This year, Conference week is from Monday, November 2 through Friday, November 6th. Family support is a key factor in successful student learning. Attending parent conferences is one way to demonstrate the importance of school and your concern about your child’s learning. Conferences are an excellent opportunity for you to talk with your child’s teacher about their progress and work together to create goals that help guide their learning for the year. No one knows more about your child and no one has as much influence as you do. Your conference is a foundation for building a wonderful partnership between school and home.

Tips for Families to Get the Most Out of Family Conferences:

- Be on time. The teacher has a set schedule for meeting with families that includes very little time between each conference. Therefore, to ensure you have adequate time to meet with your child’s teacher, it is important that the meeting starts and ends on time.

- Look over your child’s school work and grades prior to attending the conference.

- Write down questions to ask. Be sure to ask the questions that are most important to you.

- Take time to share about your child. You are the expert and can be very helpful in helping the teacher know and understand your child. This will result in better communication and learning for your child.

Some Possible Questions to Ask During Elementary Family Conferences:

  May I share with you about my child?
  What do you see as my child’s strengths?
What do you think are the academic challenges for my child?
Is my child on grade level for reading? What about math, science and writing?
How can I best stay on top of what is happening at school? In the classroom?
What do you suggest we do if we are at home and my student gets “stuck” on homework?
What can I do at home to support what you’re doing in the classroom?

What to do after the conference:
-Pass on praise to your child, both yours and the teacher’s.
-Follow up with your child on any concerns she/he expressed. Explain the action plan and who will be responsible for what. Get started on the plan.
-Contact the teacher in a few weeks to follow up on anything that was discussed in the conference and was part of the action plan. Please contact your child’s teacher if you have any questions or still need to sign up for a conference time.

Sincerely,
Mr. Lohman, Principal, Echo Lake

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**Echo Lake Calendar**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday, Oct. 28</td>
<td>Early Release Day, 1:50 PM</td>
</tr>
<tr>
<td>Monday, Nov. 2 - Friday, Nov. 6</td>
<td>Conferences, 11:45 AM Early Release</td>
</tr>
<tr>
<td>Wednesday, Nov. 11</td>
<td>NO SCHOOL, Veterans Day</td>
</tr>
<tr>
<td>Thursday, Nov. 12</td>
<td>Material Distribution, K-2nd, 3:00-5:00 PM</td>
</tr>
<tr>
<td>Friday, Nov. 13</td>
<td>Material Distribution, 3rd-5th, 3:00-5:00 PM</td>
</tr>
<tr>
<td>Wednesday, Nov. 18</td>
<td>Early Release Day, 1:50 PM</td>
</tr>
<tr>
<td>Wednesday, Nov. 25</td>
<td>1/2 Day Release, 11:45 AM</td>
</tr>
<tr>
<td>Thursday, Nov. 26</td>
<td>NO SCHOOL, Thanksgiving Day</td>
</tr>
<tr>
<td>Friday, Nov. 27</td>
<td>NO SCHOOL, Thanksgiving Break</td>
</tr>
</tbody>
</table>

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**Student Information Update Online**

The annual Student Information Update form is now available to be updated online, as well as the Military, Residency Verification, and Food Service Applications. This must be done for each child. Family Access letters were sent home with your log in and password information. If you did not receive, please contact the office at (206) 393-4338.
Hello Echo Lake Families,

Flu vaccinations are vitally important this fall. With Covid-19 still in the community, hospitals and physicians are concerned about overwhelming the health care system. The best way to avoid the flu is to receive the vaccination. Doctors recommend everyone over the age of 6 months get vaccinated, including pregnant women and those with chronic health conditions such as diabetes, asthma, heart and lung issues, and weakened immune systems. Those persons under the age of two, pregnant or with a chronic health condition are at higher risk for serious flu illness. Consult your doctor if you are considered at a higher risk before vaccination.

Please ask people in your life to get a flu vaccination. If the flu is contracted after receiving the flu vaccine, the symptoms are often milder.

Note: Children under the age of 8 years may need 2 doses of the vaccine one month apart.

Flu symptoms are: cough; sore throat; sneezing; fever; runny/stuffy nose; body aches; chills; tiredness; diarrhea; and vomiting.

These symptoms are very similar to Covid-19. If you have these symptoms, please contact your doctor for guidance.

Easy ways to stay healthy:

Wash your hands often with soap and water, or use alcohol-based hand cleaners (over 60% alcohol)
Wear a mask when out in public.

Avoid touching your eyes, nose, or mouth. Touching these areas spreads germs

Avoid close contact with people (6 feet apart).

Get plenty of rest.

Cover your nose and mouth with your sleeve or a tissue when you cough or sneeze.

Stay home from work and school if you are sick until at least 24 hours after your fever is gone.

To obtain a flu vaccination: schedule an appointment with your doctor or go to https://vaccinefinder.org/

Seattle Visiting Nurse Association is providing drive-through flu shot clinics in locations around Seattle. They are at North Seattle College daily through the end of October, and at various Seattle schools.
Families need to schedule an appointment ahead of time. Here is a direct link:
https://schedule.seattlevna.com/home/158debe5-7cec-ea11-a817-000d3a31a6ee

Sources:

Nurse Amy and Nurse Kathy
(206) 393-4332

Eagles of the Week!

Echo Lake Teachers and Staff are always looking for ways to celebrate our students! This year, our staff has the opportunity to nominate students as Echo Lake Eagles of the week! Eagles of the Week are students who are consistently following our Echo Lake expectations of being safe, respectful, responsible, and kind. Students will receive a postcard in the mail with a message about why they are an Eagle of the Week and will have their name announced in Mr. A’s Eagle Vision Dean Video. Be on the lookout for this postcard in your mailbox!
**Attendance Matters**

Beginning on October 5th, all schools in Washington will begin marking absences from remote learning as excused or unexcused in accordance with rules set by the Office of Superintendent of Public Instruction (OSPI). An absence can be excused for any previously allowable reason and any COVID-19 related circumstance with the student or family member. A student's parent/guardian can excuse an absence by calling or emailing our school attendance secretary within five (5) days of the absence. Our school's attendance secretary can be reached at 206-393-4338 or email elattendance@shorelineschools.org

Below are two common questions and answers about how students can demonstrate attendance in the remote learning environment. You can also find more information HERE. If you have any additional questions, please feel free to contact our attendance secretary, Mary Lauch, at (206) 393-4338, or mary.lauch@shorelineschools.org

**Can a student demonstrate attendance before or after regular school hours?**

Yes. OSPI recommends that school districts provide multiple methods for students to access learning, outside of and beyond participation in live synchronous lessons. Our school district will count a student present if they engage in asynchronous activities, in place of a live scheduled session. This can include a student attempting an assignment, logs on for a part of the class, or asynchronously demonstrates participation. Students are encouraged to watch live teaching when possible.

**Can a student demonstrate attendance over the weekend for the previous week?**

Yes. Our schools will provide flexibility for families unable to log into live sessions due to internet access, bandwidth, access to childcare, other family obligations and work schedules. If your child is not able to engage on a daily basis, you should contact our office to share that information in order to develop a plan to track their attendance.
FREE/REDUCED MEAL APPLICATIONS

At this time all meals are free to all students through the end of the school year (June, 2021), however it is still important for families to submit applications for Free/Reduced meals. Here are the reasons why:

- Students may be eligible for other assistance based on meal benefit approval.
- A second round of pandemic EBT benefits is also being considered.

It also helps the school :)

Please consider filling this out so that you don’t have to worry about doing so later. Here are directions on how to fill it out online:
Positive Discipline for Families Program

Classes in English Fall 2020

**English class series:**
WHEN: Wednesdays
November 4th—December 16th 2020
TIME: 6:30pm—8:15pm
Virtual Series Online

Online Registration: https://www.surveymonkey.com/r/DXSJXNZL

The Positive Discipline for Families Program is a series of 7 weekly classes for parents/caregivers who want more cooperative and respectful relationships with their children. Through this program participants can learn tools to:

- Be more effective as a parent and have fun in the process
- Discipline with kindness and firmness at the same time
- Raise responsible and respectful children
- Strengthen your social support network
- Reduce your stress and strengthen your family’s resilience.

**COST: FREE**
Registration is required.
Eligibility: Our focus population for this class are parents/caregivers with at least one child under the age of 6.

For more information please contact:
Velia Lara
Positive Discipline for Families Program Coordinator
vlara@chs-nw.org or (206) 531-8824

Family Educators are Members of the:

[Positive Discipline Association](https://pda.org)

Center for Human Services
Building a stronger community...one family at a time.

17018 15th Avenue NE • Shoreline WA 98155 • 206-362-7282 • www.chs-nw.org
Holiday Baskets provides holiday food and gift support to Shoreline School District families in circumstances that make it challenging to provide either for their children.

Holiday Baskets Distribution to Families
Saturday, December 12th, 2020
11:30am - 4:00pm
Shoreline Center
18560 1st Ave NE, 98155
*Due to health and safety concerns, this event will be drive through with minimal contact.

For families needing assistance with
Winter break food & holiday gifts.
Registration begins October 1st.

There are two ways to register!
• Register online at:
  https://secure.lgiforms.com/form_engine/s/2uSguEr6sX9rPbmQ9xgzjg

• Contact your family advocate (or the school office if you don't know your advocate). They will help you with online registration.

Deadline for Registration is November 12th.

For more information go to: www.shorelinepta.org and click on Holiday Baskets.

Members of the Holiday Baskets partnership: The Shoreline PTA Council, the Shoreline Fire Department, Hopelink, Rotary Club of Lake Forest Park, the City of Shoreline, & Dale Turner Family YMCA.
El Distrito Escolar de Shoreline ofrece Canastas Navideñas, a las familias que estén atravesando circunstancias que hacen difícil brindarles comida y regalos navideños a sus hijos.

Distribución de Canastas Navideñas a las familias Sábado, 12 de Diciembre, 2020
11:30am a 4:00pm
Shoreline Center
18560 1st Ave NE, 98155

Para las familias que necesitan apoyo con comida y regalos navideños para sus hijos esta temporada. Registro comienza el 1ero de Octubre.

¡Hay dos formas de registrarse!

- Registrarse en línea:
  https://secure.igiforms.com/form_engine/s/2uSguEr6sX9rPbn09xg2g

- Si no es posible registrarse en línea, favor comunicarse con el Defensor de Familias (Family Advocate) o la oficina principal de la escuela de su estudiante para ayudarlo a registrarse.

Fecha límite para registrarse es el 12 de Noviembre.


Miembros del comité de Canastas Navideñas: El Consejo del PTA de Shoreline, Council, el Cuerpo de Bomberos de Shoreline, Hopelink, Club Rotario de Lake Forest Park, La Ciudad de Shoreline, y el YMCA Dale Turner.
WAYS TO HELP OUR STUDENTS SOAR:

ECHO LAKE ELEMENTARY

1. JOIN THE PTA
   BY SIMPLY JOINING THE PTA YOU ARE ADVOCATING FOR ALL OF OUR STUDENTS
   (AND YOUR OWN!) NO ADDITIONAL COMMITMENT REQUIRED. HTTPS://WWW.ECHOLAKEPTA.ORG/

2. MAKE A DONATION
   MONETARY DONATIONS ARE ACCEPTED ON OUR WEBSITE. HTTPS://WWW.ECHOLAKEPTA.ORG/DONATE.
   MANY EMPLOYERS ALSO OFFER A MATCHING PROGRAM, CHECK WITH YOUR HR DEPARTMENT FOR MORE INFO.

3. AMAZON SMILE APP
   SIMPLY ADD ECHO LAKE ELEMENTARY PTA AS YOUR NON PROFIT RECIPIENT ON YOUR AMAZON
   APP AND IT WILL BENEFIT THE SCHOOL EVERYTIME YOU SHOP!

4. FRED MEYER REWARDS
   SIMILAR TO AMAZON, FRED MEYER ALLOWES YOU TO SELECT A CHARITY TO SUPPORT WITH YOUR REGULAR PURCHASES.

5. FAMILY CONNECTOR
   HELP TO CONNECT FAMILIES WITHIN YOUR CHILD’S CLASSROOM ON EMAIL, TEXT OR ONLINE FORMAT.
   HTTPS://DOC.Z.GOOGLE.COM/DOCUMENT/ID/WESHIPFWMX30M8Y6BZ3H05R3JGKH5T5MB0HY3558704T19305T1540H5OZ
The WORKS is trying to collect 5000 pairs of socks Oct 1-31st for our kids in need.

Drop off at the WORKS Wed 6:30-8pm or mail to them
18560 1st Ave NE, Shoreline 98155

wish list
www.tinyurl.com/EchoLakeSocktober

Make sure you note that it's from Echo Lake
DRIVE-IN FOOD DRIVE

Target Items:
- Canned Meals
- Peanut Butter
- Mac & Cheese
- Oatmeal
- Socks (please separate from food)

East Side vs. West Side:
Wear Spirit Gear or a Costume!

OCT. 31 | 11 AM - 2 PM
SHORELINE CENTER
**The WORKS**

**Providing clothing support to Shoreline School District Families**

**Wednesdays**

6:30pm - 8:00pm

Appointments at The WORKS Store are by reservation only at [https://tinyurl.com/works2020](https://tinyurl.com/works2020)

**TO SHOP AT THE WORKS:**
- Families must have a Shoreline School District address or have a child who attends a Shoreline School District school.
- Each qualifying family may sign up in advance for only one (1) 30 minute time slot during each month. No walk-ins allowed.
- Please leave children at home. Up to two adults from the same household may enter The WORKS. Masks and gloves are required and will be provided, if needed.

Accommodations can be made for store access time. For more information, email theworks@shorelinepta.org or leave a message at (206) 393-4916.

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**Visite The WORKS al Shoreline Center**

**18560 1st Ave. NE**

Sigá la línea roja hasta The WORKS en el Shoreline Center, dentro del edificio de copias “Copy Center”. Parqueo es gratis en el lote del norte junto a las canchas de fútbol.

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**PARA USAR LA TIENDA THE WORKS:**
- Las familias deben tener una dirección del Distrito Escolar de Shoreline o tener un hijo(a) que asista a una escuela del Distrito Escolar de Shoreline.
- Cada familia que califique puede registrarse para un (1) solo intervalo de tiempo de 30 minutos durante septiembre. No se permiten visitas sin cita previa.
- Por favor, deje a los niños en casa. Solo dos adultos del mismo hogar pueden ingresar a The WORKS a la vez. Se requieren mascarillas y guantes y se proporcionarán, si es necesario.

Se puede ajustar el horario de la tienda. Para obtener más información, envíe email theworks@shorelinepta.org o haga un mensaje al (206) 393-4916.
Washington COVID-19 Immigrant Relief Fund

The Washington COVID-19 Immigrant Relief Fund provides a $1,000 one-time direct payment (up to $3,000 per household). Eligibility includes: WA resident; at least 18 years old; been significantly affected by the pandemic (such as losing work, being infected by the virus, or caring for a family member who was infected); ineligible to receive federal stimulus dollars or unemployment insurance money due to immigration status. Application and documentation required. For assistance, email relief@immigrantreliefwa.org or call 1-844-724-3737 (Mon-Fri, 9AM-9PM).

Fondo de ayuda para inmigrantes COVID-19 de Washington

El Fondo de Ayuda para Inmigrantes COVID-19 de Washington proporciona un pago directo único de $1,000 (hasta $3,000 por hogar). La elegibilidad incluye: residente de WA; tener al menos 18 años; ha sido afectado significativamente por la pandemia (como perder el trabajo, estar infectado por el virus o cuidar a un miembro de la familia que estaba infectado); no es elegible para recibir dólares de estímulo federal o dinero del seguro de desempleo debido a su estado migratorio. Se requiere solicitud y documentación. Para obtener ayuda, envíe un correo electrónico a relief@immigrantreliefwa.org o llame al 1-844-724-3737 (de lunes a viernes, de 9 a. M. A 9 p. M.).