

Bulletin for Responsible Scholars, February 13, 2015

Welcome to Eckstein

We are creating a Community of Lifelong Learners!

Feb 16-17	Presidents Day and Mid-Winter Break, No School
Feb 26	Time Change ~ Open House for Incoming Eckstein Students, 6:00-8:00p.m.
Mar 2	Choir Meeting, 7:00p Room Little Theater
Mar 2	Band Parent Meeting, 7:30p Room 118
Mar 5	Orchestra Winter Concert, 7:30p
Mar 8	Daylight Savings Time Begins (Spring Forward 1 Hour)
Mar 9	PTSA Meeting
Mar 10	Orchestra Parent Meeting, 7:00p, Room 117
Mar 12	Eckstein MS Concert Band Festival, 7:30p.m.
Mar 17	Eckstein Combined Choir Concert, 7:30p.m.
Mar 19	Eckstein MS Jazz Band Festival, 7:30p.m.
Mar 21	Solo & Ensemble Festival
Mar 25	District 2-hour Early Release Day

LETTER FROM THE PRINCIPAL

Dear Eckstein Families,

Second semester has begun and your students have been very engaged in learning this week! Many of our students have been discussing and writing about justice. I am intrigued and impressed by their thoughtfulness and passion. Others have been learning science through hands-on dissection labs. If you have a 7th grader, be sure and ask about the rats! This has resulted in some interesting and fun lunchtime conversations.

Students are looking forward to the four day President's Day weekend. I hope that you find time to connect as a family. Our middle school students still benefit and enjoy our focused attention, even though it sometimes feels like they do not.

If I haven't met you yet, I look forward to meeting you. If you drop your student(s) off, you will most likely see me standing down on 30th street in the morning helping with traffic and safety.

As a reminder, please keep students safe and do not let them out of your car in the "No Stopping" zone on the west side of 30th Ave NE. I know that at times, the traffic gets incredibly backed up, but consider dropping your student off in the far south drop-off lot on 30th to keep them safe and reduce traffic congestion around the school in the morning.

Trenea Sterk, Principal
Eckstein Middle School
206-252-5010

**** = New from last printing**

****Do you drop your student off at Eckstein in the mornings?** If so, please DRIVE SLOWLY AND WATCH CAREFULLY FOR OTHER STUDENTS when you are dropping off your child! We realize everyone is scrambling to get to school and work on time, but we want to make sure all students are safe. It is NOT SAFE to let your student out of the car in the "No Stopping" zone on the west side of 30th Ave NE and it can cause a dangerous traffic back-up at the corner. The school has received calls from concerned parents and neighbors about speeding drivers and students dashing across the street in front of cars on 30th Ave NE. Please help us keep students safe by



dropping your student off either on the east (school side) of 30th, in the far south drop-off lot on 30th or at a safer drop-off spot on a side street a block or two away from the school that is less congested than 30th NE. Click [HERE](#) for the drop-off guidelines that were included in the start-of-school packets.

****“Seussical, the Musical” is coming to Eckstein!** Auditions will be held Wed 2/18 and Thurs 2/19 from 2:30 – 5:00, and students must attend one of the two audition days to participate in the musical. Click [HERE](#) for an Eckstein Musical Application, which students should bring to the audition with them. More information about auditions and rehearsal schedule and performance schedule are on the last page of the application. The musical directors need a few parent/guardian volunteers to help during the auditions. NO experience or special skills are necessary to help – you are just needed to help direct and supervise students so the directors can focus on individual auditions. If you can help or have questions about the musical, please email starvnartists@yahoo.com.

****Phone Calls from Eckstein:** Parents and Guardians, please remind your students that if they call you from a school phone, it’s very important to leave a message (even if the message is just “You don’t need to call me back”). All of the 100+ phones in the school show the main office number on Caller ID, so if you receive a phone call from Eckstein, please listen to the message to find out who called BEFORE you call the school back, since the main office staff will not know where to transfer your call based on the number that showed on your Caller ID.

****Grief and Loss Support Group at Eckstein:** The Eckstein Counseling department in collaboration with The Healing Center of Seattle will offering a Grief and Loss group to support those Eckstein students who are dealing with the loss of a significant person in their lives. This group will be held at Eckstein during the school day on Tuesdays and will begin March 3rd. It will meet during a different period each week to minimize the impact on any one class and run for 6 weeks. The group is open to all grade levels, but space is limited and will be filled on a first come, first served basis. Parental permission is required. Hardcopy permission forms are available from any grade level counselor, and emailed permission, sent to any grade level counselor, is also acceptable.

****THANK YOU,** Eckstein families, for the fantastic “Heart Healthy Salad Bar” Valentine’s Day Staff Appreciation Lunch on Wednesday. We enjoyed a delicious meal and felt VERY appreciated. Thank you for your support! -- Eckstein teachers and staff

****Tour Guides needed -- Feb 26, 6:00 to 8:00 pm.** Can you volunteer to help lead a tour at Eckstein’s Incoming Student Open House? You do NOT need to be an expert about the school, you just need to be willing to share your experiences and answer questions from your perspective as the parent/guardian of an Eckstein student. You will be paired up with an Eckstein student and given a tour route to follow. If you can volunteer, please contact LauraLeigh Young at llyoung@seattleschools.org.

****Packs for Kids needs your help!** Can you help support Eckstein’s Packs for Kids program by volunteering or making a donation? Packs for Kids provides food bags every Friday for approximately 50 Eckstein students in need of extra nutritional support on the weekends when they do not have access to school breakfasts and lunches. Volunteers pack and distribute the food bags, and the program depends on financial support from the PTSA and private donations from Eckstein families. If you can volunteer for Packs for Kids, please click [HERE](#). If you can make a donation, please mail your contribution to: Eckstein Packs for Kids, 3003 NE 75th St, Seattle WA 98115. Thank you!

Change in Elective Description on 2015-16 Registration Forms: If your 6th grader brought home a “7th Grade Registration Form, there is a correction. The description of the Visual Arts (semester) should have read: “A half year course where students will use prior knowledge to enhance their art experience. Advanced techniques in a variety of media will be taught and 7th grade techniques will be strengthened. Students will have a workable understanding of the Elements and Principles of Art.”

Eckstein Spring Sports: Athletic forms are available in the main office and on the Eckstein website. ALL forms must be returned to the main office by the due date. Students may NOT participate or attend practice until they have turned in all athletic forms.

Boys’ Soccer –
Forms due: 2/13
First practice: 2/26
Practices: Mon & Thurs
2:35 – 4:05

CoEd Track –
Forms due: 2/20
Student info mtg: 2/26
First practice: 3/3
Practices: Tues & Thurs

Girls’ Volleyball –
Forms due: 2/27
Tryouts: 3/9 & 3/10 *Students must attend BOTH tryout days to play
Practices:

REGISTRATION IS NOW CLOSED	2:35 – 4:10	Varsity – Tues & Thurs 3:00 – 5:00 JVA – Mon & Tues 2:45 – 4:15 JVB – Mon 2:45 – 4:15
---------------------------------------	-------------	---

New After school clubs have started: After-School Clubs take place 2:30 - 4:30p.m. at Eckstein Middle School. If you want to register your student online please use the link below.
<https://apm.activecommunities.com/seattlemca> or pick up a registration form in the main office or call 206.524.1400 to register over the phone. If you have any questions contact Georgina Ramirez, gramirez@seattlemca.org

A Note from the School Nurse: Vaccine Preventable Diseases are in the news recently. SPS school nurses are redoubling efforts to identify those students who are susceptible and work to get those out of compliance into compliance by either updating records or recommending getting required immunizations. If your student has been immunized recently or you have received a letter indicating your student is out of compliance with the Washington State Immunization Law, please contact the school nurse: hastephens@seattleschools.org or call (206)252-5017

Behind the Smoke: The Truth about Marijuana ~ An Evening of Up-to-Date Info for Parents AND Kids!
WEDNESDAY February 25th, 7:00 - 9:00pm Ballard High School Library. Lisa Davidson, Seattle Public Schools Manager of Prevention and Intervention, will speak about school discipline rates to date, marijuana products (with pictures and examples) confiscated from Seattle schools. Dr. Leslie Walker, Chief of Adolescent Medicine at Children's Hospital will present the latest research on marijuana use: the impact on the brain, addiction, and side effects. She will also provide tips and ideas on how kids and parents can talk to each other about drugs and alcohol. Parents and teens invited! Teens are welcome without a parent or guardian. JOIN US and GET INFORMED!! Presented by the NW Coalition for a Drug Free Community. www.ballardcoalition.org

Letter from Superintendent Larry Nyland Dated 1/29/15 Regarding Eckstein's Principal Position: Click [HERE](#) to view.

8th Grade Parents & Guardians: Are you interested in helping to coordinate the end-of-year **8th grade promotion and celebration** that will take place during the school day on Friday, June 12? Mr. Timmons, the 8th grade House Administrator, is putting together a committee to brainstorm ideas and plan the event. If you are interested, please contact Mr. Timmons at retimmons@seattleschools.org.

A RAIN GARDEN is coming to Eckstein! Do you have expertise or an interest in water conservation or rain gardens? Are you an artist or an aspiring artist? We are looking for individuals interested in helping to design and plan an Eckstein rain garden this spring, as well as some volunteers willing to help with designing and painting an educational mural. If you are interested, please contact Mr. Thompson at kathompson@seattleschools.org.

Grant Writers Needed: Eckstein's PE Department is looking for an individual willing to help write a grant to obtain some "Ergs" (rowing machines) for Eckstein students to use. If you are interested, please contact Mr. Timmons at retimmons@seattleschools.org.

Attendance Reminders:

- ***Temporary Bus Card (aka Temporary Green Card):*** Eckstein will no longer accept **text messages for green cards**. Please send a note or send a email if your student needs a green card to ecksteinms.attendance@seattleschools.org. Students should come to the attendance office at the start of the day for a green card.
- ***Tardies:*** Students will not be excused for invalid reasons (overslept, missed bus, etc.). Attendance will be marked as an "unexcused tardy." See District policy below.
- ***Early Dismissal Reminder:*** Parents/guardians need to send a note or email (ecksteinms.attendance@seattleschools.org) to request an early dismissal for your child. Otherwise, you will have to enter the building and sign your child out.
- ***District Policy:*** It is the policy of the Seattle School Board that consistent attendance is essential to the Seattle Public Schools mission of academic achievement for every student in every school. Truant students miss critical instruction in key concepts, quickly fall behind in school, and are less likely to achieve academic success. By state law, school attendance is mandatory, and unexcused absences and truancy are prohibited within Seattle Public Schools.

- Unplanned absences or tardies will be excused when your child's personal illness or injury, or the illness, injury or death of a family member, prevents your child from attending school, and you notify the school within 48 hours of the absence. The school may require a note from your child's doctor if your child is absent due to illness or injury for an excessive number of days (10 or more in the quarter).
- Planned absences or tardies will be excused when you submit a request at least three school days before the start of the planned absence, usually for a doctor or dentist appointment, religious holiday, an educational activity, or other special one-time event of a day or two. The school may require your child to complete missed assignments and/or make other academic arrangements in lieu of missed work. Family vacations of any duration may not be considered excused absences. The school principal has the final say on whether your planned absence will be excused.
- All other absences or tardies are considered unexcused, including those caused by the student or parent oversleeping, student missing the bus, transportation problems, student needed for babysitting, etc.
- Any absence, whether planned or unplanned, will remain unexcused when the parent does not provide either a telephoned or written excuse within a reasonable time after the date of the absence. A parent's request to "excuse my child's absence" without a stated reason or with a reason that does not meet the criteria for excused absences will result in the child's absence or tardy remaining unexcused.

From the Office of Advanced Learning: Many of our families who applied have not yet been contacted by the Office of Advanced Learning, and some are growing concerned that their child may be missed. Please be assured that every family who applied for testing will be contacted and scheduled for testing before the end of February. Everyone who referred their child for Advanced Learning eligibility testing last fall should have received a message from the Office of Advanced Learning. This year there were more than 5,400 applications. If your child has not yet been tested, he or she will be scheduled during the coming weeks and they will contact you at that point. Testing results and eligibility letters will be sent by early March. Thank you for your patience during this long testing process.

LOST AND FOUND : While our lost and found clothing items are in containers at the back of the cafeteria, smaller or high value items (especially electronics) are usually kept in the main office, and large items are stored in various places, where we can find space. So, if you or your student have a lost non-clothing, high value or large item, please inquire with Security at the main office.

Two Counseling Groups starting at Eckstein! The Eckstein Counseling department is planning to start two counseling groups in the very near future. Both groups are available to students at any grade level. One will focus on *Stress Management* and the other will focus on *Grief and Loss*.

- *The Stress Management* class / group will be open to 20 students in a class-type format and will meet during various class periods once per week. The class period will rotate each week to minimize instructional impact. The Stress Management class / group will help students identify and understand their individual stressors and then learn and practice a range of techniques for reducing stress in their daily lives. This class / group is tentatively scheduled to begin in the next few weeks and will run for 6 weeks.
- *The Grief and Loss* group (see article above).

Participation in all counseling groups is voluntary. Students can self-refer, and suggestions from parents and teachers are always welcome. Parent permission forms are expected for counseling activities that require repeated absence from classes. The permission forms are available from any of the counselors.

Band News: RUMMAGE SALE ON 4/4/15 AND USED CLOTHING COLLECTION AND BAKE SALE DURING EVENING BAND CONCERTS:

⇒***Rummage Sale: Save your Stuff and Save the Date***

The Annual Eckstein Band Rummage Sale is Saturday, April 4th, 2015. We need your donations to make this event a success. Please set aside your gently used clothing, household items, books, music, furniture sporting equipment and more. On Friday, April 3rd, bring your donations to the Eckstein Cafeteria between 1:30 and 4 pm. Mark your calendar and come to the Rummage Sale on Saturday from 9am - 3pm. There will be great deals to be had, baked goods, and music from our very own jazz combos. We'll be recruiting volunteers to help with setup on Friday afternoon and to help at the sale on Saturday. Watch for a signup announcement in March. If you have any questions, please contact Sarah Fulton (sarahcfulton@mac.com) or Maggie Sweeney (davidmaggie@comcast.net)

⇒**Used Clothing Collection:** Savers/Value Village, seller and recycler of used goods, is helping Eckstein Band to defray the cost of fieldtrip chaperones. Value Village will pay for every pound of goods collected. Bins will be available in front of the Main Office during all Band evening concerts.

⇒**Bake Sale:** Homemade and store bought baked goods and bottled water are always appreciated on concert days. Bring your treats to the table outside of the auditorium before the concert.

Time Change ~ OPEN HOUSE FOR INCOMING STUDENTS TO ECKSTEIN -- Thursday, February 26, 6:00-8:00pm, starting in the Auditorium. Eckstein DOES NOT arrange student visits or shadowing during the school day, but incoming or interested students and their families are invited to learn more about the school at our evening open house on Feb 26th. The evening's agenda will include an informational presentation in the auditorium and an opportunity to tour the school. Reservations are not necessary.

Eckstein PTSA General Meetings: Plan ahead for the rest of the year! 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](http://www.smile.amazon.com) goes directly to support Eckstein Band.

High School Open Houses for Incoming Students

****Nathan Hale High School Information Night:** Future and prospective parents/guardians and students are invited to join us for an informational evening!

Monday, February 23, 2015

6:00PM – 7:00PM Information Tables in Commons and Tours* of Building

7:00PM – 8:30PM Presentation and Questions in Performing Arts Center

*last tour leaves the Commons at 6:40 in order to finish by the time the presentation in the Performing Arts Center begins

Questions? Please contact Tina-Marie Tudor, Ninth Grade Coordinator, Nathan Hale High School 206.252.3706

(206) 252-3500 Ingraham School Tours 2014-15:

- Ingraham High School Day Time Tours: February 26th - 8:00 AM – 9:30 AM. Tour begins in the school Auditorium

Questions? Call the Main Office #206-252-3888. All tours are for parents and students No need to RSVP for tours or the night open houses.

Ballard High School 8th Grade Tour Dates: *Morning Tours:* Wednesday, February 18 8:00-9:30am starting in the Commons. Ballard does not arrange shadowing opportunities for students, but during the month of February we allow our current students to host 8th grade visitors that they know. The current student must pick up the paperwork in the Ballard H.S. Main Office and complete it at least a week ahead of the proposed visit. Another option is that students interested in Music should contact Michael James (Band), Courtney Pelavin (Choral) or Brittany Newell (Orchestra) who may be able to arrange for a visit with their students.

COMMUNITY NEWS

(not endorsed or sponsored by Eckstein Middle School)

****School Day Off Hoops Camps at Meadowbrook CC!** Tuesday, February 17th, Boys and Girls Ages 6-12, 9AM-3PM, Cost: \$60. This coming Tuesdays, join the One on One team at Meadowbrook Community Center for

our School Day Off Camp. This day camp is a great opportunity to progress your individual skills and knowledge during the season in a fun and caring environment. Drills, fun games, competitions and scrimmages will make your school day off one to remember. See you on the court! Or you can call Meadowbrook CC to register at: 206-684-7522. www.1on1basketball.com

Red Ochre Art Studio! Magnuson Park, Building 30, 7448 63rd NE. Seattle, WA 98115. The Studio has been busy and full of creativity this winter! Spring is just around the corner and is a great time to get involved in art and have some fun with friends. If you find a class that interests you, please print off the [Registration Form](#) and mail it in with a deposit to hold your spot. redochreartstudio@gmail.com www.redochreartstudio.com . Looking ahead...This summer there will be two Summer Art Camps, July 6-10 and August 3-7 for kids ages 6 - 12. Details will be coming out in February!

Ultimate Frisbee Summer Camp: July 13th-17th at Magnuson Park, 9am - 3pm. Coached by world class players and coaches from the Seattle area, players will improve their individual and team skills while playing ultimate all week! We accept novice-experienced players at camp and will cater to each individuals level. Cost - \$250. Includes disc and jersey. Scholarship available. To register: www.teamultimatecamp.com

Mid-Winter Break 1-day Basketball Camp Feb. 17th 9am-3pm @ Concordia Lutheran Church in Wedgwood. This camp will be open for youth boys and girls 2nd-8th grade and will be lead by coach Chase Young through Hoopaholics. To register please visit www.hoopaholics.com and click on the CAMPS page and look for the Feb. 17th 1-day camp at Concordia. For any questions or group registrations please contact Chase Young at chaseyoung206@yahoo.com

Ecology Youth Corps: The Ecology Youth Corps is looking for hard working teens who want to help clean the environment and earn money this summer. Several copies of the "Ecology Youth Corps Fact Sheet" are in the Eckstein Main Office. It gives details about what potential hires can expect during their employment. Also in the Main Office are the application and reference forms. Or you can go online at <http://www.ecy.wa.gov/programs/swfa/eyc/nwro.html>

Seattle Public Library Offers Free Homework Help: Got a tough homework assignment? The Seattle Public Library offers free, in-person and online educational assistance for students of all ages and levels — including tutoring for adults. Library events and programs are free and open to the public. Registration is not required. Free parking is available at the branches. Parking is available in the Central Library garage at the regular rates. Click [HERE](#) for a more information and the Library locations.

Camp Erin®- King County is a three-day overnight camp for kids and teens, ages 6 - 18, who have experienced the death of a loved one. Facilitated by professional staff from Providence Hospice of Seattle's Safe Crossings Children's Grief Support program & trained volunteers, Camp Erin is offered free of charge to families throughout King County. Our camp fills up quickly. Click on the links to download the forms for the [Teen Camp Erin 2015](#), [Kids Camp Erin 2015](#) and [Camp Erin Application 2015](#)

FREE COUNSELING FOR CHILDREN AND ADOLESCENTS: The University of Washington's College of Education is offering free weekly therapy sessions for Children and Adolescents between the ages of 6 and 18. Those experiencing mental health issues (i.e. anxiety, depression, attention deficits), social skills difficulties, behavior problems, and or adjustment to life stressors (i.e. parental divorce, death in the family, etc.) are examples of appropriate referrals, although we will assess for you individual needs. All free sessions are provided by School Psychology Trainees, and are all supervised by a licensed psychologists / faculty member. Parental commitment is essential in order to receive services. For more information, please call our clinic administrative assistant at (206) 543-4970.

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.

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>