

Bulletin for Responsible Scholars, **March 30, 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

Mar 31	Solo & Ensemble, All Day
Apr 2	Band Parent Meeting, 7:30p, Room 118
Apr 4	Eckstein Workshop on Stress & Anxiety, 6:30-7:30p.m.
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 23	SBA Writing Assessment
Apr 26	Eckstein Top Ensembles, 7:30p
Apr 27	**Drop off your donations for the Rummage Sale , 1:30-4:00p., Cafeteria
Apr 28	Eckstein Rummage Sale, 9:00-3:00pm
May 3	Student-Led Conferences, No School for students
May 7	Band Parent Meeting, 7:30p, Room 118
May 8	Orchestra Parent Meeting, 7:00p.m., Room 117
May 10	Eckstein Science Night, 6-8:00p.m.
May 14	PTSA Board Meeting, 7:00p.m., LRC
May 18-19	Eckstein Musical Performances
May 21-24	SBA Math Assessment
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 21	8 th Grade Promotion
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 6th GRADE COUNSELOR

Dear Families,

It's been a busy week here at Eckstein. Spring has definitely sprung and our Eagles have a great deal of energy! Here are some highlights from around the building this week.



7th Grade science students show their support for their teacher who is fighting cancer. Today was school-wide hat day in solidarity with our colleague & friend, Mona Aboel-Nil. Eckstein Eagles are the best!

On Thursday we had Houston Kraft for an assembly – his message is all about choosing love and choosing kindness – a great message for all of us to hear. After the assembly he met with students who will be in our leadership class next year so they could plan how to reinforce his message and put it into practice school wide. <https://www.houstonkraft.com/> if you would like to know more about Houston and his message.

Counselors have been getting out into classes to teach mindful breathing strategies to our students to help them cope with the stress that can come along with being a middle school student. Mindful breathing is a scientifically proven method for helping reduce stress, increase focus, and calm swirling minds & emotions. If your 6th grader has PE this semester they get a dose every Monday with Ms. Duncan, our 6th grade counselor. She is holding a Hoberman Sphere and it's used for focused breathing exercises.



Volunteering at Eckstein Middle School

****Parent Volunteers Needed on Science Night – May 10th:** Parent Volunteers needed to supervise classrooms for a one hour block during *Eckstein's Science Night on May 10 from 6 to 8*. Please contact Celeste Hansen at crhansen@seattleschools.org or call the Main Office at 252-5010. Also, if you're a scientist and would like to be a presenter (to students and parents) that night please contact Teresa Alsept at tialsept@seattleschools.org

VOLUNTEER TUTORS NEEDED: There is a great deal interest from Eckstein teachers in getting additional help for their students in the following subjects:

- Math
- Science
- Social Studies
- Reading
- Choir/Vocal coaching

We can use tutors and in class help in all three grade levels. Please contact Celeste Hansen if you'd be interested in helping, either by calling the main office at 206.252.5010 or email crhansen@seattleschools.org. Thank you everyone for making Eckstein such a wonderful environment for our students!

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

****Parents/Guardians: Eckstein was just informed that the YMCA will not be continuing its program for the Spring session; last classes were on Thursday, March 29th.**

****Eckstein Garden Committee Update:** The Garden Committee has been busy cleaning up the fruit tree beds in the courtyard garden in preparation for mulching. We've even begun to mulch, if you want to stop by and get an idea of what the garden will look like when we're finished. We are meeting again Saturday, **March 31 at 2pm to finish cleanup**. We have gloves and tools, you can just show up if you'd like to help. We also need donations of cardboard boxes. They can be dropped off in the courtyard before 3pm on Saturday. We're spreading mulch the weekend of **April 7th and 8th**, and need volunteers to complete this part of the project. If you can commit some time spreading mulch on one of these days, please contact [Rochelle Lucero](#).

****Updated ~ 2018 Solo & Ensemble Contest at Eckstein March 31, 9-3:00pm:** The event gives students in choir, band, and orchestra an opportunity to play a short piece -- individually or with a group -- before a local professional musician who will encourage students and provide feedback on their performance. *Please consider donating baked goods for Saturday's bake sale to benefit Eckstein Jazz Band. We also need volunteers to manage the sale from 11:00 am - 4:00 pm. Please click on the link to view the online sign up sheet ~* www.SignUpGenius.com/go/805044EACA623A64-ensemble

****Going on Vacation?** If you plan to take your student out of school for a vacation, you & your student must complete a Preplanned Absence form and return it the attendance office for the absence to be excused. You can download a form at http://ecksteinms.seattleschools.org/UserFiles/Servers/Server_6059/File/Resources/Attendance/pre-planned_absence_form-EMS.pdf. We anticipate a high volume of people picking up their students early on Friday, April 6th. If you plan to pick up your student early please contact the attendance office at ecksteinms.attendance@seattleschools.org or 206.252.5014, or have your student bring a note in the morning.

****New Middle School Math Textbook Beginning 2018-19 School Year:** After a year-long adoption process, the Department of Curriculum, Assessment and Instruction has identified enVisionmath2.0 from Pearson as the new middle school math textbook. On March 7, 2018, School Board voted to approve enVisionmath2.0 as the official instructional material for middle school math instruction beginning in the 2018-19 school year. For the full text click [HERE](#).

Eckstein Parent Workshop on Stress & Anxiety: Please join the Eckstein Counseling Department for a parent workshop on helping adolescents cope with stress and anxiety issues. Our special guests will be experts from Children's Hospital who will help us all understand how to address these issues in young people. Wednesday, April 4th from 6:30-7:30 in the Eckstein Library.

Yearbook Update: Only 226 books left to order. Once they are gone, they are gone. To order one, please bring \$30 cash or check to the main office. Online sales are currently offline.

LOST AND FOUND will be going away to a local charity after April 6, 2018. If you think your student has lost any clothing items, our Lost and Found is the Lunchroom. We have made announcements to students and will continue until April 6th – you are also welcome to come check in at the Main Office, get a visitors badge and then go to the lunchroom.

9th Grade Registration Info: Here is the general timeline for 9th grade risers. The timeline is dependent on when schools receive the list from the District.

- The day before Spring Break – High Schools receive list of risers from the District
- Families will receive Welcome/Registration packets sometime during Spring Break or right after
- High School Counselors will be visiting Eckstein sometime after Spring Break; time TBD

Families can preview High School course descriptions posted on individual High School websites.

Eckstein ASB Popcorn Fundraiser: Eckstein's ASB council would love your participation in another round of fundraising through Double Good (formerly Popcorn Palace). Your students will adore these delicious popcorn treats, and they are a great snack for guests. We were delighted with the amount of sales made from our See's Candies fundraiser, and would be honored to collect just as many funds, if not more. These sales will be used for field trips, planners, sports teams, student supplies, student financial aid, and so much more. On March 19, your students will come home with a form, which will need to be turned in by April 6, which is the day before Spring Break. These forms will include the list of different popcorn options, along with pricing. We will be picking up the forms on April 6. Once the purchase order is created, we expect 1-2 weeks for the shipment, similar to our last fundraiser. The ASB students tried samples of a couple of the flavors and were thoroughly impressed with the treats. We look forward to your support!

Spring Sports Practice Schedule:

- Track – Tues/Thur
- Boys' Soccer – M/Thur
- Volleyball –
 - Mon – 4:00-5:30 JV Teams
 - Wed – 2:45-4:00 JV Teams
 - Wed – 4:00-5:30 Varsity
 - Fri – 4:00-5:30 Varsity

Eckstein Track Info from the Coach:

[Track Spring 2018 Letter](#)

[Eckstein Track Off Campus Running Release](#)

[Track Schedule 2017-18](#)

[Eckstein Track Expectations](#)

Eckstein Band Rummage Sale: Our Annual Eckstein Band Rummage sale is set for Saturday, April 28th from 9AM to 3PM. We need your donations to make this year's sale a success! Please set aside your gently used clothing, household items, books, music, furniture, sports equipment and more. Bring your donations to the Eckstein cafeteria on Friday, April 27th from 1:30 to 4PM. Mark your calendars and come to this popular rummage sale event. There will be wonderful bargains, delicious baked goods for sale and lively jazz music from

our student combos. Monies raised from the Rummage Sale go directly to our Eckstein Music Programs and are used to support instrument repairs, scholarship funds and off-campus music performances. At Eckstein we work to make our outstanding music programs accessible to every student and family. Thank you for supporting this important event! If you have any questions please email: Maria Callahan at mlcallahan@seattleschools.org or Kristen Yagle at kristenyagle@q.com

Seattle Schools has changed how they record and track immunizations. They have collaborated with the Washington State Immunization Registry service that requires healthcare provider verified records. You can access your family's immunizations and certificate of immunization form through the Department of Health website [MyIR](#). For information and directions click [HERE](#)

Student-Led Conferences – May 3: During the month of March and April, be on the lookout for information regarding Student-Led Conferences. Student-led conferences give parents/guardians an opportunity to come into the student's homeroom at a scheduled time on May 3 so the student can share his/her goals and progress. Parents can ask questions and comment on student work. The teachers is the classroom host/facilitator and the student conducts the conference. Conferences are by appointment. Parents/Guardians will be contacted about scheduling a time on May 3 by their student's homeroom teacher. Stay-tuned for more information.

Eckstein Sporting Event Pictures for the Yearbook: If you have a digital image of students participating in an Eckstein Sport, forward them to Julia Detering at jrdetering@seattleschools.org

MUSICAL INFORMATION - The Pirates of Neverland: Information sheet and audition packets now available in the Main Office, online (www.ecksteinms.seattleschools.org) or there will be packets available on the audition days. Some of the times have changed. Please click on the links. [Audition Packet](#) [Audition Information](#)
Questions? Email Director at ecksteinmusical@gmail.com.

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!

District Open Enrollment: Key Dates for 2018-19:

- 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

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

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 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.

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.

Community News

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

****Cascade Bicycle Club – Summer Camp Information and Summer Job Opportunities:** For Summer Camp opportunities, go to <https://www.cascade.org/learn/summer-camps>. They are also seeking educators, teachers, leaders and facilitators for the following seasonal positions:

- Head Counselor/s, and
- Counselor/s

Additionally, we are seeking young leaders for our new 'Counselor-in-Training' Leadership Program! More information about each position can be found at <https://www.cascade.org/>

Movie Screening: Roosevelt PTSA is sponsoring a viewing of Angst : Raising Awareness Around Anxiety on April 4 at 7pm in the Roosevelt High School theater. Following the movie viewing there will be a panel Q&A regarding anxiety and our students. In lieu of payment, we are asking for donations to the student Suicide Prevention Team or Packs for Kids (our weekend food program).

Roosevelt High School Youth Football Camp: Grades 1st -8th as of 2018/19 school year. July 17-20, 10:00a.m.-1:00p.m. at Roosevelt High School. Suggested donation is \$125.00. Join RHS football coach Ryan Sherlock and current RHS players. NON-CONTACT. For registration and more information click on the links: [RHS Youth Football Camp Information](#) and [RHS Football Camp Registration Form](#)

FINE FORGIVENESS FOR TEENS AT THE SEATTLE PUBLIC LIBRARY: Since 1999, the Fresh Start program has given teens ages 12-19 a one-time chance to clear their overdue fines. Now, thanks to support from The Seattle Public Library Foundation, we can forgive fees for lost items. Stop by any [Library location](#) or [contact us online](#) to request a Fresh Start. This is a one-time opportunity to get your account cleared of fines and fees.

Seattle Language & Culture Institute: UW Campus July 23-Aug 3, 2018: An opportunity for middle and high school students to take part in a 2-week global experience on the UW campus. Students will build cultural

competency, practice communication and diplomacy skills, make friends from around the world and become global leaders. Students should be entering 8th-11th grade and be between 13-17 years old. Learn more at www.fiuts.org/sloi

Wallingford Boys & Girls Club: Offering two sets of summer camps; one for kids going into K-5 grades in the fall and one for kids going into 6-8th grades in the fall. There is also a Counselor-in-Training (CIT) program for youth entering 9-12th grades in the fall. [Summer Camps K-5 Grades](#) and [Summer Camps for 6-8th Grades](#)

Uplift Writing Spring Break Camp, 2018: Dates April 9-13, register for one, two, three, four, or all five days! Time 9am-3pm. Cost 75\$ per day. Ages 7-12. Location 5758 35th Ave NE, Seattle, 98115. Full Description and registration: <http://www.upliftwriting.com/camps>

Aspiring Youth Summer Camps enrollment is open: Convenient locations in Seattle (NE Seattle, West Seattle and Beacon Hill), Redmond and Bellevue. <http://aspiringyouth.net/enroll.php>

- Aged-based camps: Two mornings per week, we do habitat restoration projects, where campers improve the environment and earn a \$15 weekly internship stipend.
- Theme-based camps: Include: Improv/Theatre, Video Production and Building & Inventing. We also offer girls-only sessions: Girls Rule!

This year, we also offer Delphi Summer Internship, for clients ages 18 and over. Young adults participate in group internship projects that take them throughout Seattle. [More info click here.](#)

Roosevelt High School Youth Football Camp: Grades 1-8 (as of 2018/19 school year). July 17-20, 10-1:00p.m. @ RHS. Suggested donation \$125.00. For registration information and forms, click [HERE](#). Registration forms are available at <http://roughridersfb.org/camp>.

Stone Soup Theatre, Spring Programs: www.stonesouptheatre.org

- Stone Soup Kids – Aesop’s Nonstop Fables (ages 5-7) 4/17-6/6
- Youth Conservatory - Shrek the Musical (ages 8-14) group Auditions 4/16-6/9
- Spring Break Camp – Shrek the Musical (ages 7-14 4/9-4/13 w/extended care

University of Washington’s Summer Youth Program: Registration is now open for our full and half-day middle school programs with a wide variety of STEM and Arts-Humanities topics. For complete details visit our website at: www.summer-camp.uw.edu.

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.

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

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.

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>