

Margaret Mead Elementary

MEAD MESSENGER

General Membership Meeting

**Wednesday, September 22,
6:30 p.m. in the Mead Library**

Please join us to Find out the latest and greatest news about PTSA news, events, activities planned for this year at Margaret Mead and approve our 2010-2011 budget and Standing Rules.

This **short** meeting will be followed by a course overview of the upcoming Parenting Workshop series on parenting, "**Love and Logic,**" that will be presented by our principal and Love and Logic facilitator, Sandy Klein. Don't miss it! ■

Nominating Committee

Are you wise, tactful, circumspect, persuasive and have a broad acquaintance with the PTSA membership? The PTSA Board of Directors is looking for 3-5 volunteers to be considered for this years Nominating Committee. The Nominating Committee will be meet, review nominations, and search for the best qualified candidates for leadership roles within Mead PTSA. This committee will report to the board before the spring election. You must be a PTSA member to be on the committee.

If you are willing to be considered, have a nomination, or any questions, please respond to Sue McComas at jsmccomas@comcast.net or 425-868-8893.

We are hoping to have nominees in place by Wednesday's, September 22, General Membership meeting. Thank you for your consideration. ■

Issue Highlights

Rocktober Walk-a-thon
Meet Your PTSA
Fall Enrichment Classes
Volunteers Volunteers
The NEW PO—Mustang Minutes
Welcome from Mrs. Klein
Love & Logic Classed Offered

Attendance Line: 425-868-2899

School Website: <http://schools.lwsd.org/mead>

PTSA Website: www.meadptsa.com

**Editor: Carlene Camera
carlenecamera@comcast.net; 425-836-0843**

**1725 216th Avenue NE, Sammamish WA 98074
NEW! 425-936-2630; 425-868-4721 (fax)**

PTSA PRESIDENTS LETTER

Dear Mead Parents,

Welcome back to the 2010-2011 school year at Margaret Mead! It is exciting to begin a new year with a new principal. As a PTSA, we have many exciting plans in the works.

We have set goals this year to work to build our school community and support families. With that in mind, we will be offering fun evening family events, quality after school enrichment programs, numerous opportunities for you to volunteer and get involved in the school and meet others and see what your kids are learning, as well as many other valuable programs.

Our first family event to bring our Mead community together will be the **Walk-a-thon on Friday October 8th**. This will not only be a huge amount of fun, but will also be our main fundraiser of the year to support all of the operating costs of the PTSA organization. We hope you will choose to participate in this event and volunteer to help and join the fun! For specific information about our Walk-a-thon you can visit www.meadrocktober.com.

Volunteer opportunities at Mead are numerous. Please consider how you can and would like to help. Whether it's coming in to the school or something you can do at home, we can't get enough of you. If you would like to be involve in serving students and staff at Mead and help enhancing education, please contact Erin Skolfield (PTSA Volunteer Coordinator) at skolfield@comcast.net.

We would like to invite everyone to fill out and return your PTSA membership envelope so that we can have 100% membership at Margaret Mead Elementary. Your membership benefits not only the students at our school, but involves us in the benefits of State and National efforts to support education.

If you haven't already done so, please visit Mead's PTSA website at www.meadptsa.com. Here you will find contact information for your 2010-2011 PTSA board as well as all of the "happenings" at Mead. Please feel free to contact any of us. We are here to help! We hope you have a fantastic school year and look forward to the year ahead. ■

**Julie Olson and Julie Shalaby,
Mead PTSA Co-Presidents**



Julie Shalaby



Julie Olson

Thoughts from the Principal's Office By Sandy Klein



The leaves are changing, the students have returned to school and we are all settling into a new school year rhythm. I am so pleased with the first weeks of school at Margaret Mead. Our staff is wonderful as are our students! It's so much fun to meet new kids each day and begin to really know this wonderful community.

As we move into the year, parents are very influential in the workings of a successful school. Because Mead is the largest elementary in the LWSD with 682 students, your partnership is crucial in making Mead an efficient and effective school. Please help us to provide the best instructional situation possible by partnering with us in these areas:

A Good Night's Sleep!

Sleep experts recommend that elementary age children get 10 hours of sleep per night. Please help your child establish a regular bedtime routine that results in a great night's sleep. Removing televisions, computers, phones and video games from student's bedrooms will help to insure a good, long, restful night's sleep.

A Great Breakfast!

Studies show that breakfast is the most important meal of the day for students. Children who skip breakfast or eat a sugary breakfast frequently have trouble concentrating on learning. The American As-

sociation of Pediatrics recommends a breakfast that includes protein, fiber, healthy carbohydrates and low sugar. In addition to the traditional breakfast ideas, here are some healthy options:

Breakfast smoothie: combine 100% fruit juice, yogurt, a banana and/or frozen fruit in a blender.

Frozen banana: dip a banana in yogurt and then roll it in healthy crushed cereal and freeze.

Leftovers like spaghetti or hot or cold chicken along with juice or milk can make a great breakfast.

Toast with peanut butter and a glass of juice or milk is an easy but healthy breakfast.

Appropriate Attire!

Please help your student dress for the weather. Student must have the appropriate coat and shoes each day. Even in drizzle, the students go out for recess so please make sure your student is dressed accordingly.

Campus Arrival is 8:15 – 8:25

Please observe our ten minute window! Students are not to be on campus prior to

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Continued from previous page...Mrs. Klein

8:15 am. We do not have adequate supervision prior to that time. Additionally, please make sure your student is in his/her classroom by the 8:30 bell. With our large number of students, it's important that everyone be on time and ready to learn! Remember that drop off at ESP (the park behind Mead) is a safe and easy alternative to our crowded front lot in the morning!

Thank you for sharing your child with us each day. We take our work of equipping students for life very seriously. We appreciate your partnership and help in making Mead a school where every student finds success! Happy September!

Sincerely, *Sandy Klein*

Parenting Workshop

Join Principal and official Love and Logic facilitator Sandy Klein for the first presentation of:



“Becoming a Love and Logic Parent” Class at Margaret Mead Elementary

Can you use a little help with your parenting? If you have children (toddlers through teens), the Becoming a Love and Logic Parent class will provide you with some great new strategies to make parenting more fun and more effective! Parenting with Love and Logic is about raising responsible children using a win/win philosophy. Parents win by showing love in a healthy way and establishing effective control. Children win by learning responsibility through solving their own problems, learning to think, and acquiring tools for coping with the real world. Love and Logic helps parents and children establish a rewarding relationship built upon love and trust.

The seven week course will be offered at Mead Elementary beginning Tuesday, September 28. **The course dates are Tuesdays, Sept. 28, October 5, 12, 19, 26, Nov. 2, 9 from 6:30 to 8:00 pm.** The cost of the class is \$10 for a workbook and handouts. Pay at the door. Couples can share one book.

Please RSVP by email to Carlene Camera at carlenecamera@comcast.net. For more information about the Becoming a Love and Logic Parent Class, see the website at www.loveandlogic.com . ■

It's the New PO...Mustang Minutes—Stay Connected!

Margaret Mead has a new **Mustang Minutes** weekly email! The **Mustang Minutes** replaces the old Parent Organizer (PO) communications method, and keeps you up to date on community and school events. You will also receive your link to this newsletter via **Mustang Minutes** as well.

To sign up for **Mustang Minutes**, visit the Margaret Mead PTSA website (<http://meadptsa.com>) and click the link on the front page. To submit items for the **Mustang Minutes**, email meadpo@hotmail.com. Submissions may be edited for content and space for the email, but can appear in full on the PTSA website. ■

Don't get confused... get informed!

We have a few great ways to stay informed at Margaret Mead.

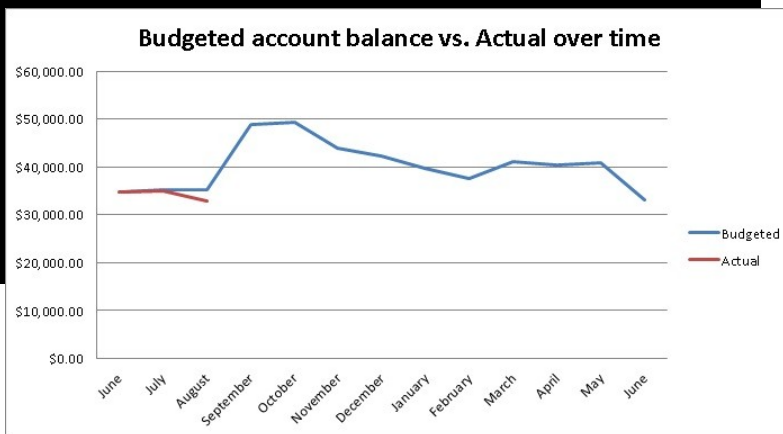
This newsletter is the **Mead Messenger** which comes to you via your email every other month. You can access any past or present **Messenger issue** from our PTSA website www.meadptsa.com

Mustang Minutes (the new PO) will be sent to you every Sunday night. See left for more info.

PTSA Finances by Ed Keith, PTSA Treasurer

Cash and Bank Accounts

Checking	\$15,355.60
Liquid CD	\$14,414.38
Savings	\$3,151.57
TOTAL ASSETS	\$32,921.55



To see copies of our budgets and more information, go to <http://meadptsa.com/finance.aspx>

Welcome to Mead PTSA 2010-2011

Co-President: Julie Shalaby

Co-President: Julie Olson

VP-Communications: Renata King

Co-VP Ways and Means:
Debbie Bredeweg & Angie Brown

Co-VP Enrichment:
Sara Cupp & Barbara Evans

Secretary: Sue McComas

Treasurer: Ed Keith

Membership: Lorraine Nelson & Melissa Berry

Newsletter: Carlene Camera

Volunteer Coordinator:
Erin Skolfield

Special Needs: Margaret Rogan

Auditor: Beth Knapick

Emergency Prep: Amy Hansen & Joelia Jarvi

Legislative Representative:
Bobbie Conti

PTSA Membership – Have you joined yet?

Our goal this year is **100% participation** for each family and teacher at Margaret Mead Elementary. We are about 70% of the way to reaching that goal already! Thank you to those of you who have already joined. We appreciate your support of all of the great programs our PTSA offers to families, teachers, staff and most importantly our students. Every membership helps all of the children at our school have a better experience at Margaret Mead. From extra books in the library and classrooms, to fieldtrips, scholarships, community building events, after school enrichment classes and much more.

In addition to the above mentioned PTSA programs, you also get a copy of the student directory, and special discounts for PTSA members at stores like Barnes and Noble, Jamba Juice and other retailers.

Individual memberships— 13.50,

Family memberships (2 adults) — \$21.50

Staff memberships — \$10.50. You can download a membership form at http://meadptsa.com/Documents/PTSA_flier.docx

For more information contact:

Lorraine Nelson:

wadelorrainezachary@hotmail.com

Melissa Barry:

trevensdad@hotmail.com

CONGRATULATIONS to the winners
of the Kindergarten PTSA
membership raffle.
Amy Hunthausen and Jane Horn

Please say Hello to our Newest PTSA Board Members!



Debbie Bredeweg

I'm a stay at home mom, but in my spare time I also work from home as a CPA. My kids are Luke (7, currently in 1st grade), Max (5, incoming kindergartener in the fall!), and Maggie (19 months). I'm originally from the midwest and have been living here in Sammamish since 2000. I'm an avid kickboxer and a semi-avid runner (training for the Rock 'n Roll 1/2 marathon in June). I'm also a big fan of warm weather and I'm hoping it gets here soon. I decided to get involved because I recognized the fact that so many things can't happen without volunteers. My hope is that I can help meet fundraising goals so that we can keep offering the programs and services that our kids need!



Ed Keith is the father of 4th grader Maura Keith and 6th grader Rachel Keith. His interests include mountain biking, video editing, computers, and finance. He has served as Treasurer in the past for both Mead elementary and the Lake Washington School District and is returning to Mead again for another round. Ed spends his professional time as a software engineer at Microsoft working on bringing TV technology into Windows. Ed is looking forward to working with the great group of staff and parents at Mead next year to maximize our dollar for the kids' sake.



Julie Olson

Next year I will have 1st and 4th graders at Margaret Mead, and 9th and 7th graders at the Environmental and Adventure School at Finn Hill Jr. High. I have enjoyed participating in the PTSA at Mead over the years and working with such great students, parents, and teachers. I love running and spending time with my family. I look forward to working with many of you for many more years!



Hello, I'm **Melissa Barry** and I have two great kids at Mead. My daughter Ashlin is in 1st grade and my son Treven is in 2nd. I have been so impressed with our school so far and I'm really looking forward to becoming even more involved next year.

**Barbara Evans**

My hope is to promote a positive school climate where all students feel comfortable, wanted, valued, accepted, and secure in an environment where they can interact with caring people they trust. My son is in 3rd grade and my daughter is in 1st grade.



Sara Cupp, mom of kindergartener Leah and 2 1/2 year old Asher, will serve as the co-chairperson of the enrichment programs. She hopes to continue the great activities already offered and add some new options, especially to engage older kids. Sara's interests include gluten-free, dairy-free, egg-free cooking and baking, photography, and yoga. In her former life, she was a CPA in public accounting firms and she still does some personal tax returns during tax season. Sara grew up in Ohio until moving here almost 5 years ago.



My name is **Angie Brown** and I am a stay-at-home mom to two boys, Cooper, 6, and Dayton, 4. I've enjoyed seeing the parent involvement at Mead and hope that by being an active member on the board I will be able to capitalize on that enthusiasm to enhance the essential programs that are funded by the Mead PTSA. I am a native to the Pacific Northwest and enjoy jogging, traveling and playing in the outdoors with my family.



Margaret Rogan is mother to Matthew (7) and Charlie (4). She has her

Masters in Special Education and taught in Renton, WA and Orange County, CA for 10 years. Margaret really enjoys working with families helping to navigate the special education process. She also loves to read, hike and travel.



Get Ready for our *2010 Rocktober WALK-a-THON!*

It's New...It's Exciting... Margaret Mead PTSA is sponsoring **Rocktober WALK-A-THON FUN**-raiser to kick off the 2010 school year! This will be the largest PTSA Fundraiser for the 2010-2011 school year.

We are all about fitness , fun, and family at Mead. Here are some highlights...

- ◆ Fitness Carnival —a new take on an old idea!
- ◆ Dominos Pizza, Big House BBQ, hot dogs, popcorn, Jamba Juice, & water for sale
- ◆ Live Entertainment featuring Spicely C'eetoe and Eastlake Drumline
- ◆ Bake Sale to benefit 6th Grade Outdoor Education
- ◆ T-shirts for every student at Mead!
- ◆ Evergreen Medical Tent
- ◆ Free Starbucks Coffee
- ◆ Lost and Found Tent
- ◆ Great raffle prizes just for the kids
- ◆ Special raffle for PTSA Members only! (are YOU a PTSA member yet?)
- ◆ Silent Auction (the only one this year!) go to www.meadrocktober.com/auction for a complete list of items for you to bid.
- ◆ Spirit Week for the kids to count down our event
- ◆ Fun lunch time RALLIES involving teachers, staff, and students
- ◆ Parent attendance is mandatory or you may designate another adult to be responsible for your child.

So make sure you turn in the envelope your child brought home on Friday by September 30. Fill it with donations and don't forget your signature for acceptance OR denial of participation. We ask that every student turn in an envelope regardless of participation. See page 12 for reasons why you need to support PTSA and Mead.

Don't forget to contact our Volunteer Coordinator at volunteer@meadrocktober.com to be apart of this new and exciting event. The first 100 volunteers get a free t-Shirt!

Questions or concerns? email info@meadrocktober.com

Volunteer Opportunities for 2010/2011 School Year

The Margaret Mead PTSA is looking for chairpersons for the following committees for the 2010/2011 school year. Volunteering is a great way to meet new people and the children love to see their Mom or Dad helping out at school. Won't YOU step up and take a leadership role for the next school year?

Holiday Gift Shoppe:

Co-chair for the Holiday gift Shoppe, held the first Saturday of December. New chairperson would come along side the current Chairperson and learn how to run this event. This involves, booking the vendor, making the arrangements at the school and organizing the volunteers. Please contact Jenean Hatlelid for details 425-765-1940, or jeneanh@hotmail.com or Carlene Camera at carlenecamera@comcast.net

Pancake Breakfast Chairperson

Looking for a Dad to coordinate other Dads to set-up, clean-up and flip pancakes on a Saturday in March.

Health Room Volunteers

We need volunteers to staff the Mead Health Room. Volunteers provide support to the office staff by tending to children who walk through the door needing assistance. You do not need to be a medical professional, just have compassion for a child in need. Volunteers provide ice packs to bumps and bruises, band-aids for minor cuts and scrapes, and call parents when children have a fever or do not feel well. The office staff is trained to handle and take over all first-aid or medical situations above and beyond minor issues. Volunteers do not administer medicine of any kind. Training by our school nurse will be provided as it's required for all Health Room volunteers - new and old. The training date will be sent out soon. The shifts are 12:00 pm-2:00 pm daily – Wednesdays are 12:00 pm-1:30 pm due to early dismissal. We also have a shift on Tuesdays and Thursdays from 10:00 am till 12:00 pm.

Please contact Jenean Hatlelid at jeneanh@hotmail.com

Co-chair for Hearing and Vision screening event.

New chairperson would come along side the current chairperson and learn how to run this event. This involves setting up and making arrangements at the school, organizing volunteers, and providing a light lunch. Please contact Jenean Hatlelid for details, 425-765-1940 or jeneanh@hotmail.com

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Parent Education

Arrange for and distribute information on Parent Education workshops and activities within the Mead community

Co-chair Student Directory

New chairperson would come along side the current chairperson and learn how to run this event. This involves the below job description. Please contact Jenean Hatlelid for details, 425-765-1940 or jeneanh@hotmail.com

Mead Elementary Business Advertising Opportunity

Reach 700 + Margaret Mead parents and students for an entire year!

The **Student Directory** has a limited amount of space available for business advertising this year! The prices below pertain to each directory separately. Since the student directory is for the personal use of these schools' students, staff and parents, any other use of its information is strictly prohibited. You will not receive a directory for the school you advertised with unless you have a student at that school and are also a PTSA member. Information contained in the directory is not to be used as a business mailing list or for contact information. Margaret Mead families provide us directory information with these guidelines understood, so we honor our commitment to their privacy. To be guaranteed a space, we must receive your check & ad before September 27. THANK YOU!!

Sizes & Prices:

Business card (2" h X 3.5" w)	\$50 each
½ page (4" h X 4.75" w)	\$100 each
Full page (non cover, 8" h x 4.75" w)	150 each
Full page (inside back or front cover)	\$250 each
Full page (back cover)	\$300 each SOLD OUT



If you would like to place an ad or have questions, please contact Jenean Hatlelid at 425-765-1940 or jeneanh@hotmail.com. If you would prefer to mail in your ad/business card, along with your check payable to Margaret Mead, you can mail them to:

Margaret Mead Elementary
 Attn: Jenean Hatlelid/Student Directory Advertisements
 1725 216th Avenue NE
 Sammamish, WA 98074

DID YOU KNOW
PTSA gives \$38,000 a year to Mead in support of many basic services and programs at the school?



FACT: Did you know that PTSA funds in whole or in part these programs at MEAD? It might surprise you just how much the PTSA supports.

Mead School Calendar 2010

9/22	General Membership 6:30 pm
9/22	Parent Night—Love & Logic Preview
9/28	Love & Logic Session 1 of 7; 6:30 to 8:00 pm
10/5	Love & Logic Session 2—6:30 8:00 pm
10/8	Walk-A-Thon 3 to 6 pm
10/12	Love & Logic Session 3—6:30 8:00 pm
10/19	Love & Logic Session 4—6:30 8:00 pm
10/20	Scholastic Book Fair
10/21	Half Day—Conferences
10/22	Half day—Conferences
10/25	Half Day—Conferences
10/26	Love & Logic Session 5—6:30 8:00 pm
11/2	Love & Logic Session 6—6:30 8:00 pm
11/5	Talent Show
11/9	Love & Logic Session 7—6:30 8:00 pm
11/16	Health Screening
12/4	Holiday Gift Shop

- ✓ Accelerated Math
- ✓ Accelerated Reading
- ✓ Art Start
- ✓ PE Supplies
- ✓ PE Equipment
- ✓ Playground Equipment
- ✓ Assemblies
- ✓ Field Trips
- ✓ Emergency Supplies
- ✓ Student Directories
- ✓ Special Needs Support Supplies
- ✓ Teacher Stipend for after school Enrichment Classes
- ✓ Classroom Funds
- ✓ Student Financial Aid
- ✓ Science Fair
- ✓ Author Visits
- ✓ School Awards
- ✓ Library Programs
- ✓ Running Club
- ✓ Reflections
- ✓ Staff Appreciation
- ✓ Safety Patrol Equipment
- ✓ Student Advisory Council
- ✓ Vision & Hearing Screening
- ✓ Water for portables
- ✓ School Grounds Beautification

**PTSA Special Needs Group Meeting
Tuesday, September 28th, 7- 8:30pm
LWSD Resource Building, Redmond Town Center
Introduction to LWSD Special Ed Department**

Meet the Lake Washington School District Special Education Director, Paul Vine. He will have a PowerPoint slideshow reviewing the department structure, the Ladder of Support, discuss new initiatives for the year and any other changes in the Special Education programs. He will also be introducing his team and have a brief Question and Answer time.

After Paul's presentation we will share happenings within our group, share resources and network with other parents and teachers. Please invite your peers to join us! All are welcome! **No memberships or fees, just sharing of resources and networking!**

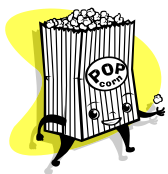
There will be time to network with other parents before the meeting, from 6:30-7:00 PM, as well as after the meeting. Our Lending Library cart will be available starting at 6:30 PM so that you can checkout, return and/or donate books.

October Meeting

Date: 10/26 at 7:00 pm

Topic: Helping the Behaviorally Challenging Child with Sara Gardner.

Contact Margaret Rogan, your Special Needs liaison, for more information at merogan@yahoo.com ■



**Popcorn Fridays
Return!**

Beginning Friday, September 17, popcorn will be sold at your child's lunch time for .50 cents. All proceeds benefit our PTSA scholarship, fieldtrip and outdoor education funds. ■

**PLEASE NOTE:
Margaret Mead has a new office
phone number!**

425-936-2630

Make Room in Your Fall Schedule for Mead Enrichment Classes



Enrichment classes are scheduled to begin the last week of September. We are excited to have a great line up of classes, so be sure to sign up soon! Please remember to be on-time to pick children up after their enrichment activities. It is nice to come a little early so you can see your child's activity. Also, it can be a good idea (especially for the younger student) to remind your student each day of the after-noon plans and communicate them to your child's teacher, either by note or email.

NEXT SESSION, we are planning to make flyers and registration forms available to print out on-line, in an effort to save trees, time and money! You will receive one flyer with a summary of offered classes and instructions on how to register.

Below you'll find more information about the great classes coming to Mead this fall. French Class (Grades K-3) on Monday mornings 7:30 – 8:15 a.m. before school. French is taught by Parisa Behzah-Pour, who has 10 years of experience teaching French to preschoolers through high-schoolers. She also teaches enrichment classes at 3 other schools, including the Arbor School and Eton. Join now if you are interested, as the curriculum will be continuous throughout the school year. Her lessons focus on French-based activities, songs, games, crafts and culture.

CLASSES INCLUDE:

Piano Class on Mondays, 3:00 - 4:00 pm, starting 2nd week of Oct. Musical Minds will offer Piano Keyboard Club. Your child can learn to play favorite tunes on the keyboard. Children choose the music that they want to learn. The class is appropriate for both beginners and experienced players. Check out www.musicalmindspianokeyboardclub.com if you would like more information.

Karate on Tuesdays, 3:05 – 4:00 pm. Washington Shotokan Association will be offering a fun, non-violent approach to karate at Mead this fall. Sensei Andre' Dulce, a 7th degree black belt with over 45 years of experience teaching karate, will help your child build character, mental control, strength, balance and more. A uniform is not required for the first session, but will be needed for children continuing. The class will

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Continued from previous page-Enrichment

meet throughout the school year, but registrations will be collected in sessions. Students will have a chance to earn belts as they advance in their karate. Check out www.washotokan.com for more information.

Mad Science on Tuesdays from 3:10 to 4:10 pm. Mad Science® is the world's leading science enrichment provider. The class delivers unique, hands-on science experiences for children that are as entertaining as they are educational. Mad Science is proud to introduce children to a world of discovery while sparking their imagination. Mad Science encourages scientific literacy in children in an age when science is as vital as reading, writing and arithmetic.

Running Club on Tuesdays after school from 3 – 3:40 pm and/or Thursdays during morning recess. Join the club for fun, exercise, fresh air, and good health and habits. Laps will be tracked and miles will be recorded by parent volunteers each week. The Running Club celebration will be the SEATTLE KIDS MARATHON.

French Class (Grades 4-6) on Wednesday mornings from 7:30 – 8:15 a.m. before school. Parisa Behzah-Pour will also be teaching French for Grades 4-6. See above for more information about Ms. Behzah-Pour.

Spanish Class (Grades K -2nd) on Wednesdays from 1:35 – 2:35 pm. Heidi Maren Lewis, a Mead mom, will be teaching beginning Spanish. Heidi has been teaching Spanish at Mead for the past 4 years, has studied Spanish from elementary school through college and has lived in Mexico City. Each week a new Spanish speaking country is studied. Children try food from the country and learn about traditions and culture, in addition to being introduced to the language.

Art Class on Wednesdays from 1:30 - 2:45 pm, starting last week of Sept. Art will be offered by Mead moms Anna Macrae and Joyce Warnock. The class will be separated into 2 classrooms by age. Students will explore their own personal expression and creativity through the use of raw, new and used materials, creating both 2 and 3 dimensional projects. Students will also be exposed to art history.

Chess Club on Thursdays from 3:15 to 4:30 pm. David Hendricks is returning as the chess coach. Coach Hendricks has been coaching elementary chess clubs for 12

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years. Children will learn chess basics, openings, middle game strategies, end game principles, tactics, and much more. Tournaments are optional, but encourages for students who are ready.

Knitting Class on Mondays from 3:05 – 4:15 pm, November 8 through December 13. Mead mom Jane Hartway will be teaching boys and girls to cast on stitches to their needles, knit, purl and bind-off to complete projects. Projects can make great holiday gifts. Advanced instruction will be given to those who already know how to knit. The class is limited to 6 students, so register early to get a space.

Manners Class – Watch for more information. Planned for November.

NOTE: Classes begin the first week of October unless otherwise noted. Classes are appropriate for K-6 grades, unless noted. Your registration and payment can be sent to school in an envelope addressed to Barbara Evans.

If you have questions, ideas for future classes, suggestions, etc., please contact enrichment co-chairpersons – Sara Cupp – at saracupp@gmail.com or 425-968-8538 or Barbara Evans – at ellienate@juno.com or 425- 868-6112. We'd love to hear from you. ■

Mead Student Directory Form Due

Please make sure fill out the Student Directory forms and return to the office as soon as possible. You can download another form from the PTSA website at www.meadptsa.com. In order to receive your copy of the directory, you must have a current PTSA membership. Membership has it's privileges! See page 11 for information on advertising opportunities for your business! ■





Running Club

On your mark, get set, go! Fall Running Club is about to begin. Join us for fun, exercise, fresh air, and good health and habits! Each student will have a chance to earn new TOE TOKENS as they complete milestones on their mileage cards! Laps will be tracked and miles will be recorded by parent volunteers each week. Our Running Club celebration will be the Seattle Kids MARATHON on Saturday, November 27th. If you'd like to participate, START COUNTING YOUR MILES NOW! More information will be coming home about this event, see <http://www.seattlemarathon.org/kids/eventinfo.htm> for details. We hope many students and parents will choose to participate! Rocktober WALK-A-THON laps will count!!

WHEN: After school on Tuesdays 3:00-3:40. Meet in the gym. Parents must pick up at 3:40! AND (or) Thursdays during the morning recess. Meet behind the portables.

Sept 21nd- Oct 31st
11 sessions (No RC on Oct 21st)

WHERE: Students will run (or walk) 1/4 mile laps around the Mead campus.

This **free enrichment activity** is provided by your Mead PTSA. Please sign and re-

turn the forms coming home this week. ??'s Contact Louise Elston aelston@lwsd.org, Beth Knapick beth@knapick.net, or Julie Olson julieolson123@msn.com. ■

The EASIEST way to collect Campell's Soup Labels

Enter your grocery card shopping card numbers at www.elabelsforeducation.com and every time you purchase a qualifying item, our school will automatically get credit. You can still collect the labels from the products to earn extra money for Mead! THANKS FOR YOUR HELP! And enjoy your soup! ■



Teacher Appreciation—Can you Offer your help?

Ann Lamb along with Leta Hamilton will be coordinating our first lunch for the teachers on Wednesday, September 22nd. Emails are sent out to those interested in contributing to these events with donation suggestions and instructions.

Contact Ann Lamb at annlamb@comcast.net for more details or to be added to our wonderful volunteer list! ■