Thank you for all your support and incredible generosity during our Fun Run fundraiser this year!! I am amazed and so thankful you continue to believe in our work as a school. With all of you, we raised over $36,000!! Yes, that does mean I will be slimed. :) I will be scheduling this assembly in the near future. More details to follow. Go Sailors!!

While the month of October is well underway, I wanted to remind everyone that October is National Bullying Prevention Month. This is a time where we must all work together to shed light on a topic that may be uncomfortable for some to discuss but in our conversations, I believe that we are developing solutions to protect our students who have been victims of bullying. It is reported that when bystanders intervene, bullying stops in 10 seconds 57% of the time. Since is is hard to witness each incident, we must teach students to speak up and advocate for their classmates as there are clear indications where bullying can intensify negative feelings and ultimately lead to suicidal behavior.

Here is a list of anti-bullying activities that we can all participate in this month:

- Make Friends with Someone You Don't Know at School
- Challenge Others to Be Kind
- STAND UP for Others Week
- STAND UP to bullying
- Create Positive Messages to Hand out at School
- Celebrate Differences and Similarities
- Encourage Inclusive Activities throughout the school day (especially during lunch) and during outside sports events
- Introduce Yourself to a Student Whom you Have Never Met before
- Discuss How We Can Create and/or Change the Culture at School to decrease any instance of bullying

I am looking forward to working together to take next-steps to put an end to hate by focusing on raising awareness of bullying prevention. Thank you for your partnership!

I am looking forward to a great rest of the month and thank each of you for sharing your children with us. If you have questions about anything happening at Cottage Lake, please reach out to ask.

Take Care,
Jennifer Welch, Principal

**UPCOMING TWO WEEKS….AT A GLANCE:**

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<tr>
<th>Date</th>
<th>Events</th>
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<td>Day, October</td>
<td>Events</td>
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| 14          | ● GLEE Club, 8:50-9:27 AM  
● Fall Enrichment Class  
  ○ Home Court Basketball, 4:10-5:10 PM in the gym |
| 15          | ● Fall Enrichment Class  
  ○ Electricity & Electronics 4:10-5:10PM  
● X-Country meet @ Cottage Lake Elementary, 4:45 PM |
| 16          | ● Early Release Wednesday, Dismissal @ 2:30 PM  
● PTA Spanish Class  
  ○ 2:40-3:40 PM |
| 17          | ● Fall Enrichment Class  
  ○ Hero Athletics Tumbling, 4:10-5:10 PM in the gym |
| 18          | ● PTA’s Monster Mash, 7:00-9:00 PM |
| 21          | ● GLEE Club, 8:50-9:27 AM  
● Health Screening Day, 1:00-4:00 PM  
● Fall Enrichment Class  
  ○ Home Court Basketball, 4:10-5:10 PM in the gym |
| 22          | ● Fall Enrichment Class  
  ○ Electricity & Electronics 4:10-5:10PM  
● X-Country meet @ Sunrise Elementary, 4:45 PM  
● Domino’s “Dough Raiser” Night with Cottage Lake Domino’s  
● Boundary Change meeting at Timbercrest MS Cafeteria, 5:30-7:00 PM  
● PACE Information night @ Wellington Elementary, 7:00-8:30 PM |
| 23          | ● Early Release Wednesday, Dismissal @ 2:30 PM  
● PTA Spanish Class  
  ○ 2:40-3:40 PM |
| 24          | ● Picture Retake Day :)  
● Fall Enrichment Class |
○ Hero Athletics Tumbling, 4:10-5:10 PM in the gym
  • Boeing STEM class, 4:10-5:10 PM in the library

Friday, October 25

Additional Dates of Note:

- November 11 - NO SCHOOL - Veteran's Day
- November 12 - Veteran's Day assembly, 10:30-11:20 AM
- November 12 - PTA Meeting, 7:00-8:00 PM in the Library
- November 21 - Elementary Conferences, Dismissal @ 12:40 PM
- November 22 - Elementary Conferences, Dismissal @ 12:40 PM
- November 25 - Elementary Conferences, Dismissal @ 12:40 PM
- November 26 - Elementary Conferences, Dismissal @ 12:40 PM
- November 27 - Elementary Conferences, Dismissal @ 12:40 PM
- November 28 - NO SCHOOL - Thanksgiving break
- November 29 - NO SCHOOL - Thanksgiving break

PACE INFORMATION NIGHT:
PACE (Parents Active in Cooperative Education) is an elementary enrichment program offered by the Northshore School District for children and starts in the 1st grade. The hallmarks of PACE include an enhanced educational experience due to high parent involvement, enrichment activities, encouragement for students to become self-motivated learners and a strong sense of community among families. PACE is located at three sites with feeder patterns from all Northshore elementary schools. Families commit to a minimum of 80 hours per year of program support. Work may be either in the classroom or outside the classroom, based on parent's availability and interest.

To find out if PACE is a good fit for your family and to learn more about the enrollment process, you are invited to attend the PACE Information Night/Open House at
REPEAT...HIGHLY CAPABLE INFORMATION:
Information regarding the 2019-2020 Highly Capable Eligibility Process will be updated on the Highly Capable Program website on the evening of Friday, August 30, 2019. This year, we are universally screening grades K, 1, and 5 and accepting referrals for all other grades. If you have questions regarding Highly Capable services, please visit our website at www.go.nsd.org/hicap.

Here are a few other pieces of information:

● **Parent Permission** - Per state law, we need written permission from parents or guardians before administering assessments in the Highly Capable identification process.
  ○ While it is not required to obtain parental permission before the Universal Screener in grades K, 1, and 5, there is such a short timeline between the screener and assessment, that completing the permission early is encouraged.
  ○ If your student is in grades 2, 3, or 4, you will need to provide permission for your student to participate in the Universal Screener or the Assessment part of the process.
  ○ We have an online permission form available on our website and can be completed any time between August 30 and October 25. The form only takes a minute to fill out, but parents will need to know their student’s Northshore student ID number in order to complete the form.

● **Referral Process** - In addition to universal screening at grades K, 1, and 5, we will accept online referrals from anyone who knows the student through Friday, October 22nd at 4:00 p.m.

● **Universal Screening** - This year, Northshore will universally screen at grades K, 1, and 5. Students in these grades without Highly Capable designations will participate in this Universal Screener. If a student at any grade is new to the district, we may administer the Universal Screener, as well.

● **Assessment process** - We will invite students in first grade and beyond who meet the screening threshold and whose parents complete the parent permission form by October 25th to participate in the Assessment part of the identification process.
REPEAT...BOUNDARY CHANGE MEETING:
Dear Cottage Lake Families,

We’ve adjusted the time for the upcoming meeting about projected eastside growth and possible 2020 eastside boundary changes on Tuesday, Oct. 22. The presentation will now start at 5:30 p.m., followed by a question and answer session at 6:15 p.m. The event will conclude at 7 p.m. This change was made to accommodate the PACE information night, which begins at 7 p.m. at Wellington, Woodmoor and Lockwood that same evening.

When:
Tuesday, Oct. 22, 2019
Presentation from 5:30 p.m. – 6:15 p.m.
Question and Answer Session from 6:15 p.m. – 7:00 p.m.

Where:
Timbercrest Middle School, Cafeteria
19115 215th Way NE
Woodinville, WA 98077

As you know, last spring the District held conversations about possible boundary adjustments on the eastside of the District that could impact neighborhood families at Bear Creek, Cottage Lake and East Ridge elementary schools. Some community members urged us to confirm the long term viability of the proposed options and shared testimony that enrollments were growing at a greater rate than projected at Cottage Lake and East Ridge. Therefore, the decision was made to put a hold on 2020 eastside boundary changes to allow for the community to meet with the demographer and staff to analyze September enrollment, and the Enrollment Demographics Task Force to fully review the proposed boundary change.

On Tuesday, Oct. 22 the District’s demographer, along with Chief Operating Officer Joe Paperman, Ph.D., and Deputy Superintendent Duggan Harman will present information about projected eastside growth, followed by a question and answer session at Timbercrest Middle School.

We encourage you to attend if possible, as the conversation will focus specifically on the possible boundary changes and expected growth that could impact general education students at Bear Creek, Cottage Lake and East Ridge families. These possible boundary changes could have an impact on the availability of classroom space for some Special Education services currently located at Cottage Lake.
REPEAT: REMINDERS FROM NURSE AUDREY:
VISION AND HEARING SCREENING AT COTTAGE LAKE

Each year in Northshore schools, students in grades Kindergarten, 1, 2, 3, 5, and 7 receive hearing and vision screenings. We are currently scheduled for vision and hearing screenings on 10/21/2019. If you would like to exempt your child from either of these health screenings, please contact the school nurse.

It is important to understand that these are basic screenings, and are designed to identify students who may require further testing. They are not intended to replace regular exams by qualified health care providers. A student who does not pass any screening will be rechecked in a few weeks, and you will be notified only if there are concerns after the second screening.

Vision screening uses the PlusOptix. The PlusOptix is an autorefractor that takes a measurement of the refraction of the eyes. The results is a baseline refraction measurement. The illumination technique used by Plusoptix, is totally harmless to the child's eyes. If your child wears glasses or contact lenses for distance or near vision, please be sure they have them on the screening day.

If your child has a hearing loss and is being followed by a healthcare provider or specialist and you do not wish for them to participate in the screening, please let the school nurse know. If you have concerns about hearing loss and school accommodations, contact your student’s teacher or the school nurse.

If you are available to help with health screening, we still need 2-3 volunteers to assist with screening and getting students to/from the library. We are scheduled to do health screening 1:00-4:00pm. Please contact nurse as soon as possible if you are available to help.

JOINING THE PTA:

Be a part of the Cottage Lake Community by being a part of the PTA! Research shows that children perform better when parents are involved both at home and in school. By becoming part of Cottage Lake PTA, not only are you showing your child the importance you place on education, but you'll also be part of the solution in helping to make positive changes at our school!

It's easy to get involved in the PTA:

- Sign Up for Membership by visiting us online at www.CottageLakePTA.org
- Like & Follow Us on Facebook @Cottage Lake Elementary PTA (and yes, it does show a Tacoma location, but this is our PTA page) so you stay up-to-date all things PTA!