

Ram News

16516 10th Ave NE, Shoreline, WA 98155 * 206.393.4272 * Principal: Elizabeth Nunes

Various Dismissal Times in October!

Please note that there will be SEVERAL different dismissal times in October!

- 10 Early Release @ 1:20
- 11, 12 Half Day Release @ 11:15 for Conferences
- 17 Early Release @ 1:20
- 24 Early Release @ 1:20
- 31 Early Release @ 1:20



HEALTH CURRICULUM NIGHT

TUESDAY, OCTOBER 16, 2018
6:30-7:30PM

SHORELINE CENTER, SHORELINE ROOM
18560 1ST AVE NE SHORELINE WA 98155



Maria Stevens, Director of Teaching and Learning and Shoreline Health teachers will be hosting a F.L.A.S.H. (Family Life and Sexual Health) and HIV/AIDS curriculum preview evening. This is an opportunity for Health students and parents/guardians to be introduced to and ask questions about the sexual health curriculum prior to classroom instruction and receive modification/opt out options if necessary. Please see the [Washington State Healthy Youth Act](#) and SLSD procedures 2125 and 2169 for details.

For more information on F.L.A.S.H. curriculum please visit:
<https://www.kingcounty.gov/depts/health/locations/family-planning/education/FLASH.aspx>



QUESTIONS

206-393-4211



Free & Reduced Meal Program

The National School Lunch Program is a federally funded program that assists in providing nutritionally balanced low-cost or free meals to students each day.

To qualify for the meals, **you must submit an application form (available in the main office). One form must be fully completed for each household each school year.**

If your student received free/reduced meals last year and you want to continue receiving the meals, you must fill out a form for this school year. **A new application must be submitted and approved PRIOR TO October 10, 2018 to avoid full-price charged on your student's account. Parents/Guardians will be responsible for any accrued fees.** (Daily meals fees: Breakfast \$1.75, Lunch \$3.25).

Not sure if your household qualifies for free/reduced meals? Just submit an application and you will be notified of your eligibility.

Community Event: "Parenting the Gifted Worrier"

When: Thursday, October 25, 2018, from 6:30 - 8:30 p.m.

Where: Shoreline Library (345 NE 175th St., Shoreline)

Topic: Highly Capable/gifted children and teens often experience intense worry, perfectionism, and stress. This workshop includes an overview of some of the many reasons your gifted child may experience anxiety and how to recognize anxiety in children and teens. In addition, we will discuss specific ways to work with your child and identify unhelpful environmental, emotional, cognitive, behavioral, and physical responses to anxiety and replace them with more helpful alternatives. Workshop includes a workbook to facilitate at-home anxiety-reducing exercises.

Presented by: Denise Anderson, Vice President of the Northwest Gifted Child Association (NWGCA).

Ms. Anderson is the parent of a gifted child, has a MA in Marriage and Family Therapy, and is a certified SENG Model Parent Group Facilitator.

RSVP required: Due to limited seating capacity, please register in advance through Eventbrite: <https://tinyurl.com/ybwk24t9>

(Parents/guardians only. No "babes in arms," please.)

RC PTA Information

On Friday, October 12, ALL unclaimed items in the Lost & Found will be donated to The WORKS. If your student is missing something, please stop by to check the Lost & Found before Friday, October 12.

A Shoreline PTA Council Family Resource



Nurse Notes

Community Flu Shot Clinics at Shorecrest on Oct. 22 and Shorewood on Oct. 23

Shoreline Public Schools are committed to helping keep our students, parents and our community healthy throughout the entire flu season. That's why we have partnered with the Seattle Visiting Nurse Association to provide flu shot clinics for our District.

According to the CDC (Centers for Disease Control and Prevention), the single best way to protect you and your family from influenza is to receive a "flu shot" each year. The CDC recommends that everyone over six months of age, should be vaccinated against the flu.

Clinic Locations:

- * Shorecrest High School – Monday, Oct. 22 - 3 to 6 p.m.
- * Shorewood High School – Tuesday, Oct. 23 - 3 to 6 p.m.

The Clinics are open to all Shoreline Public Schools faculty, staff, students and their families (children four years of age and older). Please note that students under the age of 18 will need a [Patient Consent Form Opens a New Window](#), signed by a parent or guardian. Please complete one for each person and bring with you to the event. Forms will also be available at the clinic.

All participants will be asked to provide their health insurance information (card) to receive an immunization. SVNA will electronically bill the insurance plan for your flu shot. They bill almost all insurance plans, but are not able to accept Cigna.

Students 18 years and under without current health insurance coverage will be offered a flu shot at no cost. Adults without current insurance coverage may pay the \$40.00 immunization fee with cash or check. [Opens a New Window](#). [Opens a New Window](#).

Please Wear or Send Tennis Shoes and Socks for PE

Students are arriving for PE without tennis shoes and socks. Please check on your student's PE days and send them appropriately dressed to participate and have fun! The health office does not have every size/style of shoes needed for our students. Please send your student ready for PE. Thank you.

Vision and Hearing Referrals Have Been Mailed

Vision and hearing screening for grades 1, 2, 3 and 5 have been completed. For students not passing health assessments, referral recommendations have been mailed home. Teachers have been notified of specific student's hearing and vision difficulties.

Please discuss any concerns you may have with your student's teacher during conferences.

Please call the nurses if you have questions. Thank you.

We hope you are enjoying these first days of Fall!

Nurses Stacey and Joan

How to pack a WASTE FREE LUNCH

As a King County Green School, our school encourages waste reduction and recycling in the lunchroom and classrooms. Students sort their lunch waste into recyclable materials (milk cartons/juice boxes, plastic bottles, and aluminum cans), compost (food scraps, napkins) and trash.

Food waste comprises an estimated 30 – 50 percent of total garbage volume in school cafeterias. Wasted food equals wasted money and wasted nutrition for your child. It also takes up landfill space, wastes natural resources and emits methane, which is a potent greenhouse gas that is impacting climate change.

Here are easy ways to make a waste-free lunch for your child.

- **PACK ONLY WHAT YOUR CHILD CAN EAT** - Have your child bring home everything they don't eat so you can see what they are able to eat in a lunch period. Only pack a half-sandwich if that's all your child can eat during lunch.
- Use **REUSABLE** containers to pack the lunch. Use any durable plastic containers instead of plastic baggies, or check out these options for purchase: www.laptoplunches.com, www.reusies.com.
- **USE A REFILLABLE DRINK BOTTLE** instead of disposable or recyclable containers.
 - o If a refillable or durable drink bottle is not available, select drinks that are packaged in recyclable containers (such as a plastic bottle, an aluminum can, or a milk carton) that can be recycled at school. Avoid Capri Suns as these are not recyclable and do not breakdown in landfills.
- Pack durable utensils, if a fork or spoon is needed.
- Ask your child to bring home the durable, reusable items along with any leftover food.
- Buy snacks in bulk and pack them in reusable containers. This eliminates the waste at school.

Thanks for teaching your child how to waste less! Watch for another article with food waste tips in a future newsletter.



National School Lunch Week

October 15-19, 2018

Essay & Art Contest

Enter for a chance to win movie tickets!

Submit your story or artwork telling (or showing) us what you love about Shoreline school lunch.

Do you have a favorite menu item?

Is there a great cafeteria worker that makes meals special?



Submit entries in the cafeteria or email to: nutrition.services@shoreschools.org

Submission deadline is October 19th



Elementary Schools

CALENDAR OF EVENTS

OCTOBER

- 9 Half Day Release @ 11:15 for Conferences
- 10 Early Release @ 1:20
- 11, 12 Half Day Release @ 11:15 for Conferences
- 12 All Unclaimed Lost & Found to The WORKS**
- 17 Early Release @ 1:20
- 24 Early Release @ 1:20
- 26 Harvest Carnival 6-9pm
- 31 Early Release @ 1:20