- Airplaning
- Purple dragon
- Cloud nine





LINES FROM THE LIBRARY

Anne Dame, Librarian

CLUBS

Pizza and Books got off to a great start with 30 students at the first meeting in September. We had to introduce "Albert, the talking tiger" to keep track of which excited student would get to talk about their book. Each participant was emailed a list of the books discussed during the club, plus a link to that book on the KCLS catalog. At the time of this writing, the October meeting hasn't happened yet, but we're looking forward to another great event. In November, Pizza and Books will be held on Wednesday 11/20 (instead of the 27th).

The **WRITE Stuff Club** had its first meeting with 11 fabulous, aspiring writers! We had a great time with mad libs, writing a first line for Gary Paulsen's new short story, writing about Halloween props, doing a speed write, and talking about NANOWRIMO (National Novel Writing Month) which occurs every November. Adults are encouraged to write 50,000 words and youth are allowed to set their own challenging goal (of course, they are also welcome to strive for 50K!). We're looking forward to our next meeting on Wednesday 11/13. New participants are welcome.

Both of these clubs are generously funded by Richmond Beach Friends of the Library. KCLS Teen librarian, Aarene Storms, helps me run both clubs as well.

SCARY STORIES

Aarene Storms from King County Library System visited 10/21 to present scary stories to a number of our classes. She told a story of her own and then opened up the floor for audience participation. Einstein has some amazing storytelling talent!

OVERDUE BOOKS

Many of you may have received an email from the library regarding overdue books. We try to send out these notices at the end of every book club, about 6 times per school year. In order to have as big of a selection as possible for the next book club, we really appreciate the prompt return of books. Thanks for your help in getting them back to us. If you ever have any questions about these emails, please feel free to contact me or Lyn Ching, the library tech.

WEBSITE

I've been trying to post a daily picture of things happening in the library or around the school. It's been a fun project and I'm inspired to keep it going. Feel free to check it out. Sometimes there are contests and interesting questions to try to answer as well as just pictures. Check out the [website](#) and enjoy!

WISH LIST

- Hearty plants that like fluorescent lights
- Parent volunteer on Fridays



The First Meeting of The Write Stuff



Aarene Storms from King County Library System



CROSS COUNTRY

It has been another successful autumn for the Einstein Cross Country Team. We had an amazing turnout for the cross-country team, with over 90 athletes competing- a large and energetic group. As students heard



about cross-country, even more joined, so it established momentum and built excitement around the team.

We had a successful year in terms of wins. Both the boys and girls opened the season with a win at Explorer. The girls also won at Harbour Pointe, Olympic View, and our home meet at Einstein. The boys won at Olympic View and took close seconds at Harbour Pointe and Einstein. At the league championships on October 29th our 7th grade boys finished off with a team win. This is quite an accomplishment in any year, but this year Everett schools joined our league, meaning we were one of fifteen schools competing at the meet. In addition, our 7th grade girls and 8th grade boys both placed 5th, while our 8th grade girls placed 8th. We were very proud of our runners all season long.

Mostly importantly we had a great time running and competing. We worked on stretching routines and core exercises that students can use for a lifetime. Students kept track of their progress to see the benefit of their hard work. Thanks to all who participated and supported us this year. We look forward to seeing our 7th graders back here next year, and to our 8th graders: keep on running!

TIGER FOOTBALL

stam-i-na: the ability to sustain prolonged physical or mental effort. "Their secret is stamina rather than speed."

synonyms: endurance, staying power, tirelessness, fortitude, strength, energy, toughness, determination, tenacity, perseverance, grit.

You have heard the word, but do you know the meaning? The Einstein Football team does. In a rare year where instead of having 40 players come out for football, the 2013 team had half that number this year. Low turnout coupled with injuries to key players, the team is holding tough at a dozen active participants. Coach Jason's annual goal of an entire squad achieving "starter" status came earlier than expected this year. "It became very apparent early on that this year was going to be tough." Yet every day our football team shows fortitude, determination, endurance, and perseverance! Players are playing both offense and defense with no subs. They have fallen behind in games and then shut down the opposing team in the second half showing the tenacity of a vicious tiger.

This became most apparent in the game versus Explorer. Explorer coaches were amazed and bewildered by how a group of 12 kids could weather the storm of Explorer's big linemen. That day the Tigers lost the game but won the respect of other players and coaches as they admired and congratulated our team on how we played. "It's quite an honor to have an opposing team's players and coaches honor your hard work in such a way." Coach Jason added. "We try to instill self discipline, respect, and pride in everything we do, while at the same time treating each other like family." The Tigers adopted a new slogan, inspired by the one used by the Seahawks: "All we got is what we got. And all we got is all we need!"



Season 2 Sports

Einstein's next sports season is just around the corner! Girls' volleyball and boys' basketball both have a tryout period before cuts are made. Each student planning to try out needs to do the following:

1. Ensure all paperwork is turned in. Sports packets are available on the website and in the office.
2. Purchase an ASB card. Students must have an ASB card in order to try out. Please speak with Asst. Principal Nyla Fritz if this is a financial hardship for your family.
3. Pay a \$10 try out fee before try outs. Students who make the team will need to pay an additional \$10 fee.

Because there is a short try out period, it is absolutely essential that your student get all of the above completed prior to the first day of practice. Basketball practice (boys) starts on November 4th and volleyball (girls) starts on November 6th.

We are looking forward to another great sports season at Einstein!



Upcoming Concert Dates

Symphonic Band, Mixed Chorus, Concert Band, Concert Orchestra
Wednesday, November 6 @ 7:00 PM, Einstein Gym

Syre and Einstein Choirs, Richmond Beach Pre-Christmas Ship Performance
Tuesday, December 10 @ 7:30 PM, Richmond Beach Saltwater Park

Shorewood HS and Einstein Orchestras
Wednesday, December 11 @ 7:30 PM, Shoreline Center Auditorium

Holiday Assembly: Concert Choir, Symphony Orchestra, Wind Ensemble, Jazz Band
Friday, December 20 @ 9:00 AM, Einstein Gym



From Janet Allison, Choir Teacher's website.

Secondary Instrumental Fund Starts its Second Year this Fall!

The Shoreline School District award-winning instrumental ensembles are a key part of educating the "whole" child, and are a source of pride to our families and our Shoreline community.

Up to one third of the instruments used in our ensembles are owned by the district and loaned to students. These are often larger instruments that are not available for rental, such as percussion instruments, cellos and basses, tubas, bassoons and others. Many of these instruments are in need of repair, and in some cases need to be replaced. The cost to repair or replace these instruments is very high. Many of the instruments cost several thousand dollars each. A middle school level tuba costs approximately \$3,500, and a string bass about \$1,600 (\$9,000 and \$2,500 at the high school level). Until last year, there hadn't been a replacement system in place.

Last year, for the first time in 20 years, the district set aside funds to invest in a replacement program for our worn out instruments. Our community raised \$20,000, and the district matched it with \$20,000. That helped us begin the process of replacing instruments that have been in service for over 20 years. We are still in dire need of new instruments.

Once again this year, the district has set aside \$20,000 in matching funds to invest in instrument repair and replacement. With your help, we can turn that into \$40,000, or MORE! Please consider lending your support to such a worthy cause. Shoreline music programs are the envy of the state. Let's give the students the equipment they need to continue the strong tradition of musical excellence Shoreliners have enjoyed for years!

Send your tax-deductible donations to Frank Halferty. Make checks out to the Shoreline School District; write "Secondary Instrument Fund" on the memo line.



Student Support Team

7th Grade Counselor

Kelley Flatters

206-393-4744

8th Grade Counselor

Vollie Berry & Lauren Lochner

206-393-4744

School Psychologist

Kathryn Zwack

206-393-4745

Drug/Alcohol Interventionist

Devin Rodger (Wed & Thurs)

206-393-4736

School Nurse

Joni Wishaar

206-393-4734

Security Monitor

Liz Aspen

206-393-4738

Center for Human Services On-Site

Counselors

Aileen Loranger

Linda Fieldhouse

206-631-8820



PRIDE - Respect

Our Einstein community focused on the PRIDE theme of Respect during the month of October. Together we have identified ways to address and reduce problems of bullying and harassment that occur in middle schools. Educating students, parents and staff is an essential part of the prevention of bullying, harassment and cyber-bullying.

Definition: Bullying happens when someone keeps hurting, frightening, threatening or leaving someone out on purpose.

Tips for dealing with Bullying/Harassment:

- Name what they are doing: "You are bullying/harassing me..."
- Tell them to STOP (look them in the eye and use a strong voice).
- Tell them you will report them if they don't stop.
- Bystanders (those who witness or join in while someone is being bullied): stand up for others – be an "ally" and report the incident.
- Report to a trusted adult: Classroom teacher, Counselors, Principals, Security, Parent/Guardian, etc.

ALL STAFF ARE HERE TO HELP STUDENTS LEARN AND BE SAFE AT SCHOOL!

The following Einstein events are helping bring awareness to the problem and encourage students to be a part of the solution.

- Counselor class visits and questionnaire with follow up check-ins with students who reported that they (or a friend) are being bullied at school or online.
- GSA (Gay Straight Alliance) sponsored "Ally Week" - activities to promote taking a stance against bullying and the importance of standing up for each other.
- 7th Grade PRIDE classes viewed the Taproot Theatre play "Friend Me" and followed up with class discussions about online bullying and being true friends to one another.
- 8th Grade PRIDE classes made a Hero/Upstander pledge and discussed the power of bystanders in dealing with bullying and making Einstein safe for all students.
- 8th grade WEB Leaders presented the "Heavy Stuff" lesson to their 7th grade WEB groups in PRIDE classes. The purpose of this class visit was to discuss how putdowns, name-calling and teasing can weigh someone down and make life difficult. Students brainstormed what they can do each day at Einstein to help lighten someone else's load; smile and say "hi", include others, give compliments, give them a high-five/hug, listen to them, etc.

It is important to realize that bullying is not a normal part of growing up. We all deserve to be treated with dignity and respect! Please contact your school counselors or administration with any questions or concerns.



Please note: 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

Winter Trips with the Shoreline Teen Program

Ice Skating & Hot Chocolate

December 18th, 3:00 PM – 6:00 PM

We will meet in front of the gym, then head off to go ice skate. Afterwards we will warm up with some tasty hot chocolate. It's all free, but you must pre-register: (206) 801-2600 or www.shorelinewa.gov/teens.

Snow Tubing

December 21st, 6:00 PM – 11:00 PM

Reserve your spot now for the teen trip to Snoqualmie Tubing Center. We will meet at the Spartan Recreation Center. We'll stop for cocoa and doughnuts at Krispy Kreme on the way back! Fee: \$40; \$35 with resident discount. Limited spots. Register at (206) 801-2600 or www.shorelinewa.gov/teens.

Masonic Youth Groups

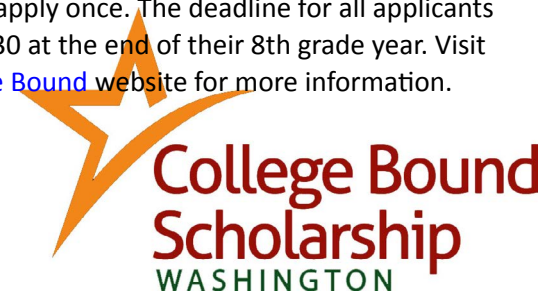
Are you looking for a fun group to join? Do you want to meet other people your age and have the opportunity to make friends? DeMolay (young men ages 12 to 21) and Rainbow Girls (young ladies ages 11 to 20) are Masonic Youth groups that teach leadership, time management and public speaking skills, and that provide fun activities, community service activities and scholarship opportunities.

Both groups meet at the Masonic Center at 185th and Linden, just west of Fred Meyer. Rainbow Girls meet at 7:00 PM on the 2nd and 4th Tuesday of each month, and DeMolay meet at 7:00 PM on the 2nd and 4th Wednesday. For more information on Rainbow Girls visit www.nwrainbow.org or contact Michele Danner at 206-542-0186. For more information about DeMolay visit www.wademolay.org or contact Addele Wells at 206-440-0277.

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, work hard in school, 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](http://CollegeBound.org) website for more information.



Washington Health Care Coverage

Starting October 1, Washington residents will have a new way to find, compare and enroll in health insurance. It's called Washington Healthplanfinder, and it gives individuals, families, and small business owners a resource for selecting the plan that best fits their needs and budget.

Washington Healthplanfinder offers:

- Apples-to-apples comparisons of health insurance plans
- Financial help to pay for co-pays and premiums
- Expert customer support online, by phone, or in person through a local organization, insurance broker or agent.

For more information, visit the [Washington Healthplanfinder](http://WashingtonHealthplanfinder.org) website.

HOLIDAY BASKETS

Each year, the Shoreline PTA /council partners with the Shoreline Fire Department and Hopelink to assist families in the community for whom having a holiday meal may be difficult due to financial constraints. Shoreline schools organize food drives to fill holiday food baskets for families.

If your family would benefit from this service, please e-mail or call the school nurse at joni.wishaar@shorelineschools.org or 206-393-4734. Names are kept strictly confidential. Appointment times for receiving baskets are sent to families in mid December.



November 2013



November

11/1	FRI	Fall Social	3:00 PM
11/4	MON	Boys' basketball practices begin	
11/5	TUE	Season 1 sports celebration – cafeteria	3:00 PM
11/5	TUE	Remember to VOTE!	
11/6	WED	Volleyball practices begin	3:00 PM
11/6	WED	Concert in the gym: Symphonic band, mixed chorus, concert band & concert orchestra	7:00 PM
11/12	TUE	PTSA meeting – staff lounge	6:30 PM
11/22	FRI	Student of the Trimester Awards	
11/26	TUE	EMS home volleyball game	3:45 PM
11/27	WED	Early release	11:10 AM
11/28	THU	Thanksgiving – no school	
11/28	FRI	No school – holiday	
12/1	MON	No school – staff work day	

Activity Bus

4:30 PM	Bus parks in front of Einstein gymnasium
4:45 PM	Depart Einstein
4:50 PM	Richmond Beach Library
4:58 PM	Shorewood High School
5:04 PM	Highland Terrace Elementary
5:11 PM	Parkwood Elementary
5:18 PM	Meridian Park Elementary
5:22 PM	Echo Lake Elementary
5:26 PM	Dale Turner YMCA
5:32 PM	Shoreline Center



Lunch Menu

Here is a link to the Middle School [lunch menu](#) mǎn mǎn chī!

Athletic Schedule

Here is a link to the [Winter Sports Schedule](#).
Click on "Season 2 Schedule" Sarts
Nov. 7.



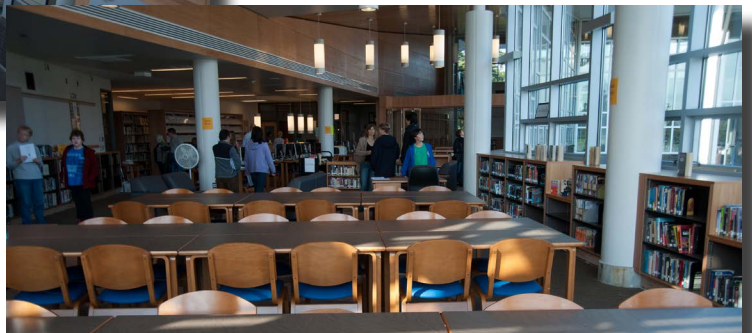
Your New High School

SHOREWOOD HIGH DEDICATION

Class of 2018 & 2019



Commons area



Library (it has windows!)



Gymnasium



Performing Arts Auditorium