



Einstein News

Einstein Middle School
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<http://schools.shorelineschools.org/einstein/>
Einstein Middle School PTSA 6.12.75
PTSA Website

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Twenty-two Einstein students attended ¡La Chispa! bilingual leadership conference at Lynnwood HS last month. The conference is designed to ignite a spark – chispa - to inspire students to soñar, aprender, y servir (dream, learn, and serve). Students participated in team activities, and listened to Latino leaders from the community share on the benefits of being bilingual, especially when pursuing college and career goals. High school mentors facilitated discussions on identity, academic success, service to the community, and goal setting. At the end of the day, Einstein students broke into group dance along with over 200 other eager and energetic Latino middle school students.



What the students had to say:

"I learned how important it is to get more people who are Latino to go to college." – Jessica

"I liked meeting new people and getting to dance" – José

"I learned to plan ahead for college." –Alexandra

"I learned how to become a better leader and to never give up. Also, I am responsible for what I will do in my future. I also learned to help others." Yeydi

"I learned that you should help your parents and to work hard in school so that you can get a better education." Alan

"I enjoyed the end when we were all dancing in a circle." Yenci

"It's a great place. It was emotional--like a good emotional-- to listen to the guy giving a speech about his life. It made me feel confident to hear his story."- Luis

"A person who never made a mistake never tried anything new."

A. Einstein





Student of the Trimester Awards

Congratulations to the following students who were awarded
Student of the Trimester awards



7th Grade: Bailey Frisbie, Bella (Reece) Mertel, Christopher Bautista-Martinez, Eddie Bernabe, Elisa Mehmedovic, Elise Dorvilias, Ian Brown, Jasmine Pritikin, Luke Shelley, Madison Brown, Marissa Olin, Menen Ghizaw, Saagar Mehta, Tresa (Tess) Galley, Tyler Bollinger.

8th Grade: Aaron McCrackin, Ahmet (Khutay) Gokeri, Amber Langlois, Amira McCants, Bethany Kaupang, Dionte Jull, Georgia Mauney, Jacob Espling, Jennifer Niyazova, Kaiser Agbayani, KayLynn Maxwell, Kylee Richardson, Kyra Kruse, Maddie McCandless, McKenna Partman, Megan Cook, Peyton Brown, Qestra Trueheart, Violet Schermer.





Principal Clark's *Comments*

Congratulations! You and your child just completed the first trimester of the 2013-2014 school year. We know the transition to Middle School and going through the period of time called adolescence is challenging for both students and parents. But please know you all did a very good job. Final grades will be updated on the Data Dashboard on December 6th. Report cards will be hand delivered home by your child before winter vacation. We will send you an automated call on the day they are sent home to remind you to look in their backpacks.



In December we focus on the **D** in **PRIDE: Determination**. In your child's planner we ask that students and families reflect on the first trimester, write academic and social goals, and develop an action plan for second trimester. We want students to be challenged and engaged and hope students and families can help personalize their experience in Middle School. We want students to work hard and learn to persevere when they are faced with a challenge or problem, or when faced with failure or disappointment. Last year staff members and parents on our Site Council read the book "Fall Down Seven Times Get Up Eight." The book reminds us that teaching students to struggle and persevere is an important character trait that leads to success. Click [HERE](#) for an article that might help your family examine grit, perseverance and determination.

From December 3rd through December 20th I will be out of the building on medical leave (I hate missing school!). I am fine and will return after winter vacation feeling better than ever! Nyla Fritz, assistant principal, will be working with Lori Longo, former principal of Kellogg middle school during the month of December. If you have any questions in December please email nyla.fritz@shorelineschools.org or lori.longo@shorelineschools.org.

Thank you, and since I won't see you, have a wonderful winter vacation!

Principal Clark



S.P.A.M

"Super Peer Academy of Math" SPAM started this month. 8th Grade geometry students are tutoring and mentoring 7th graders in mathematics.



Holiday Food Drive and Teen Gift Basket Collection

Einstein and the Shoreline School District will be holding the annual food drive December 3-13. Any nonperishable items are welcome. We are especially in need of staple items such as peanut butter, pasta, canned beans, canned vegetables, condiments, cereal, canned fruit, any canned tomato products and granola bars. Einstein also has a school goal of 500 rolls of paper towels. Collection boxes will be located in PRIDE rooms. Monetary donations should be payable to Shoreline PTA Council (note holiday food drive). Families needing help with holiday food and gifts should contact the school nurse or family advocate.

We are also collecting holiday gifts for teenagers. Unwrapped gifts can be brought to school during the food drive. Please see flyers around the school for some great ideas. Monetary donations should be payable to Shoreline PTA Council (note teen gift drive).

Together, we can help local families in need this holiday season. Volunteers are welcome to help. Please e-mail Einsteinvolunteers@gmail.com. The Shoreline PTA is a non-profit 501C nonprofit organization and donations may be tax deductible.

Heroes in the Classroom

The Seahawks Heroes in the Classroom program is accepting nominations. If there is someone you would like to nominate, click [HERE](#). This is a great way to honor someone who is making a real difference in student lives.



Spirit Days are Coming!

- ★ Tuesday December 3rd is Pajama Day.
- ★ Wednesday December 4th is Crazy Hair/Hat Day.
- ★ Thursday December 5th is Twin Day
- ★ Friday December 6th is PRIDE Day (orange & blue).
- ★ Go, Tigers!



Winter Weather is Here!

Sign up for inclement weather notifications. SchoolReport.org has joined FlashAlert Newswire. If you have subscribed to SchoolReport.org in the past to receive closure messages you will need to create a new, free account in FlashAlert's Messenger service to continue receiving closure messages and other news. There is a new option that allows you to get closures via the free Android/iOS app FlashAlert Messenger. It uses Push Notification to reach you fast and reliably and you may link as many phones to your account as you wish. Sign up today at <https://www.flashalert.net/signup.html>



Poster Contest

The National Organization for Women Foundation hosts an annual poster contest to celebrate the Love Your Body Campaign. The winning posters are featured on the website and used to promote Love Your Body events. The middle school winner wins a \$100 prize. More details [HERE](#).

“We can change the world” Siemens 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](#).

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.

Reflections

Congratulations to all our finalists. Their artwork will be on display at the Shoreline Center through December until the Reflections Reception on January 9th. The Reception is open to the public from 6:30 to 8:30PM. All the artwork on display will be judged for the State Reflections competition. Good Luck to all of our Einstein finalists: Jasmine Pritikin, Jade Ramsay, Stefan Mueller, Cindy Yang, Forrest Neander, Kathryn Balancio, Kevin Lee, Heran Gessessee, Maki Nakano, Angel Hern and Kathlyn Nakasone.

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.

WATCH D.O.G.S.

Our new WATCH D.O.G.S. program (Dads Of Great Students) is off to a great start, giving teachers a helping hand in the classrooms and an extra set of eyes around campus.

Any adult male figures, including uncles, grandpas, and family friends who are great role models in a child's life, are welcome to join.



One WatchDOG, Edan Zeboolon, shared his experience with the program. Edan admitted that he was nervous because “most adults remember the middle school years as a trial, so sadly they don't want to have anything to do with revisiting that. And yet all the more reason it's a good idea to have this program that encourages men to come in to support our children through this challenging period.” Edan was a bit nervous his first morning, but he found that as he engaged naturally with the students things went smoothly. “When I came upon a group of students rough housing, I lightheartedly said ‘Settle down guys,’ which did the trick to enforce the ‘keep your hands to yourself’ rule. After the morning bell I motivated stragglers to hurry up and get to class. It was good I was out there because I saw one boy limping across the black top and directed him to the office to see the nurse before being admitted late.” Edan's favorite part was assisting in the classrooms. At first he thought that he would be doing errands like copying, but instead there were teachers who relished the opportunity to have extra help with the students.

The average WATCH D.O.G.S. school has 85 men who volunteer at least one full day during the school year. We need you to help us build our program! If you are interested, here is how you can participate:

1. Visit the [WATCH D.O.G.S. VolunteerSpot](#) page.
2. Enter your email address (You will not need to register an account on VolunteerSpot).
3. Sign up! Choose your days and list your full name and names of your child/children in the COMMENTS section.
4. VolunteerSpot will send you an automated confirmation and reminders (note that VolunteerSpot does not share your email address with anyone) and Top Dog Coordinator Rick Kirkwood will send you a personalized daily schedule via email.
5. Complete and return the Washington State Background Check form with a copy of your driver license to the Einstein Middle School office

If you have any questions, please contact Top Dog Coordinator Rick Kirkwood at einsteinwatchdogs@gmail.com or visit www.fathers.com/watchdogs.



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
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Membership

Ania Babcock & Kathy Tinoco
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Mary Lynn Antush & Diana Nielsen
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Public Affairs

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einsteinpublicaffairs@gmail.com

Reflections

Diana Ensenat

S is for Student

Carrie Campbell

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Maria Ales & Mandi Counter
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Student Affairs

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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

Looking Forward... Nominating Volunteers for Next Year

"Sunshine is delicious, rain is refreshing, wind braces us up, snow is exhilarating; there is really no such thing as bad weather, only different kinds of good weather." ~John Ruskin

December brings the smell of an open fire, hot chocolate, enjoying time with family, and the chance to not think about school assignments, various commitments, and a time schedule. It's a great time to reconnect with your family and enjoy the days together.

As we prepare to enjoy our family time, please consider donating or volunteering for the Shoreline Food Drive and Teen Gift Drive. This year our school assignment is to collect paper towels. So while you're doing your holiday shopping, please consider picking up a non-perishable item, teen gift, and/or paper towels to donate for our Holiday Baskets to help our families here in Shoreline.

We are such a unique school to have so many wonderful elementary schools coming together in our middle school family.

We are looking for volunteers for the Nomination Committee, to help identify candidates for our 2014-2015 Einstein PTSA Executive Board. This is only a 2-3 month commitment. We would love to have at least one volunteer representing each of the elementary schools that feed into Einstein. If that could be you or someone you know, please email us ASAP at einsteinpresident@gmail.com. Our elections will be held at our General Membership meeting in April.

Please join us at the January 8th General Membership Meeting (7:00 PM in the cafeteria). We will elect our Nomination Committee and learn about the importance of our two Shoreline School District Levies.

We'd like to thank all our Einstein families for your continued support volunteering, your contributions, and your membership. Without your help, we couldn't bring the wonderful programs to our students. This month your contributions are paying for the 7th Grade Kids in Science Heart Dissection Program and supporting The Works for our Food Drive & Teen Gifts Drive. If you have time, please sign-up to help support our Holiday Baskets on our website. Again, a huge THANK YOU for making these things possible for our school and community. Have a Wonderful Winter Holiday and Happy 2014!

PTSA Meetings

The next Einstein PTSA board meeting will be Wednesday, January 8th at 7:00 PM in the cafeteria. Please join us! If you have questions, please contact Janina Pacunski at einsteinsecretary@gmail.com



PTSA Membership

Reiko Shigemoto, Ways & Means, and Ania Babcock,
Membership Coordinator

It's not too late to join and provide an "end of the year gift" to the Einstein PTSA. Your donation is tax-deductible.

Help us meet our membership and fundraising goals!

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!

2014-2015 PTSA Volunteers Needed

If you are interested in serving as one of the 2014-2015 executive committee members, one of the other PTSA positions, or the Nominations Committee, please email einsteinpresident@gmail.com.



PASS THE HAT!

Thank you to EVERYONE who has contributed to our annual Pass the Hat fundraiser. We are almost there! Help us meet our goal!

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



Replacement Levies

The Shoreline School Board has unanimously approved placing two replacement levies for voter approval on the Feb. 11, 2014 special election ballot. The District projects that these replacement levies will allow for continued stability of school tax collections for the next four years.

Proposition 1 is Replacement of an Expiring Levy for Educational Programs, Maintenance and Operations.

The Shoreline School District's current four-year educational programs, maintenance and operations levy will expire at the end of 2014. This levy provides the District with approximately 26 percent of its General Fund operating revenue.

The levy pays for the basic education programs not supported by state and federal funding, including nurses, family advocates, librarians and instructional materials. It helps support smaller class sizes, special education, highly capable, remedial and vocational education programs, building maintenance and utilities, and transportation. Funds are also used to support extra-curricular student activities, including music, drama and athletics.

Proposition 2 is Replacement of an Expiring Capital Levy for Technology Improvements and Support.

A four-year Capital Levy for Technology Improvements and Support would be used to meet the District's ongoing technology needs for capital improvements. This includes student computers and expanded online curriculum for classroom use, instructional specialists, equipment upgrade and replacement (including lab and library computers, printers, classroom audio-visual equipment), professional development and training, server and network replacements and upgrades, administrative software systems, online and subscription resources, and virus and firewall protection.

More Information:

There will be two Levy Information Forums held in our two new high school theaters:

- Tuesday, January 14, 7:30 PM at Shorecrest High School
- Wednesday, January 15, 7:30 PM at Shorewood High School

For more information about the replacement levies, including a levy fact sheet, see the Shoreline SD website, or contact Sherry Edwards at dsma@comcast.net.

December Volunteers Needed

Thank you, Einstein families, for your continued volunteer support. Sign up [here](#) for December copy making and microwave cleaning. So far we've been able to provide at least one day of support a week for the school- let's keep it up!! In addition, adult / student volunteer pairs are needed to help pack and transport the food drive donations to Kellogg 12/13 (3:00-6:00 PM), and student volunteers are needed to sort donations from the drive 12/14 (9:00 AM).





LINES FROM THE LIBRARY

Anne Dame, Librarian

It's hard to believe that the first trimester is over and that December is already upon us! With that in mind here are a few stats, facts, and numbers to consider.

- 2,795: Number of items circulated since the beginning of the school year
- Teen Health textbook: Most frequently checked out item
- The Hunger Games, by Suzanne Collins: 2nd most frequently checked out item
- Insurgent (Roth), Allegiant (Roth), The Fault in our Stars (Green), and The House of Hades (Riordan): Books with the most holds
- 297: Number of books Ms Dame has read this year as of Nov. 15, 2013
- Genre: The most important criteria when selecting a book, according to over 50% of polled students
- Science fiction / fantasy: The most popular genre
- 30: Average number of students at Pizza and Books
- 11: Average number of students at The WRITE Stuff

New Titles in the Library

Chained, by Lynne Kelly

10-year-old Hastin leaves his family in northern India to help pay off medical bills by going to work at a "circus" in a faraway jungle. He becomes friends with a young elephant and is devastated by the cruel treatment he and the elephant both receive at the hands of the ringmaster.

Dodger, by Terry Pratchett

Dodger makes his living by scavenging for coins and lost objects that he can sell or barter on the streets of Victorian London. One night he witnesses a girl trying to escape from a carriage. When it looks like she is going to be recaptured, he intervenes. There is lots of mystery, intrigue and action plus occasional meetings with author Charles Dickens. I only wish that I could write half as well as Pratchett, who suffers from Alzheimers, does in this book.

Rose Under Fire, by Elizabeth Wein

A companion novel to Code Name Verity. This is another excellent story about female pilots and spies during WWII.



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Girls Volleyball

I would like to thank all the girls who came out and worked really hard during try-outs. A lot of talent was present in the gym.

8th Grade: Kaitlyn Amundsen, Cameron Araujo, TaAni Bush, Danaya Chen, Emily-Manager Chung, Summer Cornell, Hailey Hedberg, Magnolia Horne, Manager, Amber Langlois, Amira McCants, Meggan McCaslin, Haley Osborn, McKenna Partman, Bonnie Paulson, Katie Taylor, Emma Torgersen, Madelyn Toro, Sarah Witzel

7th Grade: Kalia Aki, Veda Bickford, Maren Blomso, Tresa Galley, Manager, Kelly Holmstrom, Hailey Hubbard, Ava Lee, Elizabeth McLane, Nicole Nelson, Kathleen Nguyen, Lily Okamura, Clairra Petit, Timony Sherry, Lauren-Brooks Wilson, Manager

I am excited to get the season underway and impressed to see so many girls excited about this sport! - Coach Chartrand

Boys Basketball

After two weeks of intensive tryouts, Einstein's boys' basketball teams have been selected. Basketball now faces the challenges of sharing a single gym, and alternating practice days with our two volleyball teams, while trying to improve individual skills and build competitive teams. Hopefully this will help athletes learn important life lessons about the importance of hard work and making the most of the time that is available to improve. Teams have one week to prepare for the first game of the season, which will be at cross-town rival, Kellogg on November 26th.

Athletes selected for this year's **7th grade team**, coached by Mr. Eirkson, are: Drew Archer, Mousa Ayeshalmoutey, Eddie Bennabe, Jack Broderson, Vic Felder, Kevin Hirohata, Noam Keys, Brandon Main, Natnael Memari, Saagar Menta, Joseph Williamson and Rim Wolde.

The 8th grade team, coached by Ms. Rittenhouse, consists of: Lucas Anderson, Owen Campbell, Camden Correos, Jakob Decker, Akewak Deyassa, Yousef Gedawi, Jack Jeannot, Robert Keire, Richie Ordoña, Thomas Peters, Kian Saephan, Birk Smith, Jason Thomson, Junior VanPatten, Beno Vojnikovic and Matthew Wanke.

THANK YOU to the approximately 70 athletes who tried out, and CONGRATULATIONS to those who made the teams!

Football

Way to go team!





Upcoming Concert Dates

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

Shorewood HS and Einstein Advanced Jazz Bands – Shorewood Big Band Dance

Friday, December 13 @ 7:00 – 11PM, SCC Student Union Building

Holiday Assembly: Concert Choir, Symphony Orchestra, Wind Ensemble, Jazz Band

Friday, December 20 @ 9:00 AM, Einstein Gym

SKMEA MS Honor Festival

Thursday, February 6 @ 7:30 PM, Edmonds Center for the Arts

Did You Know

In the Huffington Post entitled, “Why Music: Redefining the ‘M’ in STEM,” award winning producer, songwriter, social entrepreneur and filmmaker Frank Fitzpatrick discusses the importance of music education and why it should stand beside the elements of science, technology, engineering and math in discussions related to current priorities in education. The entire article can be found [HERE](#).

Music is essential to the optimal cognitive development and successful education of young people. Recent discoveries in neuroscience and long-term studies on the impact of music and arts on education make the case for including music in early education indisputable. Scientific studies are shedding new light on what thought leaders like Einstein and Plato have been telling us throughout modern history. “I would teach children music, physics, and philosophy; but most importantly music, for in the patterns of music and all the arts are the keys of learning.”-- Plato

Despite all this scientific evidence, educational leaders, concerned citizens and proponents of the Arts and Humanities have been fighting, and losing, an uphill battle to get music, the arts, and even creativity itself, recognized as core components of early education.

Early music training helps students perform more successfully in other areas of academics and social adaptation, which ultimately gives them a greater advantage as a working professional later in life. On a macro scale, music is essential for creating a more evolved society of intelligent, creative and compassionate human beings.

Secondary Instrumental Fund

If you would like to contribute to the Secondary Instrumental Fund, please send your tax-deductible donations to Frank Halferty. Make checks out to the Shoreline School District; write “Secondary Instrument Fund” on the memo line.



Violin

Viola

Cello

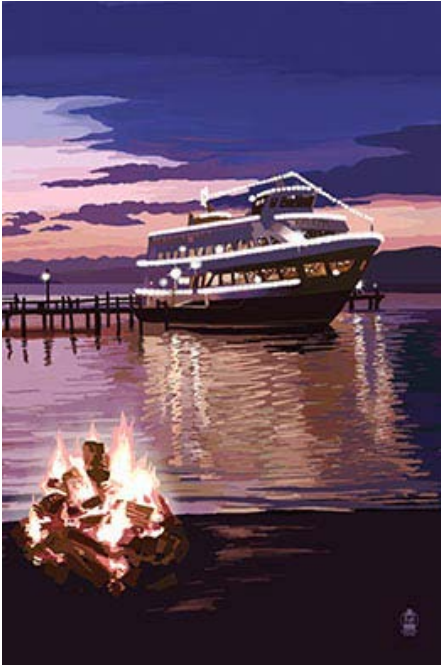
Double Bass



Junior All-State Band and Orchestra

The following Einstein students have been named to the Junior All-State Band and Orchestra: Carissa Flaherty, Henry Girard, Francesca Juico, Julia Ledbetter, Veronica Lee, Haley Osborn, Anna Soper, Sing Cheer To.

This is the highest honor that musicians can attain at the 7th and 8th grade level. They will perform at a gala concert in conjunction with the WMEA state conference in Yakima, February 2014.



Christmas Ships... and EMS Choirs

Tuesday, December 10 at 7:30 PM

The Einstein Choirs, along with the Syre Singers, will be the pre-Christmas Ship entertainment performing on Tuesday, December 10 at 7:30 PM on the beach at Saltwater Park in Richmond Beach. Don't miss the fun bringing in the holidays with carols, coffee and cookies around the biggest bon fires one has ever seen! This is great fun for the whole family. Dress warmly as we will be there rain, sleet, snow, wind or just cold!



Fall Concert





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

Managing Holiday Stress and The Blues

Source: education.com, Rhode Island Dept. of Education

Many adults feel stressed out or get the blues during the winter holidays. But we don't always realize that teens get these feelings, too. The same things can cause these feelings for teens as they do for adults: a hectic schedule, financial stress, increased family conflict or misunderstanding, crowds, pressure to live up to idealized images of holidays and family life, changes in diet and routines, cabin fever, pressure to find the perfect gifts, not getting the gifts you wanted, other unmet expectations, increased grief about divorce, death, or other family changes (see below), shortened amount of daylight (a cause of serious depression for many). Also, many teens feel empty because holidays are not the same as when they were young kids. All on top of the normal stresses of growing up!

Feeling stressed or getting the blues during the holidays is normal. Some simple steps can help ease the feelings for your teen and get them through the season. Help your teens manage their feelings. Encourage them. . .

To talk. Help them express their feelings. Really listen to them. Try not to judge them or overreact. Instead, help them try to solve their problems. Encourage them to talk to other trusted adults or friends, too.

To take a break. Getting away from others can be refreshing. Encourage them to spend time relaxing or doing an activity for themselves. Just spending a few minutes outside can re-energize them.

To exercise. This is one of the best ways to work off stress.

To eat right. Holidays often come with sugary and high-fat foods. Eating some is fine, but eating too much will only make mood swings worse.

To do something charitable. It can be easy to lose sight of what the holidays are really about. Doing something for others can help change one's own outlook. During this holiday season is a wonderful time to volunteer at places like Hopelink, Food Life Line or the Mission. Students can also log their hours for the President's Volunteer Service Award.

Manage your own stress and blues, too

If you are feeling stressed or sad yourself, your children may be picking up on your feelings. You can help them by taking care of yourself. Plus, they learn from watching you. If you handle your feelings well, they will learn to handle their own feelings better.

Divorce, death, and other family changes and the holidays

The holidays can be very difficult for anyone touched by death, divorce, or other major family changes. This is especially true for kids and teens. They may have to split time between two households or spend time with new stepparents or siblings. There may be unfamiliar routines. There may be many painful reminders of the past. There is also an extra focus on cheerfulness and family togetherness. All these can increase sadness and stress.

Please contact members of our Counseling Team about concerns regarding your student. More information can be found on the Counseling Team [Website](#).



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

Shoreline Special Needs PTSA

The Shoreline Special Needs PTSA general membership meeting will be held Thursday, December 5 at 6:30 PM in the Alumni Room at the Shoreline Center. For more information, visit their [Facebook Page](#) or their new [website](#).

A Workshop for Parents of Middle School Kids

December 7, 2:00 PM – 5:00 PM, Old Redmond School House. Join experts Kim Estes, from *Savvy Parents Safe Kids*, Jo Langford, from *Be Heroes*, Amy Lang from *Birds+Bees+Kids*, and Sherri Gazitt from *Teenwise*, as they help parents understand what is coming up, what is being left behind, the biggest challenges and changes to expect from middle school and how to handle it! Click [HERE](#) to purchase tickets.

Free Positive Discipline Classes for Shoreline SD Families

Dr. Julie Kang will again be offering the *Positive Discipline* classes for Shoreline families. The class is based on *Positive Discipline*, by Dr. Lynn Nelson et al. There are 6 classes in the series (1/6, 2/3, 3/3, 4/14, 5/5 and 6/2), held at 10:00 – 11:30 AM the Shoreline Library. To register, email Julie.kang@shorelineschools.org, or obtain a registration form from the office.

Richmond Beach Library Closure

The Richmond Beach Library will be closed December 8-27, reopening December 28th. Improvements will include new furniture, carpets, computer workstations, a cyber bar, and an ergonomically-correct Information Desk.

Winter Trips with the Shoreline Teen Program

Ice Skating & Hot Chocolate

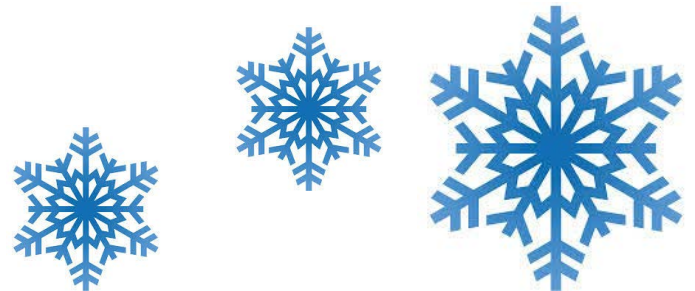
December 18th, 3:00 PM – 6:00 PM

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.



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.



December 2013

December

12/1	MON	No school – staff work day
12/3	TUE	FIRST DAY OF FOOD DRIVE
12/6	FRI	Spirit Assembly at 2:00 PM Last day to check lost & found... remaining items donated to The Works
12/10	TUE	Einstein & Syre Choirs, Pre-Christmas Ship Performance. 7:00 PM @ Richmond Beach Saltwater Park
12/11	WED	Einstein & SWHS Orchestra performance. 7:30 PM @ Shoreline Center Auditorium
12/13	FRI	LAST DAY OF FOOD DRIVE
12/20	FRI	Holiday Assembly. 9:00 AM, gym.
12/20	FRI	Last day of school
1/6	MON	Back to school
1/8	WED	PTSA General Membership meeting. 7:00 PM, cafeteria



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.

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](#).
Jal meokkesseumnida!

Athletic Schedule

Here is a link to the [Winter Sports](#) Schedule.

