



Einstein News

December 2015
Volume VIII, Issue 4

Einstein Middle School
19343 3rd Ave NW
Shoreline, WA 98177
206.368.4730

Einstein Website
Einstein PTSA Website

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Veteran's Day Assembly at Einstein

Veteran's Day Assembly to honor the service of our Veterans, planned by a committee of 8th graders led by Mr. Glasser



Student of the Quarter Celebration



More information on page 4.



2015 Einstein Reflections Arts Competition

Congratulations to the Einstein students that entered this year's Reflections competition. The theme this year was "Let Your Imagination Fly." We had wonderful pieces submitted in photography, visual arts, literature, and music composition.



The 2015 Einstein finalists are:

PHOTOGRAPHY: Eyael Getachew "Santa Monica, CA", Karsten Lomax "A Cracked Sky"

VISUAL ARTS: Malia Megargee "Wings" and "Painting the Sky", Fred Liu "A Tour of Imagination", Natalie Ositis "Left Brain's Right-Hand Man Tells No Lies", Ashley Han "Imagination Will Take You Everywhere"

MUSIC COMPOSITION: Imran Majeed "Thoughts Outside the Box", Malia Megargee "Soaring"

LITERATURE: Malia Megargee "Just My Imagination"

Congratulations to all participants! We have very talented students at Einstein.

ASB Presents The Polar Express!

Thursday, December 17 from 3:10–4:40pm, ASB presents the movie *The Polar Express*.

Come and enjoy a holiday classic with pizza, pop, and candy in the cafeteria. Admission is \$2 with snacks ranging from \$.50 –\$1.00.

It is possible the activity bus will leave before the movie is over, so you may leave or make plans to get home on your own when the movie is finished. Let's go Tigers!

Lost and Found is Overflowing!

Students, please take a look at the Einstein Lost & Found in the SAC and near the Gym. You may find items you didn't even realize you were missing. Jackets, hats, lunchboxes, silverware, shoes, purses—even cell phones and student ID cards! Don't delay—everything that is left on Friday, December 11, will be donated to The WORKS for local families in need.

Volunteer Opportunities

It's never too early to volunteer and to help your community. High school students are required to do community volunteer hours towards graduation requirements. Although volunteer hours in middle school do not count toward your graduation hours, it's a great time to explore options and see what you might enjoy doing. Here are some suggestions:

- Return to your elementary school for an event. Highland Terrace has their Science Night on December 4th. Contact [Anne Alonzi Aw](#) to see about volunteer opportunities.
- Holidays are a great time to volunteer—consider a local food bank, like [Food Lifeline](#).
- Consider volunteering after the holidays. Take a look at the [United Way's website](#) in December for the United Day of Service on Martin Luther King Day, January 18.

If you have not been getting e-mails from your friendly neighborhood PTSA volunteer coordinator, then you are not signed up as a volunteer. Please sign up now to receive emails about volunteer opportunities. By signing up you will be informed—the option to volunteer is still up to you. E-mails are sent only when opportunities arise and your community needs you. A sign-up with information about the event will be sent to you and you can sign up or don't—it's up to you!

Sign up by sending the following information to einsteinvolunteers@gmail.com: Your name, Your e-mail address, whether you have a 7th grader, 8th grader, or both!

Thank you!
Carrie Campbell, Volunteer Coordinator

Perfect Attendance!

Did you know that we have 141 students who have had perfect attendance so far this year? That means over 20% of Einstein students have not been late or absent at all during this quarter! Congratulations!!



La Chispa

On November 17, 42 Einstein students attended ¡La Chispa!, a bilingual leadership conference at Cascadia College in Bothell. 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 community leaders share 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.

Here's what some of our students had to say about their experience:

"What I liked about La Chispa was what they told us about their lives and how they started and how they got here today, showing us that you can get to where you want if you believe."

"I liked it when people told us their personal stories. La Chispa really made me, like, want to get involved and help empower Latina girls. The staff and volunteers are so nice and really make you be supportive."

"La Chispa was an amazing organization! La Chispa helps you figure out what you want to be and what are your opportunities in life. La Chispa is very fun, you do fun activities in which without knowing you learn new things like teamwork! You also learn that you should be proud of where you come from and the fact you're bilingual! And that you have a voice in yourself and that you shouldn't be afraid to tell or do something."

"La Chispa was a good experience to meet people that are like me in different ways and to hear about people's life in school and in life."

"I would describe it as a conference in which you learn to appreciate where you come from and who you are. It is a great experience and helps boost self-esteem."



Teacher Appreciation Luncheons

Jen Salvione and Rosemarie Cross

Hello Einstein Families! The fall teacher luncheon went wonderfully, and we thank you all for the contributions that made it happen!

Our winter Teacher Appreciation Luncheon will be held on December 11. A sign-up list has come in your email and it would be fantastic if you could volunteer to bring or send in an item. We thank you for participating and helping to celebrate our wonderful teachers and staff!

Grant Committee

Einstein PTSA is looking for a few parent volunteers who would like to serve on the Staff Grant Committee. We will meet for 2–3 hours the weekend of January 9th and 10th to review the grant applications and recommend projects for approval by the Board of Directors.

This is an easy way to get involved in PTSA without a year-long committee and to learn about some amazing classroom projects!

Email [Kim Ostitis](#), [Einstein President](#), if you would like to know more!



Principal Fritz's Message

D is for Determination

For the first five months of the school year, we focus on a different element of PRIDE each month. September was PREPARATION, October was RESPECT, and November was INTEGRITY. Our motto for the month of December at Einstein is DETERMINATION, the D in PRIDE, and in so many ways it's the perfect word for this upcoming month!

The transition to middle school—and the transition from 7th to 8th grade—can bring ups and downs as kids navigate new systems, grapple with rigorous content in their classes, experience new dynamics in friendships, and also try to figure out this whole “teenager” thing.

Some students may be excelling academically but are struggling with some unexpected social challenges. Others may be facing

some academic challenges while excelling at the social aspect of middle school. These new things bring ample opportunity to show determination, and that's the message we want to share with our students at Einstein. Teaching students to struggle through a challenging course, assignment, activity or social situation results in important life lessons.

We also know that being a parent of a middle school child can be challenging and can bring up some of these same ups and downs, but rest assured, these struggles are a valuable part of growing up. We hope through the next few years we are able to help our children learn how to solve and work through problems and challenges and develop the determination to be successful in all they do!

Al's Pals

Al's Pals is a recognition program at Einstein. During the week, students who exemplify our PRIDE motto are given “Al's Pals” slips from staff members to be deposited in a container in the office. Several students are chosen each week, and their names are announced at the end of the day on Fridays for a prize.

Last week's Al's Pals are Catalina Kashiwa, Connor Pearson, Dylan Wheatley, Elvis Cavanagh, Erika Mayer, Gina Gerrard, Jessica Darcy, Josh Fahey, Kate Sallaway, Matthew Pacunski, Rayna Hight, and Zahara Innocent!



Einstein Tigers are Readers!

Students of the Quarter

First quarter Students of the Quarter have been announced!

7th grade:

Aiman Alam, Anya Womack, Ben McCuiston, Estefania Navarro, Jalen McGehee, Kaleb Hallberg, Kate Sallaway, Kyra Lomax, Megan Peery, Owen Curtiss-Knox, Seaton Sanders, Thomas Dunkelberger, Zahara Innocent

8th grade:

Andrea Zaragoza, Anika Wight, Ashley Lopez, Aubrey Limos, Ben Grant, Cassidy Besecker, Cole Nouwens, Ellie Smith, Estella Clapper, Giselle Gustafson, Gurneet Jaswal, Isabel Jackson, Jocelyn Mendez-Olivera, Jovigerel Pasag, Karsten Lomax, Lena Bae, Lucas Shea, Molly Dorgan, Paisley Daly, Shahiira Harrison



PTSA President Kim Ositis' Message

Your Active PTSA

It's hard to believe it's time already for the holidays! Several PTSA initiatives are going full-speed ahead including the revitalized [WATCH D.O.G.S. program](#) under the direction of Top D.O.G. Scott Falkin. We have advanced entries from our talented Einstein artists to the next level in the [Reflections](#) arts program. Our Director of [Legislation](#) Suzanne Gugger attended the Legislative Assembly with the support of PTSA and our amazing Staff Appreciation committee (with the help of many parent donations) put on a great Fall-themed lunch. Other parents provided goodies for the Student of the Quarter Celebration. Next up is selecting recipients of \$3,500 in PTSA grant funds to help our teachers fund classroom initiatives.

How are we able to make all these great programs happen? With your support! There's still time to make a tax-deductible donation to the [Pass the Hat Giving Campaign](#) in time for your 2015 taxes! Drop off your check at the Einstein office before Friday, December 18 or make a donation online by December 31!

We set a very ambitious goal of raising \$15,000 and we are thrilled to have received over \$11,000 so far! We are hoping to raise at least another \$2,000 to restore budget cuts that the Board of Directors had to make at our November meeting. This money would be earmarked for a yet-to-be-identified post-secondary support item. Perhaps you have a great idea that fits this category? Let us know at einsteinpresident@gmail.com!

Save the date for the next General Membership meeting on Tuesday, January 12 at 7pm! We will elect the Nominating Committee for 2016–2017 and approve the recipients of the Staff Grants. We are also hoping to offer a Youth Mental Health First Aid session after the business meeting—stay tuned for more information!

We hope that everyone has a safe and festive holiday season!

Get Discounts For Supporting Your Student!

What if there was an inexpensive way to be eligible for a great discount on a Kodak moment with your family at Great Wolf Lodge? Or Xfinity shows like Frozen at Key Arena? What if you could drop your photocopying costs (for ALL your copying) to \$.04? How about discounts for Sylvan Learning or Hertz? *These are all benefits of your PTA membership.*

What's more important, your PTA membership or your donation dollars? The answer is both. We cannot support our kids and teachers without your donation dollars. We also can't support our kids and teachers without your membership.

Washington State PTA has more than 132,000 members, which makes it the largest volunteer association dedicated to the education, health, welfare, safety of all children in Washington State. We count on a hefty number to throw weight behind our [Legislative Advocacy efforts](#)—like getting Basic Education funded, addressing social emotional learning to increase positive school climates, and more.

Our members are part of an important, singular voice. We need it to be loud so that the legislators pay attention. We need it to be diverse to show that all parents and community members support our kids and their welfare. If you have not already, please join today.

PTSA Board 2015–16

President

Kim Ositis

einsteinpresident@gmail.com

Secretary

Michelle Ryder

einsteinsecretary@gmail.com

Treasurer

Scott Combs

einsteintreasurer@gmail.com

Legislation

Carrie Campbell & Suzanne Gugger

einsteinlegislation@gmail.com

Newsletter

Mary Crandell & Mel Williamson

einsteinmiddleschoolnews@gmail.com

Public Affairs

einsteinpublicaffairs@gmail.com

Site Council

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Student Affairs

einsteinstudentaffairs@gmail.com

Volunteer Coordinator

Carrie Campbell

einsteinvolunteers@gmail.com

Way & Means

Lisa Surowiec

einsteinwaysandmeans@gmail.com

Web site

Kim Ositis

einsteinwebsite@gmail.com

See page 11 for a
Giving Campaign
Update



S is for Student

Did you know that Einstein has a resource page for students? It's called S is for Student (because we are a PTSA), and you can find it on the [Einstein PTSA website](#).

S is for Student is the preview of the Shorewood PTSA committee After Shorewood, which supplements information coming out of their college & career center with parent tips, timelines, scholarships, events, and general information that high school families can use to guide their kids through the process of figuring out what happens after high school.

S is for Student focuses on the same concepts, but is geared toward our middle schoolers. We post scholarships that our kids are eligible for, community service our kids might be interested in, and share information about what this whole process looks like.

The After Shorewood team believes that starting early means less stress later. By extension, Einstein PTSA offers ways for families to broach the subject of college or other post high school options in a (hopefully) low key manner. Starting early means more time to change your mind; more time to adequately assess what the options are; more time to figure out what your student's strengths and desires, and how to find the best possible post-high school fit.

Einstein takes our 8th graders to see a 4-year school and a 2-year school, to feel what those kinds of campuses are like, and to envision themselves in whichever of those kinds of schools speaks to them. S is for Student is a gentle complement to this experience, before they hit high school and see how many choices there really are.

Find something to share? Please send it to [Jeri Jacobsen](#), or [Lisa Surowiec](#).

Watch Dog Dads on Campus!

Calling all DADS...Middle School is such a crucial time in our children's lives—please consider joining the Einstein Watch D.O.G.S. (Dads Of Great Students) program and help champion your kid's future. More information available from [Scott Falkin](#).



PTSA Membership and Pass-the-Hat Donation

Cut here and return to Einstein PTSA

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



HEALTH

Joni Wishaar, MBA, BSN, RN, School Nurse

Obesity and Exercise

Over the last two decades, the number of American children and adolescents who are obese has doubled. A greater than 90th percentile Baseline BMI (body mass index) is a good predictor of excess weight gain in children. Heavy children as young as nine years old are at risk of staying overweight. Children not involved in after school sports programs are more likely to gain weight. Physical inactivity patterns developed in childhood establish a pattern of lifelong inactivity and sedentary behavior. 60% of Americans are completely sedentary.

In several studies, precursors of heart disease exist in children. Atherosclerotic streaks start at an early age. A number of children have high lipid blood levels and high blood pressure readings. Researchers are seeing an association between a low activity level and increased cardiovascular disease risk. Obesity increases the risk for colon cancer. A growing number of children and adolescents are developing Type II Diabetes (also known as adult onset diabetes).

Exercise has many benefits. Exercise can reduce the risk of heart disease, hypertension, and diabetes. It increases strength and endurance, builds bones, and helps control weight. Exercise improves mood, reduces anxiety, helps relieve or possibly prevent clinical depression, and may help a person sleep better. People who exercise are more likely to have other good health habits such as eating healthy foods and not smoking. In fact, exercising may help a person stop smoking. Participation in vigorous physical activity enhances cardiovascular fitness and reduces the risk of colon cancer by half. Briskly walking three hours a week decreases heart attack risks for women ages 40–65 by 30–40%. Ninety minutes of vigorous exercise (activity that builds up a sweat) cuts the risk in half. Recent research suggests moderate exercise has the potential of warding off a cold.

One study showed reducing TV and video game time to no more than seven hours a week produced small but noticeable weight loss in obese children. This may be due to less snacking, less influence from advertisements for snack foods, a better diet due to less snacking, or an increase in physical activity.

My message to you is to encourage your children to exercise for their long-term health. Encourage your student to participate in the after-school sports programs offered at their schools or recreation programs in your community. Best yet, take a walk two or three times weekly with your child—it is amazing the fun you will have and the information you will learn from your child as they talk while you walk!

Music Notes

Mariko Lane, Einstein Middle School Bands

The Einstein Music Department has several upcoming performances that we are excited about!

The Einstein Orchestras will present a concert with Shorewood High School on **Wednesday, December 9** at 6:30pm in the Shorewood High School Performing Arts Center.

The following day, **Thursday, December 10**, the Einstein Choirs will perform a joint concert with the Shorewood Choirs, also at the Shorewood Performing Arts Center. The choir concert will begin at 7:30pm.

And finally, the Jazz Band, Wind Ensemble, Choir, Symphony Orchestra, full Orchestra (Symphony Orchestra combined with wind and percussionists!) will all perform at our annual Holiday Assembly, which will be during the school day on **Friday, December 18**. It should be a blast!



Lines from the Library

Anne Dame, Librarian

[Library Website](#)

First quarter is already over and we're also looking at the end of another calendar year! It's hard to believe how quickly time passes. (For me, anyway—the students may have other thoughts about that.) With that in mind, here are some of the statistics from the library in regards to what's been happening here in the past few months (all numbers are as of 11/20/15):

- 3,618:** The number of books checked out since the beginning of the school year
- 23:** Highest number of checkouts for any book this year (The Scorch Trials by James Dashner)
- 4:** Most holds currently on a book (The 5th Wave by Rick Yancey)
- 305:** Number of books Ms. Dame has read so far in 2015.
- 27:** Average number of students at Pizza & Books
- 7:** Average number of students at The WRITE Stuff
- 143:** Average daily number of students in the library, not counting classes scheduled to come in

NEW BOOKS:

The Green Bicycle

by Haifaa Al Mansour: Wadja lives in Riyadh, Saudi Arabia where it is considered inappropriate for girls to ride bikes. She comes up with several ideas for ways to make money to buy a bike, including selling mix tapes of banned music (bad idea—she gets caught). Despite the challenges standing in her way, she refuses to give up her dream of owning a bike.

William Shakespeare's Star Wars

by Ian Doescher: Told in iambic pentameter, and following the style of Shakespeare, here is Star Wars as you have never heard or read it before!

Forgive Me, Leonard Peacock

by Matthew Quick: Leonard Peacock is turning 18. His plans for the day are to kill the school bully and then himself. But before he can do that, he has to try to say goodbye to four very special people in his life. Very intense but a real page-turner.



Ms. Dame and Ms. Valle on Twin Day



Pizza & Books read "Not If I See You First" by Eric Windstrom

Library Staff

Anne Dame, Librarian

Lyn Ching, Library Technician

Robert Dong, Computer Technician



Managing Holiday Stress and The Blues

Ms. Paulhamus & Ms. Flatters

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

Many adults feel stressed out or get the blues during the winter holidays. But they don't always realize that teens get these feelings, too. The same things can cause these feelings for teens as they do for adults:

- 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 any concerns regarding your student. Parent information and contact information can be found on the [Counseling Team website](#).

Student Support Team

7th grade Counselor

[Kelley Flatters](#)
206-393-4744

8th grade Counselor

[Lauren Paulhamus](#)
206-393-4743

School Psychologist

[Kathryn Zwack](#)
206-393-4745

Drug/Alcohol Interventionist

[Osbaldo Hernandez](#)
On campus Wed & Thu
206-393-4736

School Nurse

[Joni Wishaar](#)
206-393-4734

Security Monitor

[Liz Aspen](#)
206-393-4738



WEBingo!

On Friday, November 13, 7th graders played WEBingo during lunch with their WEB Leaders. Each WEB Group worked together to design their WEBingo card, enjoyed candy treats, and competed for delicious cupcake prizes! WEB Group #3 led by Manoli and Enola won right before the bell rang to end lunch!



Einstein v. Kellogg Softball

The Oct 15 Shoreline middle school rivalry game ended in a 12–12 tie in 5 innings.





Education in the News!

Summary of Joint Meeting with Shoreline City Council and Shoreline School District Board of Directors by Marianne Deal Stephens, Education Reporter for Shoreline Area News

Curious about long-term planning relating to city and school district mutual issues? On Monday, November 9, 2015 at Shoreline City Hall, ten City of Shoreline officials and seven Shoreline Public Schools officials met to discuss topics of mutual interest. link: <http://www.shorelineareanews.com/2015/11/summary-of-joint-meeting-shoreline-city.html?m=1>.

Foster and Homeless Students

Only 3% of foster kids graduate from high school. Less than 10% go to college or attend vocational programs. The PTA and Sen. Patty Murray support legislation that will help foster and homeless students. For more information, visit <http://www.seattletimes.com/education-lab/sen-patty-murray-wants-to-help-more-foster-and-homeless-youth-go-to-college/> and <http://www.wastatepta.org/advocacy/>.

Election Update

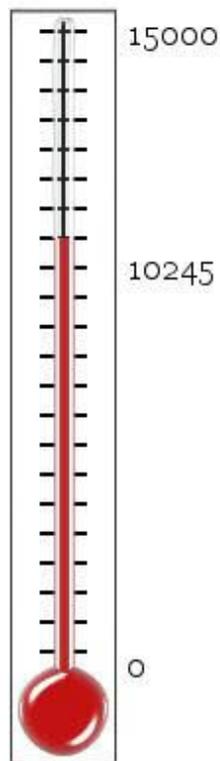
Did you vote on November 3rd? Voter turnout in King County was 39.07% and overall the state turnout was 38.26% which was lower than expected, even in a year without major legislative races or a presidential election. There were important initiatives that will affect your family, including I-1366 which passed by 44,000 votes in the State: 51.51% Yes to 49.49% No.

So, why should you care? I-1366 is scheduled to cut the sales tax by 1% if the Legislature has not yet started the process of amending the constitution to require a supermajority to approve tax increases. The measure would automatically cut funding for education and other programs by more than \$1.4 billion a year. Even though the initiative will probably be struck down as unconstitutional by the State Supreme Court, due to the improper way it was written, the fact remains that basic education in Washington is still considerably underfunded, even before the \$1.4 billion reduction. In Shoreline, our local bonds and levies, PTA, Boosters, and the community fill the gaps. Many districts can't pass local school levies and don't have active PTAs or communities to support the "basics" like current textbooks/curriculum, technology, tutoring, and supplies, so they have to cut "extras" like music, art, clubs, sports, nurses, technology, and STEM enrichment. If I-1366 stays intact and the Legislature has to cut the sales tax state-wide, the \$1.4 billion dollar shortfall has to be cut from somewhere in our Shoreline School District and building budgets. More funds are needed to give ALL children in this State a good basic education. It is our paramount duty.

Take 5!

Actually, it only takes 2 minutes to make a difference! Governor Inslee and the 32nd district's elected officials want to hear from parents and students. Send an email with "Fully Fund Education" in the header and include your name and address in the body text. Write a line or two about why education is important for your children and an investment in our future economy. You can reach Governor Inslee at <http://www.governor.wa.gov/contact>. The 32nd district's legislators are state senator Maralyn Chase and state representatives [Cindy Ryu](#) and [Ruth Kagi](#).

Get more information in the Washington State PTA 2015–16 Legislator Handout or keep up on WSPTA's advocacy or through our [Grassroots Connection](#) blog.



Giving Campaign

Marion Mohrlök, Giving Campaign Coordinator

Lisa Surowiec, Ways and Means chair

Thanks to many Einstein families we raised \$9885 to date during our Einstein Giving Campaign. We are grateful for this show of support which is an increase over last year's campaign.

That said, we have not reached our ambitious goal of raising \$15,000 by 10/31/15 in support of our school and that's why we are going to continue our campaign! If you haven't had a chance to send in your donation, we would like to encourage you to do so. Our teachers and children count on us!

If you send in your gift by December 31, you will receive a tax deductible receipt for this calendar year. Give now online or send your check to Einstein PTSA, 19343 3rd Ave NW, Shoreline, WA 98177. We count on you! Together we can do this!



Community Listings

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.

Holiday Baskets Food and Teen Gift Drive

November 30–December 11

Food and Teen Gift Drive will end December 11. Einstein's goal is 500 boxes of healthy cereal. All donations of non-perishable, non-expired food that is not in a glass container will be accepted and appreciated. All cash donations go toward a non-profit and may be tax deductible. Checks are accepted. Please make checks payable to Shoreline PTA Council. Mark if it is for the food drive or gift drive. Gift cards (\$15–\$25) for the teen drive is the focus this year. Donate on-line at www.shorelinepta.com and click holiday baskets. Receipts will be provided upon request.

Thank you for supporting your Shoreline Community. Donations go directly to Shoreline families. If your family is in need of assistance, please contact the school advocate and get signed up to receive a holiday food basket and/or teen gift.

Any monetary donations should be made payable to the Shoreline PTA Council (note "Holiday Baskets – Food" and mailed to the Shoreline PTA Council 6.12, P.O. Box 55832, Shoreline, WA 98155. All monetary donations are tax deductible with receipts provided on request. For more information, or to donate using PayPal, visit www.shorelinepta.com and click Holiday Baskets.

To volunteer to help at the event, visit <http://vols.pt/yMpKe8>, or email lwoodf9431@aol.com.

Gilda's Club Contest

For 11 years, Gilda's Club has invited teens to write honest, heartfelt essays about their experience with cancer for the opportunity to win cash prizes. This year we've created a NEW contest for middle school students in the Puget Sound area. *The Mad, Sad, and So Much More* poetry contest invites kids to write poems about the feelings they have experienced when dealing with cancer, whether through their own diagnosis or that of a loved one or friend. Poems can rhyme or not. They can be illustrated or not. Winners will each receive a \$250 cash prize.

Please tell the tweens and teens in your life about these unique contests! More information can be found at www.gildasclubseattle.org or by emailing Liz Lange at lizlange@gildasclubseattle.org.

Project: Emergency Water Barrel Replenishment

On Tuesday, November 10, "Project: Emergency Water Barrel Replenishment" got off to a great start at Einstein Middle School through the generous help of 6 volunteers from Calvin Presbyterian Church.

It took just 1.5 hours to empty 7 thirty-gallon barrels, rinse them out with a mild bleach solution, and refill them with fresh water and mild bleach additive. They even made a great label for the top of the barrels to identify the service date.

This was a great way for the men's group from Calvin Church to have a straightforward service project right in our neighborhood and at a school that most of our kids attended. We are happy to be asked by Shoreline School District to provide an important service and take some of the burden away from the staff.

City of Shoreline Teen Programs

Middle School Night

Calling all 7th and 8th Graders! Aged out of tween night but looking for something fun to do on the weekend? This is your night to hang out with friends in a familiar setting. Parents, this program offers a safe and fun place for your teens to hang out with friends on a Saturday night. There will be fun games, activities, crafts, music and food! For more information, please contact Austin at (206) 801-2643. Saturday 12/19 7:00-11:30pm. Free!

Loco Camp

Each day will be different with fun activities for everyone. There will be dodgeball, kickball, swimming, basketball, or whatever adventure we find. Tuesdays we will cruise to recreation centers, Wednesdays we will head over to the pool for swimming and Thursday's activity will be your decision. For more information please contact Waldo at (206) 801-2644. Dates: Tu,W,Th 12/21–12/23 12:00–5:00pm. Dates: Tu,W,Th 12/28–12/30 12:00–5:00 p.m. Fee: \$48 w/Resident Discount: \$40.

To register, call (206) 801-2600 or online at shorelinewa.gov/registration.



December 2015



December

12/3	THU	Einstein Volleyball Game	3:45pm
12/7	MON	No School: Staff Work Day	
12/8	TUE	PTSA Meeting (Staff Lounge)	6:30pm
12/9	WED	Einstein Volleyball Game	3:45pm
12/9	WED	Einstein & Shorewood Orchestra Concert Shorewood Main Theater	6:30pm
12/10	THU	Einstein Choirs & Shorewood Choirs Shorewood Main Theater	7:30pm
12/10	THU	Einstein Boys Basketball Game	3:45pm
12/14	MON	Einstein Volleyball Game	3:45pm
12/17	THU	Einstein Boys Basketball Game	3:45pm
12/17	THU	ASB Presents "The Polar Express"	3:10pm
12/18	FRI	Holiday Assembly: Choir, Symphony Orchestra, Wind Ensemble & Jazz Band	9:00am
12/21-1/1		No School: Winter Break	

January

1/6	WED	Einstein Boys Basketball Game	3:45pm
1/7	THU	Einstein Boys Basketball Game	3:45pm
1/11	MON	Einstein Volleyball Game	3:45pm
1/12	TUE	PTSA Meeting (Staff Lounge)	6:30pm
1/14	THU	Einstein Volleyball Game	3:45pm
1/15	FRI	Season 2 Sports Awards	3:00pm
1/18	MON	No School: Martin Luther King, Jr Day	

Only sport events hosted at Einstein and special events are listed above. The complete sports schedule can be downloaded from the [Athletics Information Page](#) of the Einstein Website.

Lunch Menu

[Here is a link](#) to the district breakfast and lunch menus. Additional information about the district's food services is also available on the [District website](#).

Activity Bus

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 and Thursday.

Activity Bus Route 320 – West & South Side

4:45pm	Depart Einstein
4:50pm	Syre Elementary
4:57pm	Richmond Beach Library
5:04pm	Shorewood High School
5:08pm	Highland Terrace Elementary

Activity Bus Route 318 – East & North Side

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

Einstein Club List

TUESDAY

Jazz Band (H-15) 7:00–8:20am Lane
City of Shoreline Activities (SAC & Gym) 3:00–4:30pm
Newspaper Club (L-4) 3:00–4:30pm Thurber
Tiger Tutoring (Library) 3:10–4:30pm Teeters
GSA (E-11) 3:00–4:30pm Flatters/Zwack (Meets 12/1, 12/15, 1/12, 1/26, 2/9, 2/23, 3/15, 3/29, 4/12, 4/26, 5/10, 5/24, 6/7)
Chess Club (L5) 3:00–4:30pm Paulhamus
International Club (E8) 3:00–4:30pm Wheaton/DiVirgilio
Magic the Gathering Club (L-1) 3:00–4:30pm Mr. Crowley

WEDNESDAY

Anime/Drawing Club (D-11) 3:00–4:30pm Moreno
Video Game Club (A-7) 3:00–4:30pm Riley
The Write Stuff (Library) 3:00–4:30pm Dame (Meets the 2nd Wednesday of each month)
Pizza and Books (Library) 3:00–4:30pm Dame (Meets the 4th Wednesday of each month)
Yearbook Club (G2/Art Room) 3:00–4:30pm Baldi
Coding Club (A2) 3:00–4:30pm McDowell

THURSDAY

Jazz Band (H-15) 7:00–8:20am Lane
City of Shoreline Activities, SAC & Gym 3:00–4:30pm
Math Club (A-7) 3:00–4:30pm Riley
TSA/STEM Club (H-6) 3:00–4:30pm Thurber
Tiger Tutoring (Library) 3:00–4:30pm Teeters
Cooking Club (B-14) every other Thursday

FRIDAY

Jazz Band (H-15) 7:00–8:20am Lane