



# Einstein News

Einstein Middle School  
19343 3rd Ave NW  
Shoreline, WA 98177  
206.393.4730  
<http://schools.shorelineschools.org/einstein/>  
Einstein Middle School PTSA 6.12.75  
PTSA Website

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## Reflections Entries due October 24th



This year's theme is **"The world would be a better place if..."**

Time is passing quickly. There are just a couple of weeks left to complete and submit your pieces. Our goal is to have an even greater turnout than last year.

Students can submit pieces in any or all of the following six categories: Dance Choreography, Film Production, Literature, Musical Composition, Photography, and Visual Arts. All submissions are due to the Einstein office no later than end of day on **Friday, October 24th.**

Detailed information about Reflections including category specific instructions and entry forms can be found in your PRIDE classroom, on the [Einstein PTSA](#) website and at the [WA State PTA](#) website. For additional questions please contact the Program Chair, Diana Ensenat, at [denesenat@gmail.com](mailto:denesenat@gmail.com).

### Picture Retakes

If you didn't get your photo taken yet, or if you would like to do a picture retake, the photo retake day will be Friday, October 17. If you are getting retakes, please bring your picture packet to the photographer the 17th. The photographer will be set up on the stage in the cafeteria.

### Einstein 2014-2015 Student Information Update Form – Please Return it!

At Back To Business Days you received a Student Information Update form with all of your contact information. If you haven't already done so, please fill in any changes, sign the form and return it back to the school office so we can update our information system.

"In the middle  
of difficulty lies  
opportunity"

- Albert Einstein

## Volunteer Opportunities

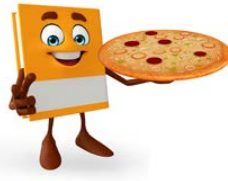
**Interested in receiving emails with information about volunteer activities? Email [einsteinvolunteers@gmail.com](mailto:einsteinvolunteers@gmail.com) with your contact information and the grade(s) you are associated with to be added to the list. We need and appreciate your help!**



### Interested in Joining Einstein Clubs or Afterschool Activities?

An ASB card is required for all students participating in after school activities. They are \$25, and available in the main office before and after school, or during lunch. Please see your counselor if you need help with a scholarship. Club Advisors will be checking to see that all students have an ASB card. Get your card so you are able to attend your favorite Clubs!

**PIZZA AND BOOKS:** What's better than eating pizza and talking about books? Not much. So, come join us on Wednesday, September 24th in the library. Ms. Dame will be joined by Aarene Storms from the Richmond Beach library to host this great club. Students will be expected to stay until 4:30 and talk about books they have read recently. Please let Ms. Dame know if you plan to attend so that she can put you on the list and order enough pizza.



**ROBOTICS CLUB:** After school robotics club now forming. We will meet on Tuesday afternoons from 3:00 to 4:30 in room L-4. We will be building with NXT Lego Mindstorms. We have registered with First Lego League and purchased a Field Challenge Kit. From our club we hope to form a competitive team and participate in an FLL tournament.

**NEWSPAPER CLUB:** Newspaper Club is starting back up again for the 2014-2015 school year. Reporters, photographers, creative writers wanted for Einstein's Online Student News Site. Tiger Tracks will meet after school on Thursdays from 3:10- 4:30 in room L-4.

**LATINO CLUB:** Are you interested in other cultures and languages? Do you enjoy films, food, art, service projects, and hanging out with friends? Join Latino International Club! Open to all Einstein students. We meet after school on Thursdays in E-8. Questions? See Ms. DiVirgilio or Ms. Wheaton.

**CLIMBING CLUB:** Einstein Climbing Club is open for registration. Call the City of Shoreline (206-801-2600) to register. Come see Ms. Smith in B8 if you have any questions.

**AUDIO/ VIDEO (SOFA) CLUB:** Students OF Audio (SOFA) learn about the latest technology for recording concerts. Tuesdays in H-15 with Mr. Halferty. Meets 3-4:00.



**GSA CLUB:** GSA stands for Gay, Straight Alliance. It is a place for all students to discuss issues and plan school-wide activities related to diversity (i.e.: Ally Week, No Name Calling Week, Spread the Word to End the Word, Day of Silence). The overall goal of the GSA is to create a more accepting learning environment for all students, regardless of sexual orientation, gender identity or individual differences. Please join us in room D5 on alternating Tuesdays: 10/7, 10/28, 11/4, 11/18, 12/9, 1/13 & 1/27. See you there- Ms. Flatters & Ms. Zwack

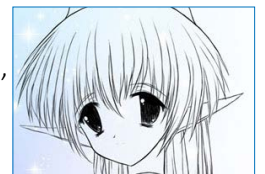


**CITY OF SHORELINE:** Come to the SAC after school on Tuesdays and Thursdays and join the fun. Games, projects, art activities, snacks and more.

**TIGER TUTORING:** Spend quiet time in the Library doing your homework and getting help from staff and high school tutors. Tuesdays and Thursdays.

**MAGIC / DUNGEONS & DRAGONS:** Learn and enjoy playing these fun card games. Depending on interest we may expand to other games such as Yu-Gi-Oh  
\*\*\*COMING SOON. Dates TBD

**DACB CLUB:** Share and learn drawing skills, watch anime videos, make posters, drawing contests (even if you aren't into drawing, stop in and visit this fun club). Wednesdays with Ms. Moreno in D-11.



**MATH CLUB:** We do Math Olympiad contests and train for other off campus competitions. Come join us whenever you can if you are interested in working on some fun and challenging math problems. Meets Thursdays in A-7 with Mr. Riley.





## Weekly Activities Schedule

### TUESDAY ACTIVITIES:

- Advanced Jazz Band (H-15, Halferty) 7:30-8:20 AM
- City of Shoreline Activities (SAC and Gym)
- AV "SOFA" Club (H-15, Halferty)
- Robotics Club (L-4, Thurber)
- Tiger Tutoring (Library, Teeters)
- GSA (D-5, Flatters & Zwack) – 9/30, 10/7, 10/28, 11/4, 11/18, 12/9, 1/13, 1/27

### WEDNESDAY ACTIVITIES:

- DACB Club (D-11, Moreno)
- Yearbook Club (E-8, Wheaton)
- Video Game Club (A-7, Riley)
- Tardy Tank / Afterschool Detention (B-2, Aspen)
- Pizza and Books (Library, Dame)

### THURSDAY ACTIVITIES:

- Advanced Jazz Band (H-15, Halferty), 7:30 – 8:20 AM
- Latino Club (E-8, Wheaton)
- Math Club (A-7, Riley)
- City of Shoreline Activities (SAC & Gym)
- Newspaper Club (L-4, Thurber)
- Tiger Tutoring (Library, Teeters)

### FRIDAY ACTIVITIES

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

**SUPPORT ASB FUNDED AFTER-SCHOOL ACTIVITIES!**  
**WATCH FOR A FLYER COMING HOME THIS WEEK.**  
**GOAL IS \$ 18,000!**  
**GIVE GENEROUSLY!**



Games in the SAC



Robotics Club



2013-14 Jazz band



# Principal Clark's *Comments*

## *R* is for *R*espect:

During the month of October- and throughout the year- Einstein students and staff will be provided with opportunities to discuss "Respect." Remember... the "R" in Einstein PRIDE stands for respect. We want all of our students to feel safe at school. At Einstein, we use the following definition to help students better understand bullying and harassment:

**Bullying is unfair and one sided. It happens when someone keeps hurting, frightening, threatening, or leaving someone out on purpose. Bullying is when one or more people repeatedly harm, harass, intimidate or exclude others.**

I invite Einstein students and their families to join me in our campaign to eliminate bullying and harassment at school.

On Tuesday, October 14th, our 7th and 8th grade students will have opportunities to participate in an important lesson about bullying and harassment and its impact at school. Our 8th graders will view and discuss the award winning video "Let's Get Real" in their first period and PRIDE classroom. The 7th graders will participate in a lesson called "Heroes and Upstanders." The lessons and activities are carefully prepared by our guidance counselors and will be posted on our website as we get closer to October 14th. The goal on this day is to provide students with information about the different forms of bullying and harassment that occur and to provide all students with the tools and language to stand up for students who are being bullied. We know we can eliminate this type of behavior from our schools if we all work together to make sure this behavior is not accepted by our parents, staff and the student body.



Throughout the year Einstein student clubs, WEB leaders, and PRIDE teachers will reinforce respectful behavior by



sponsoring activities like "Mix it up at Lunch", "Ally Week", and "No Name Calling Week". In addition the students will work with the actors from Taproot Theater in February to better understand the impact of online gossip and cyber bullying.

I will continue to provide information about this important issue. If at any time you need assistance from an adult at school, please do not hesitate to contact me. Thank you for your attention and support on this important matter.

- Stephanie Clark

### *Einstein Wish List*

- Another Microwave for Students to use at Lunch
- Healthy Snacks for Tiger Tutoring and other After School Clubs
- Ping Pong Paddles and Balls for the SAC





## PTSA Board 2014-2015

### Co-Presidents

Anne Alonzi-Aw & Patty Austin  
[einsteinpresident@gmail.com](mailto:einsteinpresident@gmail.com)

### Secretary

Michelle Ryder  
[einsteinsecretary@gmail.com](mailto:einsteinsecretary@gmail.com)

### Treasurer

Craig Yamane  
[einsteintreasurer@gmail.com](mailto:einsteintreasurer@gmail.com)

### Legislation

Suzanne Gugger (7th) and  
 Carrie Campbell (8th)  
[einsteinlegislation@gmail.com](mailto:einsteinlegislation@gmail.com)

### Public Affairs

Rachel Snyder  
[einsteinpublicaffairs@gmail.com](mailto:einsteinpublicaffairs@gmail.com)

### Site Council

Betsy Rand, Maria Ales & Mandi Counter  
[einsteinsitecouncil@gmail.com](mailto:einsteinsitecouncil@gmail.com)

### Student Affairs

Vicky Jaquish  
[einsteinstudentaffairs@gmail.com](mailto:einsteinstudentaffairs@gmail.com)

### Ways & Means

Reiko Shigemoto  
[einsteinwaysandmeans@gmail.com](mailto:einsteinwaysandmeans@gmail.com)

### Volunteer Coordinator

Allison Taylor  
[einsteinvolunteers@gmail.com](mailto:einsteinvolunteers@gmail.com)

### Newsletter

Mary Lynn Antush & Diana Nielsen  
[einsteinmiddleschoolnews@gmail.com](mailto:einsteinmiddleschoolnews@gmail.com)

### Website

Jim Eaton  
[einsteinwebsite@gmail.com](mailto:einsteinwebsite@gmail.com)

# PTSA President's Message

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



## Settling into Fall

We love fall! The crisp, cool air, watching the school buses go by, and settling into new routines. We hope that all of you are enjoying your fall routines and have felt welcomed at Einstein.

We also want to thank you for helping Einstein PTSA this fall. By joining PTSA, donating to our Pass-the-Hat fundraiser, and volunteering, you have helped us work toward meeting our goal of enriching the lives of every Einstein student.

It is not too late! You can still join PTSA or start volunteering. And if you missed your opportunity at Open House, there is a Pass-the-Hat donation box in the front office. It will be there all year; stop by and donate any time.

We are looking forward to an amazing school year and all the wonderful programs that we help provide for our students, and we couldn't do it without your help!

Thank you,  
 Anne and Patty

**Washington State**  
**PTA**<sup>®</sup>  
*everychild. one voice.*

## PTSA Meetings

PTSA meetings are typically on the 2nd Tuesday of the month, although the schedule may change from month to month. Dates will be posted in the newsletter, and also on the PTSA and school websites. Everyone is welcome to attend these meetings. Please join us!

### Upcoming meeting dates:

- Tuesday 10/14
- Tuesday 11/11 (location TBD)



## Join the PTSA

Thank you to everyone who has already joined Einstein PTSA! Our goal this year is to reach 400 memberships and so far we are at 230 after only one month into the school year. Way to go! Beyond the benefits and discounts your membership provides, a portion of the membership fee goes back to Einstein and helps to fund enrichment and other activities for the students. In order to reach our goal, we need your involvement. Membership is for all – parents, students, teachers, grandparents, aunts, uncles, and people in business.

Please join! Use the Membership form included in this newsletter or use the form found on the Einstein PTSA website: [Join Einstein PTSA](#). 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!



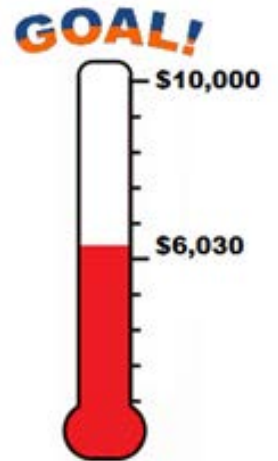
PTSA Treasurer, Craig Yamame working hard at Curriculum Night taking donation for Pass the Hat!

## Pass the Hat Fundraiser

WOW! Thank to all the generous donations for the PTSA "Pass the Hat" fundraiser. We received over \$2500 in donations alone at Back to School night last Thursday. That brings our grand total to.....drum roll....\$6030!

We are more than halfway to our goal of \$10,000 this year. Remember, you can drop off cash or a check anytime to the office. Just let them know it's for our "Pass the Hat" fundraiser that makes so many of the wonderful things happening at Einstein possible. And don't forget to check and see if your business can match your donation.

Together we can do it!



Cut here and return to Einstein PTSA via the school office: 19343 3rd Ave NW, Shoreline, WA 98177



## PTSA Membership and Pass the Hat Donation

You do not have to be a PTSA member in order to donate to Pass-the Hat!

Name(s) _____	Membership for individual \$15.00	\$ _____
Address _____	Membership for two \$25.00	\$ _____
Student's Name _____	Pass-the-Hat (your donation)	\$ _____
Student's 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



## Legislative News: State and National Funding Issues

Suzanne Gugger and Carrie Campbell, Legislative Directors

This year, Einstein PTSA will provide you with current and relevant legislative information that will affect your children and their education. Over the summer there has been discussion about two major issues related to fully funding public education: the state and district consequences of the No Child Left Behind (NCLB) Act of 2001; and the effects of the McCleary Decision that Washington State is not meeting its obligation to fully fund basic education.

### What is NCLB and what is the problem?

The NCLB Act set an unattainable goal that wanted every student in the U.S. to pass every state test in reading and math by 2014. Since 2001, our State test scores and graduation rates have continually improved, but schools were still not meeting AYP, the “adequate yearly progress” toward the goal of 100%. Most states, including Washington, were granted waivers in previous years, but the U.S. Department of Education did not renew the 2014-15 waiver because Washington did not include student test scores as part of its teacher evaluation system. Shoreline has been identified as a “district in improvement” because the district did not meet AYP for two years in English language arts. [\[Data: Shoreline School District Report Card.\]](#) As such, we are required to notify families and institute changes to our District Improvement Plan. Nearly every school in the state will not meet NCLB requirements, and that affects Title I funding. Some of our state’s and districts’ most successful and highly recognized schools are now being labeled “failing” by an antiquated law that most educators and State and U.S. Congressional elected officials—as well as the U.S. Department of Education—acknowledge isn’t working. The label does not fit: the Shoreline School District is addressing the needs of students and continues to make outstanding progress.

### What can you do?

- Work with Einstein PTSA, teachers and administrators and the district to support changes to NCLB to improve student academic achievement
- Talk with the Principal or district staff about the District Improvement Plan & Program for your child’s school for changes that must be made to help students meet the state standards.

- Check to see if your child is eligible to receive supplemental educational services (SES, tutoring services provided outside of the regular school day).
- Participate in voluntary activities to assist your school.
- Write the Washington State Office of Superintendent of Public Instruction and U.S. Department of Education (see Parent page of ed.gov)

Information above is excerpted a Letter to [Shoreline Families from Shoreline Superintendent Rebecca Miner](#) in August 2014. Translated versions are available. Shoreline School District 2013-14 Priorities District Improvement Plan, which will be updated soon. For a hard copy, contact Lynn Ashenbrenner at 206.393.4117.

More NCLB Information: [Adequate Yearly Progress explanation](#), regulations, etc. OSPI

[Failing schools letters to go out, but not without districts’ retort.](#) Seattle Times 8.13.14.

Regional letter protesting requirements of NCLB. 8.21.14

[Washington State Report Card OSPI](#)

[Funding Washington Schools](#)

[Visual data analysis of funding and achievement by state.](#) Wash Post 1.26.14

[Western States at bottom in per-student funding.](#) Seattle Times 1.29.14.

## McCleary/ Basic Education Funding

*“It is the paramount duty of the state to make ample provision for the education of all children residing within its borders...”* - Article IX, Section I, Washington State Constitution.

**9-11-14 News! The Washington Supreme Court is holding the Legislature in contempt for its lack of progress on fixing the way the state pays for public education.** If lawmakers do not complete their plan by the end of the 2015 legislative session, the court promises to reconvene and impose sanctions and other remedial measures.

### Who/ What is McCleary?

In 2007, the McCleary family and 30 state school districts (including Shoreline) filed a lawsuit charging that the

... Continued next page



... Legislative Report cont'd

state was not fulfilling its paramount duty to fully fund basic education. The court ruled that the state is not meeting its duty and ordered the legislature to fully fund education. Since then, the legislature has failed to institute funding changes and—though there have been minor funding increases—has failed to meet the progress mandated by the State Supreme Court.

What is the local impact?

Since Washington school funding is comparatively low per student, local Shoreline district levies are covering basic needs when they really should be covering extras. There are state laws limiting levies—this ensures some basic equality across the state and prevents exorbitant levies.

What will happen?

In the McCleary decision, the court commended lawmakers for passing K-12 reforms and for starting to fund them, but, lawmakers did not make the mandated deadlines so the Supreme court has decreed that lawmakers have to finish paying for those reforms and stop relying on local tax-levy dollars to pay for some of the expenses of basic education. **The State Supreme Court held a special hearing on 9-3-14, and on 9-11-14 found the entire state Legislature in contempt for not making enough progress to fully fund education.**

King 5 and Seattle Times reports. 9.11.14

Outlining history of McCleary school decision. Seattle Times 8.30.14

State's top court may punish lawmakers over school funds. Seattle Times 8.30.14.



FALL TRACK





## Student Support Team

**7th Grade Counselor**  
Lauren Lochner Paulhamus  
206-393-4743

**8th Grade Counselor**  
Kelley Flatters  
206-393-4744

**School Psychologist**  
Kathryn Zwack  
206-393-4745

**Drug/Alcohol Interventionist**  
Devin Rodger  
206-393-4736

**School Nurse**  
Joni Wishaar  
206-393-4734

**Security Monitor**  
Liz Aspen  
206-393-4738

## FLASH – Family Life & Sexual Health Curriculum Parent Preview Night

The District will be offering sexual health instruction in grades 4-12 as part of our comprehensive health education program. Included in this is the HIV/AIDS prevention in grades 5-12 that is mandated by state law.

Parents and guardians are invited to attend a public review to learn the program objectives, review the materials, identify resources and ask questions. If you do not want your child to participate, you must notify the school in writing.

Date: October 22, 2014

Time: 6:30 – 8:00 PM

Location: Ballinger Room, Shoreline Learning Center, 18560 1st Ave. NE

## If You Don't Snooze... You Lose

Adapted from: [Helpguide.org](http://Helpguide.org)

When you are 13 or 14 years old, figuring out how to handle life's ups and downs can be challenging—especially when so many things are out of your control! Some students are dealing with personal struggles, learning disabilities, family problems, social and emotional issues, peer pressure, physical changes, hormonal shifts, etc. When teens' most basic needs aren't being met (a safe place to live, adequate food to eat, clothing to wear, safe adults to rely on), the other challenges can feel like rolling a gigantic boulder uphill, day after day. One important factor that impacts teen resiliency is getting enough sleep. Teenagers usually need at least 9 hours of sleep per night to function at their best. Many teens do not get the sleep they need, and are trying to cope with individual stress and teenage challenges while being sleep deprived.

When teens get the sleep their growing bodies need each night they are better equipped to deal with challenges and more prepared to learn while at school. Here are some tips to help make it possible for your teen to get the needed 9 hours of sleep per night.

- **Maintain a regular bedtime** and keep it consistent every night. Help ensure your student isn't "over-scheduled," staying up too late to finish homework.
- **Eat right and get regular exercise.** Avoid large meals at night and avoid caffeinated drinks after lunch.
- If hungry at bedtime, **a light snack** can help promote sleep. Try foods that combine tryptophan and carbohydrates that help calm the brain: half a turkey sandwich, a small bowl of whole grain low-sugar cereal, granola with lowfat milk or yogurt, a banana.
- **Create a relaxing bedtime routine**
  - ◆ Turn off TV, computer or backlit devices (these can suppress melatonin and stimulate the mind) at least ½ hour

prior to getting into bed. **\*\*We suggest keeping all electronic devices out of your child's bedroom at night.\*\***

- ◆ Take a warm bath/shower.
- ◆ Listen to soft music or books on tape.
- ◆ Do some easy stretches.
- ◆ Read a book or magazine by soft light.
- ◆ Make simple preparations for the next day.
- ◆ Ensure the room is dark and keep noise down (mask outside noise with a fan, recordings of soothing sounds, white noise, earplugs).
- ◆ Keep the room slightly cool – 65 degrees F

• **Get Anxiety and Stress in Check:** Learning how to manage time effectively, handle stress in a productive way and maintain a calm positive outlook can help one sleep better at night. Give your teen the opportunity to talk about worries that are outside of his or her control. Help your teen assess whether the worries are realistic or not. Place a notepad next to bed to write down thoughts, worries and concerns before going to sleep.

### • Relaxation Techniques:

- ◆ Deep breathing (close eyes and take deep slow breaths).
- ◆ Progressive muscle relaxation (work your way from your feet to the top of your head, first tensing and then relaxing the muscles in each part of your body).
- ◆ Visualize a peaceful/restful place (close eyes & picture special place/scene). ◆



## LINES FROM THE LIBRARY

*Anne Dame, Librarian*

The library has been a very busy place the first few weeks of school. All of the English classes have been here for an orientation session. During this time they watched a video I made about library use and procedures. I think they enjoyed it, but I won't be winning an Oscar anytime soon! They also took a 10 question survey about evaluating resources when conducting research. Being able to determine the reliability and accuracy of a source is vital to success in school and life. My mantra for the year to help bring this home is: "Who wrote it?" and "Why should I believe it?" Try asking these questions yourself when reading a magazine or looking at a website. You may be surprised at what you discover!

All students will also be taking the SRI- Scholastic Reading Comprehension- assessment this fall. A few classes have already taken it and the others are scheduled to take it very soon. Those who have been in the Shoreline District will be familiar with this as it is administered every fall and spring to help us place students in the right classes. A student's score can also help me make book suggestions that are appropriate for the student's reading level.

Thanks to the generosity of the Richmond Beach Friends of the Library, there will be two after school clubs taking place in the library this year. "Pizza & Books" meets on the fourth Wednesday of the month after school. It is a place where students can talk about books they have read recently - while eating pizza! It doesn't get much better than that - except maybe at "The WRITE Stuff." This club meets on the second Wednesday of each month after school. This is a place where we play writing games, meet authors, write scripts and make movies, peer edit our work, eat snacks, and improve our writing skills. All students are welcome to participate.

At this time, I have one fantastic parent volunteer, but I would love to have more of you! No previous experience needed. We'll provide on the job training. Duties might include shelving books, repairing books, etc. Flexible scheduling is definitely available. If you're interested please feel free to email me at [anne.dame@shorelineschools.org](mailto:anne.dame@shorelineschools.org).

As of September 22nd we had already circulated 1,103 books! Einstein Tigers are readers!

I'd love to hear from you if you have comments, suggestions, questions, or if you would like to volunteer in the library. See my email address above, or my phone number is 393-4733. Thanks!

## Health

Joni Wishaar, MBA, BSN, RN, School Nurse

### 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. Some of the reasons we see more colds in the winter months are closer confinement indoors (home and school) and 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 an 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 that can be an indicator of the mono virus include an elevated temperature with sore throat, swollen glands and eventually tiredness.

For our bodies to fight disease, it is good to obtain a full night's sleep and eat a balanced 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 help our bodies stay healthy. 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 guidelines about 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.



## Upcoming Concert Dates

### Fall Concert

Wind Ensemble, Concert Choir, Symphony Orchestra  
Wednesday, November 5 @ 7:00 PM, Einstein Gym

### Fall Concert

Concert Band, Concert Orchestra, Symphonic Band  
Tuesday, November 18 @ 7:00 PM, Einstein Gym



## Einstein Jazz Band

This year our Jazz Band has been adjusting to the new semester schedule and is up and running. Almost 30 students are waking up early and filling the Einstein band room with music at 7:00 AM – 8:20 AM on Tuesdays, Thursdays and Fridays. Here's the new schedule as it will be for the 1st and 2nd Semesters this year:

### 1st Semester Jazz Band Schedule

- Tuesday, Thursday and Friday- 7:00-8:20 AM

### 2nd Semester Jazz Band Schedule

- Tuesday and Thursday- 7:00-7:30 AM (at 7:30, almost all of these students will go to zero period PE)
- Friday- 7:00-8:20 AM
- 1 Day each week during PRIDE Period (day TBD)

If your child is a member of band, orchestra or choir, and is interested in our Jazz Band, he or she can talk to Mr. Halferty to discuss the possibilities.



## Did You Know?

In a recent article at **The Harmony Project**, entitled "Music and the Developing Brain: Results from Our Partnership with Northwestern University", the researchers found some very exciting results!

One research question Dr. Nina Kraus is trying to answer is "Can music offset the ever-widening academic gap between rich and poor?" Results of the research suggest that it does, and **Harmony Project** students are proving just that!

For the past three years, they've been working with Dr. Kraus and her team of researchers to study the effects of music on developing brains. This week the results were published in the **Journal of Neuroscience** and covered by over 100 news outlets! Read more about this at: <http://www.harmony-project.org/>



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.

## InvestED and the Seattle Seahawks

InvestED is an organization dedicated to providing immediate help for students in need. Their goal is to encourage students to stay in school, return to school, or get involved within their learning community. Examples of ways InvestED supports students at Einstein and other schools include funding ASB cards, instrument rental fees, fees for special programs, sports equipment, personal items (shoes, coats, glasses), or other items that help students get to school, stay in school and graduate from school, and feel more positive about their futures.

How does this apply to the Seahawks?? The Washington State Legislature authorized the sale of Seattle Seahawks special plates starting January 1, 2014 and that the Seahawks chose InvestED to receive a portion of the cost of each plate. Thousands of fans purchased the plates (can you say Super Bowl?) and InvestED received over \$200,000 from the first quarter sales. The board of directors of InvestED chose to distribute the additional funds to InvestED partner schools (including Einstein). Thank you Seattle Seahawks for choosing InvestED and for all the 12's who bought plates.

If you are interested, we encourage you to contact your state legislators to let them know that your school was a recipient of these funds and how it will help students at Einstein. And of course, thank you Seahawks and Seahawk fans!



## Boy Scouts – Troop 325

Boy Scouts is for 11-18 year old young men who want to experience outdoor adventures – camping, cycling, canoeing, backpacking, water sports and more. Boys make lifelong friends while earning merit badges, rank advancement and learning outdoor skills. Troop 325 gathers Monday nights at 7:15 PM at First Lutheran Church of Richmond Beach. Click [HERE](#) for more information, or contact Andy Simonsen (425.640.8066 or [andykf@frontier.com](mailto:andykf@frontier.com)).

## Celebrate Sunset

Join with your neighbors and friends to “Celebrate Sunset,” our new community gathering space in the Richmond Highlands neighborhood. Activities organized to date include:

- Hillwood soccer games on the upper field
- Shorewood drill team bake sale
- Boy Scout hot-dog BBQ fund raiser
- Shorewood pep band and drill team entertainment
- Craft and sport activities for youth on the lower field
- A community garden harvest party
- Meeting and greeting your neighbors!

In addition there will be a dedication of the new public art installation titled “Sunset” paid for by the a City of Shoreline Neighborhood Mini-Grant, Richmond Highlands Neighborhood Association, and the Friends of Sunset Park.

Saturday, October 4, 11:00 AM – 1:00 PM  
Public art installation dedication at noon  
Sunset School Park  
17800 10th Ave. NW, Shoreline

## Masonic Youth Groups

DeMolay and Rainbow Girls youth groups are looking for young men and young women who want to join a fun group. Rainbow is open to young women from ages 11 to 20 and DeMolay is for young men from ages 12 to 21. These Masonic Youth groups teach leadership, time management and public speaking skills and provide fun activities, community service activities and scholarship opportunities.

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





# October 2014



## October

10/1	WED	Football vs Harbour Pointe @ Einstein, 3:45 PM
10/1	WED	Softball vs Harbour Pointe @ Meridian Park ball fields, 3:45 PM
10/2	THU	Cross Country @ Gateway, 3:45 PM
10/6	MON	Softball @ Gateway, 3:45 PM
10/8	WED	Cross Country @ Harbour Pointe, 3:45 PM
10/9	THU	Football @ Brier Terrace, 3:45 PM
10/9	THU	Softball @ Brier Terrace, 3:45 PM
<b>10/14</b>	<b>TUE</b>	<b>PTSA Meeting – 6:30 PM, Staff Lounge</b>
10/15-16		Healthy Youth Survey (see Einstein website for details)
10/15	WED	Football vs College Place @ Einstein, 3:45 PM
10/15	WED	Softball vs. Meadowdale @ Meridian Park ball fields, 3:45 PM
10/16	THU	Cross Country @ College Place, 3:45 PM
<b>10/17</b>	<b>FRI</b>	<b>Picture Retakes</b>
10/19	SUN	Shoreline Public Schools Foundation Phonathon
10/20	MON	Softball @ Alderwood, 3:45 PM
10/22	WED	Football @ Alderwood, 3:45 PM
10/22	WED	Softball vs College Place @ Meridian Park ball fields, 3:45 PM
10/23	THR	Cross County district meet @ Hamlin, 3:45 PM
<b>10/24</b>	<b>FRI</b>	<b>Early Release, 11:10 AM</b>
<b>10/27</b>	<b>MON</b>	<b>No school – staff work day</b>
10/28	TUE	Cross Country league championship meet @ Shoreline Stadium, 3:30 PM
10/28	TUE	Softball vs Kellogg @ Shorecrest HS, 3:45 PM
10/29	WED	Football championship vs Kellogg @ Shoreline Stadium, 3:45 PM
10/30	FRI	After school social/dance with DJ Otto, 3-4:30 PM, Cafeteria

## November

11/4	TUE	Fall Sports Awards, 3:10 PM
11/11	TUE	Veteran's Day – No School
<b>11/11</b>	<b>TUE</b>	<b>PTSA Meeting – 6:30 PM, Location TBD</b>
11/18	TUE	Concert (Symphonic Band, Concert Band, Concert Orchestra, & Mixed Chorus), 7:00 PM, Gym
<b>11/26</b>	<b>WED</b>	<b>Early Release</b>
<b>11/27</b>	<b>THU</b>	<b>Thanksgiving – No School</b>
<b>11/28</b>	<b>FRI</b>	<b>No School</b>

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

4:45 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 Breakfast and Lunch [Menus](#)  
**Enjoy your meal!**

## Athletic Schedule

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