

Bulletin for Responsible Scholars, **October 18, 2019**

Welcome to Eckstein.

We are creating a Community of Lifelong Learners!

SCHOOL HOURS:

Mon, Tues, Thurs, Fri - 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

**** = New from last printing**

Oct 23	**Workshop on Prevention & Intervention, 6:30-7:30p. LRC
Oct 24	Picture Retake Day
Oct 25	Biker Donut Day, 8:15a.m.
Nov 1	Eagle Night, 7-9:00p.m.
Nov 3	Daylight Savings Time Ends
Nov 4	Band Parent Meeting, 7:30p.m., Room 118
Nov 5	Orchestra Parent Meeting, 7:00, Room 117
Nov 11	Veterans Day, no school
Nov 18	PTSA Board Meeting, 7:00p.m., Eckstein Library
Nov 21	Eckstein Jazz Night
Nov 22	Orchestra Fall Concert, Time TBD
Nov 25-27	**REGULAR SCHOOL DAYS for Middle Schools (Conference schedules only apply Elementary and K-8 schools)
Nov 28-29	Thanksgiving Break, no school
Dec 2	Band Parent Meeting, 7:30p.m., Room 118
Dec 3	Orchestra Parent Meeting, 7:00, Room 117
Dec 12	All Bands Winter Concert, 7:30p.m.
Dec 16	PTSA Board Meeting, 7:00p.m., Eckstein Library
Dec 20	1-hour early dismissal
Dec 23-Jan 3	Winter Break, no school
Jan 6	Band Parent Meeting, 7:30p.m., Room 118
Jan 7	Orchestra Parent Meeting, 7:00, Room 117
Jan 13	PTSA General Meeting, 7:00p.m., Eckstein Library
Jan 20	Martin Luther King Jr. Day, no school
Jan 23	Joint Concert (5 th Grade EIM and Jr. Concert Band, 7:00p.m.
Jan 29	Correction ~Day Between Semesters, no school
Feb 3	Band Parent Meeting, 7:30p.m., Room 118
Feb 4	Orchestra Parent Meeting, 7:00, Room 117
Feb 10	PTSA Board Meeting, 7:00p.m., Eckstein Library
Feb 17-21	Mid-Winter Break, no school
Mar 2	Band Parent Meeting, 7:30p.m., Room 118
Mar 3	Orchestra Parent Meeting, 7:00, Room 117
Mar 9	PTSA Board Meeting, 7:00p.m., Eckstein Library
Mar 13	Correction ~ Orchestra Spring Concert, Time TBD
Mar 19	Eckstein MS Concert Band Festival, 7:30p.m.
Mar 26	Eckstein MS Jazz Band Festival
Apr 6	Band Parent Meeting, 7:30p.m., Room 118
Apr 7	Orchestra Parent Meeting, 7:00, Room 117
Apr 13-17	Spring Break, no school
Apr 20	PTSA Board Meeting, 7:00p.m., Eckstein Library
Apr 23	Eckstein Top Ensembles, 7:30p.m.
Apr 25	Eckstein Band Rummage Sale

May 4	Band Parent Meeting, 7:30p.m., Room 118
May 5	Orchestra Parent Meeting, 7:00, Room 117
May 11	PTSA Board Meeting, 7:00p.m., Eckstein Library
May 15-16	Eckstein Musical
May 25	Memorial Day, no school
June 1	Band Parent Meeting, 7:30p.m., Room 118
June 2	Orchestra Parent Meeting, 7:00, Room 117
June 4	All Bands Concert
June 8	PTSA General Meeting, 7:00p.m., Eckstein Library
June 11	Swing Dance & Jazz Concert
June 12	Orchestra End-of-Year Concert, Time TBD
June 18	Last Day of School, 1-hour early dismissal

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](#) or for Band Boosters visit:

<https://sites.google.com/view/ecksteinbandfamilies/home>

Eckstein PTSA News: <https://www.ecksteineaglespta.org/calendar.html>

ECKSTEIN NEWS

****Workshop on Nicotine, Alcohol and Drug Prevention & Intervention:** Please join the Eckstein Counseling Department & Don Davis, Eckstein's own Prevention & Intervention Specialist, for a workshop on talking to your kids about the risks of nicotine, alcohol & drugs. Wednesday October 23rd from 6:30-7:30 in the Eckstein library. With the variety of ways nicotine, alcohol and drugs are available these days, parents face more challenges than ever to keep their children safe and healthy. Don Davis and the Eckstein counselors will review different risky behaviors among adolescents and strategies for helping your child navigate the teen years. Participants will learn:

- “ Key strategies for preventing risky behavior
- “ New products and trends—vaping, over the counter drugs, and more
- “ How to have tough conversations

Questions & open discussion afterwards. We hope to see you there, Eckstein Counseling Team

****Picture Packets were distributed to students on October 14th.** ALL students who took pictures on Picture Day should have received their picture packets with their orders or sample proofs. If your student did not receive an ordered packet, please have them check in the main office. If you did not order a packet you can still order pictures from the proofs that your student should have brought home. Go to www.rowlandphoto.com, click on “Order School Photos” and enter the access code provided on the proof. **Picture retake day is Thursday, October 24th**, so if there is something wrong with the picture (eyes closed, etc) then the student can have their picture retaken for free. If you do not like the picture and want a retake, they charge ½ price for a new packet and the student needs to turn in the old packet on Picture Retake Day.

****District Information on Schoology:**

- **STUDENTS** are members of Schoology by default. They access Schoology via **Office 365** using their school username and password. **If students share a home computer with their family, they should use different browsers.** Student username **EXAMPLE: 1astudent@seattleschools.org**. More information for students may be found here: www.seattleschools.org/StudentPW
- **PARENTS & GUARDIANS** must set up a Schoology account to have view access of their student’s account. More information for parents and guardians may be found here: www.seattleschools.org/SchoologySetup

- **SCHOOLOGY ACCOUNT SET UP VIDEO FOR PARENTS/GUARDIANS:** <https://support.schoology.com/hc/en-us/articles/201000823-Sign-Up-as-a-Parent>. NOTE: The Schoology PARENT Code at SPS is found on the [Source](#).
- **COMMON PROBLEMS:**
 - *Student cannot log in from home* **SOLUTION:** Log on via the **Student Portal** include @seattleschools.org after the username, make sure students **use different browsers** if they share a computer, follow the steps described here: www.seattleschools.org/StudentPW
 - *Parent/guardian selects STUDENT when setting up their PARENT account and enters their student name.* **SOLUTION:** Contact sourcesupport@seattleschools.org for assistance
 - *Parent/guardian does not know how to navigate Schoology after signing up.* **SOLUTION:** The Schoology Parent Guide is an excellent resource for parents/guardians: <https://support.schoology.com/hc/en-us/articles/201000873-Parent-Guide>

REMINDERS

Band Gear Order Deadline Monday, 10/21. The order deadline is Monday for band gear with the new marvelous logo! Please support Eckstein Band by purchasing a sweatshirt or t-shirt for your child, members of your family, or both! The hooded sweatshirts, short-sleeve t-shirts and long sleeve t-shirts are white with the band logo design in black centered on the front. Order forms can be picked up from the band room or click here: [Bandwear Order Form 2019](#). Orders, with payment, are due by the end of school on Monday, October 21, 2019 and can be dropped into the mailbox in Room 118. Please email cmccarty@uw.edu with any questions.

Our first Eagle Night of 2019 is scheduled for November 1 from 7-9pm! Eagle Night is a dance, but so much more! We provide an evening with dancing, button-making, yard games, escape rooms, and a bake sale! We need volunteers to help run this fun night! Please help us put on this great night for students by volunteering at the event or to provide baked goods or water. <https://www.signupgenius.com/go/20F0B48A8A623A13-eagle1>

PE Waivers: Any 7th and 8th grader who has signed up to take two full-year electives needs to complete a PE Waiver form. Forms can be found in the hallway in front of the Main Office, or click [HERE](#) to download a form. Due date is December 1, 2019. *Please be sure the total number of hours exceeds the required 60 hours of physical activity outside of the school day, during the school year.* Each school sport is worth 30 hours towards your total. If the form is not received by the due date, your student will be pulled from their 2nd semester elective and placed in a physical education class. I have only received a handful of forms. *Every 7th and 8th grade student taking two full year electives (i.e. Foreign Language, Music, Full-year Art, Full-year Tech) needs to complete a form. A list of students who still need to turn in a PE Waiver form is posted in the hallway outside of the Main Office.*

Calling All Eckstein Bikers! Come to the first Biker Donut Day of the season on Friday, Oct 25: Join us in the bike cage before school for some donuts, cider, and seasonal high jinks. 8:15 am until class starts. Ride on! View flyer [HERE](#). Questions? michelesolis100@comcast.net or Ms. Levine at jclevine@seattleschools.org.

Hello from Leadership! We're preparing for our Veterans Day assembly on Friday, November 8, 2019 and we're looking for a veteran who would be willing and interested in speaking to our student body. If you or someone you know fits this bill, please reach out to Mrs. Poort at jcpoort@seattleschools.org! We thank you for your service and look forward to honoring you.

Leadership Canned Food Drive: Please donate canned food for our Leadership food drive from October 14 through November 4th. The food will go to the University District Food Bank which will support the Mercy Housing pop up food stands. Look for the Big Red collection barrels around the school.

Calling all Eckstein Artists: We currently have three contests for you to enter. Entry forms are in the main office

Design the yearbook cover – This year's yearbook theme is Northwest Environ. Create a colorful design that features the theme of the Northwest. Submissions due by October 18 to Ms. Heller in Room 128. Get special paper from Ms. Heller. [Yearbook Cover Competition Form](#)

Design a new Eckstein Logo – You must include an eagle and use the school colors blue and white. Turn your design into the ASB box in the Main Office.

National PTSA Reflections contest: This year's theme is “**Look Within**” in various categories as Dance, Film, Literature, Music, Photography and Visual Arts – Submission due by November 1st. [Reflections Application](https://www.pta.org/home/programs/reflections) Place entries in box in the Eckstein Library. Learn more on the National PTSA Website: <https://www.pta.org/home/programs/reflections>

Order Yearbooks through Schoolpay NOW! Yearbooks are \$28 and can be ordered online through SchoolPay. Access Schoolpay through the Source. <https://ps.seattleschools.org/public/> You can also bring cash or a check for \$28 made out to Eckstein Middle School to the main office. Yearbooks will be available to order until December 12, 2019. After that date you will no longer be able to order a yearbook. Online ordering availability windows are: 10/14/19 – 11/2/19; 12/1/19 – 12/12/19. Ordering with a check or cash in the main office can be done any time until 12/12/19.

OLD NEWS

ECKSTEIN MAIN OFFICE

Found TWO Invisalign Dental Aligners: Contact the Main Office at 252-5010.

Eckstein's Special Education and Occupational Therapy Program are looking for a donated washer and dryer. Please contact Eckstein's Occupational Therapist Ms. Kloberdanz at rlkloberdanz@seattleschools.org.

Grief Group: The counseling department is offering a support group for students who have lost a family member or friend. The group will be facilitated by a grief counselor from the Safe Crossings program at Providence Hospice and co-facilitated by counseling intern Liz Wakeman (more information on this program can be found at <http://safecrossingsfoundation.org/programs/safe-crossings-program/>). It will meet once a week for 6 weeks, at a rotating time so that students are not missing the same class period each week. Students will be responsible for making up any work missed during group meetings. Please contact your student's counselor if you are interested in your student participating or would like more information.

6th grade: Ms. Santa-Cruz Ochoa, lmsantacruzo@seattleschools.org

7th grade: Ms. Ziadeh, raziadeh@seattleschools.org

8th grade: Ms. Duncan, nmduncansort@seattleschools.org

Private School Application Transcript Requests: At Eckstein we get a substantial amount of private high school recommendation and transcripts requests. In order to process them timely we ask that parents/guardians follow the guidelines listed on our website at https://ecksteinms.seattleschools.org/academics/private_school_recommendation_process To ensure our timely response application requests must be turned into us by December 1st. We cannot guarantee that requests will be completed if submitted after December 1. It will be at the teacher's discretion, if they have time available.

A Few Announcements from the Library! Please contact the librarian Erin Sterling at emsterling@seattleschools.org for more details about any of these!

- **Talkabout Thursdays** has started during each lunch period on Thursdays where students come to the library with their lunch and discuss some sort of book-related theme. They also get to drink some hot chocolate or tea! If you're available and interested in joining during the lunch hour, you are welcome! We are also looking for donations of hot chocolate and/or travel mugs with a lid. Contact the librarian Erin Sterling at emsterling@seattleschools.org if you want to join or donate.
- **MakerSpace!** The new and updated Eckstein Library MakerSpace will officially start for students in mid-November, but some classes have already started using the MakerSpace! Do you have craft supplies lying around you could donate (fabric, thread, magazines, cardboard, paper towel tubes, toilet paper tubes, cardstock, beads, ribbons, yarn, etc.)? Or if you want to donate specific supplies that are needed, check out the MakerSpace wishlist here: <https://amzn.to/2o5SeuL>. Drop off supplies in a box outside the library or arrange a time to give directly to Erin Sterling for higher-cost items!
- **Did you know all students have a public library card for digital/online resources?** This is a card they can never get fines on! They can access eBooks and audiobooks with the program OverDrive or the free app Libby which is great to use. Their library card number is 99000 followed by their 7-digit student ID #. Their

pin is their birthdate in 4 numbers – MMDD (month, month, day, day). Contact Erin Sterling for more details.

Driving Safety Alert: The turn from NE 75th Street and 32nd Ave NE is tight and there are usually cars parked (dropping and picking up their kids on both sides of the street) which prohibits vision and narrows 32nd to a one lane road. U-turns are not acceptable and pose a safety risk.

From the Eckstein Nurse: Is Your Home Air Healthy?

Don't wait for an Asthma Emergency. Reduce asthma triggers in the home today with a FREE Healthy Home Check-Up with an asthma specialist and get a free Home Asthma Trigger Reduction Kit;

- Green cleaning supplies
- High quality door mat
- Dust mite mattress and pillow cases
- Vacuum, de humidifier, OR air purifier

Indoor air quality can be 2-5 times more polluted than outdoor air. Dust, mold, and household chemicals are the most common asthma triggers in the home.

https://www.lung.org/local-content/_content-items/our-initiatives/current-initiatives/mhe-program.html

YEARBOOK PICTURES: Parents who have pictures of Eckstein students at after school events please send them to Ms. Stern at hsstern@seattleschools.org. Sports, music, field trips, all is welcome.

Parking Suggestion for the South Lot on 30th Ave NE: There are many parents angle parking with their front-end in first. Meaning that when they leave, they have to back out. All last year the parents who waited in that lot for after school pickup did back-in angle parking. It worked quite well and we had better visuals of all the kids coming and going.

A friendly safety reminder from Eckstein Staff and the PTSA.

The morning drop off is fast paced and requires your utmost attention to kids, cars, bikes and buses. That's a lot to think about so here are so important reminders.

- Peak drop off time is between 8:30 am and 9 am.
- Drop off is on 75th. Please pull all the way forward to allow cars to fill in behind you.
- There is a no left-hand turn policy from 31st Avenue NE onto 75th St, between 7am and 9am. You can be ticketed for making this turn. That means for the safety of all using the crosswalks in front of the school, you may ONLY TURN RIGHT on to 75th St. during peak drop off hours.
- Remind your student not to walk or cross the street between cars. We have crosswalks they should use them to prevent foreseeable and inevitable errors in judgment.

If you are interested in volunteering for morning or afternoon Crossing Guard Duty please contact the volunteer coordinator at Volunteer@ecksteineaglespts.org

Note from the Eckstein School Nurse LeAnn Rowlen: Here are two important letters and some links regarding your student's 2019-20 health and safety. Don't hesitate to email or call me. Feel free to have your physician fax me your student's orders / medication authorizations directly to my confidential fax.

[Annual Student Health Information](#)

[Meningococcal/HPV Letter](#)

(206) 252-5017, lerowlen@seattleschools.org, Nurse Fax (206) 743-3119, Monday-Friday – 8:30a-4:00p

Medication Information from the Eckstein Nurse: Welcome to the 2019-20 school year! It's hard to believe summer is just about over and school is starting soon. There are a few things I'd like to address to ensure we have everything in place to best serve your student's health needs.

To prepare for a healthy and safe 2019-20 school year, please provide updated health and medication information on your child early. Please complete paperwork early and return it to the nurse's office before the 1st day of school in September. The Medication Authorization form must be completed for any medications that your student carries on them or keeps in the nurse's office. This includes over the counter medications such as Tylenol or ibuprofen. Please keep yourself a copy of your signed forms for your future use on field trips. I do not manage records for field trips.

Students with a reported life-threatening condition, such as a life-threatening allergy, MUST have emergency medication on or before the 1st day of school.

- Students without emergency medication will not be allowed to attend classes until the emergency medication is received.
- If you believe your child no longer has a life-threatening allergy or condition:
 - Request a medical note from your health care provider that clearly states that there is no life-threatening condition that requires emergency medication.
 - The medical note must be received on or before the 1st day of school for your child to be allowed to attend classes without the emergency medication.

I am back in the office next week and will be updating emergency plans and care plans for all students who require them. I will email them to you as they are completed. If there have been any changes to your student's health, please let me know as soon as possible.

Medications can be dropped off on Monday August 26th 9a to 2p. If you'd like to bring in your child's medication at another time please reply to me and I will arrange another time with you. Medications must be brought in the original bottle, with your student's name on it.

Please don't hesitate to let me know how I can best support your student this year. Ms. Rowlen, Eckstein Nurse (206) 252-5017, jerowlen@seattleschools.org Nurse Fax (206) 743-3119, Monday-Friday – 8:30a-4:00p

Lunchtime volunteers needed! We need parent volunteers to help support our students during lunchtime by helping with activities, hall passes and the recycling program to ensure a fun and safe school environment for all students. Volunteer once a week or every other week for 90 minutes. M/Tu/Th/F lunch time is 11:23-12:51, Weds 11:27-12:48. To volunteer or for more information, please email Julia Detering at jrdetering@seattleschools.org

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.

ECKSTEIN ATHLETIC NEWS

Attention All Girls Soccer and Ultimate Frisbee Players as of 9/20/19:

Students need to turn in a progress report/grade check to the box in the front office of Eckstein by WEDNESDAY of EACH WEEK in order to play in your scheduled game on Saturday. Progress reports are printouts of your Source page which show YOUR NAME, YOUR GRADES, and the DATE. All athletes need to maintain a 2.0 or C average in their classes with no more than one failing grade in order to be eligible to play in their game that week.

DON'T WAIT UNTIL THE LAST MINUTE! Turn in your grade check right away on Monday to make sure you don't forget!

NOTE: Players on varsity soccer or 8th grade varsity ultimate Frisbee teams are required to be eligible and present at 75% of their regular-season games in order to participate in playoffs.

Questions? Contact Ms. Williams in P5 or mpwilliams@seattleschools.org

Update ~ Ultimate Frisbee updates as of 9/6/19

- For all parents/guardians who have subscribed to the 2019/2020 Ultimate Email list, check your SPAM and mark the email address as OK so that you don't miss pertinent information regarding Ultimate!

Girls Soccer

Practices will normally be Mondays and Thursdays after school with games on Saturdays, starting Sep. 21st for Varsity and the following weekend for JV.

Questions? Contact Shawn Kenyon at sakenyon@seattleschools.org.

Co-Ed Frisbee

Interested in playing Ultimate Frisbee for Eckstein Middle School this fall? Please click [here](#) to subscribe to the Eckstein Eagles Ultimate emailing list. Tryouts will happen the week of September 9th and practices start the

following week. Tryouts will happen on the regularly-scheduled practice times on the playing fields at Eckstein. Final team lists will be posted near the Eckstein front office at the end of the week or by Monday, Sep. 16, 2019.

Please subscribe to the Eckstein Eagles Ultimate Frisbee mailing list to receive the latest information about the upcoming season. [Click to subscribe](#) or email the [Eckstein Ultimate Steering Committee](#).

Ultimate Frisbee Practices: All practices held on the Eckstein field directly after school with the exception of 8th grade.

- 6th Grade Teams: Tuesdays & Fridays 4:00-5:30 PM – **tryouts start Sep. 10th!**
- 7th Grade Teams: Wednesdays after school & Fridays 4:00-5:30 – **tryouts start Sep. 11th!**
- 8th Grade Team: Tuesdays & Wednesdays 4:00-5:30 PM – **tryouts start Sep. 10th!**

Coaches

8th Grade Ultimate: Morgan Wescliff - mwescliff@gmail.com

7th Grade Ultimate: Gordon Kushnick - gordon@essential-benefits.com and Ryan Dean rsdean1@gmail.com

6th Grade Ultimate: Ian Schnee ian.schnee@gmail.com

ECKSTEIN BAND/ORCHESTRA NEWS

Junior Jazz Band After School Program meets every Tuesday and Thursday from 4:00-5:30p.m. all year in Room 118. Please complete the permission form [Eckstein Jr Jazz Afterschool Program 2019-20](#). Questions, email Mr. Escobedo at cuescobedo@seattleschools.org

For information on Eckstein Orchestra Happenings, please email EcksteinOrchestras@gmail.com, to be put on the list serve.

Band News: For the most up-to-date information, go to the Band Boosters website at:

<https://sites.google.com/view/ecksteinbandfamilies/home>

To get email reminders sent directly to you inbox, email the band chair at ecksteinbandfamilies@gmail.com with your student's name and the band(s) played in.

Eckstein Band Information 2019-20:

- Tentative Band Schedule for 2019-2020 as of 8/15/19: [Tentative Band Schedule 2019-20 as of 8-15-19](#)
- Band Parent Letter for 2019-2020: Find out about Eckstein's band program, including supplies, music books, performance attire and more. [Band Parent Letter 2019-20](#)

Band Families! Welcome to the 2019/2020 school year at Eckstein: **Band Families! Welcome to the 2019/20 school year at Eckstein: Stay informed by 'Opting in' to receive email updates about upcoming band events. You may unsubscribe at any time. Email the band chair at ecksteinbandfamilies@gmail.com with your student's name and the band(s) played in.

ECKSTEIN PTSA NEWS

Tell the PTSA what your priorities are! Please answer this SHORT survey to let us know your thoughts on The Eckstein Annual Campaign funds – how they're raised, how they're spent, how you feel. The Eckstein Annual Campaign raises money for our PTSA (Parent Teacher Student Association) and is totally parent-funded. The PTSA uses the money to pay for extras our kids need, but the school district doesn't provide. Things like beakers for science; books for the library; Field Day; a new sound system for the auditorium; after school programs; coaching staff for sports; up-to-date technology and so much more! Thank you for your input!

SURVEY: <https://forms.gle/JpE6oVGmrkxHVvs27>

News From the Eckstein PTSA:

Want to get involved? The Eckstein PTSA is looking for someone to fill the secretary position. The secretary attends monthly meetings, writes the minutes, and helps with communication. Please contact president@ecksteineaglespta.org if you think you can help!

Don't forget to join the PTSA! Thanks to everyone who has already joined the PTSA! If you haven't done it yet, you can join at ecksteineaglespta.org. Click "Support Eckstein" and you will see "PTSA Membership." We are working to increase our membership and support for Eckstein this year. You can help by joining!

Smile! You can support Eckstein by using Amazon Smiles when you shop. Search for "Eckstein Middle School PTSA" as your charity.

The Garden Needs Some Things . . . Perhaps you have some of these things! The garden is looking for:

- Compostable Garden Clean-Up Bags
- Small Pruners
- Kid-Sized Work Gloves

If you have any of these items, please contact Dawn Robinson (206) 225-1651 or email: Garden@EcksteinEaglesPTSA.org to arrange pick up or drop off!

School Volunteers Needed in the Lunchroom! Make lunch time a safe and fun time for everyone by volunteering! Volunteers help with lunchtime activities, hall passes, and recycling. Go to <http://www.ecksteineaglespta.org> and click Support Eckstein to see the Volunteer tab and sign up.

COMMUNITY NEWS

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

****Youth Exchange for Kids 9-18 (France, Germany, Italy, Spain):** Sponsored by Adolesco.org. Application due date: Friday, November 15, 2019. Info Meeting: Sat, Oct 26, 1-3:00p.m.: Bellevue Public Library or Sun Oct 27, 2-4p.m. Capitol Hill Public Library. RSVP to marie@adolesco.org. Click [HERE](#) to view informational flyer.

****Coyote Creativity in Action:** Serving 10-15 year-olds in creative mediums during out-of-school time (7 weekends during the school year and 1-week classes every school break, including summer). These 20-hour courses give students access to a wide range of new and exciting mediums with professional teaching artists. Currently based in the Central District, they will be opening a northern campus at 12325 Lake City Way NE starting February 2020! Click on the links below to find out information about their Wednesday afterschool pop-up workshops that are happening right now. Sign up for the October 23rd Poetry Writing workshop, which still has 6 spots available. Robotics (November 6) also has 4 spots, and Cartooning (November 20) has 1 spot.

[Coyote Flyer](#)

[Coyote Pop Up Poetry Workshop](#)

[Coyote Workshop Calendar](#)

Nathan Hale High School Presents: Hale Hollows! Get into the Halloween spirit by coming to Nathan Hale's annual Haunted House on October 24th, 25th, and 26th! Family hour runs from 5:45pm-6:45pm, and is full of fun and fright suitable for ages 5 and up. Full scare runs from 6:45pm-9:30pm. Admission is \$7 for the general public and \$4 for ages 12 and under. Enter through the South parking lot/gym entrance. We can't wait to see you there!

Cascades Academy - Halloween Edition! Sunday, Oct 27th, Roosevelt High School: Cascades Academy is coming to Roosevelt High School (turf) with our special Halloween edition - we're wearing our costumes so feel free to wear yours! Cascades Academy is a 2.5 hour clinic taught by a rotating cast of elite players from Seattle Cascades OPEN & WOMEN'S rosters, Seattle Riot, Seattle Underground, and UW's Sundodgers. Available to students grades 3rd-8th; clinics are hosted around the Seattle area at a variety of playfields and welcome all abilities and genders.

Register: <https://www.seattlecascades.com/cascades-clinic-10-27-2019>

Elementary School 9:30 am - 12:00 pm (check-in from 9:00a.m.)

Middle School 9:30 am - 12:00 pm (check-in from 9:00a.m.)

Theme: "CUTTING TO CREATE SPACE AND GET OPEN". Sign up! All clinics are \$35, or \$50 includes either a jersey, shorts or a disc. Cleats, scholarships, and snacks: We have a bag of cleats to loan at our clinics (feel free to donate to our collection!), scholarships are readily available- no questions asked- email (monica@seattlecascades.com), snacks are allergy-sensitive (please double-check ingredients if there is a life-threatening allergy).

The award winning Roosevelt Jazz Band performs Saturday, October 19th at 7:30 pm in the [Roosevelt High School Performing Arts Theatre](#) as part of the Earshot Jazz Festival. Performing with The Band is local jazz

treasure and this years' Earshot Artist in Residence Jay Thomas and the East West Alliance, including RHS Alumna Maya Hatch. Tickets are available through [Earshot Jazz](#).

After-School Activities at Eckstein (outside group rental).

Join Stone Soup Theatre for an after-school class on improvisation. You'll learn creativity, confidence, and basic acting skills as you master the fundamentals of improv, working on both straight drama and comedy. We'll play a variety of different improv games and teach you to trust yourself making up characters, settings, and stories as you go. Concludes with an in-class performance for families and friends. Tuesdays, 3:50-5:00, October 15 - December 17. \$175. Financial assistance is available. Sign up at www.stonesouptheatre.org/eckstein. For more information contact Jeremy at education@stonesouptheatre.org.

POK VIDEO CONTEST: Open to all Seattle Middle and High School Students. Create a short video—three minutes or less—showing the power of kindness (POK). Post it to YouTube and email the link and your name, age, school and contact phone number to POK@KinderReminder.org. Do this before May 1, 2020, and you're entered to win a ONE-YEAR SUBSCRIPTION TO ADOBE CREATIVE CLOUD. Three subscriptions will be awarded based on the kindness that videos inspire in the friends, neighbors and business owners who, through the ***Phinney Neighborhood Association***, have helped create KinderReminder.org. Winners will be announced June 7, 2020.

Come Roller Skate! 2nd Sundays: P.F.M. Community Fun Skate at Magnuson Community Center: 2-5p.m. Contact PFM for more information at pfmrollerderby@gmail.com Parental waivers are required.

Cooped up in Seattle 4H team: Focuses on community service, gardening, sewing, how to show chickens, leadership, presentations and how to present, and more. We only meet once a month and it costs \$20 to join for the year but the first meeting is free. If a family cannot afford the fee, we can waive it. We are having kind of an open house for our first meeting on Saturday, September 14th at The Good Shepherds center at 10 am - 12 pm. Second meeting is October 12th. Contact seattle4hclub@gmail.com with questions.

MINDFULNESS & YOGA FOR KIDS (grade school age): Mondays from 4-5pm, Sept 23 - Nov 18*, \$149 *no class Nov 11th, Veteran's Day and **MINDFULNESS & YOGA FOR TWEENS & TEENS** (middle/high school age), Wednesdays from 3:30-4:45pm, Sept 25 - Nov 20, \$169. Yoga and mindfulness techniques to help kids' learn to focus their attention, understand self-compassion and explore other tools to deal with the challenges of adolescence and beyond. Seattle School of Aikido at the corner of 55th & 35th in the Bryant neighborhood. www.karbmayoga.com