



# LEOTA MIDDLE SCHOOL

## April 5, 2024 Family Newsletter

Hello Leota Middle School Families!

Spring Break has arrived. I hope the week provides time for relaxation. The return from break means that we are beginning the 4th and final quarter of the school year. Our time together is going very quickly. Before long, we will be saying goodbye to our 8th graders and their families.

The Season 4 athletic season is in full swing. We are in our second week of practices. Those student-athletes who are participating in a Spring sport, keep on practicing. The games will begin soon after break.

The next Principal Chat is Thursday, April 18, at 9:00am. Here is the Zoom Link: <https://nsd.zoom.us/j/2375529365?omn=84845752342>. You are also welcome to attend in person.

As you are planning for things to do this Spring, please know the Drama Club Spring Play, "Law and Order Nursery Rhyme Unit" opens on April 25th, and 26th. The show will open at 6:30pm on both evenings. There will also be a dress rehearsal on Wednesday, April 24th, at 4pm.

The Smarter Balance Assessment will be taking place at Leota Middle School on the the following days:

- May 6th & 7th (Science only- 8th grade Only)
- May 9th & 10th (English Language Arts- 6th, 7th, & 8th grade)
- May 14th & 15th (Mathematics- 6th, 7th, & 8th grade)

### Message from Nurse Vicki-

2023-2024 seasonal virus trends indicate the threat from COVID-19 has become more like that of other common respiratory viruses. As such, the CDC is shifting away from past COVID specific guidance and moving to issuing general guidance addressing risks from a range of common respiratory viral illnesses, such as influenza and RSV. These illnesses all have similar routes of transmission, symptoms, and common shared prevention strategies.

This updated guidance is just beginning to trickle down to state and local health entities, as well as labor and industries. We expect to see more formal recommendations and guidance coming for K-12 Schools in the weeks to come as these agencies review the CDC recommendations.

**What does the latest recommendations look like for avoiding spread of COVID 19 or other respiratory viruses to others?** (per the latest Washington Department of Health 3/2024):

If you have respiratory virus symptoms that are not better explained by another cause (such as allergies) and/or test positive for COVID-19 or another respiratory virus, stay home and away from others; this includes people you live with who are not sick.

You can go back to your normal activities when **both** of the following have been true for at least 24 hours:

- Your symptoms are getting better overall, and
- You have not had a fever (and are not using fever-reducing medication).

Symptoms are improving when you feel well enough to fully participate in your activities, such as learning in a classroom or completing tasks at work. A respiratory virus infection can have many types of symptoms, some of which can last beyond when someone is contagious (such as a lingering cough). Having a single symptom or a combination of symptoms is not as important as the overall sense of feeling better and the ability to resume activities. When you go back to your normal activities:

**Steps You Can Take to Prevent Illness Spread:**

- Wear a mask, AND
- *Over the next 5 days:*
  - use the following **Respiratory Virus Prevention Strategies:**
    1. take [steps to improve air flow and filtration](#),
    2. practicing good [hand hygiene](#),
    3. [cleaning regularly](#),
    4. [physical distancing](#), and
    5. [testing](#) when you will be around other people indoors.

You may still be contagious with a respiratory virus after returning to your normal activities, so it is important to take additional precautions.

- People with COVID-19 are often contagious for 5-10 days after their illness begins.
- People with flu may be contagious for up to 5-7 days after their illness begins.
- People with RSV are usually contagious for 3-8 days after their illness begins.

If you are sick, there are additional precautions you can take to prevent spreading COVID 19 to those at *higher risk of serious illness* such as older adults and people with weakened immune systems. Consider staying away from people at high risk of getting very sick until:

- 10 days have passed since your symptoms started,
- 10 days have passed since you tested positive (if you never developed symptoms), or
- You test negative for COVID-19
- Follow the **Steps You Can Take to Prevent Illness Spread listed above** to provide the most protection to those at highest risk.

**Other Considerations: Testing and Starting Available Treatments Early**

If you have respiratory virus symptoms that are not better explained by another cause (such as allergies), get tested for COVID-19, if accessible. Testing early can help determine what is causing symptoms and lead to more effective treatments. You can use at-home tests for COVID-19, and providers can test you for COVID-19, influenza, and other respiratory viruses, if needed.

**Resources**

- <https://doh.wa.gov/emergencies/covid-19/prevent-spreading-respiratory-viruses#whatshould>
- <https://www.cdc.gov/respiratory-viruses/background/index.html>

**Adult Brief International Drive**

Our names are Shan and Noli and we are reaching out on behalf of Northshore Interact, a non-profit high school community service club in the Northshore area sponsored by the Rotary Club of Woodinville.

Through the month of March/April, we are hosting an **adult briefs international drive** aimed at gathering **incontinence briefs** for individuals residing at the **Mekedonia Home for the Elderly and Mentally Disabled in Ethiopia (Eastern Africa)**. Your help is really appreciated. **The box for donations will be in the Leota main office until April 26<sup>th</sup>.**

If you have any questions, please let me know.

In partnership,

Scott Leick, Principal  
Leota Middle School

Upcoming Schedule Highlights:

**April 8-12 Spring Break. School is closed.**

**04/15**

Periods 1-6, Pride  
Chess Club: 2:35 Room 719  
Game Club: 2:35 Library  
Drama Club Spring Play Rehearsal: 2:35 Theater

**04/16**

Periods 1-6, Pride  
Yearbook Club during Lunches  
Drama Club Spring Play Rehearsal: 2:35 Theater  
ASB Meeting: 2:35 P-5  
Peer Tutor Club: 2:35 Room 606

**04/17**

Periods 1-6, Early Release  
PTSA Staff Appreciation Luncheon: Soup Theme  
South Asian Club during Lunches Choir Room

**04/18**

Periods 1-6, Pride  
Principal Chat: 9:00am Leota Conference Room/Zoom  
East Asian Club during Lunches: P2  
Drama Club Spring Play Rehearsal: 2:35 Theater  
Star Time: 2:35-4:05 Library  
Geography Club 2:35pm Room 720

**04/19**

Periods 1-6, Pride  
Season 4 Team Sports Photos: 2:35 pm  
Bookworms Book Club: 2:35pm Library

**04/22**

Periods 1-6, Pride  
Chess Club: 2:35 Room 719

7th/8th Grade Boys Soccer: 3:30pm Leota@Skyview  
Girls Tennis: 3:30pm Leota@Skyview  
Drama Club Spring Play Tech Rehearsal 2:35-5:00 Theater

**04/23**

Periods 1-6, Pride  
Drama Club Spring Play Tech Rehearsal 2:35-5:00 Theater  
ASB Meeting: 2:35 P-5  
Peer Tutor Club: 2:35 Room 606  
Co-Ed Track: 3:30 Kenmore@Leota

**04/24**

Periods 1-6, Early Release  
Drama Club Spring Play Dress Rehearsal 3:00-6:00 Theater  
(3:00 Call Time, 4:00 Preview)

**04/25**

Periods 1-6, Pride  
East Asian Club during Lunches: P2  
Star Time: 2:35-4:05 Library  
Geography Club 2:35pm Room 720  
6th Girls Volleyball: 3:30 Leota@Northshore  
7th/8th Boys Soccer: 3:30 Leota@Northshore  
Girls Tennis: 3:30 Leota@Northshore  
Drama Club Spring Play "Law and Order Nursery Rhyme Unit":  
6:30-8:30pm Theater

**04/26**

Periods 1-6, Pride  
Drama Club Spring Play "Law and Order Nursery Rhyme Unit":  
6:30-8:30pm Theater



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**In this issue:**

- Message for dance volunteers
- PTSA awards nominations
- 8th Grade Party theme
- Membership survey
- Thinking about a board role?
- Staff Appreciation signup
- Student Store signup
- Thank you, sponsors

## Dance heroes: Thank you, parents!

We want to extend a huge **thank you** to all the parents who volunteered at the recent school dance. The smiles on our students' faces made our hearts full. The interest and response from parents were more than we dreamed of, and **we look forward to more of these events in the future!** Thank you for your commitment to our school community—it made the event a true success.

## Awards celebrate excellence in our community

Every year Leota PTSA recognizes volunteers, staff, and students who have gone above and beyond in their service to our community. Please take a few minutes to [nominate someone you feel has made a difference](#). Let's recognize their hard work, sacrifice, and contributions! You may submit more than one nomination.

We are accepting nominations for the following awards:

- **Golden Acorn:** A Golden Acorn Award is presented to a Leota PTSA volunteer in recognition of their dedication and service to children and youth.
- **Outstanding Educator:** Honors individuals who go beyond the normal expectations of their jobs to make the learning environment fun, beneficial, and challenging. An educator is not limited to a teacher and may be defined as a teacher, assistant, specialist, support staff, or administrator.
- **Outstanding Advocate:** Honors individuals for their continued and dedicated service to all children. They demonstrate a commitment to speaking up for the health, welfare, safety, and/or education of children and youth.
- **Outstanding Student Advocate:** Recognizes students who have made significant contributions through leadership and service in their school and community.

Nominations are due April 19. Questions? Email [contact@leotapta.com](mailto:contact@leotapta.com). To learn more about the WSPTA Volunteer Awards program, visit <https://www.wastatepta.org/events-programs/awards/volunteer-recognition-awards/>.



## 8<sup>th</sup> Grade Party theme revealed

The 8<sup>th</sup> graders have spoken! In an online poll, they made it clear that they want a **RED CARPET** theme for their end-of-year bash. The planning committee is eager to make this vision a reality! Thanks to the 150+ students who took the time to vote.

More details soon. In the meantime, please **save the date for the 8<sup>th</sup> Grade Party: June 18 at Brightwater Center** in Woodinville!



## Have a say in the future of Leota PTSA

Leota PTSA leaders are starting to look ahead to next year. We would love to know what is important to your family and what you'd like to see from the PTSA in the future.

Please take 2 minutes to [fill out this survey](#). You have until April 12 to share your thoughts. Thank you for being a voice in how we support the Leota community in coming years!



## Help us fill next year's executive roles

Are you or someone you know looking to get more involved at Leota? Are you passionate about education, community, and making a difference? Then we want you to be part of the 2024-25 Leota PTSA Board!

Our Nominating Committee is currently seeking recommendations to fill the 2024-25 Executive Committee positions on Leota PTSA. **We are looking for volunteers for all positions, but especially Secretary**, as the current officer has reached their term limit.

If you're interested in learning about a role on the board, [please complete this form](#). Deadline to submit is Friday, April 19.

Completing this form does not commit you to volunteering. It only allows for a member of the Nominating Committee to contact you to learn more about you and the roles you might be interested in filling.

**Recommendations for Nomination**

**Be a part of the 2024-25 Leota PTSA Board!**

Make a difference in the Leota Community by serving on the PTSA.

Our Nominating Committee is currently taking recommendations for officers to be elected in May.

Complete this form to be contacted and learn more.

<https://forms.gle/XH2HdeLsX34oQ9nB6>

**Deadline to Submit:**  
**Friday, April 19th**

## Sign up for the next Staff Appreciation lunch

Let's treat our wonderful staff to a **taco bar** for our April Staff Appreciation lunch! Please sign up here to contribute: <https://signup.com/go/ytnecku>

- **Hot items:** Please bring your hot item to the Leota office between 9-10:15 am, warm, in a Crock Pot (with a liner if possible, for easy cleanup), with a serving spoon. All Crock Pots and serve ware should be labeled with your name, and can be picked up after school on April 17.
- **Nonperishable items:** Please label your nonperishable item with "for Staff Appreciation" and bring it to the Leota office on April 15 or 16, or on the morning of April 17.

Thank you for your help!





## Just a few volunteer spots remain at Student Store

It's not too late! We're still welcoming new and returning volunteers to the Student Store each Wednesday. Now is the perfect time to get involved and try out our new popcorn machine (*pictured here with parent volunteers*)! Leotians are working hard and earning lots of Pride tickets to spend at the store, so we need help making sure the store can run each week. Sign up today:

<https://www.signupgenius.com/go/4090C4BA9A922A7F85-44205802-leota#/>



## Reminder: Volunteer background checks

To volunteer on campus at Leota or any other facility in the Northshore School District, you'll need to submit an online application for a Level 1 background check. Volunteers must update the application every year, and it must be completed before the first day of volunteering. To begin the process, visit the district's [Become a Volunteer](#) webpage.

## Thank you to our sponsors

The Leota PTSA thanks all the Paving the Way Together donors, and especially this year's sponsors (*listed below*). Our programs and events are possible because of you all!

### Lionheart Champions

Anonymous

Cheng Peng & Jerry Zhang



Noli Bruk  
Gene & Sharon Park

## **Lionheart Heroes**

Mosaic, Pablo Sala, Vijay Ankireddi

## **Lionheart Friends**

Carrie Mosley, Paul Chang, Held Family, Stodola Family, Prajinesh & Priya, Peter Waddington, Randy Graybeal, Dynamic Natural Medicine, Theresa Miller, Tracey Ward

## **Let's get social**

For the latest news and opportunities, follow us on social media:

- Join the Facebook page [Leota Middle School PTSA](#)
- Join the Facebook private group [Leota PTSA Volunteers and Info](#)

## **About us**

Leota PTSA is a parent, teacher, staff, and student membership organization that advocates for all students. We make a variety of educational and community programs possible at Leota. For more information, visit [www.leotapta.com](http://www.leotapta.com).

Thanks for reading our e-newsletter! We hope you find it a valuable resource to learn about the events, programs, and opportunities available to all Leota families. If you have feedback or suggestions, please reach out to us at [communications@leotapta.com](mailto:communications@leotapta.com).

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