



# Einstein News

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

December 2016  
Volume IX, Issue IV

Einstein Website  
Einstein PTSA Website

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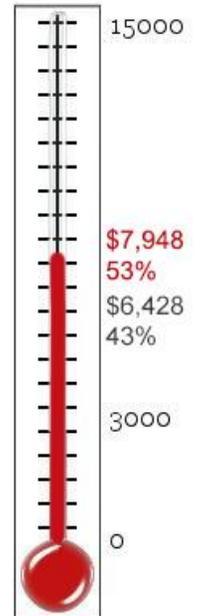
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## PTSA Giving Campaign Update

*Lori Ramsay, Marion Mohrlok, and Debbie Olhoeft  
Einstein Middle School PTSA, Ways and Means*

A huge **THANK YOU** to everyone who helped support our school during our Giving Campaign! We still need your support and it is never too late to give. As you can see, your help moved the needle up 10% from October. Last year, your generous donations allowed us to support the 7<sup>th</sup> grade Science Heart Dissection, 8<sup>th</sup> grade UW/SCC Field Trip, Einstein WEB Program, Reflections, Einstein Student of the Quarter and funded \$3,307 in various classroom teacher grants. Thank you! Without your support we cannot continue these programs. Please consider your Einstein PTSA during your holiday giving by making a tax-deductible donation of any size so that we can continue to provide these amazing opportunities for your students; opportunities that are not otherwise possible without your support. There are several ways for you invest in our child's future: download our [pledge form](#) and drop it off at the school office; donate online at <http://www.einsteinmiddleschoolptsa.org>; or consider a monthly donation through our PayPal online service. Help us reach our goal today!



## Veterans Day Assembly

*Thank you to all our veterans in our Einstein Community and beyond...*

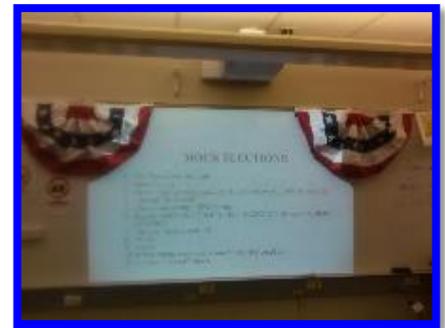




## Three Einstein musicians selected to the Junior All-State Orchestra and Band *Congratulations!*



## Students Vote in the Einstein “Mock Election”



## Reminder about 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. Please contact Liz Aspen with any questions regarding Monday School, [liz.aspen@shorelineschools.org](mailto:liz.aspen@shorelineschools.org), or 206.393. 4738. Thank you!



## Student of the Quarter

*Congratulations to all of our Students of the Quarter*

Every quarter teachers nominate students as their Student of the Quarter to highlight a student's achievements in the classroom. Students can only be nominated once during their tenure at Einstein, so if your student won already... they will not be selected again. Also, please note that selection is not made based solely on academic achievement, there are many reasons why a teacher might choose to recognize a student. Here is our opportunity to recognize these students for this quarter:

### 7<sup>th</sup> Grade Winners

|                    |                 |
|--------------------|-----------------|
| Aaron Nateephaisan | Abraham Ramirez |
| Anthony Mao        | Hannah Mazengia |
| Ingrid Yaku        | Jadon Lavery    |
| Jessica Bennett    | Jordi Torres    |
| Julianne Reid      | Kira Burt       |
| Kyla Johnson       | Maxine Lovelace |
| Maya Atayeva       | Mercy Haub      |
| Pityas Isayas      | Sophie Apple    |
| Vince Farmer       |                 |

### 8<sup>th</sup> Grade Winners

|                         |                 |
|-------------------------|-----------------|
| Ainsley Hogan           | Ali Gedawi      |
| Ashleigh Easter-Grayson | Jahir Velazquez |
| Jenna Anderson          | Junior Shirai   |
| Kanoa Borromeo          | Kate Diaz       |
| Kay Frimpter            | Lilia Pate      |
| Mica Frimpter           | Muniiba Araye   |
| MyRegsy Mitipok         | Nick Kuester    |
| Qayla Hartsinck         | Quoc-Huy Le     |
| Robert Olomon           | Sam Perkowski   |
| Tre Barnes              |                 |



## AI's Pals Winners

*Congratulations to the latest AI's Pals winners!*

|                 |                |                |                      |
|-----------------|----------------|----------------|----------------------|
| Junior Senato   | Alisha Mahtab  | Brianna Edlund | Trinity Charbonneaux |
| Ajurae Banducci | David Phillips | Ankush Dutt    | Genevieve Rogers     |
| Max Christman   | Dylan Jacques  | Betty Tesemma  | Gia Huy Tran         |
| Rama Mairi      | Garett Griner  | Fatou Cham     | Kaleb Hallberg       |
| Will Copeland   | Aiden Ott      | Karen Harris   | Justin Hopkins       |



## 2016 Einstein Reflections Finalists

*Congratulations to the talented students who entered in this year's PTA Reflections Arts Competition. Their entries advanced to the Council competition.*

**Here are the finalists listed by category:**

**Music Composition:** Jillian McRae "Playing Tennis", Mercy Haub "Echoing Journey"

**Literature:** Connor Rhead "Shoreline My Home", Mercy Haub "The Sense of Sense"

**Photography:** Malia Megargee "Possibilities" and "Wiped Clean"

**Visual Arts:** Eleanor Tramountanas "Hope", Aiden Boyd "Big Kids Play Too", Mercy Haub "The Shades and Hues of a Story", Frankie Luong "Highlight of my Lowlife", Elvis Cavanagh "Clipped Wings", Esperanza Guillen "Dance in the Eyes", Brooke Robertson "My Inspiration", Carmen Tran "Throughout the Seasons", Ada Frany "My Thoughts and the Woods".

Please congratulate them when you see them in your classroom or in the hallways.

These finalists will also be recognized at the Reflections Reception on **January 12, 6:30-8:00 PM in the Shoreline room** of the Shoreline Center. The finalists that will be moving on to state will be announced at this reception.

## Parent Volunteers

### *Sign-up to Help*

Reminder: to volunteer at school you must first fill out a background check. Please go to the office to do this, it takes 5 to 7 business days for this to be completed. Thank you!

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:

### **December Sign-ups:**

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>

### **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>

**Student of the Quarter Help: Mark Your Calendar** for future Student of the Quarter events to help with: 1/20/2017, 4/7/2017 & 6/9/2017. You will receive an email sign up closer to the dates, so be ready!

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 7<sup>th</sup> or 8<sup>th</sup> grader (or both) to [einsteinvolunteers@gmail.com](mailto:einsteinvolunteers@gmail.com).

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!*



## PRINCIPAL'S LETTER

*Nyla Fritz, Principal*

Hello Einstein families!

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. Know that the Einstein team is on this journey with you and we want to hear from you. 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!



\*\*\*\*\*

Just a reminder that Canvas is available for Parents to access and track their student's progress. See the next few pages for information on how to use Canvas.

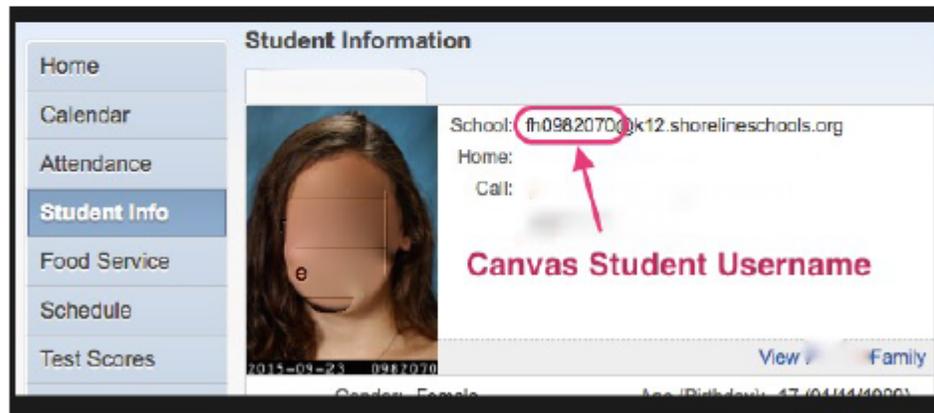


## Parent Access to Canvas Learning Management System (LMS)

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](mailto: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  
Forgot Password?

Log In

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*

Welcome to December!

It's hard to believe it's time already for the holidays! Thank you to Scott Falkin for keeping the Watch D.O.G.S. program going, to Diana Ensenat and Jennifer Combs for running our Reflections program, to Jen Lopez for handling our Staff Appreciation event, to Tiffany Megargee for our Student of the Quarter event, to Carrie Campbell for attending Legislative Assembly on our behalf, to Brandon Becker for attending to our upcoming Food & Teen Gift Drive... and all of our other chairs and Directors for the great work they're doing on behalf of all our families.

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 2016 taxes! Drop off your check at the Einstein office before Friday, December 16th or make a donation online by December 31st!

We set a goal of raising \$15,000 and are 53% of the way there! We are hoping to raise **at least** another \$4,000 to restore budget cuts that the Board of Directors had to make at our November meeting. If you believe in the programs you voted for at the Open House, please consider helping us reach that goal!

Have you joined Einstein PTSA yet? The Washington State PTA is running a contest for a family night at Great Wolf Lodge! From now until December 15, if you join (or if you gift a membership to someone else), you can win! [Find the form to document the membership here.](#)

In December, we are focusing on Homelessness. If you have any stories to share or agencies that you love that can help our Shoreline homeless community, please share those on Facebook. One of the great strengths of the Shoreline community as a whole is our willingness and ability to reach out and help our neighbors in need, whether they need a little short-term boost or longer term resources. In addition to giving to the Einstein PTSA, please consider a gift directly to the Shoreline PTA Council, who manages the district-wide food & teen gift drive, the WORKS clothing room, and other programs that provide direct support to local PTAs like ours. [Check out this page for more information on how you can help.](#)

### *Calendar Items of Note*

**Save the date!** Tuesday, January 10th at 7pm [General Membership meeting](#)  
*Meeting items include:* the budget as per the final numbers following our December donations total; we will adjust the budget as necessary (hopefully we will not have to cut programs); and we will elect our Nominating Committee for 2016-2017.

As requested, we are planning to show the documentary [Screenagers](#), so watch for ticket information to come out in December.

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

## PTSA Leadership

### President

Lisa Surowiec

[einsteinpresident@gmail.com](mailto:einsteinpresident@gmail.com)

### Vice President

Shannon McMaster

[mcshannon79@hotmail.com](mailto:mcshannon79@hotmail.com)

### Secretary

Karen Kessinger

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

### Treasurer

Scott Combs

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

### Legislation

Carrie Campbell

[einsteinlegislation@gmail.com](mailto:einsteinlegislation@gmail.com)

### Public Affairs

Michelle Carroll, Catherine

McConnachie

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

### Site Council

Maria Ales

[einsteinsitecouncil@gmail.com](mailto:einsteinsitecouncil@gmail.com)

### Student Affairs

Renee Smith

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

### Ways & Means

Lori Ramsay

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

### Volunteer Coordinator

Carrie Campbell

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

### Newsletter

Mel Williamson & Carrie Campbell

[einsteinmiddleschoolnews@gmail.com](mailto:einsteinmiddleschoolnews@gmail.com)

### Website

Lisa Surowiec

[einsteinwebsite@gmail.com](mailto: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 8<sup>th</sup> Grade Parents. We need some 7<sup>th</sup> Grade Parents that are willing to help and be able to take over. Our hope is for the 7<sup>th</sup> Grade Team to train this year and start taking over in 2017 to then train new 7<sup>th</sup> 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](mailto: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 7<sup>th</sup> graders while the 8<sup>th</sup> 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  
Love Your Schools!*

On Valentine's Day, February 14<sup>th</sup> 2017, Shoreline and Lake Forest Park citizens will have an opportunity to show their love for our highly ranked school district by voting on a \$250 million school construction bond that will:

- Alleviate elementary overcrowding and prepare for state-funded class size reductions;
- Provide learning environments to support student achievement;
- Expand and enhance early learning opportunities; and
- Design new buildings to enhance school safety and security.

Projects to be completed if the bond passes include:

- Constructing an Early Learning Center at the Shoreline Children's Center site to house tuition-based preschool, Head Start and Early Childhood Education
- Rebuilding Einstein Middle School
- Rebuilding Kellogg Middle School
- Rebuilding Parkwood Elementary School

At their October meeting, the Shoreline Public Schools Board of Directors unanimously approved the resolution to place a bond proposition on the special election ballot.

*Continued on the next page...*





## Legislative News *continued*

### *What is a bond?*

Much like a home mortgage, a bond is a contract to borrow money and repay it with interest. Bonds allow the district to finance new school construction, renovations and additions.

### *Why is this bond being requested?*

Shoreline School District is growing. A recent demography study predicts our student population will grow by nearly 1,500 students over the next 10 years. With our elementary school facilities currently at 96.4 percent capacity, additional classroom space needs to be created to provide suitable learning environments for all Shoreline and Lake Forest Park students without overcrowding classrooms. The projects funded by the bond will provide the District with the capacity and flexibility to meet the needs of our growing student community.

### *How was the bond recommendation developed?*

The process to develop a bond recommendation began more than two years ago. In October 2014, the Board of Directors began studying and evaluating information and data relating to classroom capacity, projected enrollment, building conditions, debt capacity and instructional programming.

A committee was created to develop facilities recommendations to improve school facilities and support future student population growth. The Facilities Planning Committee (FCP) consisted of over 30 representatives from numerous stakeholder groups and thoroughly examined the current and future needs of our students, staff and community. The FCP presented their recommendation to the Board of Directors on June 20, 2016.

### *What is the anticipated order of construction projects?*

While final phasing has yet to be determined, based on the current facilities conditions and the efficient and cost-effective use of transition spaces, the following order is being considered:

- **2016-2017:** North City Elementary would be renovated to act as a transition school for the Early Learning Center and Parkwood Elementary. The design of the Early Learning Center is completed.
- **2017-2018:** Children's Center, Early Childhood Education and Head Start students attend school at North City while the Early Learning Center is constructed. The design of Parkwood, Kellogg and Einstein is completed.
- **2018-2019:** The Early Learning Center opens. Parkwood students attend North City while the new Parkwood Elementary is constructed. Phased construction begins at Einstein and Kellogg allowing students and staff to stay on-site while the schools are rebuilt in sections.
- **2019-2020:** The new Parkwood Elementary opens. Construction continues at Einstein and Kellogg.
- **2020-2021:** The New Kellogg Middle School and Einstein Middle School open.

### *When is the election?*

February 14<sup>th</sup>, 2017. Ballots will be mailed to voters on January 25<sup>th</sup>, 2017.

### *Who is eligible to vote on the school bond?*

All registered voters residing within Shoreline School District are eligible to vote on this bond.

### *How can I register to vote?*

Visit the King County Elections Website ([www.kingcounty.gov/depts/elections](http://www.kingcounty.gov/depts/elections)) to learn how you can register online, by mail or in-person.

### *How can I get involved in the campaign?*

Contact your local PTA or visit the [campaign website](http://www.voteeyesforshorelineschools.org) (<http://www.voteeyesforshorelineschools.org>) or [Facebook page](https://www.facebook.com/voteeyesforshorelineschools) (<https://www.facebook.com/voteeyesforshorelineschools>).



## December's PTSA Focus is on Homelessness

*Did you know?*

Some of the reasons why people become homeless? In 2003 an organization called StoryCorps started recording people's conversations to capture their stories for archive. In 2014 they embarked on the "Finding our Way" project in collaboration with the Bill & Melinda Gates Foundation, Seattle University and local homeless service providers to record some of the stories of the homeless on the street in the Seattle area. At the end of the project there were over 90 stories recorded and they range from stories of family health issues, unemployment and trying to get a second chance. If you are interested in hearing some of these stories go to <http://kuow.org/post/finding-our-way-through-power-story>. Bring the tissue. It is important for us to combat homelessness that we humanize the stories of the people affected by it.



Solomon Muche with mentor Elizabeth Stein, who first saw him as he sat in a homeless shelter studying for the SAT.

STORYCORPS

In 2015 there was an event at the Bill & Melinda Gates Foundation about this project and they interviewed some of the folks that participated in it. One of the stories that moved me so greatly was the story of a student in Tukwila who had been so afraid that other students would find out she and her mother were homeless. She did the StoryCorps project with a teacher from her school who helped her to realize that her hiding was negatively impacting her education and empowered her to ask for help. As she became more confident and was able to ask and get help from her school she was able to take that further and became an advocate for herself and other homeless students. Tukwila has seen one of the steepest increases in homeless students in the region and in comparison to other school districts the Shoreline School district has one of the highest percentages of homeless students by size of school district.

*You can make a difference*

Understanding why and how people become homeless can be one of the first steps in helping combat the problem. So much information is flying around and if all you know about homelessness are the people standing at the end of an exit ramp or in the tents along I-5 then it can be easy to misunderstand the complexity of the issues. I would ask that you take a moment this holiday season to watch a few of the StoryCorps stories from the "Finding our Way" project to connect with the human side of the issue. There are over 300 students in the Shoreline School district that identify as homeless which means you likely know someone or your student is attending classes with a student under this added stress in their life.

There are organizations out there trying to help and you can offer your time or donation to help them help others. United Way of King County has put a laser focus on their funding for homelessness issues, and they receive reports every 6 months from the organizations they fund that keeps them up to date on progress. You can donate here to United Way of King County, <https://www.uwkc.org/donate/>. Hopelink is another great organization with boots on the ground with Food Assistance, Employment Services, Housing support, Transportation, Adult Education and so much more, donate here, <https://hopelink.org/donate>. There are also two great organizations in our area that specifically help homeless youth. Here on the west side of the lake we have YouthCare, <https://34068youthcare.thankyou4caring.org/page.aspx?pid=298>, their website has information on donations and volunteering; and on the east side there's Friends of Youth, <https://community.friendsofyouth.org/donate>, they also have a link for volunteer opportunities, too. And here in our School District we have The Works, where you can volunteer or donate; find out more here, <http://www.shorelinepta.org/the-works.html>.



## WEB PROGRAM / COUNSELING CORNER

*Ms. Paulhamus & Ms. Flatters*

*Managing Holiday Stress and The Blues*

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

Many adults feel stressed out or get the blues during the winter holidays. But 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 Lifeline 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 at

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

*Continued next page...*

**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*

#### **7<sup>th</sup> Grade Counselor**

Ms. Arpin & Lauren Paulhamus\*

[ae.7th.counselors@shorelineschools.org](mailto:ae.7th.counselors@shorelineschools.org)

206-393-4743

*\*Mrs. Paulhamus is on maternity leave until 2<sup>nd</sup> semester*

#### **8<sup>th</sup> Grade Counselor**

Kelley Flatters

[Kelley.flatters@shorelineschools.org](mailto:Kelley.flatters@shorelineschools.org)

206-393-4744

#### **School Psychologist**

Kathryn Zwack

[Kathryn.zwack@shorelineschools.org](mailto:Kathryn.zwack@shorelineschools.org)

206-393-4745

#### **School Nurse**

Joni Wishaar

[joni.wishaar@shorelineschools.org](mailto:joni.wishaar@shorelineschools.org)

206-393-4734

#### **Security Monitor**

Liz Aspen

[liz.aspen@shorelineschools.org](mailto:liz.aspen@shorelineschools.org)

206-393-4730

#### **Einstein Family Advocate**

Amy Famelos

[amy.famelos@shorelineschools.org](mailto:amy.famelos@shorelineschools.org)

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

#### **Drug/Alcohol Prevention and Intervention Specialist**

Amber Langon, CDP

Einstein Middle School (Wed & Thurs)

206-393-4736

Shorewood High School (Mon, Tue & Fri)

206-393-6107

[amber.langon@shorelineschools.org](mailto:amber.langon@shorelineschools.org)

## NURSE

*Joni Wishaar, BSN, RN*

*Too Sick for School?*

Your student wakes up looking flushed, feeling congested or queasy. Do you send your student to school? To make this decision a little easier keep two C's in mind: Contagious and Comfort.

**Please keep your student home with following symptoms, which may mean that the illness is contagious:**

- Fever above 100 degrees (must be fever free for 24 hours without fever-reducing medication before returning to school)
- Vomiting or diarrhea (must be symptom free for at least 24 hours before returning to school)
- Sore throat, especially if combined with fever or swollen neck glands
- Heavy nasal congestion or frequent, incessant cough
- Your student has been diagnosed with a contagious virus or infection
- Thick greenish-yellow drainage from the eyes
- Unusual fatigue, paleness, lack of appetite or irritability

**Without any of these symptoms, the question becomes whether your student feels well enough to function comfortably at school. Please feel to call the Einstein Health Office at 206-393-4734 if you have questions.**

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



## LIBRARY

*Lines from the Library*

Anne Dame, Librarian | 206-393-4733 | <http://www.shorelineschools.org/domain/789>

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

The beginning of November saw the library lab turned into a voting booth, complete with red, white, and blue bunting. Thanks to the important ground work done by the 7th and 8th grade social studies team, students learned about the candidates for several different offices as well as a variety of initiatives. After discussing the issues, they came to the library with their ballot sheets in hand and participated in the mock election sponsored by the State of Washington. It was exciting to see them participate, knowing that they will be able to vote in just a few years.

*Students wearing their "I VOTED" stickers*



*More proud student voters*



*Ms. Crocker, 7th grade social studies teacher also sports an "I Voted" sticker*



November also was the month for lots of book talks. First, I worked with Ms. Maschman's honors English classes to help them choose books that would be a more challenging read. All of the 8th grade English classes came for book talks as well as they prepare to launch book club project #2. Some classes will be choosing a science fiction, fantasy, or dystopia while others will be looking for books that have also been made into movies. There are presentations for all of these book talks, including suggestions for titles, on the library website under "Ms. Dame's videos and slide shows". Feel free to take a look!

I was also fortunate enough to be able to work with the reading skill classes this month. We are doing lots of work on vocabulary building and fluency practice. In Ms. Nelson's classes, we were able to celebrate that 88% of her students have already finished 4 or more books this year! This is a huge accomplishment and we are both so proud of them and their hard work.

I am so thankful to have a job that I love, working with all of your amazing students. I am constantly reminded how fortunate I am to be in this place, surrounded by caring colleagues and students that make me think and laugh, and that inspire me to be the best teacher and person that I can possibly be. Thank you for your nurturing of these fabulous kiddos and for allowing me to be a piece of their educational story.



## SPORTS & PE

SEASON TWO SPORTS are under way. Check out a Basketball or Volleyball game this season and come in out of the cold rain while supporting your fellow students. Go Tigers!

## MUSIC NOTES

Congratulations to Tyler Prosch (euphonium), May Choi (violin), and Sophia Stevenson (viola), for making into the Washington Music Educators Association Junior All State Honor Band and Honor Orchestra! These students will join other middle school musicians from across the entire state and have an all day rehearsal in Bellevue on Saturday, February 18th, followed by the gala performance of the 2017 Junior All State Band, Orchestra, and Choir.

We have lots of upcoming performances in the music department!

The Einstein Choir will join the Shorewood HS choirs 7:00 p.m. on Thursday, December 8th for the Winter Choir Concert in the Shorewood PAC.

The Einstein Jazz Band will join Kellogg's Jazz Band for a joint concert at 7:00 p.m. on Monday, December 12th at Kellogg MS. All are invited to attend for some swinging Jazz and wintertime cheer!

The Einstein orchestras will join Shorewood High School's orchestras for their winter concert in the Shorewood PAC on Thursday, December 15th. The Einstein and Shorewood concert will begin at 6:30 p.m., followed by an all Shorewood orchestra concert at 7:45.

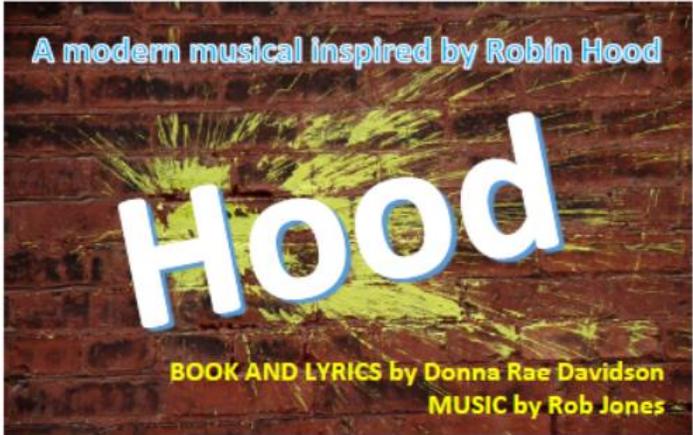
The Wind Ensemble, Symphony Orchestra, and Choir will perform in the Holiday Assembly the day prior to winter break. We're looking forward to lots of music making as we head into the darker, colder days of winter!

## DRAMA RETURNS TO EINSTEIN

*Auditions in January & February*

**Einstein Middle School and Dandylyon Drama Present...**

**A modern musical inspired by Robin Hood**



**BOOK AND LYRICS by Donna Rae Davidson**  
**MUSIC by Rob Jones**

Can the new kid in town join forces with a homeless teen and a local shop owner to transform their neighborhood through good deeds? "Hood" the Musical features a great mix of musical styles including musical theatre, hip hop, stomp, and will feature our actors in a wide range of fun character roles, dance numbers and powerful singing.

**Sign Up at the ASB OFFICE today!**  
 Everyone Gets in the Show  
 Audition Workshop Date: 1/31/17  
 Monologue Auditions: 2/1 & 2/2  
 Callbacks for Speaking Roles & Vocal Solos: 2/6/17



## 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<br>(Must be a member of a Band class.) | Lane    | Semester 1: M/T/W/Th 7:30-8:20.<br>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! ;)***

|                                       |  |
|---------------------------------------|--|
| <b>Anime/Drawing Club</b>             | Do you like to draw? Do you like Anime? Do you like to hang out with friends? Then come to the Anime/Drawing Club.   |
| <b>Baking Club</b>                    | 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!   |
| <b>Chess/Games Club</b>               | 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.  |
| <b>Coding Club</b>                    | 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!  |
| <b>Culture Club</b>                   | Experience culture through cooking, art, language and film!  |
| <b>Gay-Straight Alliance</b>          | 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. |
| <b>Jazz Band</b>                      | Jazz Band is a performing ensemble focused on Blues and Swing music and improvisation. Meets during Zero Period in the Band Room (H-4).  |
| <b>Magic the Gathering</b>            | Bring your Magic cards and enjoy!  |
| <b>Math Club</b>                      | 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!  |
| <b>Movie Club</b>                     | Come relax, view and enjoy a student chosen movie after school!  |
| <b>Pizza and Books</b>                | 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!  |
| <b>Sports <u>or</u> Activity</b>      | Games (dodgeball, capture the flag, soccer) <u>OR</u> art activities/projects in SAC.  |
| <b>Technical Students Association</b> | Do you enjoy figuring out how things work, working with tools, making things? Join TSA (Technical Students Association).   |
| <b>The WRITIE Stuff</b>               | 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

### December

- 5: NO SCHOOL Non Student Work Day
- 8: Shorewood & Einstein Choir Concert, 7 p.m.
- 12: Einstein & Kellogg Jazz Band Concert, 7 p.m., Kellogg MS
- 15: Einstein Concert & Symphony Orchestras & Shorewood Orchestras, 6:30 p.m., Shorewood PAC
- 21-Jan 3: NO SCHOOL - Winter Break

### January

- 4: Girl's Volleyball, 3:45
- 5: Boy's Basketball, 3:45
- 9: Boy's Basketball, 3:45
- 10: General Membership PTSA Meeting 7:00 at Einstein
- 12: Girl's Volleyball, 3:45
- 12: PTSA Reflections Show, 6:30, Shoreline Center
- 16: NO SCHOOL: Martin Luther King, Jr. Day.
- 18: Special Needs PTSA Meeting, 7:00
- 30: NO SCHOOL Non-Student Work Day
- 31: Westside Band Festival, 7:30



**Einstein**  
Middle School

2016-17 School Year is under way!



## COMMUNITY NEWS

### *Shorewood Boosters*

**Mission:** Shorewood Boosters promotes spirit and pride at Shorewood High School by fundraising for sports teams, clubs and activities through an annual auction; sponsoring spirit activities at sporting events; selling Shorewood spirit gear; providing concessions at home games on campus; offering scholarships for involved students; and encouraging people to rally together to support our students' diverse interests.

### *Providing Spirit Pride Support Since 1975*

|   |   |
|---|---|
| <b>Thursday, December 8</b><br>7:15 p.m. – Game Time<br>Shorewood High School | <b><i>Girls Basketball vs. Shorecrest</i></b><br>Wear Shorewood colors<br>T-Bird treat bags for SW players      |
| <b>Friday, December 9</b><br>7:15 -Game time<br>Shorewood High School         | <b><i>Boys Basketball vs. Shorecrest</i></b><br>Wear Shorewood colors<br>T-Bird treat bags for SW players       |
| <b>Thursday, January 12</b><br>7:00 p.m. – Game Time<br>Shorewood High School | <b><i>Boys Wrestling vs. Mountlake Terrace</i></b><br>Wear Shorewood colors<br>T-Bird treat bags for SW players |
| <b>Friday, January 13</b><br>7:00 p.m. – Game Time<br>Shorewood High School   | <b><i>Boys Basketball vs. Marysville-Pilchuck</i></b><br>Hawaiian theme<br>Raffle for the fans dressed up       |
| <b>Saturday, January 21</b><br>5:30 p.m. – Start Time<br>Cascade Elite        | <b><i>Girl's Gymnastics vs. Shorecrest</i></b><br>Wear Shorewood colors<br>T-Bird treat bags for SW players     |
| <b>Tuesday, January 24</b><br>3:30 –Start Time<br>Shoreline Pool              | <b><i>Boys Swim and Dive vs. Shorecrest</i></b><br>Wear Shorewood colors<br>T-Bird treat bags for SW players    |

### *Join Us!*

**Membership:** For \$20 per membership, any supporter of the mission of Shorewood Boosters may become a member by visiting our website at [shorewoodboosters-giving.weebly.com/membership](http://shorewoodboosters-giving.weebly.com/membership). While we encourage members to attend the monthly meetings and become involved with the many fun activities Boosters offers, there are no obligations attached to becoming a Booster!

**Meetings:** Meetings are held the second Monday of each month at 7:00 p.m. in the Career Center. First-time or veteran parents--anyone who wants to support kids' extracurricular activities--is welcome. Meetings are held to ONE HOUR.

**Volunteer:** Many helpers are needed to assist with Boosters' numerous activities. To volunteer, come to any Booster meeting or visit the Shorewood Boosters' website at [www.shorewoodboosters-giving.weebly.com/contact](http://www.shorewoodboosters-giving.weebly.com/contact) us.

Questions? Contact Tina Lapham, Booster President, [president@shorewoodboosters.com](mailto:president@shorewoodboosters.com)



Hoy más que nunca es importante que:

## “Conozca sus Derechos”

Todos los miembros de la comunidad están bienvenidos a Everett Community College **el 2 de diciembre a las 5:30 de la tarde.**

Tendremos una presentación que le proporcionará:

- Respuestas a preguntas de inmigración
- Información sobre sus derechos legales, y como responder en diferentes circunstancias;
- Estrategias que incluyen que hacer si un oficial de la policía o un agente inmigración se le aproxima

La presentación será en español y guiada por miembros del equipo legal de Northwest Immigrant Rights Project, seguida por consultas gratis de los abogados y representantes legales.



Todos son bienvenidos, por favor pase esta invitación a cualquier persona que pudiera estar interesada.

Presentación acerca del

### Conocimiento de sus Derechos

Empieza a las 5:30 PM

El Viernes, 2 de diciembre de 2016

Everett Community College

2000 Tower Street, Everett, WA 98201

Jackson Center

Si tiene alguna pregunta por favor llame a:

Maria Behrens: (425)388-9997 o

Julieta Altamirano-Crosby (206)850-2329

No habrá servicios de guardería, pero los niños son bienvenidos

Everett Community College no discrimina en base a raza, color, creencia religiosa, sexo, estado civil, orientación sexual, identidad o expresión de género, origen nacional o étnico, discapacidad, información genética, estatus de veterano o edad.



Now is more important than ever that you:

## “Know Your Rights”

All members of the community are welcome to Everett Community College, **on December 2nd at 5:30 PM**

We are hosting a presentation that will:

- Answer immigration questions
- information about your legal rights, and how to respond to different issues;
- Provide strategies that include what to do if you are approached by a police officer or immigration official

The presentation will be conducted in Spanish and led by NWIRP legal staff members and will be followed by free consultations from attorneys and legal representatives.

Everybody is welcome, please pass this invitation to anyone who may be interested.



### Know Your Rights Presentation

Starts at 5:30 PM

**Friday, December 2, 2016**

Everett Community College

**2000 Tower Street. Everett, WA**

**98201**

**Jackson Center**

If questions, please contact:

Maria Behrens: (425)388-9997 or

Julieta Altamirano-Crosby : (206)850-2329

Childcare services will not be provided, but children are welcome

Everett Community College does not discriminate on the basis of race, color, religious belief, sex, marital status, sexual orientation, gender identity or expression, national or ethnic origin, disability, genetic information, veteran status, or age.



**NEXT CLASS SESSION: JAN. 3 – FEB. 23, 2017**

- Classes are free
- Classes meet for 8 weeks\*
- Classes meet 2 days a week, Mon/Wed or Tues/Thurs \*\*

**REGISTRATION IS OPEN ON THE FOLLOWING DAYS:**

**Dec 12<sup>th</sup> – 15<sup>th</sup> (Monday – Thursday)  
9:30 AM OR 1:00 PM**

Students must register for classes before the session begins. Registration includes an application form, placement tests, and a short interview. Registration may take up to 2 hours.

**Shoreline Goodwill  
Job Training &  
Education Center**

**14500 15th Ave NE  
Shoreline, WA 98155**

**(206) 631-8457**

**Employment Services**  
Mon & Tues  
10:00 – 11:30 am  
**OR**  
**Case Management Services**  
Call  
206-631-8460  
For an appointment.

**Retail/Customer Service Program**  
9:00 am – 4:30 pm  
Mon – Thurs  
*9 week, full-time program, providing skills for working in the retail and customer service industry.*

Goodwill provides quality, effective employment training and basic education to individuals experiencing significant barriers to economic opportunity. *Because jobs change lives.*

Seattle Goodwill  
[www.seattlegoodwill.org](http://www.seattlegoodwill.org)

**Vocational Training**

|                             |                    |  |
|-----------------------------|--------------------|--|
| Customer Service/Teamwork   | 9:00 am – 10:30 am | <b><u>Instructor: Cuong &amp; Jean</u></b><br>Tues & Thurs |
| Cashiering/Customer Service | 3:00 pm – 4:30 pm  | Mon & Wed  |

**Computer Classes**

|                     |                     |  |
|---------------------|---------------------|--|
| Keyboarding         | 9:00 am – 10:30 am  | <b><u>Instructor: Mears &amp; TBD</u></b><br>Mon & Wed |
| Basic Computer      | 9:00 am – 10:30 am  | Tues & Thurs   |
| ESOL Basic Computer | 11:00 am – 12:30 pm | Mon & Wed  |
| MS Word             | 11:00 am – 12:30 pm | Tues & Thurs   |
| MS Word             | 1:00 pm – 2:30 pm   | Mon & Wed  |
| MS Excel 2013 (NSC) | 1:30 pm – 3:00 pm   | Tues & Thurs   |

**English for Speakers of Other Languages**

|              |                    |  |
|--------------|--------------------|--|
| ESOL Level 3 | 9:30 am – 11:00 am | <b><u>Instructor: Tanya &amp; Mears</u></b><br>Mon & Wed |
| ESOL Level 2 | 11:30 am – 1:00 pm | Mon & Wed  |
| ESOL Level 2 | 1:00 pm – 2:30 pm  | Mon & Wed  |
| ESOL Level 1 | 2:30 pm – 4:00 pm  | Mon & Wed  |

**Rosetta Stone (ESOL)**

|  |                   |           |
|--|-------------------|-----------|
|  | 1:00 pm – 2:00 pm | Mon & Wed |
|--|-------------------|-----------|

**Talk Time (ESOL)**

|  |                   |           |
|--|-------------------|-----------|
|  | 4:00 pm – 5:00 pm | Mon & Wed |
|--|-------------------|-----------|

**Employment & Resource Workshops (Open to the Public)\*\***

|  |                     |   |
|--|---------------------|---|
| Welcome to the American Workplace (ESOL) | 10:30 am - 12:00 pm | <b><u>Facilitator: Myriam &amp; Messerat</u></b><br>Jan. 23, 2017 |
| Selling Yourself to an Employer (ESOL)   | 11:30 am – 1:00 pm  | Jan. 24, 2017   |
| Dressing for an Interview                | 9:00 am – 11:30 am  | Feb. 2, 2017  |
| Mock Interview                           | 10:00 am – 12:30 pm | Feb. 9, 2017  |
| Essentials of Online Job Search          | 1:30 pm – 3:00 pm   | Feb. 9, 2017  |
| Healthy Living Workshop                  | 2:00 pm – 5:00 pm   | Feb. 25, 2017   |
| Navigating Community Resources           | Call 206-631-8460   | For more information  |

**Basic Skills & GED® Test Preparation Classes**

|                                 |                     |   |
|---------------------------------|---------------------|---|
| GED Test Prep & High School 21+ | 5:00 pm – 6:30 pm   | <b><u>Instructor: Genevieve</u></b><br>Tues & Thurs |
| Skills Building Lab (NSC)       | 10:00 am – 11:00 am | Mon & Wed   |
| Skills Building Lab             | 1:00 pm – 2:30 pm   | Tues & Thurs  |
| Math Basic & Intermediate       | 3:00 pm – 4:30 pm   | Tues & Thurs  |

*(Schedule subject to change)*



## City of Shoreline



### Culture Share: GHANA

**FREE!**

Bring a potluck dish to share!



More Information:  
Suni Tolton  
stolton@shorelineva.gov  
Ph: 206-801-2256

Saturday, December 17th  
6:00 to 8:30pm  
Richmond Highlands Rec. Center  
16554 Fremont Ave. N

Everyone is welcome for food, fun, multicultural dance and music.

Meet new people, learn about different cultures, and appreciate the rich diversity in Shoreline. Supported by:



The City of Shoreline values respect and treating everyone with fairness and dignity.