

Bulletin for Responsible Scholars, **February 2, 2018**

Welcome to Eckstein.
We are creating a Community of Lifelong Learners!

SCHOOL HOURS: Mon, Tues, Thurs, Frid - 8:55–3:45p.m.; Wed 8:55-2:30p.m.

BUILDING HOURS: 8:00a.m. – 4:00p.m.

Students should not arrive before 8:30a.m.

All Parents/Guardians and Visitors must check in at the Main Office Upon Entering the Building

Feb 5-16	** Legacy of Literacy Book Drive drop off (see article below)
Feb 8	Incoming 6 th Grade Open House, 6:30-8:00p.m.
Feb 12	PTSA Board Meeting, 7:00p.m., LRC
Feb 13	Orchestra Parent Meeting, 7:00p.m., Room 117
Feb 19-23	Mid-Winter Break, No School
Mar 5	Band Parent Meeting, 7:30p, Room 118
Mar 8	Eckstein MS Concert Band Festival, 7:30p
Mar 12	PTSA Board Meeting, 7:00p.m., LRC
Mar 22	Eckstein MS Jazz Band Festival, 7:30p
Mar 24	Solo & Ensemble, All Day
Apr 2	Band Parent Meeting, 7:30p, Room 118
Apr 9-13	Spring Break, No School
Apr 17	Orchestra Parent Meeting, 7:00p.m., Room 117
Apr 23	PTSA Board Meeting, 7:00p.m., LRC
Apr 26	Eckstein Top Ensembles, 7:30p
Apr 28	Eckstein Rummage Sale, Day
May 7	Band Parent Meeting, 7:30p, Room 118
May 8	Orchestra Parent Meeting, 7:00p.m., Room 117
May 14	PTSA Board Meeting, 7:00p.m., LRC
May 18-19	Eckstein Musical Performances
May 28	Memorial Day, No School
June 4	Band Parent Meeting, 7:30p, Room 118
June 7	All Bands Concert, 7:30p
June 11	General PTSA Meeting, 7:00p.m., LRC
June 12	Eckstein Choir Concert, 7:30p.m.
June 14	Eckstein Swing Dance, 7:30p
June 15	Eckstein Orchestra Concert, 6:00p.m.
June 22	Last Day of School, District-wide 1-Hr Early Dismissal

**** = New from last printing**

Eckstein Website: <http://ecksteinms.seattleschools.org/home> 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: [Eckstein Orchestra Website](#)

Band News: [Eckstein Band Website](#)

LETTER FROM THE PRINCIPAL

Dear Families,

We are just starting second semester. Please review your student's progress together and please, let us know if we can help. Your teachers, counselors and administrative staff are always available to assist.

As we launch second semester, our staff is working hard to be reflective in analyzing first semester data, identifying areas of growth and areas of celebrations. We have much to celebrate.

This year, we have really worked to implement culturally responsive strategies that improve learning for all students through increasing student voice and supporting executive skills development. We are seeing incredible indicators that our work is helping to create a cohesive, supportive and engaging environment. In the next few days, students will take a homework survey and a mid-year climate survey. We will use this information to guide our work. We know that our students are more supported academically and outcomes are higher looking at performance data, but we also want to ensure that they are feeling supported and having positive interactions in our community. I look forward to sharing these results with you as we all work together to create a learning community that supports all students, their academic growth and their social and emotional development.

February is Black History Month. Our goal is to make sure that each and every month incorporates Black history and cultural relevance for all of our students into our work, classrooms and curriculum. We also honor Black History Month to highlight and celebrate the specific historical accomplishments of African and African American peoples, whose history has traditionally been underrepresented in many contexts. Next week, I will share the work we are doing as a community and in the classrooms toward this end, as well as a list of local events that you may want to explore as a family.

Finally, I am so proud of all the students who attended last Saturday's Homework Help Session! Staff supported students in getting work done in a positive atmosphere! I am thankful to the teachers who volunteered and all of the students who came. One student said, "I have NEVER done so much work at one time in my whole life. I want to come every Saturday!" (Disclaimer – Results may vary!) The next Saturday session is scheduled for March 3rd.

Treena Sterk

Principal, Eckstein Middle School

[#principalsterk](#)

Ensuring the academic, social and emotional growth and success of each student.

Volunteering at Eckstein Middle School

Lunchtime volunteers still needed! We need parent volunteers to help support our students during lunchtime to ensure a fun and safe school environment for all students. Volunteer once a week or every other week for 90 minutes. M/Tu/F lunch time is 11:15-12:45, Weds 10:35-11:55 and Thurs 11:35-1:00. To volunteer or for more information, please email Celeste Hansen at crhansen@seattleschools.org

ECKSTEIN NEWS

****Ms. Clark says "Thanks for the Tennis Balls!":**



****Eckstein Skier Parents/Guardians:** Please use the parking lots along 30th Avenue NE to drop off your students on Friday mornings, even with their ski equipment. The back parking lot has too much student traffic to drive through safely.

****Eckstein Musical – The Pirates of Neverland:** Read the attached audition information and be prepared with a short memorized monologue and 16 bars of a memorized musical song, and bring along the piano sheet music so the director can accompany you. Audition paperwork is available in the Main Office and must be brought with you with a picture of yourself to your audition. Questions? Email Director at ecksteinmusical@gmail.com. Click [HERE](#) for more information.

- Audition: February 13th and 14th, 3:45-5:30p.m.
- Call Backs: February 15th, 3:45-5:30p.m.
- Rehearsal dates:
 - February 28-March 30: Tues, Wed, Thurs, 3:30-5:00p.m.
 - April 3-28 Mon-Thurs, 3:45-5:30 (Wed at 2:30)
 - May 1-Performance: Mon-Fri, 3:45-6:00 (Wed at 2:30)
- Performance Dates: May 18th and 19th, 7:30p.m.

****Legacy Of Literacy Book Drive:** Do you have new or gently used children's books you no longer want? We have a home for them! Bring your books (ages newborn to 16) to the Eckstein library by Friday, February 16th. The Assisteens of Seattle will collect the donations and distribute them to at-risk students in shelters and Seattle-area schools. Thank you for your support! Questions? Contact Assisteensofseattle@gmail.com

****School Bus Service Disruption:** First Student drivers are on strike until further notice. The district will be sending out reminders to families of bus-riding students by phone and email each evening until the strike is over. For up-to-date information visit the website <https://www.seattleschools.org/cms/One.aspx?portalId=627&pageId=28294589>

****Attention Music Program Students:** Yearbook pictures for all band, orchestra and chorus class will be taken on Tuesday, February 6th.

****Attention Boys Basketball Players:** Yearbook team pictures will be taken during homeroom on February 6th – *bring your uniform.*

Yearbook Update: Yearbook price is now \$30. Schoolpay.com is off online for 4-weeks, but you can bring a check or cash to the Main Office.

Eckstein JV and JVC Basketball Games: [Eckstein JV and JVC Basketball Schedule](#)

Open Enrollment for School Choice: The 2018-19 Open Enrollment for School Choice period is Feb. 5 until Feb. 16. School choice forms will be available beginning Feb. 5.

[Read more about Open Enrollment](#)

[A list of upcoming PreK-8 School Tours and Open Houses](#)

Enrollment for new students for the 2018-19 school year is now open. We have a variety of Community Registration Events to help families register their students.

[Read more about 2018-19 registration \(webpage includes translated videos\).](#)

Texting for Family Notifications: In February, Seattle Public Schools is launching text messaging to help families stay up to date. With this new service you can opt-in to receive text messages on a cellular phone number that is on record with your student's school. [Read more about text messages from the district.](#)

High School Boundary Changes: In 2019-20, new high school boundaries will be implemented with the opening of Lincoln High School in North Seattle. Ingraham High School also will have a significant capacity increase due to a building expansion. At the Jan. 17, School Board meeting, the School Board discussed the 2019-20 High School Growth Boundaries Plan and reviewed the Fv4.3 draft boundary map. Additionally, Directors Mack and Burke introduced an amendment on high school boundary changes and highly capable pathways. The board is scheduled to take action on the new high school boundaries and any changes to the high school highly capable pathways at the Jan. 31 school board meeting.

- [Read more about high school boundary changes and highly capable pathways.](#)
- [Read the Jan 17 meeting agenda and related documents.](#)

- [Watch a recording of the Jan 17 school board meeting.](#)

Box Tops! Please continue to send in your Box Tops to the Front Office. Thank you so much for all that have been sent in so far! Each one earns Eckstein \$.10. If you are able to take a moment to cut them down to size and make sure they are not expired that is super helpful. Thanks for your support!

Eckstein Open House and MakerFest for Incoming 6th graders: Eckstein Middle School will host an open house for current 5th graders and their families on Thursday, February 8th from 6:30 - 8:00pm. In addition, the library, computer science, and art departments are hosting a MakerFest for all students in the Eckstein Library to showcase and try out different science, technology, engineering, arts, and mathematics projects. The open house will include a presentation in the auditorium with performances by the music department from 6:30 - 7:00, and self-guided tours around the school, information booths in the cafeteria, and Eckstein gear for sale from 7:00 - 8:00! The MakerFest will be open from 6-8pm.

Eckstein Subject Selection Sheets for the 2018-2019 School Year should have gone home with students today (1/19/18) with current 6th and 7th graders. Please help your student complete the form by prioritizing their selection, signing the form and returning it to the school by February 16. If the form is misplaced, you can download the forms: [Eckstein 7th Gr SSS 2018-19](#) and [Eckstein 8th Gr SSS 2018-19](#)

Sign Up for Eckstein After School YMCA Clubs: Registration is available online at www.universityfamilyymca.org. Register online or click on the link below and download a hardcopy. Completed forms can be faxed to (206) 524-8613 or mailed to the University Y at 5003 12th Ave NE, Seattle 98105. Questions, call 206-524-1400. Classes will not be held on No School Days. Registration for transportation will not be guaranteed. Students who fall within the walking range will not be eligible. Mon, Tues, Thurs 3:45-5:15 at Eckstein. Wed 2:30-5:15. Fall Semester: January 22-March 23 [Eckstein YMCA Fall Jan 22 - March 23 2018](#)

Eckstein Basketball Games:

[Eckstein Girls Varsity Basketball Schedule](#)

[Eckstein Boys Varsity Basketball Schedule](#)

Update NAEP (National Assessment of Education Progress) Assessments at Eckstein on February 7th for 75 randomly selected 8th graders: A group of our 8th-graders will represent thousands of others across the country on February 7th! Known as The Nation's Report Card, NAEP is the largest nationally representative and continuing assessment of what students in the United States know and can do in a variety of subjects. Learn more at <http://1.usa.gov/1jVs1Wt>. Letters were mailed out today (December 15) to those selected students. If you receive this letter, please read it and if you choose not to have your student participate, please notify Sue Wong at st Wong@seattleschools.org by no later than January 12th

Source Accounts: Source accounts parents and guardians set up prior to August 2017 of this year with a username that does NOT match the email address on PowerSchool > Demographics > Student Contact will be DISABLED Saturday, February 3, 2018.

Some parents may still be using these old Source accounts. When you log in, and see an alert, but have not taken action, you will NOT have access to Data Verification Forms or SchoolPay. In this case you will need to provide Eckstein (Sue Wong st Wong@seattleschools.org, Ann Peterson apeterson@seattleschools.org or Julia Detering jrdetering@seattleschools.org) the **same email address for each SPS student in their family** to ensure continued Source access. If the school updates parent/guardian email addresses, the change will take 2 hours to sync with the Source. After waiting 2 hours, the parent/guardian will need to clear the cache on their browser, close their browser, reopen and [set up](#) their Source account with the new email address.

If parents/guardians use a smart phone to view the Source, remember to use a supported browser such as **Chrome** or **Firefox** and the Source URL: <http://ps.seattleschools.org> Do NOT to install the PowerSchool APP as it does not support SPS customizations.

Update: Student Assignment Transition Plan and High School Boundaries: The Seattle School Board voted **not** to adopt the 2018-19 Student Assignment Transition Plan (SATP) at the Dec. 6, 2017 board meeting. The 2018-19 SATP included recommendations on new high school highly capable pathways for 2019-20. This means that options for programs and enrollment outlined in the 2017-18 SATP will carry forward through next school year. For the full text click [HERE](#).

District Open Enrollment: Key Dates for 2018-19:

Jan. 8, 2018: Online Registration begins for the 2018-2019 school year
Jan. 20, 2018: Admissions Fair for Option Schools at Mercer International Middle School (10:00am - 2:00pm)
Feb. 5, 2018: Open Enrollment Begins; Choice forms available
Feb. 16, 2018: Open Enrollment Ends (on time applications)
May 31, 2018: School Choice deadline (late applications)
Jun. 1, 2018: Non-Resident registration begins
Aug. 31, 2018: Wait lists from Open Enrollment dissolve
Aug. 31, 2018: Non-Resident registration deadline

Girls' & Boys' Basketball Update: Girl's Practice will be on T/Th 4-7:00 PM and Boy's M/W 4:00-7:00 F 4:-5:30 (times will depend on what team your student is placed on). Lists and updates are posted outside the Main Office. Questions, contact Ms. Horton at rghorton@seattleschools.org

Eckstein Middle School – Homework Club: Mondays and Tuesdays from 3:50– 5:00pm until June 5th. Do you need further understanding of classwork, assignments or extra support in your Math, Science, Language Arts or Social Studies classes? Eckstein Teachers are here to support your student. Snacks will be provided and Metro Bus Tokens for transportation home.

- Rody (Rm 216) – Monday 6th grade Math
- Ohashi (Rm 133) – Mondays 8th grade Math
- Smargiassi (Rm 116) – Tuesday 7th grade Math
- Brothers (Rm 208) – Tuesdays 7th LA & SS
- Horton and Evans (Rm 215) – Mondays and Tuesdays 6th and 8th LA & SS

Email Ms. Evans for more information and application at deevans@seattleschools.org

We are looking for a paid volunteer for lunchtime gym supervision. It would be for both lunches M-F and we would have other projects that we would need help with to make it a two hour-paid volunteer position. If you are interested or have questions, please contact Ann Peterson at Eckstein MS (206) 252-5010 or apeterson@seattleschools.org. Our goal is to have the same person M-F so we can provide some stability/consistency for this lunchtime program. Thank you for your interest. Ms. Sterk, Principal

Planning on taking your student out of school for a vacation? You and your student need to complete a Preplanned Absence form and turn it into Attendance prior to the absence in order for it to be excused. You can download the form here:

http://ecksteinms.seattleschools.org/UserFiles/Servers/Server_6059/File/About/Attendance/pre-planned_absence_form-EMS.pdf

Shop at Amazon and Support Eckstein Band: Shop at Amazon through <http://www.smile.amazon.com> and designate your “**Eckstein PTSA and Band**”. 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 “**Eckstein PTSA and Band**” (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.

Birthday Opt Out: We are celebrating student and staff birthdays this year by putting their names on our monthly birthday bulletin board and sending home a personalized card during their birthday month. We know that not all families celebrate birthdays, so if you would like to opt your student out of this, please email the student's name and grade to st Wong@seattleschools.org

Got cool crafting/robotics/programming supplies around you'd like to donate to the library? Student have been using the Eckstein Library MakerSpace at lunch and after school. The MakerSpace currently includes

materials such as a green screen and iPad, LittleBits electronics kit, 2 Sphero robots, Makey Makey kits, whiteboard tables, and some fun engineering materials. I will be training some students how to use a Cricut printer and a stop motion animation camera soon! The goal behind the Eckstein MakerSpace is to encourage students to work together and become designers and creators. If you have supplies you'd like to donate, contact the librarian Erin Sterling at emsterling@seattleschools.org to arrange a time to drop-off. Supplies that would be great to have: Lego boards, Lego blocks, small robotics equipment, scissors that could cut cardboard, Playdoh, LEDs, copper foil tape, Keva structures, K'Nex, electronic/robotics parts such as motors, switches, and batteries, duct tape, painter's tape, craft sticks, conductive fabric, conductive thread, or Velcro.

Got Eckstein Sports and/or Music Photos? Can we use them in the yearbook? If so, please email digital images to jrdetering@seattleschools.org.

Phone Calls Home: Robocalls and emails are sent to all contact numbers for listed guardians. To modify this please go to the Seattle Public Schools website: https://www.seattleschools.org/district/calendars/communication_preferences You can only change permission for yourself, so each guardian will have to login separately.

How to Enter Eckstein's Building: Enter through the door at the NW corner of the building, facing NE 75th Street. All other doors are locked during school hours.

To remove your name from the Eckstein mailing list: If your student no longer attends Eckstein MS or if you no longer wish to receive these messages, you can remove your name from our mailing list by scrolling to the bottom of this bulletin and clicking the "SafeUnsubscribe" link.

High School Open Houses

The Center School is having two open houses on Thursday, January 18th and Thursday, February 8th from 6:00 to 8:00pm at the Armory Loft, 305 Harrison Street on the Seattle Center campus. The Center School is a small, arts-focused, arts-integrated public high school available to students from any neighborhood. The Center School is a great choice for your graduating 8th graders who are artistically inclined and want intellectual rigor. The Center School is perfect for students who prefer a high school experience out of the mainstream, yet still providing the structure and support needed for success. [The Center School](#)

Nathan Hale Informational Nights: Future and prospective parents/guardians and students are invited to join us for one of the following informational evenings:

- **Tuesday, February 13, 2018**
 - 6:00PM – 7:00PM Information Tables and Tours in Commons (last tour leaves Commons at 6:40)
 - 7:00PM – 8:30PM Presentation and Questions in Performing Arts Center
 - Topics: Courses offered; structure of 9th, 10th, 11th and 12th grades; school culture and philosophy; schools communication and opportunities for connections within the Nathan Hale community.

Please note: The last tour to leave the Commons before the 7:00 presentation will be at 6:40 on both evenings.

We invite and encourage families who will be assigned to NHHS to attend an information evening in order to get a head start on transition to high school. We also welcome families who are assigned to another school but are interested in NHHS and are considering going through the Open Enrollment process. Families who are not able to attend one of the Information Nights are more than welcome to come to the main office between 3:40 and 4PM on Mondays, Tuesdays, Thursdays and Fridays to sign in, pick up an information packet and walk through the building on a self-guided tour.

Ingraham High School - School Tours and Open House Schedule:

- **Shadow Visits:** Shadow visits will begin January 2nd and will run on Tuesday, Wednesday and Thursdays until February 15, 2018.. Students will have an opportunity to shadow a current 9th grader for the first 4 periods of the day (8:55 AM – 1:10 PM). You can call Ms. Medina to make a reservation starting Nov 27th 206-252-3889.
- **Ingraham Open House for incoming students:** February 6th – 7:00 PM – Ingraham Auditorium. This is a general information night open to everyone - Mr. Floe/Principal and the Ingraham Staff will answer any questions about academics, sports, clubs and student life at Ingraham.

- Ingraham High School IB Information Night: February 8th – 7:00 PM – Ingraham Auditorium. This is an information night for parents and students interested in the IB Program.
- Ingraham High School Day Time Tour: February 8th – 9:00 AM – 11:00AM. Tour begins in the school Auditorium - parents must accompany students on the tour.

Questions? Call the Main Office #206-252-3889. All tours are for parents and students. No need to RSVP for tours or the night open houses.

Community News

(These items are not endorsed or sponsored by Eckstein Middle School)

****Roadrunner Spring Ultimate Frisbee registration and try-outs:** *Roadrunner Ultimate is not an Eckstein Sport and practices are held at the Lower Ravenna Park field.* Spring Ultimate Frisbee practices begin at the end of February and registration is now open. The deadline for registration is Monday, February 5. You can still sign up after February 5, but your student may be placed on the waitlist and we may not be able to accommodate everyone. Please note that Spring Ultimate is a club team and not a school-sponsored activity. Team placement will be determined during the first week of practice (Feb. 26 - Mar. 2). There are generally one or two teams per grade. Information for the club team is shared via email. If you receive emails from rrspringultimate@gmail.com, you are already on the email distribution list. If you are not on the list, you can subscribe by going to <http://lists.youthultimate.net/listinfo.cgi/all-eckstein-youthultimate.net>, filling out the information under “Subscribing to All-Eckstein” and clicking the “Subscribe” button. If you have any questions or need detailed registration information, please email rrspringultimate@gmail.com. [Roadrunner Ultimate Frisbee Expectations](#)

****Ecology Youth Corps Summer Job Info:** Students can earn almost \$1500 in a summer. You must be 14-17 and apply at www.ecology.wa.gov/EYC.

The Roosevelt and Blanchet girls' high school lacrosse teams are sponsoring a youth lacrosse clinic for girls in grade 3-8. Any and all experience levels welcome! Clinic will be held on March 4th from 12pm-2pm at Blanchet high school and includes a t-shirt. More information and registration is online: <https://www.eventbrite.com/e/mc2-brave-riders-girls-youth-lacrosse-pre-season-clinic-tickets-41926520351>

Neo Art School 2017-18 Mid-Winter, Spring Break, After School and Summer Break classes: Click [HERE](#) to download flyer. Ages 6-12 years old. Contact: 206-632-2530. NeoArtSchool@gmail.com. www.NeoArtSchool.com

GIVE KIDS A SMILE' EVENT TO RECEIVE FREE PREVENTIVE DENTAL CARE FEB. 20: The University of Washington Center for Pediatric Dentistry and Bartell Drugs invite children ages 6 mos. through 18 years old to receive FREE preventive dental care during a special Give Kids a Smile Day, Tuesday, February 20, from 1-5pm. The first 50 children to make appointments will receive the care, and a wait list will be established. Participating children will receive, at no cost to the family, a full exam, xrays, teeth cleaning and fluoride application.

Date: February 20, 2018

Time: 1-5pm

Appointments Required: Call 206-543-5800, ask for a Give Kids a Smile appointment

Eligible: Any child, through age 18 years old

Location: University of Washington Center for Pediatric Dentistry, Magnuson Park, 6222 NE 74th St., Seattle.

Other: Interpretation available in 120 languages, Medicaid-eligible children may be able to arrange free transportation.

NE Seattle Little League Registration is Open for the 2018 Baseball, Softball, and Tee Ball Season:

- Kids 5-6 years old, NESLL's tee ball program.
- NESLL's softball program is for young girls involved in athletics.
- NESLL's baseball program is for boys and girls ages 6-16 to learn about teamwork and the fundamentals of the game.
- For parents, there are plenty of volunteer opportunities within the league and with your child's team.

NESLL has upgraded to a new registration system and website. Families will need to establish a new account.

Please go to www.NESLL.net to set up your account and start the registration process. For baseball and tee ball questions contact nesllbaseball@gmail.com. For softball questions contact Eric Knutson at edknutson@gmail.com.

UW Study on Pediatric Sleep Research: Over the last year UW Interdisciplinary research teams have worked with several children and parents to develop a web-based application to improve sleep in school-age children. They now would like to test this application in a larger number of families. The following is the criteria to participate:

- have a child between the ages of 7 to 12 years old
- the child between 7 and 12 needs to be experiencing poor sleep quality
- both children and parents be comfortable with wearing a fitbit for up to month
- interact with a web application.

Participants will receive Amazon Gift Cards. If you're interested, or know of any other families that might be interested in participating please email or call Laura lpina@cs.washington.edu or call 206-913-9138.

Stone Soup Theatre. Winter Youth Programs Jan 30-Apr 7, 2018:

- Youth Conservatory: Shakespeare's Twelfth Night. Auditions Wed., Jan 31. Classes Wed 4:15-6:15p.m. Ages 8-14
- Winter Break: Greek Myths with Perseus. Feb 19-23, 9-3:00p.m. Ages 7-14
- SummerStage 2018: Registration begins Jan 3rd.

Questions? Contact Jeremy at (206) 388-9212 or education@stonesouptheatre.org. www.stonesouptheatre.org.

Middle School Essay, Poster, and Video Contest: "BIOMEDICAL BREAKTHROUGHS AND MY LIFE"

Get Your Students Excited About the Life Sciences! Open to all the middle school students in the Northwest* –NO ENTRY FEE! Entries must be submitted by March 15th, 2018! <https://www.nwabr.org/events-programs/student-events/middle-school-essay-poster-and-video-contest>

North Seattle Lacrosse for Boys Grades 3-8: Registration is now open for North Seattle Lacrosse 2018 spring season. Space is available for players in 3rd, 4th, and 6th grades. Prior lacrosse experience is not required. Our mission is to teach the fundamentals of lacrosse, team play and sportsmanship. We encourage learning in a supportive environment where individual effort is affirmed and mistakes are recognized as the foundation of mastery. We believe that winning is important, but consider the opportunity to teach life lessons and for everyone to play higher priorities. Join us! For more information or to register, please visit <http://www.northseattlelacrosse.org/>.

Seattle Cascades – Ultimate Clinics and Events: Sessions from beginner to advanced. Open to all genders. <http://www.seattlecascades.com/2017-events/>