

Echo Lake News

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ECHO LAKE CALENDAR

OCTOBER

Wed., 10/10 **Early Release Day, 1:50 PM**

Tues., 10/9, Thurs., 10/11, Fri., 10/12-

Parent Teacher Conferences, 11:45

Dismissal

Fri., 10/12 PTA Movie Night, 6:00 PM

Wed., 10/17 **Early Release Day, 1:50 PM**

Thu., 10/18 Picture Day

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

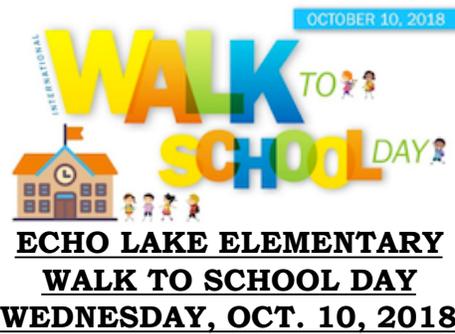
Wed., 11/7 **Early Release Day, 1:50 PM**

Fri., 11/9 Veterans' Day Assembly

Mon., 11/12 **NO SCHOOL**-Veterans' Day

SCHOOL PICTURE DAY THURSDAY, OCTOBER 18TH

Echo Lake's school picture day will be Thursday, October 18th. Order forms went home on Tuesday. Please watch for them in your student's school mail.



ECHO LAKE ELEMENTARY
WALK TO SCHOOL DAY
WEDNESDAY, OCT. 10, 2018

If your student is not a bus rider, lace up your shoes, grab your jacket, and enjoy getting exercise with your kids on the walk to school. The trip to school is a great time to ditch the family car, try a new way of getting around and practice being safe and visible when walking.

Walking Safety Tips

- **Dress to be seen.** Wear bright colored clothing or reflective gear if it is dark. Bright colors are more visible during the day and light colors are more visible in the evening and night.
- **Cross at corners.** Cross at corners or at a marked crosswalk. This is where drivers expect you.
- **Use crossing signals carefully.** Wait until no car is coming and then begin crossing.
- **Use sidewalks when available.** Walk facing oncoming traffic if there is no sidewalk.
- **Listen for oncoming cars.**
- **Use eye contact.** Make sure you know that drivers can see you.
- **Walk with others.** Walk with an adult, other students, or a buddy.
- **Follow directions.** Follow directions from crossing guards and safety patrols.

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@shorelineschools.org

Submission deadline is October 19th



Elementary Schools

NATIONAL SCHOOL LUNCH WEEK

October 15-19, 2018

We are going to celebrate National School Lunch Week this year by showcasing some WA grown produce in our salad bars and entrees.

Mon., Oct. 15-Fresh Washington pears

Tues., Oct. 16-NW grown berries

Wed., Oct. 17-Assorted WA grown apples

Thurs., Oct. 18-NW grown garlic roasted baby baker potatoes

Fri., Oct. 19-Homemade muffins made with Washington grown blueberries

We will also be having a special menu for Halloween (October 31) this year that should make lunch that day really special and fun!

Crispy Bat Wing (Crispy Chicken Drumstick)
Spider Web Waffle (Dutch Waffle with Chocolate Syrup Drizzle)



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.



CONFERENCE WEEK SCHEDULE **OCTOBER 8-12**

Mon., Oct 8-No conferences, **3:30 Dismissal**
Tues., Oct 9-Conferences, **11:45 Dismissal**
Wed., Oct 10-No conferences, **1:50 Dismissal**
Thurs., Oct 11-Conferences, **11:45 Dismissal**
Fri., Oct 12-Conferences, **11:45 Dismissal**



LOST AND FOUND

Echo Lake has a lost and found area in the hallway by the lunchroom. It already has a large collection of coats jackets, sweaters, and lunchboxes. Please remind your child to look there for lost items, or you may stop in to check for things yourself. Items are much more likely to be returned to your child if they are clearly marked with your child's name. Unclaimed items will be donated to The Works.

Shoreline School District #412 does not discriminate against any protected classes. For further information on notice of nondiscrimination, in eluding the address and phone number of the Title IX officer, visit:
http://www.shorelineschools.org/info/title_ix.php

SHORELINE NUTRITION STANDARDS

In June of 2017, a new district Nutrition and Wellness policy was adopted. As part of this policy, the district is implementing new nutrition standards for snack and celebrations at school. If food is provided in the classroom environment, it must meet the nutrition standards in this procedure:

Any foods served to students in the classroom environment must meet at least one of the criteria below:

- 1) Be a "whole grain rich" grain product. To determine this, the first ingredient on the nutrition label must list a whole grain (examples; whole corn, whole wheat, whole grain brown rice, whole grain rolled oats). If water is the first ingredient and the whole grain is the second, this will meet the definition of a whole grain. If baking from scratch without a nutrition label, at least half of the grains used in preparation must be whole grain (example: 1/2 whole wheat pastry flour, 1/2 all purpose flour).
- 2) Have as a first ingredient a fruit, a vegetable, a dairy product, or a protein food.
- 3) Be a combination food that contains at least 1/4/ cup of fruit and/or vegetable.

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

For more information click on the following link: <https://www.shorelineschools.org/Page/1265>

