From Audee Gregor:

We’ve really missed our students the past few days and are so thankful to finally be back to school, albeit later than anticipated. With all the snow and ice, I’m thankful the district reacted with an abundance of caution for all our students and families by either cancelling and/or delaying start times to accommodate. Regardless the conditions, Mr. McNiel and I, along with our fabulous custodial team, have been in to work each day prepping and getting ready for the return of students and staff. School administrators live according to the Postal Service motto, “Neither snow nor rain nor heat nor gloom of night stays these couriers from the swift completion of their appointed rounds”. Rain, shine, or snow, we report to school. It’s been far too quiet, missing the bustling sounds that a busy school provides. We are excited to get back to “normal”.

One important note/reminder: We have again cancelled all Leota after school activities for today. We did this both yesterday and today simply because our neighborhood streets are still so slick and we don’t want students being dropped by activity buses in the dark on slick roads. Student safety is simply too important, so thank you for your understanding. Please note that this decision does not affect after school use by outside agencies that contract to use our spaces. For example, Lyon Ski School, NYBA, etc. If an outside agency cancels, they would be in contact with you directly. Families received notification yesterday about this change via both text and email. If you have any questions, please feel free to contact our main office.

Lastly, Mr. Bohannan, our Future Problem (FPS) Solvers advisor had the following to say, “Our families are pretty amazing, really... some braved the snow, got rides from neighbors, hired Ubers, and rearranged schedules... all to make FPS a reality for their kids and to not let teammates down. I am so proud of them, regardless of the competition outcome.” Way to go FPS teams!!

Thank you so much for your patience and understanding through all the weather-related delays and cancelations. I hope you each have a very safe and warm weekend.
**Upcoming Events:**

Monday, January 20  
No School: Martin Luther King, Jr. Day

Tuesday, January 21  
Adjusted Scheduled: 1-6+Pride  
MLK Assembly during Pride  
Spring Play Rehearsal (3:10-4:40pm)  
Star Time: Library (3:15-4:40pm)  
Season 3 Practices Begin: 7th/8th Grade Girls Basketball and Wrestling.

Wednesday, January 22  
Early Release

Thursday, January 23  
Spring Play Rehearsal (3:10-4:40)  
Star Time: Library (3:15-4:40pm)

Friday, January 24  
Last day of First Semester  
Yearbook Club: Room 623 (3:15-4:40pm)

**Please Check the Lost and Found**

If you believe your student has lost something have them check the lost and found in the cafeteria. There are jackets, sweatshirts, lunch boxes, water bottles and school supplies in it. Please remind your students to put their first and last name on all items they bring to school.

We will be donating all items at the end of 1st semester, January 24.

**Algebra Readiness Assessment Notification**

The Northshore School District is beginning the process of screening students for Algebra Readiness. This year as we did last year, we are going to screen 5th grade students that are identified as highly capable in math in their EAP/math class, and 6th and 7th grade general math students in their math classes. Your child will be assessed on the 8th grade ITBS the week of January 27th. Once tests are scored, scores will be sent home to families. Please know that it will take a few weeks for us to receive student’s scores.

Students that receive a score of the 80th percentile or higher on the 8th grade ITBS math assessment and scored a 2600 scale score or higher in their previous Smarter Balanced Assessment are considered ready for Algebra for the 2020-21 school year.

Students who are not considered ready for Algebra will receive valuable information as they continue preparing for Algebra in the future.
Students that score close to the 80th percentile on the ITBS and near the 2600 scale score on their most recent SBA math assessment, will receive a comprehensive file review on an individual student basis.

Fifth graders who are not considered ready for Algebra will be enrolled in 7th grade Challenge Math. Sixth graders that are not considered ready for Algebra should register for 7th grade Challenge Math for the 2020-21 school year. Seventh graders that are not ready for Algebra should register for 8th grade math. Registration of current 6th and 7th graders at Leota will begin the week of March 16th.

**National Junior Honor Society News**

If your child is interested in becoming an NJHS member, please check out the Leota website under "activities" for more information. Volunteer forms are due the week of Feb. 10 through Feb. 14. *No late forms will be accepted*, so please plan ahead. Last year we had lots of snow that created some difficulty for students attempting to complete their hours. This year could be similar, so please ensure your child’s volunteer hours are not put off to the last minute. Students should check with their teachers to complete their Leota volunteer hours or even the main office (more info on the website). You must submit your paperwork in person either directly to Mrs. Hurley after school in Room #623, or to a designated representative in the cafeteria during all three lunches. **PAPERWORK WILL NOT BE ACCEPTED IN THE LEOTA OFFICE. All students will be required to sign-off on paperwork turned in; paperwork cannot be left without a signature to verify it was received.**

Also, there is an important correction to the Activity Information Form --- turn in date for forms is NOT 3/10/20-3/14/20 --- this should read 2/10/20-2/14/20. This is stated correctly on the website main page, but is incorrect on the form itself.

Justine L. Hurley  
*Leota Middle School*  
*Art Studio Instructor*  
(425) 408-6553

**Yearbook Sales**

Yearbooks are on sale now!  
If you have not purchased a yearbook for your student. You can purchase one on-line or in the office through January 24th.

*If you are not sure if you have already purchased a yearbook please contact Mrs. Spencer in the office 425 408 6503.
**From The Nurse:**
We have had a high incidence of cold and flu viruses in both King and Snohomish County, and our Leota community lately. With both of these circulating it is more important than ever to check your child every morning for signs of illness, and if they are ill to keep them home.

Contagious illness is always with us and can be spread in a variety of ways. For example, the flu is spread when a person who has a virus coughs, sneezes or speaks and sends the virus into the air. The virus enters the nose, throat or lungs of another person and multiplies. It is important to teach everyone not to share personal items such as food, drink containers, water bottles, lipstick etc. as these items can harbor and transfer germs between people.

We are trying to ensure that all of our students and staff stay as healthy as possible. **Hand washing is the number one way to reduce spread of illness.** We are reminding students to be diligent in washing their hands while at school. Hand gel will be available to students in rooms that do not have access to sink and water. In order for hand gel to be effective, it must contain at least 60% alcohol. We are also reminding students to cover their coughs and sneezes. Getting enough sleep at night and good nutrition also play a role in staying healthy. **Flu shots are recommended for all children age 6mo to 19yrs and adults, especially those with chronic health conditions.**

When your child is ill, he/she is more likely to contract other illnesses. Your child also exposes other students and staff when he/she comes to school sick. If your child has any of these symptoms, please keep him/her at home until the symptoms subside. These are the same guidelines that the school nurse uses to evaluate students who may need to go home:

- **APPEARANCE/BEHAVIOR:** unusually tired, difficult to wake, pale, skin rash, lack of appetite; these are often signs of underlying illness.
- **FEVER:** temperature of 100 degrees or higher. Child may be sent home without a fever if other symptoms are present.
- **SORE THROAT:** especially with fever and/or swollen glands.
- **VOMITING/DIARRHEA:** within the past 24 hours.
- **NASAL DRAINAGE/COUGH:** yellow or green nasal drainage and/or chronic coughing may prevent your child or other students from being able to concentrate. They may expose others to illness, especially if they cannot control their secretions. Severe coughs should be evaluated by a health care provider to rule out Pertussis or “whooping cough”.

**Students should be fever-free without fever reducing medication and no vomiting/diarrhea for 24 hours before returning to school.**

It is not unusual for students to feel better in the morning and then worse as the day goes along. The school is not equipped for prolonged care of your sick child. We require that you or an emergency contact will pick up your sick child within the hour that you are called. It is important for the school to have a list of local emergency contacts that are available to pick up
your child in the event that we are not able to reach you. Please notify the school if there are changes to your contacts.

We need everyone’s cooperation, to be better able to provide a healthy learning environment for our students and staff members. Please contact me if you need any additional information.

Thank you for your cooperation,

Debbie Park RN, BSN
Phone: 425 408-6506
Fax: 425-408-6502
dpark@nsd.org

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Weekly Update

January 17, 2020

Upcoming Events

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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>1/10 - 2/14</td>
<td>Lyon Ski School Bus (Storage provided by Leota PTSA)</td>
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<tr>
<td>1/17</td>
<td>PTSA Community Café: Leota Teacher’s Lounge @ 7:30am&lt;br&gt;Topic is NEXT YEAR CLASS REGISTRATION for Leota and High School CANCELED (will be rescheduled)</td>
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<tr>
<td>1/20</td>
<td>Martin Luther King Jr Day: No School</td>
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<td>1/20</td>
<td>WSPTA Focus Day in Olympia, State Capitol Building</td>
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<td>1/22</td>
<td>Parent Education Night&lt;br&gt;Top Three Parenting Hacks to Help Your Teen Manage Emotions @ Inglemoor High School, 7-8:30pm</td>
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<tr>
<td>1/28</td>
<td>Parent Education Night&lt;br&gt;Screenagers and School/Home Emergency Preparedness @ Inglemoor High School, 5:30-9:00pm</td>
</tr>
<tr>
<td>2/12</td>
<td>February Staff Appreciation: An Italian Lunch</td>
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<tr>
<td>3/19</td>
<td>Career Day 2020: VOLUNTEERS NEEDED!</td>
</tr>
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WA State PTA Event: Focus Day
January 20, 2020 in Olympia, State Capitol

Focus Day is a day when Washington State PTA (WSPTA) members travel to Olympia for a day full of engagement around our mission. Members meet with legislators, tour the capitol, and demonstrate advocacy in action.

The Focus Day program will begin at First Christian Church (701 Franklin St SE, Olympia, WA 98501) starting at 9:30 am with an introduction to the day and information focused on the 2020 legislative session. Come join your fellow PTA and PTSA members in advocating our children’s education!

Let WSPTA know you are planning to attend by registering for the event at: https://www.eventbrite.com/e/focus-day-2020-tickets-86162976783

Visit the links below for further information about both Focus Day and Advocacy Week

- http://www.northshorecouncilptsa.org/council-blog/focus-day-1202020
- https://www.wastatepta.org/events-programs/focus-day/

Where: State Capitol Building in Olympia, 416 Sid Snyder Ave SW, Olympia, WA
PTA Hub @ First Christian Church, 701 Franklin St SE, Olympia, WA 98501

Time: 9:30am to 2pm (Welcome Message in the PTA Hub at 9:30am)
2019-2020 Reflections Reception

PTA Reflections is a nationally acclaimed student recognition program to encourage artistic creativity in the classroom and at home. It helps students explore their own thoughts, feelings, and ideas; develop artistic literacy; increase confidence; and find a love for learning that will help them become more successful not only in school but in life.

On January 11, the Northshore Council PTSA held a reception at Leota Middle School to celebrate all our amazing student artists who participated in this year’s Reflections Program. Thank you to all who volunteered to make this event happen!

2020: An Italian Lunch

VOLUNTEERS NEEDED!

In the cold depths of February, let’s warm up our staff with pasta and breadsticks!

For our February staff appreciation event, we are going to put together an Italian themed lunch including pasta, breadsticks, and salads. Sign up to bring such items as salad fixings, cooked pasta, and breadsticks and pasta sauce to provide our teachers and staff with a warm and filling lunch.

Thank you for all your help! It is fun to see so many people helping in all different ways--it comes together so beautifully. We couldn't do it without you!

Sign up to participate: https://signup.com/go/ARwKQWV

Staff Appreciation, February 12.

Parent Education Night @ Inglemoor High School, Northshore Council
Top Three Parenting Hacks to Help Your Teen Manage Emotions
January 22, 2020 @ Inglemoor High School Theater

Families are invited to attend "Top Three Parenting Hacks to Help Your Teen Manage Emotions," a parenting workshop with Cher Anderton, MSW, LSWAIC, mental health therapist and coach. Join us on Wednesday, January 22nd, at Inglemoor High School Little Theater from 7-8:30pm. The workshop will cover the following topics:

- 3 simple steps for emotion regulation and processing & boundary setting so your kids have healthy coping strategies for uncomfortable feelings like anxiety, depression, frustration, loneliness and more!
- Understanding basic brain development.
- How to decode adolescent behavior; behavior as communication and a skill.

Walk away with strategies you can use immediately for yourself and your teen. There will also be a Q&A session, so you can get your questions answered!

Cher Anderton, MSW, LSWAIC is a mental health therapist, MTSS-B/PBIS coach, Trauma Informed Practices consultant, Positive Discipline parent educator and former elementary school counselor. In short, Cher loves with adults to grow their skill set and increase joy, resilience and sustainability in work and life. Cher is also the parent of four teens, one of whom she and her partner adopted from foster care when he was almost eight years old. Visit her website: www.cheranderton.com, Facebook page: Cher Anderton, LLC, Instagram: @cher_anderton for more information.

This event is brought to NSD by the Inglemoor High School Counseling Department and is co-sponsored by Inglemoor PTSA and Northshore Council PTSA.

Questions? Please contact Jessica Parrott at jparrott@nsd.org, Inglemoor School Counselor.

Parent Education Night @ Inglemoor High School, Moorlands PTSA
January 28, 2020 @ Inglemoor High School Theater

5:30pm Screenagers Screening
6:30pm School & Home Emergency Prep
8:00pm Screenagers, the Next Chapter

The Moorlands Elementary PTSA is holding a parent’s education night on January 28, 2020 at Inglemoor High school. The night will kick off with a screening of Screenagers, a film about raising children in the digital age at 5:30pm.

Starting at 6:30pm, there will be a School & Home Emergency Preparedness information session—learn about how to be ready when something big hits!

- 6:30pm Prepare Smart – Home Emergency Preparedness
- 6:50pm School Emergency Preparedness – Henry Simon & Bill Brooks
• **7:15pm** Reunification - Clark Combs  
• **7:40pm** Be Smart – Home Weapon Safety – Mom’s Demand

The night will finish off with a screening of *Screenagers, the Next Chapter*, a follow up film to the original at **8:00pm**.

Come join and bring a food item to share! There will also be a dessert auction, if you would like to bring a dessert item for donation. All funds raised from the auction will go toward Emergency Preparedness at Moorlands Elementary.

**We Need YOU! 2020 Career Day at Leota Middle School**  
**Happy New Year! Please Save the Date - Thursday, March 19, 2020**

Planning is underway for PTSA’s Career Day 2020 for Leota’s students and we need over 60 panelists to make this day a success. We are currently 1/2 of our needed panelists confirmed. Please make a gift of your time—you will truly impact a student! This amazing day can only happen with YOUR help. Please sign up today!

Career Day is a PTSA event that offers our students insight into many different career paths. It gives our students an opportunity to learn what is needed to be successful in their career interests. But more importantly, we want our students to understand that no career path is ever a straight line and within any career there are lots of different avenues they can follow.

We are looking for panelists from ALL career fields and paths, including professional, trade, service industry, stay at home parents--you name it, we welcome it! Our past surveys show that students are eager to hear about every type of job, not just those in the STEM fields.

As a speaker, you will be a part of a 3-4 person panel that will meet 3-4 rounds of students. During each round each panelist will have approximately 5 minutes to share their career journey. Students will then be given an opportunity to ask questions of the panel. The question and answer session is the place where panelists have a chance to share real life experiences and advice based on questions from the students.

*Past speakers have raved about how engaged the students were and thought it was an incredible experience.*

Career Day will be held on March 19, 2020. Are you able to give a few hours (9:30 am - Noon) to serve as a panelist? If you can help, please email careerdayleotaptsa@gmail.com as soon as possible with your information:

- Your Full Name  
- Field of Work  
- Current Position (Or the field and position you would like to present)  
- Current Employer
Do you have other skills or time you’d like to share? If you want to participate in Career Day in a non-panelist role, we would love to have your help! Please include EVENT VOLUNTEER in your email message.

If you know of someone that you feel would be an asset to our panels, please feel free to forward this invitation to anyone interested.

We will be getting back to you in late January with more details. Thank you for your time and consideration.

If you have any questions or need more information, please contact Suzette Hart at 360-815-3018 or at careerdayleotaptsa@gmail.com.

**HAVE YOUR PTSA MEMBERSHIP? Come join us!**
We invite you to become a member of the Leota PTSA.

In addition to being in the know about what happens in the school, your membership is a big show of support for all volunteers and activities that our PTSA hosts throughout the year.

No volunteering is required to be a member, but membership has its benefits. Sign up at www.leotaptsa.com.

**Make your volunteers hours count!**

**Did You Know Your Company May Donate When You Volunteer?**
Many companies will donate for hours volunteered in addition to matching financial donations. Please check with your company to see if you have a dollars for doers or similar volunteer hours matching program and take a few minutes to register your hours towards a Leota Middle School PTSA donation.

**Amazon Smile is Also A Great Way to Donate**
Visit https://smile.amazon.com/ all year long, every time you are making purchases with Amazon. Whenever a purchase is made with Leota PTSA as the beneficiary, Amazon will send us a donation. Be sure to select Leota PTSA as your beneficiary.

**Join the Leota PTSA Volunteer And Info Facebook Group**
Join our Leota PTSA Volunteers and Info closed Facebook group if you would like to hear more about volunteer opportunities:

https://www.facebook.com/groups/LeotaPTSAVolunteers/.

There is no requirement to volunteer. By joining, we hope you feel part of the Leota parent community and are better informed about what is happening at our school.