

Echo Lake News

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ECHO LAKE CALENDAR

OCTOBER

Wed., 10/24 **Early Release Day, 1:50 PM**
Fri, 10/26 PTA Pumpkin Carving Night
and Dia de los Muertos, 5:30 PM
Wed., 10/31 **Early Release Day, 1:50 PM**

NOVEMBER

Tues., 11/6 PTA Meeting, 7 PM
Wed., 11/7 **Early Release Day, 1:50 PM**
Fri., 11/9 Veterans' Day Assembly
Mon., 11/12 **NO SCHOOL**-Veterans' Day
Fri., 11/16 Picture Retake Day

HALLOWEEN GUIDELINES (Cont.)

- *Props that represent or can be construed as weapons are not allowed.
- *Hair products cannot be applied at school. Please do not send your child with hair that is decorated, colored, or styled in a distracting way for their costume.
- *Based on teacher discretion, make-up (very minimal) or face paint may be applied at school just prior to the celebration.

Shoreline School District Nutrition Standards for Parties

With the Halloween Holiday Parties coming up, it is a good idea to review the new district wide standards for classroom snacks and party foods. If food is provided in the classroom environment, it must meet the nutrition standards in this procedure. Any foods served to student in the classroom environment must meet at least one of the criteria below:

- Be a "whole grain rich" grain product. To determine this, the first ingredient on the nutrition label must list a whole grain. If baking from scratch without a nutrition label, at least 1/2 of the grains used in preparation must be whole grain.
- Have as a first ingredient a fruit, a vegetable, a dairy product, or a protein food.
- Be a combination food that contains at least 1/4 cup of fruit and/or vegetable

Remember: Classroom parties and celebrations are required to follow the above nutrition standards, all applicable health codes, school allergic reaction prevention policies and procedures, and those who organize classroom parties must be aware of and responsive to food sensitivities and dietary restrictions among the students in the classroom.



HALLOWEEN GUIDELINES

Information about individual classroom activities will be given in your child's teacher newsletter. We realize that some families do not celebrate Halloween. If your family does not, an alternate activity is planned.

- *Costumes may be brought to school to change into, but NOT worn to school.
- *ALL costumes must be non-violent in nature.
- *Masks may be brought to school to show classmates. Masks are not to be worn.



IT'S COLD OUT THERE!!

Cooler weather tells us that fall is definitely here, with winter on its way. Please make sure that your child is coming to school dressed appropriately for the weather. Our students spend a lot of time outside each day, rain or shine, and we want them to be comfortable and dry when they re-enter the classroom. This means coats, raincoats, boots, and umbrellas.

If you are in need of warmer clothing for the winter season please make sure the check out The WORKS. The WORKS is open to Shoreline School District families Wednesday evenings during the school year from 6:30-8:00 PM. Identification is required and can be a Washington State Drivers License or ID, or Shoreline School District ID. For more information, go to <http://www.shorelinepta.org/the-works.html>

EVERY KID IN A PARK

Did you know that you own millions of acres of national parks, historic structures, cultural artifacts, ancient forests, snow-capped mountains, and clear blue lakes? Our federal public lands and waters belong to all Americans and are waiting for you to explore them.

Every year, beginning September 1st, all kids in the **fourth** grade have access to their own Every Kid in a Park pass at www.everykidinapark.gov. This pass provides free access to national parks across the country.

The Every Kid in a Park pass is good for the 4th grade school year, until August 31, 2018.



TRICK OR TREAT FOR UNICEF

Student Council is once again sponsoring Trick-or-Treat for UNICEF. Your child may bring home a special box to take trick-or-treating in order to collect money for UNICEF, with your permission. This is an easy way for our kids to help other kids who are in need of more than candy. Five dollars can give five days of food for a hungry child. Fifteen dollars can provide a year of clean, safe drinking water. If your child participates, simply return the collection carton to school by Nov. 1st. Thank you for helping children in need around the world!

Mrs. Nicholson and Mrs. Norberg
Student Council Advisors



Holiday Baskets Food & Gifts Distribution
Saturday, December 15th, 2018
11:30 AM-4:30 PM
Kellogg Middle School

For families needing assistance with Winter Break food and Holiday gifts, registration begins **October 1st.**

There are two ways to register!

- 1) Register online at: www.shorelinepta.org/holiday-baskets.html
- 2) Fill out a registration form and give it to your school Family Advocate. Forms are available in their offices.

Deadline for Registration is November 21st

FESTIVAL OF CULTURES

**Thursday, November 29, 2018
6:00-7:30 PM (In the Gym)**

This is a free event for all families to enjoy and experience food, arts, music, dance and information from the many cultures represented at Echo Lake. Families can bring in traditional foods, items to display, photos, clothing, traditional games, musical instruments, etc...Would you like to participate and share your culture with our school community? Look for the sign-up form that will be coming home soon.



IMPORTANT ATTENDANCE PROCEDURES

Thank you to those who are calling the Echo Lake office to let us know your child will be absent or tardy. The office must have a phone call, email, or note from the parent in order to excuse a student's absence. If we do not hear from the parent before or on the morning of the absence, we call home. If there is no answer we leave a message asking that parents call us to report the absence and a reason for it. If we do not hear from a parent, the absence will be unexcused.

It takes just a moment to call (206) 393-4338 to let us know your student will be absent or tardy. This phone line is available 24 hours a day. You may also email us to let us know at el.attendance@shorelineschools.org

recess!

"PLAY EVERY DAY" **RECESS COACH**

Play Every Day is a grant-funded program that will place a YMCA staff member at Echo Lake twice per week. The *recess coach* will organize activities and games for children over the course of our lunch recesses on those days. By engaging in positive, cooperative activities at recess, students directly learn social and interpersonal skills, which can carry over into the classroom and beyond the school day. Brain research also shows direct ties between physical activity, increased oxygen to the brain, and an enhanced ability to learn new concepts afterwards. By having positive engagement at recess, the program also decreases student conflicts that need to be resolved during class time, thereby increasing teaching and learning time in the classroom. Having a Recess Coach on the playground can also encourage students who are lonely to be a part of some organized fun.

The Recess Coach will join us in addition to our regular student supervisors during the lunch recesses. Recess Coaches initiate organized play with the students while our recess staff focuses on supervision, student safety, and mediating conflicts as needed. Thank you to the Shoreline Public Schools Foundation and Dale Turner YMCA for generously funding *Play Every Day* at our school.

