



Einstein News

Einstein Middle School
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November 2016
Volume IX, Issue III

Einstein Website
Einstein PTSA Website

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Got Photos?

Send in your photos for possible placement in the 2016-2017 yearbook!!!
There are two easy ways to upload photos listed below:

Use the Yearbook Snap App

How to submit photos using the Yearbook Snap app:

1. Download the free app from the App Store or Google Play
2. Enter the access code which is: Einstein
3. Upload your photos!

Use Yearbookforever online

How to submit photos online using Yearbookforever:

1. Go to yearbookforever.com and enter our school name
2. Click on community upload and enter the access code which is: Einstein
3. Upload your photos!

*If you have a large number of photos to share please email deanna.baldt@shorelineschools.org

Upstanders

Stand up to bullies...

Thank you to PRIDE Teachers for facilitating the "Heroes/UPstanders" Pledge Poster making!



These have been put up in the SAC and can be seen there on display. During both lunches students were given the opportunity to fill out an UPstander arrow to recognize anyone who they've witnessed being an Upstander here at Einstein. Learn more about [Upstanders on Page 10](#).

Thanks a million to Lyn Ching for cutting out every arrow AND the "Upstanding Tigers"! #Respect@Einstein



It Takes a Village- Let's Invest in Our Kids and Our School This Year!

Einstein Needs YOU!

Our **KIDS** count on **YOUR** support!

We **CAN** do this **TOGETHER!**

78 Einstein families have supported us so far which has helped us reach 43% of our goal and we are very grateful to these families who have stepped up and invested in Einstein. These 78 families represent only 11% of all the families at Einstein and we're hoping that more of the remaining 89% will step up to help our community. In order to accomplish all the programs and classroom grants we've set out for this year, we need your help.

Our [Giving Campaign](#) needs to raise \$15,000 to support so many fantastic opportunities enriching our kid's education. To date, we have only reached \$6,428. We hope that you will consider a donation of support!

No donation is too small, but each family's participation is crucial!

Please consider your gift today.

Your Einstein PTSA works with the teachers and staff to support programming that benefits every student in their efforts to learn and thrive. Events, teacher grants, the UW/SCC field trip for 8th Graders, Medics in the classroom, student of the quarter, staff appreciations and basic needs support are what you are helping provide with your donation. We can't do any of it without you!

ACTION from YOU is how we're going to get there. You can donate a one-time gift, or spread out your commitment and sign up for recurring payments. We gratefully accept checks sent to Einstein made out to the Einstein PTSA or [donate online through our website](#).

This is when we make it happen. [By acting now](#), we can make a difference in our teachers and students experience at Einstein. [THANK YOU for donating today!](#)

[It takes a village.](#)

Lori Ramsay, Marion Mohrlök and Debbie Olhoeft

~ *Einstein Middle School PTSA, Ways and Means & Membership*~

PS: If you have questions about your donation to Einstein PTSA, please contact us at einsteinwaysandmeans@gmail.com.





Season One Sports Awards

Congratulations to all the Tiger Athletes for Football, Cross Country & Softball

Season 1 Sports, football, cross country, softball, will have their end of the season sports awards on Thursday, 11/3 at 3:10 in the gym. Student athletes and families will meet in the gym for a welcome from our amazing coaching staff, and then teams will move to individual rooms for awards. We hope you can join us!

Parent Volunteers

Can you help?

Thank you to all of the adults in our community that have signed up to receive Volunteer opportunity emails and that have taken that next step to sign up and volunteer. We want to thank the parents that helped with Pictures, Picture Re-takes and Spirit Week most recently.

In an effort to help you plan better for volunteer opportunities we are putting together a list for you and some ways to sign-up if you're interested in an opportunity right now. Here's our current list:

Student of the Quarter Help: Sign-up here to help for our Friday, 11/4, event, <http://signup.com/go/vg9jF2>

Mark Your Calendar for future Student of the Quarter events to help with: 1/20/2017, 4/7/2017 & 6/9/2017

Volunteer Opportunity Sign-ups:

S is For Student Web Page Content Manager, <http://signup.com/go/1fuqYG>

Watch Dogs Volunteers, <https://signup.com/login/entry/78619665407>

Resource Fair Planning, <http://signup.com/go/M4r82P>

Future Fest Planning, <http://signup.com/go/ipW8rs>

Holiday Food Drive Help Dec 6-16, <http://signup.com/go/KRKDqV>

Holiday Food Basket Assembly Dec 17 at Kellogg Middle School, <http://signup.com/go/7yQJ1w>

Not sure? Go to the sign-ups to find out more and then decide. At the very least, mark your calendars and know when sign-up emails will be coming your way. We'll have more for you next month.

Want to get Volunteer Sign-up Emails? Send your Name, Email address and if you are the parent of a 7th or 8th grader (or both) to einsteinvolunteers@gmail.com. When you have a minute, **go to the front office and get a background check done**. All volunteers that work with students have to have a current and up to date background check.

Thank you!

Carrie Campbell, Einstein PTSA Volunteer Coordinator*

**please note that signing up to volunteer does not make you a PTSA member, and all are welcome to Volunteer!*

Monday School

Einstein will be hosting Monday School on the following dates: 12/5, 3/6, 4/3, 5/15

Please mark your calendars!

What is Monday School?

Monday school is from 9:00-12:00 on the above non-student days, and is an opportunity for students to come and get caught up on school work.

Continued on the next page



Monday School *continued*

How does my student get invited to Monday School?

Students and families will receive a phone call or an email invitation to Monday School.

What should I do if my student receives an invitation to Monday School?

Please encourage your student to attend if invited, and help them with transportation. This is a great opportunity to get a little extra academic support, and to stay current on school work.

Who do I contact regarding Monday School?

Please contact Liz Aspen with any questions regarding Monday School, liz.aspen@shorelineschools.org, or 206.393. 4738

AI's Pals Winners

Congratulations to the latest AI's Pals winners!

Morgan Mueller

Ada Franey

Lindsey Hiett

Dulce Gonzalez-Rodriguez

Anya Kelly

Canon Sanders

Kayley Salinas

Eric Van Duyse

Laura Le

Kalijah Bell

Highly Capable Program Information

The Shoreline Public Schools Highly Capable Department's Information Night is an opportunity to hear about the services we provide to our most highly capable students and get an update on the work that is going on this year to improve our services. There will also be an opportunity to speak with a Highly Capable Program teacher and the program Director. Mark your calendar for Tuesday, 11/22, at Shoreline Center (18560 1st Ave. NE, Shoreline, WA 98155), Shoreline Room, from 6 to 9 p.m.

If you have any questions about the Information Night, please contact our office by e-mail, spencer.glushak@shorelineschools.org, or by phone at 206-393-4771.

Shoreline Public Schools Highly Capable Testing Opportunities

Winter New Moved In Students – students in grades 1 – 12 who moved into the district from September 16th – December 7th, 2016 are welcome to register for testing to be held on December 3rd & 10th, 2016.

- Continuing Students in Grades 1 – 12 – testing for all students grades 1 – 12 who would like to participate in the HiCap Program will be held on Jan 28th & Feb 4th, 2017.
- Private School Kindergarten Testing – testing for all kindergarten students who would like to participate in the HiCap program and are Shoreline residents but do not attend a Shoreline Public School will be held on Dec 3rd & 10th, 2016.
- Private School Testing for Grades 1 – 12 – testing for all students grades 1 – 12 who would like to participate in the HiCap program and are Shoreline residents but do not attend a Shoreline Public School will be held on Jan 28th & Feb 4th, 2017.
- Kindergarten Second Round Testing for Currently Enrolled Students - is not yet open but will open after the conclusion of kindergarten screening on Nov 14, 2016. Parents will be notified if their student is eligible to move on to the second round of testing.

If you have any questions about the testing opportunities, please contact our office by e-mail spencer.glushak@shorelineschools.org or by phone at 206-393-4771.



PRINCIPAL'S LETTER

Nyla Fritz, Principal

Hello Einstein families!

It's hard to believe we are almost 25% through our school year. How can that be possible? But as I look out my office window I see the colors of fall. Next weekend we will set our clocks back an hour and in the coming weeks teachers will be entering first quarter grades.

Our first quarter is over on November 10th and your student will be receiving a first quarter progress report. For our 7th graders this will be their first report as a middle school student! It's important to remember that in middle school this is simply a formalized progress report. It's a moment for students and teachers to pause and check progress toward benchmarks. This marking period allows teachers to look more formally at student progress as well as assess how their classes are moving along towards the goals for the end of the semester. For students and families it's a way to get explicit and direct feedback about how students are progressing in classes. This feedback is about the progress up to this point, but also about the behaviors and academic habits students are exhibiting (or not exhibiting) that contribute to their marks. But the important thing to remember is we're only half way there! In high school, classes are credited by semester and middle school allows students to begin to experience the pace and progress of this calendar.

I have no doubt that every single one of our students has something to celebrate so far this year. Maybe they've made a new friend, overcome a fear, made progress on a goal, joined a club, tried out for a team or changed a behavior from last year. When you get the chance to look at your student's first quarter progress report, please take some time to talk about successes and celebrate a little! The progress report is important, but it is not inclusive of their entire experience at Einstein. This is also a great time to set goals with your student so there are even more successes to celebrate each semester.

We love to celebrate student successes at Einstein! One way we do that is by giving students an "Al's Pal" certificate when we notice them doing something in line with our PRIDE motto. Our staff has their eyes open to recognize students demonstrating preparation, respect, integrity, determination and excellence and we love to let our kids know that we notice these things! They turn their "Al's Pal" into the office and every Monday we draw names of several students, announce their names over the intercom, and then invite them to the office for recognition.

Thank you for all you do for your students, and for joining us in talking with them to identify successes and to set goals for the future. Together, we can make the next three quarters just as positive and full of learning as this first quarter has been!



You can keep track of your student's progress by accessing Canvas. See the next few pages for information about how to do this.

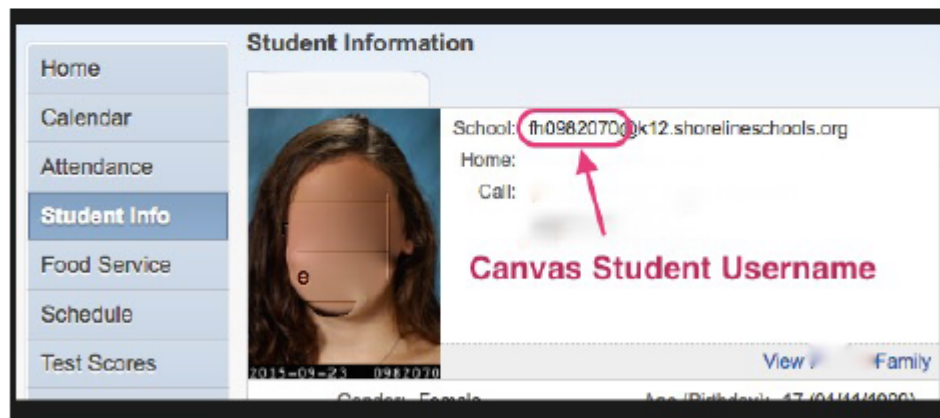


Parent Access to Canvas Learning Management System (LMS)

Shoreline School District has transitioned to a learning management system called Canvas for managing student assignments and grades in grades 7-12. Now that we are in our second week of school, middle and high school teachers are beginning to assign and collect school work, assess and record grades for students in grade 7-12. We invite parents to begin following their students' progress through either the **Canvas Parent** mobile app for Apple iOS or Android or by creating a **Parent Observer** account to follow your student on the Canvas web site. *[NOTE: You can use both the app and the web site, but you will need to register for each method separately as explained below. As of 9/16/16, the mobile app method appears to be more reliable for following multiple students, but the web-based method should be resolved soon]*

Canvas Parent Mobile App

Canvas Parent is available for both iOS and Android mobile operating systems. Canvas has created step-by-step guides for installing, registering and linking **Canvas Parent** to your student(s). Select the link below that applies to your type of mobile device. In order to link to your student(s) Canvas accounts, you will need their Canvas usernames and passwords. Student Canvas usernames are the first part of the Google email addresses we have used for several years (ex. js0123456) and can be found in Family Access in Student Info in the school email field. **Your student(s) will provide you with their Canvas passwords and usernames.**



Apple iOS (iPhone, iPad, iTouch): <https://community.canvaslms.com/docs/DOC-7886>

Android Phone or Tablet: <https://community.canvaslms.com/docs/DOC-7885>



Get the free **Canvas Parent** app at the iTunes Store or the Android Play Store



Parent Observer Accounts in Web Browser

Note: If you attempted to set up a web-based account prior to the latest release, you may receive an error message "Email Already In Use". If you get this message, email jim.golubich@k12.shorelineschools.org and we will delete the old account so you can start fresh.

Go to the website at <https://shorelineschools.instructure.com>. Click the option in the upper right hand corner that invites you to create a parent account:

SHORELINE
PUBLIC SCHOOLS

Parent of a Canvas User?
Click Here For an Account

Shoreline Canvas Username

Password

Stay signed in
 Log In

Forgot Password?

User Research Help Privacy policy Terms of service Facebook
 Twitter

BY INSTRUCTURE

Next you will need to fill in four fields to create your account, including your student's Canvas username (first & last initial followed by Student ID number – ex. pg0998877) and their Canvas password which your student must provide to you. Then click the "Start Participating" button.

Parent Signup x

Your Name*

Your Email*

Child's Username*

Child's Password*

You agree to the [terms of use](#) and acknowledge the [privacy policy](#).

Start Participating

You will then get an email with instructions on how to complete the registration process.

More info on how to use your Parent Observer account is available at:

<https://community.canvaslms.com/docs/DOC-4033>

For adding additional students to your observer account:

<https://community.canvaslms.com/docs/DOC-2278> (if this does not work, try using the mobile app until we can resolve this part)



Parent Teacher and Student Association

Einstein PTSA President's Message

Lisa Surowiec, PTSA President

Hard to believe it's already November. Unless you're trying to get going in the morning, and the temperature and light level is calling you back to bed!

As October has ended, we can sadly report that our [Giving Campaign](#) has fallen very short of our ask. There is a separate article about this on [page 2](#), but please know that without donations, we are severely limited on how we are able to support our school, our students, our teachers and our community. **With less than half of our target**, we will not be able to fund the priorities that you confirmed were important by voting in our budget in September. **Please take a moment and consider a financial gift to your PTSA.**

In addition, while membership at Einstein is up this year (THANK YOU!), only about one quarter of our kids are represented by a parent member. [Joining the PTSA](#) is not expensive. It does not obligate you to volunteer. It does not obligate you to go to meetings. It is a visible endorsement of parent support at your middle school. Perks to you include short email blasts, great membership benefits, an advocacy voice, and a directory. **Membership Matters.**

WE ARE TRYING SOMETHING NEW to engage and support our school community. The PTSA Board came up with a calendar of "focuses" that highlight some part of our community, or in some cases, a topic of discussion, for every month. You can find that on the [calendar page of our website](#). We will use the Focus to post articles or facilitate conversation on Facebook; we hope that you will participate in the discussion, and add your own posts to talk about your experiences with the topic. November's focus is our Hispanic community.

It's time to Engage. Join. Donate. Meet. Talk. Join the discussion. [Support our kids.](#)

Gratitude

Early in November, most of us are not yet thinking about Thanksgiving. And yet it's definitely the month to show gratitude and thankfulness for everything that's going right.

So. Here's my list.

- I am grateful for our PTSA board of amazing, selfless, thoughtful volunteers who are a miracle to work with.
- I am grateful for a stellar teaching and counseling staff, who are giving our kids a great education and a safe, supportive environment in which to learn.
- I am grateful for our building administration and support staff, who truly have both the big picture and the small details in mind, always.
- I am grateful for our members, our donors, and our volunteers, without whom our school would not function well.
- I am grateful for our Shoreline community as a whole, which values our schools and our neighborhoods and makes this such a rich place to raise our families.

This month's shout out goes to Scott Combs, who, despite being completely swamped at his Real Job, faithfully maintains our books and remains a solid board member for the second straight year. Grateful for you, Mr. Treasurer!

PTSA Leadership

President

Lisa Surowiec

einsteinpresident@gmail.com

Vice President

Shannon McMaster

mcshannon79@hotmail.com

Secretary

Karen Kessinger

einsteinsecretary@gmail.com

Treasurer

Scott Combs

einsteintreasurer@gmail.com

Legislation

Carrie Campbell

einsteinlegislation@gmail.com

Public Affairs

Michelle Carroll, Catherine

McConnachie

einsteinpublicaffairs@gmail.com

Site Council

Maria Ales

einsteinsitecouncil@gmail.com

Student Affairs

Renee Smith

einsteinstudentaffairs@gmail.com

Ways & Means

Lori Ramsay

einsteinwaysandmeans@gmail.com

Volunteer Coordinator

Carrie Campbell

einsteinvolunteers@gmail.com

Newsletter

Mel Williamson & Carrie Campbell

einsteinmiddleschoolnews@gmail.com

Website

Lisa Surowiec

einsteinwebsite@gmail.com



More About Volunteer Opportunities

Einstein Newsletter: The Einstein Newsletter is a co-production for the Einstein School & PTSA and is currently produced by 2 8th Grade Parents. We need some 7th Grade Parents that are willing to help and be able to take over. Our hope is for the 7th Grade Team to train this year and start taking over in 2017 to then train new 7th Grade Parents next year and keep the momentum going. This is a great job for parents that want to volunteer at home and who want to be in the know. Please contact Mel or Carrie if you are interested in helping, einsteinmiddleschoolnews@gmail.com. Thank you!

S is for Student: This is an opportunity for you to learn about future plans for our kids, while providing resources for current families. This is a page that pushes out scholarships, community service, information, and events specific to middle schoolers. We can show you how to find the information and get it posted! Find out more about signing up in this newsletter, [page 3](#).

Watch DOGS is looking for people! This organization started as a way to get men on school campuses to be visible and increase security. Einstein DOGS wants parents who can come be present in the mornings and at lunchtime. Find out more about signing up on [page 3](#).

Resource Fair: Work to bring resources to school to meet with our parents. Think basic needs support (Hopelink), mental health support (Center for Human Services), suicide prevention (Forefront), transportation for middle schoolers (Uber, PogoRides, Metro), academic support (KCLS), etc. Find out more about signing up on [page 3](#).

Future Fest: Work on visioning a career program for 7th graders while the 8th graders are experiencing the Boots-on-the-Ground trip to UW and SCC. Work with CTE Career Pathways, find parents/community members to talk about various careers, bring in representatives from additional colleges and apprenticeship programs. Find out more about signing up on [page 3](#).

Legislative News

From your Legislative Rep, Carrie Campbell



November 8th is Voting day. Ballots have been mailed and there is a voting drop box at the Shoreline Library, or find your nearest drop box at www.kingcounty.gov/depts/elections/how-to-vote/ballots/returning-my-ballot/ballot-drop-boxes.aspx.

WA State PTA's from across the state gathered in Olympia to determine their most important initiatives for the next two years. The PTA is a lobbying organization that works for the issues you agree are the most important for our families and students. As your Legislative Representative you voted at the General Membership Meeting to approve our Standing Rules, which includes my "voting my conscience" at the assembly. I listened to the issues and voted for what I felt would be most important for our families here in Shoreline. As Democracies go, I did not vote for all of the issues that were placed in the top 5, but it is important to remember that the platform represents the issues for all of WA State. Thank you for the opportunity to go, please do not hesitate to contact me if you would like more information about these issues or how you can become involved. Einstein will need a Legislative Chair next year, if you are interested or have questions contact me at campbrit@hotmail.com. Here are the platform issues, the top five getting the priority focus for our lobbyists:

Top Five

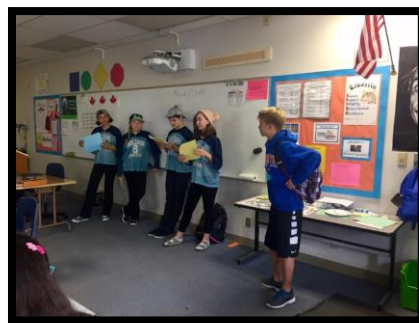
1. [Social Emotional Learning*](#)
2. [Amplify Fund Basic Education*](#)
3. [Closing the Opportunity Gap*](#)
4. [Standards for Para-educators*](#)
5. [Breakfast after the Bell*](#)

Issues Also Supported (listed alphabetically)

- [Improving Educational Outcomes for Foster Children*](#)
- [Engaging Families in Student Success](#)
- [Post-Secondary Higher Education*](#)
- [Removing Barriers to implementing ECEAP \(Early Childhood Education and Assistance Program\)](#)
- [Restorative Justice and School Safety](#)

WEB PROGRAM / COUNSELING CORNER

Ms. Paulhamus & Ms. Flatters



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 of Bullying: 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 "Upstander" and "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!

We would like to share some events that are happening at Einstein to bring awareness to the problem and encourage students to be a part of the solution:

- **Counselor class visits** to all Social Studies classes! Ms. Flatters and Ms. Arpin shared information about their role and how students can access their support. Students identified why they might check-in with their school counselor and reviewed who other support staff are here at school that they can go to for assistance.
- **GSA (Gay Straight Alliance) sponsored "Ally Week"** activities to promote taking a stance against bullying and the importance of standing up for each other. Specific focus on LGBTQ bullying statistics were included in our student bulletin for educational awareness. GSA Club members invited students to sign Ally Pledges and acknowledge "UPstanders" who have helped others report/stand up to bullying.

- **7th & 8th Grade “Heroes & UPstanders” lesson and activity-** The school-wide lesson included a slideshow presentation encouraging everyone to stand up against bullying behavior and to create a safe school community. PRIDE class pledges were created and displayed in the Student Activity Center!
- **“UPstanding Tigers” Wall** in the SAC! Students and Staff are writing down the names of people they have seen be “Upstanders” for others. The goal is to cover the wall with all of the heroes around us at Einstein! Visual reminders can be powerful!
- **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 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 at

<http://learn.shorelineschools.org/einstein/ecounseling/index.php>

Student Support Team

7th Grade Counselor

Ms. Arpin & Lauren Paulhamus*

ae.7th.counselors@shorelineschools.org

206-393-4743

**Mrs. Paulhamus is on maternity leave until 2nd semester*

8th Grade Counselor

Kelley Flatters

Kelley.flatters@shorelineschools.org

206-393-4744

School Psychologist

Kathryn Zwack

Kathryn.zwack@shorelineschools.org

206-393-4745

School Nurse

Joni Wishaar

jeni.wishaar@shorelineschools.org

206-393-4734

Security Monitor

Liz Aspen

liz.aspen@shorelineschools.org

206-393-4730

Einstein Family Advocate

Amy Famelos

amy.famelos@shorelineschools.org

206-939-4729 or 206-491-7374 (work cell)

Drug/Alcohol Prevention and Intervention Specialist

Amber Langon

Message from our New Family Advocate

Dear Einstein Middle School Families,

My name is Amy Famelos. I am the new Family Advocate here at Einstein. The role of the Family Advocate is to partner with students, families and staff in order to provide support and resources to meet the needs of our families. As a Family Advocate, I support students and families in accessing school and community resources. Please reach out to me with any questions or concerns you are having. I am looking forward to getting to know you and your children this year and learning ways I can best support you.

I am at Einstein every Tuesday and Friday, and alternating Mondays from 8:00am-2:15pm.

Please see my contact information above.

Go TIGERS!



LIBRARY

Lines from the Library

Anne Dame, Librarian | 206-393-4733 | einsteinlibrary.wordpress.com

[Library Web Site](#) | anne.dame@shorelineschools.org

One of the highlights from October was a visit from Aarene Storms, teen librarian from the Richmond Beach library. She told us spooky stories from the Bellingham region as well as a First Nations tale, then we opened up the floor to students. We did have 4 killer clowns, 2 chainsaws, a couple of serial killers, and one doll on the stairs. It was a great experience to hear the story-telling skills of our students. Some students were more creeped out than others.

OVERDUE BOOKS: Many of our students have overdue books. We do not charge fines for overdue books (although I often joke that students will need to bring me kittens or ice cream when they return their books weeks or sometimes even months after their due date). We always stamp the date the book is due on the slip inside the front cover to help students remember. However, it can be challenging since they do not come here on a regular basis like they did in elementary school. Please help your student double check to see if they have books that need to be returned or renewed. The first 8th grade book club project is complete, so all those books can come back now.

VOLUNTEERS: We are still in need of parent volunteers for the library. No experience is necessary. Schedules are very flexible; we could use you even if it is only 10-15 minutes in the morning when you drop off your student. Thank you for considering!

NURSE

Joni Wishaar, BSN, RN

COLD & FLU

As we head into the cold and flu season, there are some actions we can practice to help reduce our chances of contracting the many viruses we are exposed to. Part of the reason we see more colds in the winter months are due to closer confinement indoors and in schools the multiple contacts with the entire student body. Cold viruses are spread via hand-hand-face contact (someone with a cold coughs into their hand, opens a door, another person opens the door and then rubs their eye or nose—the cold virus has just been passed). Some viruses are passed via saliva.

The best technique in prevention is frequent hand washing. If you have a cold, try to cough into your elbow to prevent that hand-hand-face spread. Dispose of tissues immediately after use and then wash hands. Clean the mouthpieces of phones. Use a dishwasher for cleaning dishes or if hand washing dishes pour boiling water over the washed dishes and then let them air dry (drying dishes can transfer germs from one surface to another).

Many viruses and bacteria can be passed through saliva. To help prevent the spread, don't share drinks, food or utensils. Do not spit. Symptoms to look for mono include an elevated temperature with sore throat, swollen glands and eventually tiredness.

For our bodies to fight diseases, it is good to obtain a full nights sleep and eat a balance diet including five to nine helpings of fruits and vegetables. Foods with high vitamin C such as green, yellow, and red peppers, kiwis, broccoli, and citrus fruits are important to eat. There are some studies that suggest that while vitamin C may not prevent colds, it can help reduce the severity of the cold.

The general guideline to keeping students home for illness include fevers above 100 degrees or vomiting within 24 of the school day. This reduces the exposure of disease to the students and staff.

Taking these measures, may help prevent the spread of disease or at least make it less severe.



SPORTS & PE

SEASON TWO SPORTS SIGN UPS: Interested in Boys Basketball or Girls Volleyball? Now is the time to sign up! Stop by the main office and add your name to the list. Sports paperwork packets are available in the office and on the Einstein website. If you have already done a sport this year, you do not need to turn in paperwork. Just be sure you add your name to the sign up sheet. The first practice is November 7th. Go Tigers!

MUSIC NOTES

The Einstein Music Department will present their Fall Concert #2 on Wednesday, November 16th in the Einstein Gym. We will hear from Concert Band, Concert Orchestra, and Symphonic Band. The concert begins at 7:00 p.m. and should be a fun variety of music!

CLUBS

EINSTEIN Hang Time Clubs and Sports 2016-2017

Students who want to attend a club or watch a game **must be registered in Hang Time.**

Only students registered for Hang Time may take the Activity Bus.

All clubs meet in the Cafeteria on meeting days at 3:00 PM for a snack.

Einstein Clubs

TUESDAY

	<u>Advisor</u>	<u>Notes</u>
Sports <u>OR</u> Activity Club	Angela	Student choice
Gay-Straight Alliance (GSA)	Flatters/Zwack	Every other Tuesday: 9/20, 10/4, 10/18...
Video Game Club	Riley	
Yearbook Club	Baldi	
CheSS/Games Club	Paulhamus	Starts October 11th.
Culture Club	DiVirgilio/Wheaton	
Tiger Tutoring	Teeters	

WEDNESDAY

Sports <u>OR</u> Activity Club	Angela	Student choice
Movie Club	Harvie	Starts September 29th.
Magic the Gathering	Crowley	Starts after Halloween.
The WRITE Stuff	Dame	<u>Every 2nd Wed of the month:</u> 10/12, 11/9, 12/7, 1/11, 2/8, 3/8, 4/12, 5/10, 6/14
Pizza and Books	Dame	<u>Every 4th Wed of the month:</u> 9/28, 10/26, 11/16, 12/14, 1/25, 2/15, 3/22, 4/26, 5/24
Coding Club	McDowell	
Anime/Drawing Club	Dame	Starts October 5th.

THURSDAY

Sports <u>OR</u> Activity Club	Angela	Student choice
Math Club	Riley	
Technical Students Association (TSA)	Thurber	Starts October 6th.
Baking Club	Brown	
Tiger Tutoring	Teeters	

★Jazz Band

(Must be a member of a Band class.)

Lane

Semester 1: M/T/W/Th 7:30-8:20.

Semester 2: T/Th 7:00-7:25 Fri 7:00-8:20.



Clubs *continued*

Einstein Sports

Season 1 (Sep - Nov): 8th Grade Football, 7th/8th Cross Country, 7th/8th Girls Softball

Season 2 (Nov - Jan): 7th/8th Girls Volleyball, 7th/8th Boys Basketball,

Season 3 (Jan - Mar): 7th/8th Wrestling, 7th/8th Girls Basketball

Season 4 (Apr - Jun): 7th/8th Track

If you have an idea for a new club, go see your school counselor! ;)

Anime/Drawing Club	Do you like to draw? Do you like Anime? Do you like to hang out with friends? Then come to the Anime/Drawing Club.
Baking Club	Interested in making delicious treats and savory breads? Want to learn how to decorate the perfect cupcake? Come have fun with us! We will get to eat some goodies but let's think about how our baking could help others too!
Chess/Games Club	Play head to head and team up to play a variety of alternate scenarios. Every level is welcome. Other games welcome: board, card, beyblades, etc.
Coding Club	Are you interested in how video games work, want to learn basic coding? Want to learn about apps, VR, & other new technologies, then join us!
Culture Club	Experience culture through cooking, art, language and film!
Gay-Straight Alliance	GSA is a place for all students to discuss issues and plan school activities related to diversity and awareness. The goal is to create a more accepting and safe learning environment for all students, regardless of sexual orientation, gender identity or individual differences.
Jazz Band	Jazz Band is a performing ensemble focused on Blues and Swing music and improvisation. Meets during Zero Period in the Band Room (H-4).
Magic the Gathering	Bring your Magic cards and enjoy!
Math Club	If you are interested in math competitions (team and individual) or just like solving challenging math problems, we'd love to have you join us!
Movie Club	Come relax, view and enjoy a student chosen movie after school!
Pizza and Books	If you like to eat pizza and you like to talk about books you've read (or listen to others talk about books they have read), then this is the club for you!
Sports <u>or</u> Activity	Games (dodgeball, capture the flag, soccer) <u>OR</u> art activities/projects in SAC.
Technical Students Association	Do you enjoy figuring out how things work, working with tools, making things? Join TSA (Technical Students Association).
The WRITIE Stuff	There will be author visits, script writing, movie making, writing games and exercises and an opportunity to have your work critiqued if you so desire.



SCHOOL & PTSA CALENDAR

November

- 2: Football at Einstein, 3:45
- 3: Season One Sports Awards, 3:15
- 11: No School - Veteran's Day
- 15: Special Needs PTSA Meeting, 7 p.m.
- 16: Concert Band, Concert Orchestra, and Symphonic Band, Einstein Gym, 7 p.m.
- 17: Multilingual Information Night from 6 to 8 p.m.
- 23: Early Release
- 24-25: No School - Thanksgiving Break
- 29: PTSA Meeting with a Drug & Alcohol Parent Ed Presentation



MULTILINGUAL INFORMATION NIGHT: All Multilingual families (parent/guardians and students) are invited to Einstein on Thursday, November 17 from 6:00-8:00 pm for dinner and to learn how to check grades and connect with Einstein staff. Dinner will be served and we will have interpreters and computers there to help you. At this time, Spanish, Amharic, Korean, Vietnamese and Chuukese interpreters are available. If you don't see your language here and you would like some help, please let us know. Questions? Please contact our family advocate, Amy Familos at 206-393-4739 or amy.familos@shorelineschools.org. or Leslie Buchanan (registrar) at 206-393-4731 leslie.buchanan@shorelineschools.org.

BOND PRESENTATIONS:

Nov. 15, 2016 at 7 p.m. at Shoreline Center Board Room (18560 1st Ave. NE) *Spanish, Amharic, Korean, Tigrinya and Vietnamese interpreters will be available at the Nov. 15 meeting

Nov. 29, 2016 at 7 p.m. at Richmond Beach Library (19601 21st Ave. NW)

November 30, 7 pm at Einstein. Open to the community (NEW!!)

December

- 5: No School - Staff Work Day
- 6-16: Holiday Food Drive
- 17: Holiday Food Basket Assembly at Kellogg Middle School
- 8: Shorewood & Einstein Choir Concert, 7:30 p.m.
- 14: Concert and Symphony Orchestra, 6:30 p.m.
- 21-Jan 3: No School - Winter Break



Einstein
Middle School

Get Ready... Set... Go...
2016-17 School Year Begins!

COMMUNITY NEWS

Food and Gift Card Drive

Every year, Shoreline School District, along with its partners, hold a food and gift card drive. This year it will be from December 6th through the 16th. Einstein has a goal of collecting 500 bags of RICE (bag, box or instant). All nonperishable food items are accepted. Please no glass, homemade items or expired food.

This is also a great time for families to volunteer. All ages are welcome to help set up and adults only during distribution. Look for details about how to volunteer in the December newsletter. Food and gifts will be distributed to local families December 17th.

If your family would like to receive a food basket or receive a teen gift card, please contact the family advocate Amy Famelos at amy.famelos@shorelineschools.org or go online at Eventbrite. Search event "Holiday Baskets".

Ways to give:

- Send rice (bag, box or instant) and other non-perishable items to school December 6th – 16th to be collected in your student's PRIDE class. Most needed items: peanut butter, macaroni and cheese, cereal, canned soup, granola bars, pasta and rice, canned meats, ramen noodles, shelf stable milk, canned fruit and veggies, and canned tomato products.
- Send a gift cards (\$15-\$25) for teens and tweens.
- All monetary donations should be payable to Shoreline PTA Council and mailed to Shoreline PTA 6.12 PO Box 55832 Shoreline, WA 98155. All monetary donations are tax deductible with receipts provided upon request.

Donate using Paypal, go to: www.shorelinepta.com and click on Holiday Baskets.

