Bulletin for Responsible Scholars, **OCTOBER 17, 2014**
Welcome to Eckstein

We are creating a Community of Lifelong Learners!

Oct 27-31	Eckstein Spirit Week
Oct 29	District-wide Professional Development – 2-Hr early dismissal
Oct 31	End of 1st Quarter
Nov 2	Daylight Saving Time Ends ("Fall" back 1 hour)
Nov 3	Choir Parent Meeting, 7:00p, Room Little Theater
Nov 3	Band Parent Meeting, 7:30p, Room 118
Nov 4	Orchestra Parent Meeting, 7:00p, Room 117
Nov 10	PTSA Meeting, 7:00p, Conference Room 115 – Open to all
Nov 11	Veteran's Day – No School
Nov 13	Eckstein Jazz Night, 7:30p.m.
Nov 14	Orchestra Fall Concert, 7:30-9:00p.m.
Nov 26	District-Wide 1-Hr Early Dismissal
Nov 27-28	Thanksgiving Holiday – No School

**** = New from last printing**

Message from the Principal Sherri Kokx:

Dear Families,

Students had a busy week of learning at Eckstein. In science, 6th graders learned about the multiple ways to calculate an object's volume; 7th graders studied brine shrimp to identify characteristics of a living organism; and 8th graders finalized their understanding of convection currents. Students in world languages and music classes practiced their new skills in an effort to "perform" for their audiences. Michael Tolley, the Assistant Superintendent of Teaching and Learning, visited classrooms with me on Thurs. He was very impressed by the work students were engaged in throughout the building.

Thanks to all families who participated in the magazine sale. These funds support all the extra curricular activities at Eckstein, including music and sports teams. The sale is officially over. However, if your student has orders to turn in, we will accept them through next week.

Enjoy your weekend,
Sherri Kokx, Principal
Eckstein Middle School
206-252-5010

Eckstein Website: http://ecksteinms.seattleschools.org/ If you are already receiving the Bulletins directly to your Inbox, you do not have to re-enroll. If you are new to Eckstein or have changed your email address you need to sign up for Parent Emails and other important announcements that go directly to your inbox. Click here to enroll Subscribe to Eckstein Parent Emails

Orchestra News: http://orchestra.ecksteinms.seattleschools.org

Band News: http://eckstein-band.ecksteinms.seattleschools.org

**** SPECIAL EDUCATION PTSA:** If you or anyone you know is involved in the education of students with special needs, please come to our General PTSA Special Education Meeting on Monday, October 27 at 7:00 p.m. in room 2700 of the John Stanford Center. Our guest speaker will be from the Department of Vocational

Rehabilitation and will be talking about vocational and other employment opportunities for people with disabilities. Everyone is welcome! To learn more about the SPED PTSA ,please visit our Website: seattlespecialedptsa.org

** **District meeting to discuss 2015-16 boundaries, Oct 30, 6:30 – 7:30:** Northgate Community Center
Basic information about the most recent school boundary changes and the upcoming 2015 -16 changes will be provided, and there will be an opportunity to provide community feedback. Interpreters are being scheduled. More information, including maps of the changes, Frequently Asked Questions and copies of the letters sent to families are on the **Growth Boundaries website.** Feedback can be sent by email to growthboundaries@seattleschools.org.

** **Have any kid's books your middle schooler has outgrown?** Please donate any used children's books to the Wedgwood Elementary used book sale by November 10th. Donations can be dropped off at Eckstein Middle School Main Office. Thanks! Wedgwood Elementary PTA.

****Eckstein Annual Campaign:** It is our goal at Eckstein is to see all students succeed every school year. The Eckstein Annual Campaign is one way the PTSA puts that mission statement into action. Here's how it works… Eckstein teachers, staff and school administrators submit funding proposals before the start of each school year for critical classroom and facility needs. The PTSA board and school administrators reviews the requests and approves them based on which will have the most positive impacts to specific grade levels and the school community as a whole. The goal this year is to raise $75,000 to fulfill the requests that have been approved. Please help us save the cost of a mailing and make your donation now - either with a check or an online donation to the Alliance for Education/Eckstein. Click HERE for more information. Eckstein Pledgecard 2014

****Parents: Spirit Week – October 27th through October 31th ~ Here are some guidelines to help your students if they want to dress up at school on Halloween:** This is still a school day and the school's dress code is still in effect. Costumes should not be overly gory (blood, etc.), not include hats or masks, and must provide proper covering to the body (no exposed undergarments, covered torso from shoulders to fingertip length of arms extended at sides) and no weapon. Because this is still a day of learning, a student may be referred to an administrator if their costume is causing any disruptions.

Eckstein Spirit Week is October 27th-31st:

- Monday is crazy sock day. Be sure to wear the craziest socks you can find.
- Tuesday is sports day. Wear your favorite team colors and gear.
- Wednesday is Alliance Day. Wear your alliance colors: Badgers are green, Wolves are red, Bears are purple, Lions are orange and Tigers are yellow.
- Thursday is twin day. Wear the same clothes as your friend. Remember to be creative.
- Friday is Halloween dress up day. Wear your Halloween costume to school but remember to follow the dress code.

YMCA After School Activities: The after school SPS activity bus has started. If your student is registered for the after school bus, they will be dropped off by SPS for the rest of the semester.

- **Closed Clubs: Parkour, Build it, International Cooking, Murals and Mosaics**. Students are still able to register for any other club after school, if scholarship is needed please call 206.524.1400 and ask for the program registrar, Mark Morris. Families will not be declined for inability to pay.
- **"Take Action Against Distraction" contest** – In response to the tragic accident near the school in 2013 Eckstein's Service Learning Club will partner with Harborview Research Team and Safe Kids Worldwide to enter the "Take Action Against Distraction" contest. The winning club will receive $250 and will create a public service announcement with the support of a professional videographer. Interested students should contact Georgina Ramirez at geramirez@seattleschools.org or stop by the game room in Portable 13 during lunch to find out more about the contest and sign up to attend a Service Learning Club meeting on Fridays from 2:30 – 4:30 in the cafeteria. IMPORTANT: The club does not meet on school holidays and there is NO transportation provided after the meetings.

Parent Forum: Preventing Teen Drug Use: Parents are the #1 influence on teen decision making! All NE Seattle parents are invited to a free parent educational forum about preventing teen drug use. Monday, November 3, 7-8:30 p.m., Nathan Hale High School. The evening will feature Dr. Leslie R. Walker, Chief of Adolescent

Medicine at Seattle Children's Hospital, followed by a panel discussion with a chemical dependency counselor, parents, students, and police. For more information please contact Lisa Chinn at Lisa.Chinn@SeattleChildrens.org.

Did you know that your child can get FREE homework help from the Seattle Public Library's Free Online Homework Helpline at www.spl.org/homework. All you need is a library card, pin number, and a computer with internet and you will be connected with a live tutor. They can help you and your student figure out math, science, language arts or history problems, and edit papers! If you have questions contact: Seattle Public Library, Homework Help Program Coordinator Josie.Watanabe@spl.org

Johns Hopkins University – Center for Talented Youth 'Talent Search' application available now!
If you would like to register your child to take the SAT or other tests offered by the Johns Hopkins Center for Talented Youth Talent Search programs you can apply using the paper form available at the Eckstein Main Office or the Counseling Center. Only students who score in the top range (level 4) on the MSP are eligible and there is a fee involved (scholarships are available through the Johns Hopkins program). Several testing dates are available from October through May 2015. More information is available in the brochure or online – http://www.cty.jhu.edu/talent/

Are you planning ahead for your Thanksgiving Week? Eckstein students **DO** have school on Monday-Wednesday of Thanksgiving week. There is a 1-hr early release on 11/26 and no school on November 27-28. The District calendar says that there is "No School for Elementary and K-8 Students" the last week of November, however Eckstein is a Middle School 6-8, not a K-8 so we do have school.

Eckstein PTSA General Meetings: Plan ahead for the rest of the year! Nov 10, Jan 12, Feb 9, Mar 9, Apr 6, May 11 and June 9 (no meeting in December). 7:00p.m., Eckstein Conference Room 115.

Shop at Amazon and Support Eckstein Band: Shop at Amazon through http://www.smile.amazon.com and designate your "Nathan Eckstein PTSA. Then, 0.5% of eligible purchases support your charity of choice. There is no added cost to you. If you bookmark this link and use it to access Amazon any time you make purchases, Eckstein bands will automatically receive the benefit! Please spread the word to all your friends and family. These funds will go a long way to offset the costs of the many performances, trips, sheet music and instrument repairs as well as help provide scholarships for those students who needs them. Thank You!

- Go to "Your Account"
- Select "Change your Charity"
- Under "or pick your own charitable organization"
- Type in "Nathan Eckstein PTSA" (WA State PTSAs are based out of Tacoma/Olympia)
- Hit "Select", and all your future purchases that you buy at smile.amazon.com goes directly to support Eckstein Band.

Do you drop your student off at Eckstein in the mornings? We realize everyone is scrambling to get to school and work on time, but we want to make sure all students are safe. Letting your student out of the car in the "No Stopping" zone on the west side of 30th Ave NE isn't safe and can cause dangerous a traffic back-up at the corner! The school has received a number of calls from concerned parents and neighbors about students dashing across the street in front of cars on 30th Ave NE. Please help us keep students safe by dropping your student off on the east (school side) of 30th, in the far south drop-off lot on 30th or even better, choose a safer drop-off spot on a side street a block or so away from the school that is less congested than 30th NE. And parents/guardians, PLEASE DRIVE SLOWLY AND WATCH CAREFULLY FOR OTHER STUDENTS when you are dropping off your child in the mornings!

More girls needed for the Ultimate Frisbee team! Even if you can only make one practice per week, we'll welcome you to join this fun, coed team. See LauraLeigh in the main office to sign up or get more information on our Google form -- http://goo.gl/3kHpW7 . Join now and we'll get you up to speed! Practices are on the Eckstein field from 2:30-4:30 on Tuesdays and Fridays. Games will be on Saturdays beginning Oct 4.

Guiding Good Choices Workshop for Parents: Taught by: Eckstein Counselor, Reema Ziadeh, M.Ed. and Kelly Kerby, LMHC, CDP from Seattle Children's Hospital. October 22 – November 19. Five Wednesdays, 6:30-8:30pm, Room 125 (across from the gym). To sign up contact Kelly Kerby with your name and your child's name at kmkerby@seattleschools.org or 206-252-5105. Click GGC Flyer 2014 to download flyer.

2014-15 Entertainment and Chinook Coupon Books, Benefits the Eckstein PE Dept: *Entertainment and Chinook Coupon Books are now available in the Main Office.* Or you can click HERE to download a copy of the order form. Plan ahead for the holiday season and give a gift that your family and friends can use and enjoy all year long. The Entertainment Books is $25.00, the Chinook Book is $20.00 and the Chinook Mobile App is $15.00 or get the Chinook Combo Pack (print and mobile) is $30.00.

Seattle Public Schools Interim Superintendent Dr. Larry Nyland to host meet and greet opportunities for families, students, staff and the community: Dr. Larry Nyland, who was appointed by the School Board in June to serve as Interim Superintendent, has outlined several opportunities this fall to meet with community members. These informal gatherings will include a few short remarks from Dr. Nyland, followed by time for an open question and answer period.

> *"I look forward to continuing to get to know our students, families, staff and community members," Dr. Nyland said. "I want to hear from our school communities about what's going well in our schools, where we can improve and how I can best serve this school district's mission of ensuring every student graduates prepared for college, career and life."*

The following one-hour informal meetings are open to the public:

- Monday, **October 27** from 6-7 p.m. at Yesler Community Center, 917 E Yesler Way Seattle, WA 98122 (Spanish, Somali, Vietnamese, Tagalog, Tigrigna interpreters will be available)
- Tuesday, **October 28** from 6-7 p.m. at Northgate Community Center, 10510 5th Ave NE Seattle, WA 98125 (Spanish and Somali interpreters will be available)

For American Sign Language, please send an email 72 hours in advance to Bernardo Ruiz bjruiz@seattleschools.org This message has been translated into the following languages: Tigrigna, Tagalog, Spanish, Somali, Vietnamese. ***Sept 29th meeting will be rescheduled.***

College & Career Ready/ Common Core Standards: Like most states, Washington has adopted the Common Core college and career readiness standards to replace its previous standards in reading, writing and math. Read the standards at www.corestandards.org and learn more on our "Common Core" page, listed under "Additional Links" on www.seattleschools.org. Learn what families can expect from the Common Core standards in Seattle Public Schools. Washington state replaces its spring tests in reading, writing and math with new assessments this school year. Learn about the basics. Click College and Career Ready to learn more and for translations.

Moved on from Eckstein? If you no longer have a student attending Eckstein, you can easily remove yourself from our email list. Just scroll down to the bottom of any message from Eckstein and click on the "SafeUnsubscribe" link.

A Note from the School Nurse: Enterovirus D68 (EV-D68) is a virus spreading around the country that has been causing respiratory illness, mainly in children. It may spread to Washington state and King County.
Enterovirus D68 can cause symptoms similar to a cold. In some cases, symptoms can go beyond coughing and congestion to difficulty breathing or wheezing.
Most people infected with enteroviruses have only mild symptoms or none at all, but some infections can be serious. Children and adults with asthma should be sure to have their asthma symptoms under control, and see a healthcare provider if they develop a respiratory infection and their asthma symptoms worsen.
EV-D68 appears to spread through contact with respiratory secretions (from coughs or sneezes) of infected people. Do the following to reduce the risk of getting infected with EV-D68:

- Wash your hands often with soap and water for 20 seconds, especially after changing diapers.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid kissing, hugging, and sharing cups or eating utensils with people who are sick.
- Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.
- If you're ill, do not go to daycare, school or work.

http://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/EnterovirusD68

SPORTS AT ECKSTEIN: It's not too early to start thinking about winter sports! If your child is interested in playing basketball at Eckstein this winter, you need to complete the four forms HERE to sign up. One of the requirements is a physical and a doctor's signature, and every season many athletic packets have to be returned because something is missing, so DON'T WAIT UNTIL THE LAST MINUTE to turn in winter athletic forms! If you have questions about your student's athletic forms, contact LauraLeigh at llyoung@seattleschools.org. ***There is no district transportation provided for after-school sports.***

Flu Shots: The Seattle School District is 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. Many people believe that seasonal influenza ("the flu") is much like the common cold and that it cannot be prevented. But, influenza is a serious and potentially dangerous disease. Each year students miss approximately 38 million school days due to the flu and each year parents miss more that 10 million workdays caring for their sick children. 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.
Flu Shot Clinics will be held at the following central locations within the district:

Friday October 3rd, 2:15 – 6:30 PM
Roosevelt High School Cafeteria
1410 NE 66th St, Seattle, WA 98115

Clinics will be open to all Seattle School District children (four years of age and older) and their families. Please note that students under the age of 18 will need a Patient Consent Form signed by a parent or guardian. Patient Consent Forms will be available at the clinic site. 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 all insurance plans including Apple Health (Washington State Medicaid) plans. Flu shots are considered preventative care and are not subject to deductibles or co-pays. This means no out-of-pocket expense for participants. Please join us this year as we keep our schools, families and communities healthy and flu free this season! Click HERE to view the flyer

VOLUNTEER OPPORTUNITIES

Please contact LauraLeigh at llyoung@seattleschools.org for more information or to volunteer.

Plan Ahead for Volunteering at Eckstein: Eckstein welcomes volunteers and we appreciate the many contributions they make to our school. Seattle School District has a number of required forms that must be completed each school year before volunteering at a school or chaperoning a field trip. Why not fill them out now to have it taken care of for the rest of the year? The volunteer requirements and downloadable forms are listed HERE on the Eckstein website. More information about volunteering is available on http://www.seattleschools.org/modules/cms/pages.phtml?pageid=229437

COMMUNITY NEWS

(not endorsed or sponsored by Eckstein Middle School)

****One on One Basketball Seattle Presents...:**

- Instructional Basketball League for Grades K/1st/2nd: (Great introduction to team play while learning fundamentals - organize a team from your school!) We provide the coaches to teach YOU how to play the game. Location: Meadowbrook CC, Begins: Saturday, November 1st!
- Pre-Season Tune-Up Ages 8-13 (perfect for Rec League Teams to improve individual skills before games begin in January). Locations: Ravenna CC. Begins: Saturday November 15th.

Space is limited**...register today!** http://seattle-washington.1on1basketball.com/

****The Northwest Boychoir is holding auditions for NEW members on Saturday, November 1, 2014 for January Enrollment.** We invite boys currently ages 6 to 9 years old to audition and no previous music training is needed. The Northwest Boychoir offers a blend of fun and music training. We offer small group instruction, after school, in Seattle's University District with convenient freeway and public transportation access. Call us today to set up an audition appointment at (206) 524-3234 or visit www.nwchoirs.org.

****Red Ochre Art Studio!** Children's Art Program ! at Magnuson Park! redochreartstudio@gmail.com! www.redochreartstudio.com! ! Come Join the Fun!! ! Registration is open! Clay Workshop, Fused Glass, Mosaic and more! ! Classes begin in early November! Make a special gift, learn a new technique, enjoy time to create!! ! Taught by Instructor, Sandy Miller! 25 years experience teaching art to children! Seattle Public Schools! Seattle Country Day School! University of Washington Summer Day! To download flyer and registration form click HERE.

__FREE DENTAL, VISION & MEDICAL CARE @ SEATTLE CENTER:__ Remote Area Medical will be at Seattle Center on October 23-26. Click here to learn more. GRATIS CUICADO MEDICO VISION Y DENTAL SOBRE LA CLINICA! haga clic aquÃ Here are the links in case the ones in the text don't work: http://seattlecenter.org/patients/ http://origin.library.constantcontact.com/download/get/file/1102968923678-1036/Patient-Flyer-Spanish-8.18.14.pdf

__FamilyWorks is offering free parenting workshops for parents of teenagers (ages 12-16 yrs) on Wednesday evenings October 29-November 19, 6:30-8:30p.__ Alison Bower will be hosting a series of four workshops about parenting teens. Get information and support that can help you in the challenging goal of parenting a teenager who is connected, safe and self-reliant. 1501 N 45th Street in Wallingford. Register by calling (206) 694-6727. Click HERE to view flyer.

__Seattle Lutheran High School invites you to our Open House__, October 23, 2014, 7:00-8:30p.m.at 4100 SW Genesee Street. Prospective students and families are welcome. You will meet students and teachers and see classrooms. For more information call Rachel Bigliardi at 206-937-7722 or go to www.seattlelutheran.org

__Robinson Center for Young Scholars, Saturday Program Fall 2014:__ Offering science, math, writing and philosophy courses for 4th graders up through 10th graders. Register according to the current grade in school. Placement is determined by grade, not age. Class size is limited, first come/first served. There is a $25 registration fee for all classes. Go to Robinson Center website (http://robinsoncenter.uw.edu) For important dates and information, click HERE.

__8th Grade Parents: Bishop Blanchet High School's North Seattle Neighborhood Night__ on Thursday, October 23, from 7-9PM in the BBHS cafeteria (8200 Wallingford Avenue North). The BBHS President, Principal, Director of Admissions, Athletic Director, and Chair of the Performing Arts Department will be present to share information and answer questions about Bishop Blanchet. Please RSVP to Bishop Blanchet (mpierce@bishopblanchet.org).

__Meadowbrook Community Center__ is offering a year-round program for afterschool care, break camps and summer day camps. For the school year there is monthly registration on a 3, 4 or 5-day option. For prices click HERE. Break camps are a daily registration and summer is weekly.

Grades 6-8 | Thursdays 3:30 – 6 p.m. | Cost: $275. limited transportation available. **__AT MERCER SLOUGH ENVIRONMENTAL EDUCATION CENTER IN BELLEVUE__**. Discover the science behind renewable energy, watersheds and our natural environment. Explore the different roles scientists play. Conduct hands-on experiments in the wetlands and in our state-of-the-art wet lab. Call (206) 443-2925 to register or visit pacificsciencecenter.org to learn more.

__Calling motivated student-musicians! Seattle JazzED Big Band Ensembles__ rehearse weekly from October through May and cater to all skill levels. Students in grades 4-12 will work with professional musicians and educators, perform and have fun! Ensemble placement by audition. No previous music experience required for the Introductory Ensemble. Scholarships and payment plans available. Easy registration and info at www.seattlejazzed.org or call 206-324-JAZZ (5299) Join us and play!

__Rain City Water Polo__: Does your child love the water and team sports? Then water polo is perfect. We specialize in introducing kids to the sport and have programs to suit all ages. Boys and girls age five and older are welcome to join us. You can try us out this fall and we can prorate your fee if you decide to start. A Free Trial is always available. Check out our offerings at www.raincitypolo.com or get in touch by emailing thor@raincitypolo.com or by calling 206-999-5686.