

Bulletin for Responsible Scholars, **January 5, 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

Jan 8	Band Parent Meeting, 7:30p, Room 118
Jan 9	Orchestra Parent Meeting, 7:00p.m., Room 117
Jan 15	Martin Luther King, Jr. Day, No School
Jan 18	General PTSA Meeting, 7:00p.m., LRC
Jan 24	**Workshop on “Building our Children’s Executive Skills, 6:30-7:30p.m.
Jan 31	Day Between Semesters, No School
Feb 6	Band Parent Meeting, 7:30p, Room 118
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 and Guardians,

Happy New Year Eckstein Families! I don't know if you personally set a New Year's Resolution, but in our assembly on Thursday, we found out that many of our students have! Stu Cabe, presented again at Eckstein on Thursday. Stu shared a great (and entertaining) message about the choices we make socially (including social media) and the dynamics we face in these situations. He helped us understand that we can all make 'Big Elephant Moves' rather than 'Small Elephant Choices.' Please ask your students about this! It was a very positive message of accountability that struck home with our students.

These are two great topics to initiate conversations with your middle school student. Ask them if they have a New Year's resolution or a goal (maybe the goals they set on Goal Setting Day!). Ask them what they need and how you can support them. And definitely, ask them about elephants! You can see an example of this talk at:

<https://www.youtube.com/watch?v=ZBGEon6sMb8>

Please also mark your calendars: The Eckstein varsity basketball teams will be kicking off the season this weekend with both the Girls' and Boys' varsity basketball teams playing at Hale at 12:00 noon. If you can make it, come support our Eagles!

Trenea 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

****PTSA General Meeting and Speaker, Thursday, January 18th, 7-9 PM. Eckstein MS library:** How do you develop good study habits and help your middle schooler with homework? Trinese Clark will provide you with practical strategies for supporting middle school students with homework, time management and study habits to help them decrease stress and increase success! Trinese is a Licensed Independent Clinical Social Worker with over 10 years of experience as a clinician and administrator, and over 20 years working with parents and students.

****The Eckstein Counseling Department is offering a parent night on the topic of Executive Skills.** Wednesday, January 24th in the Eckstein Library from 6:30-7:30pm. What are Executive Skills? Simply put, they are the skills that allow us to get things done and to manage ourselves. They include: sustained attention, task initiation, emotional control, planning, organization, time management and response inhibition to name a few. These skills are vital to success in school, work and life. Middle school is a very key time to build those skills so that adolescents grow into independent adults. Please join the Eckstein Counselors for a workshop on understanding executive skills and building them in our young Eagles.

****Yearbook Sales:** Parents/Guardians can begin purchasing yearbooks (\$25) online starting on 1/12/18 – 2/1/18. Payments by check (\$25 payable to Eckstein Middle School) can be made at any time until we run out. **Prices go up to \$30 on starting on 1/31/18.**

****Eckstein Varsity Basketball Games:**

Girls - Saturday, January 6, 12:00P Whitman vs Eckstein at Nathan Hale

Boys – Saturday, January 6, 12:00P Whitman vs. Eckstein at Nathan Hale

[MS Varsity Boys Basketball](#)

[MS Varsity Girls Basketball](#)

****Eckstein Snowsports Student and Parent Informational Meeting – Tuesday Jan. 9, 2018:** Eckstein

Snowsports will be having an Informational Meeting on Tuesday Jan. 9, 2018 at 7 pm in the Eckstein Auditorium. This Nuts and Bolts review of the Mohan Skiing and Boarding program, including gear storage, bus transportation, rights and responsibilities, mountain manners, and lesson information will be presented by Mohan Skiing and Boarding liaison Jay Sasnet and Eckstein Snow Sports Program Coordinator Jessica Levine. Please be sure to attend. Much of the meeting details are covered in an introductory email for registered participants. *Due to the MLK, JR Assembly in the auditorium on Friday January 12th, ski bus students need to load gear into the Little Theater—off the cafeteria, instead of the balcony, for Friday January 12th ONLY.*

****Eckstein ASB and Leadership Sponsored School Dance – Friday, January 26, 2018, 6:30-8:00p:** Our ASB and Leadership students are working together to create a memorable dance for all Eckstein students, but are short on decorations and parent chaperones. We would love donated lights or other decorations that can spruce up the cafeteria for our winter themed dance. It is expected that 100-200 students may show up and we need a 1:15 parent to student ratio for chaperones. So far we have a few teachers and could use parents to complement the adult crowd.

- ***Supplying decorations?*** Contact teacher Ms. Brothers at abbrothers@seattleschools.org and drop off all donated decorations to Room 208 by Thursday, January 25.
- ***Chaperoning?*** Contact Assistant Secretary Celeste Hansen at crhansen@seattleschools.org. There is paperwork completed and background checks to be made.

Thank you in advance for any help you can give to our students!

****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 stwong@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](#).

NAEP (National Assessment of Education Progress) Assessments at Eckstein on February 7th for 75

randomly selected 8th graders: 75 8th graders were randomly chosen by the NAEP to participate in a Civics, Geography and US History Assessment to take place on Wednesday, February 7 for a period of 1-2 hours with either an assigned tablet or pencil/paper. 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 stwong@seattleschools.org by no later than January 12th.

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

District Option School Choice Fair, January 20, 10:00a.m. – 2:00p.m. at Mercer International Middle School cafeteria. 1600 S Columbian Way Seattle, WA 98108. The Seattle Public Schools Option School Choice Fair offers students and families information about option schools and other student support services. To attend an option school, a student must apply during Open Enrollment, which is open from February 5 until February 16, 2018. School choice forms will be available beginning February 5. Click [HERE](#) for more information.

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

Box Tops! Thank you for sending in your Box Tops! The first submission had over 2000 Box Tops. Each one earns Eckstein \$.10. Please continue to send in your Box Tops to the Front Office. 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!

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 need 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 PTSA 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 stwong@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 jdetering@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](http://TheCenterSchool.org)

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.

Letter to Prospective Students at Roosevelt High School: We invite you to attend one of the many public events offered by the school, ranging from athletics to drama or musical performances. You may also visit the building immediately after school (3:35) during the week, provided that you: sign in at the Main Office, are accompanied by

your parent, and limit your visit to 30 minutes or less. Due to increased enrollment, we are unable to provide tours during the day. You are invited, however, to join us on **February 1 at 6:30 for an Open House event**. We expect the event to begin at 6:30 pm, but stay tuned to their website at www.roosevelths.seattleschools.org for additional details. There will likely be several other events in the spring for families who have enrolled at Roosevelt for the coming year.

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)

****‘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/>