



PTA Roar

Parkwood Elementary PTA Newsletter

Volume 1, Issue 4, January 2011

Next issue: March 22, 2011
Submissions due on 3/11/11 to mmohrlok@hotmail.com

SAVE THE DATE:

- **PTA General Membership** meeting, January 25, 7 pm
Parent Center
- **Family Heritage Night**, January 27, 6-7:30 pm,
Parkwood Gym
- **Kinderfest**, January 29, 10 am-12 noon,
Shoreline Center
- **Kindergarten - Registration** begins, January 31
- **Love & Logic Workshop**, February 9 & 16, 6:30-8 pm,
Parkwood Reference Room

BOX TOPS!

Parkwood participates in the national Box Tops program. Please bring your box tops to the can at the PTA table in the office.

THANK YOU!

Printing of this newsletter is generously donated by
Evergreen Print Group
1480 NW 70th St
Seattle, WA 98117
Thank you,
Mr. Parks!

Education funding will be drastically reduced

In December the Washington State Legislature approved a plan that will reduce the State's current \$1.1 billion budget deficit. K-12 education funding was cut severely and the Shoreline School District expects that more cuts are on the way.

The State PTA and the Shoreline School District are working diligently to create ways to support our students in the upcoming budget cuts.

Call to action: Now more than ever, your help is needed in advocating for

our kids and their education.

You can learn more about the proposed state budget at <http://www.ofm.wa.gov/budget11/default.asp>.

The State PTA's website has great information on how you can get involved: <http://www.wastatepta.org/advocacy/index.htm>.

Read more about what you can do on page 4 of this newsletter.

Parkwood Family Heritage Night ~ January 27, 6-7:30 pm

Did you know that 56% of Parkwood school families have roots in other countries? What a great asset and definitely something to celebrate!

Join us for Family Heritage Night, our annual celebration of cultural diversity.

Bring a dish from your family's ethnic heritage and wear traditional clothing for our fashion show.



"I love the Parkwood School Community because it is so wonderfully diverse! My children have learned so much about other countries and cultures simply from interacting with their classmates." ~ Stephanie Korn, Parkwood parent

We'll have food, entertainment and great fun!

For more information contact KaLyn Burmeister at ccc3s@hotmail.com.

THANK YOU for your generosity!

Thank you to everyone who participated in the Shoreline PTA annual holiday food drive in December. Together we collected uncountable items of food and other items.

The outpouring of generosity from all of our Shoreline school families was incredible. Together we helped other Shoreline families in need . THANK YOU.

The Holidays are over, the Need goes on! ~ Call for kids' clothing donations

Do you have clothes your children have outgrown? The Shoreline PTA's clothing resource, *The Works*, would love your donations.

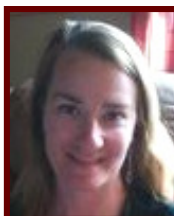
The Works is located in the North City School Portables at 816 NE 190th St, Shoreline and is **open on Wednesdays from 5:30 to 8 pm**.

To arrange a pick up or alternate drop off please call (206) 393-4616.

PTA Presidents' Corner

It's hard to believe that we're almost half way through the school year! Our efforts to build community and support our students in the fall were very rewarding, and we so appreciate all of the volunteer hours spent so far. If we fail to thank individual people properly, we want you all to know that we *do* appreciate all of the time and energy that Parkwood families give—both in and out of the classroom. We welcome your ideas and suggestions and would love to hear from you as we begin the process of goal setting and building next year's PTA board. ~ *Jill and Natalie*

Contact Jill at jillheineysmith@comcast.net or Natalie at actionjackson14@juno.com.



Feeling Chessy?

Chessmates and Parkwood PTA will be offering a Winter/Spring chess class starting on February 1st. The class will be held on Tuesdays right after school in the Library Reference Room through May 3rd. Watch for registration forms to come home. Scholarships are available.



Food Worker Class

A Food Workers Card Class will take place Wed, January 26, 6:30-8:30pm in the Mt. Rainer Room of the Shoreline Center.

To be in compliance with health safety laws, PTA volunteers handling food at school events need to have their Food Worker Permit.

If you are able to attend, please email Jill Smith at jillheineysmith@comcast.net.

**Not a PTA Member yet?
It's never too late to
join in the fun?**

Membership envelopes are available at the office. Questions? Please contact Stephanie Korn at slkorn@hotmail.com.

Join us for our next General Membership Meeting on January 25, 2011, 7 pm, in the Parent Center.

Introduction to Love & Logic and Positive Discipline

Looking for some long-term parenting skills? Then this is the right Parenting Class for you—and best of all, it's FREE.

Instructor Dr. Julie Kang, NBCT, the Shoreline School District Parent Academic Liaison offers an introduction to the concepts of Love & Logic and Positive Discipline.

Topics include:

- The difference between consequences and punishment.
- The four steps to responsibility.

- How to avoid power struggles with your children.
- How to encourage children to think for themselves.
- How to help children become more responsible & have a greater respect for themselves & others.

Where: Parkwood Elementary School, Reference Room

When: Two Wednesdays - February 9 and 16, 2011; 6:30-8 pm.

Childcare provided.

Register by Wed, Feb 2, 2011.

Registration Forms are available at the Parkwood School Parent Center.

Effective parents must learn to use different approaches with kids who live in today's complex and rapidly changing world. Our culture has outgrown many of the approaches that we were raised with... In the context of a healthy, loving relationship, "Love and Logic" parents teach their children responsibility and the logic of life by solving their own problems, providing skills for coping in the real world.

Taking the Lead, Six Steps to Keep Your Kids Fit

According to the Center for Disease Control, obesity rates in children increased from 5% to more than 18 % between 1980 and 2008.

Children develop their earliest eating and exercise habits at home. Armed with the right information and tools, parents have the unique opportunity to take the lead when it comes to demonstrating healthy eating habits to their children.

When children see their parents enjoying a nutritious meal or sticking with a physical fitness program, they're much more likely to do the same.

Here are 6 ways you as parents can take the lead in teaching your kids healthy nutrition habits:

1. Learn healthy nutrition habits. You are what you eat!
2. Get your kids involved in the decision-making process. Have them help develop a grocery list.
3. Plant a garden. Grow plants in pots. Find a P-patch.
4. Shop together at a local farmer's market.
5. Make eating fun. Encourage your kids to make silly monsters and creations out of their vegetables.
6. Keep your kids moving. Make exercise a family activity. Consider signing your kids up for the Seattle kids marathon in November, which allows them to complete a marathon over several months with the final 1.2 miles run into Memorial Stadium on November 27th! Learn more at www.seattlemarathon.org/kids/eventinfo.htm.



Taken from: Pacific Medical Center Northgate flyer, also displayed at the PTA board in the Parkwood school lobby.

Parkwood Volunteer Appreciation

A belated THANK YOU to the **Bender Family** for their tremendous help organizing the Harvest Festival in the fall!



THANK YOU to everyone and **Rebecca Brittle** in particular for making the Staff Appreciation Lunch in January happen.



THANK YOU to **Deb Siers** for taking on the 'Lost & Found' job!

Parkwood Volunteer Opportunities

Parkwood 'Green Team'-

Skip your Saturday morning workout and join us for an hour or two to help make the Parkwood grounds weed free! Bring your own utensils and tools & help us weed, cut, sweep, ...Next dates: Saturdays, January 22, 2-4 pm, February 19 & March 26, 10-noon. Contact Marion Mohrlok at 206-706-5746.

Cut and Chat- meets on **Wednesdays, 8:30-10:30** in the Parent Center. Come help the teachers and get to know other parents. You will help with projects for our classroom teachers. Contact: Rebecca Brittle at 206-779-8997.

2 -4 -6 -8 who do we appreciate? Our fabulous teachers & staff of course!

The PTA on behalf of the entire parenting community put on an Appreciation Lunch on December 14 and it turned out to be a very special occasion for our teachers and staff.

THANK YOU to all who contributed their time and delivered some delicious food. A BIG THANK YOU to Rebecca Brittle for organizing.

-> If you would like to participate in future efforts to thank our hardworking teachers and staff, email Rebecca at rcbrittle@gmail.com.

"I am passionate about Parkwood because of all the wonderful teachers who work so well together to teach our kids."~ Lisa Hayes

"I love Parkwood because the teachers really care."~ KaLyn Burmeister

Take a Stand & Let Your Voice be Heard!

Due to WA State budget cuts (see page 1) the **Parkwood "Readiness To Learn" (RTL) program grant may be cut next year** if we don't speak up for our school. We need your support by just your signature on a letter sent to our lawmakers. Our "Readiness To Learn" program helps students in many ways.

"Our RTL schools have demonstrated successes with improved academic performance – more students are passing math and reading standards, and have better classroom behavior. Our Parent Natural Leader project has increased the number of families connected to schools, and has implemented activities to help multi-cultural, low-income families help their children be successful in school. The Natural Leaders are working with pre-school families too, so they can help the next generation of children be ready for school. We need to continue this valuable project to be sure all children are successful in school especially during these difficult economic times."

Please contact Mary Servais at mary.servais@shorelineschools.org to obtain a copy of a letter to send to our lawmakers. Let our voice be heard!