

# LUNCH BUDDY NEWSLETTER

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September 2025

Welcome to the 2025-26 School Year! As you enjoy the last warm days of summer, it's time to remember your Lunch Buddy or anticipate the excitement of meeting a new one. Returning matches will begin the third week of September and new matches will start in October.

To help you get ready for the year, please join us for our **Welcome Back Mentor Coffee Hour on September 22nd**. You can [RSVP now](#). More information about the coffee hour is contained in this newsletter, along with many activity ideas and some good reference information.



If you have any questions/concerns, please do not hesitate to contact Victoria. She's here to help support you in any way you need. We appreciate all of you and the time you share to help your Lunch Buddy feel supported and special!

Warm Regards,  
Victoria, Michele, and Julie

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## Welcome Back Coffee Hour

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Please join us for our **September Welcome Back Mentor Coffee Hour**—a welcoming space for mentors to connect, share ideas, discuss challenges, and learn something new. You bring your favorite beverage, and we'll bring the muffins! [Sign up now!](#)



**Main Topic:** Welcome Back & Program Information

**Date:** Monday, September 22nd

**Time:** 10:30am – 11:30am

**Location:** Lake Washington School District Resource Center  
16250 NE 74th St, Redmond, WA 98052  
(425) 936-1200

**Parking Options:**

- **Small lot** next to our building on 163rd Street (behind the Marriott Hotel)
- **Garage** at NE 74th St & 163rd PI NE (entrance on 163rd, Evergreen Medical Clinic on the first floor)
- **Garage** on 164th Ave NE (across from the Marriott Hotel entrance)
- Feel free to park wherever you find a spot, but please allow an extra 5 minutes to walk to the building.

## New Activity Ideas

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Below are links to some fun activities you can print (or ask your School Coordinator to print for you ahead of time) and share with your lunch buddy.



### How to Draw

[School Bus](#)

[Playground](#)

### Coloring Pages

[All About Me](#)

[Apple Character](#)

### Codebreakers

[Avengers...Answer Key](#)

[Super Mario](#)

[Odyssey...Answer Key](#)

### I Spy

[Bugs](#)

[Pokemon](#)

### Mazes

[Many Fall Mazes](#)

### Project

[Superhero Hand Print](#)

## Jokes & Riddles

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1. Why did the bicycle fall over?  
Answer: Because it was two-tired!
2. What do you call a bear with no teeth?  
Answer: A gummy bear!
3. Why did the kid bring a ladder to school?  
Answer: Because he wanted to go to high school!
4. What do you call cheese that isn't yours?  
Answer: Nacho cheese!
5. Why was the math book sad?  
Answer: Because it had too many problems!



## Skill Builder

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*Listening is a skill built over a lifetime.*

Show you care by listening closely and saying something kind about what your student shared. Try this fun activity that helps them feel heard and supported while modeling good listening skills.

1. Set a timer for 2–3 minutes per turn.
2. Take turns sharing using prompts like “What are you proud of?” or “What do you hope to achieve next?”
3. Listen actively, without interrupting, and show you care with eye contact or nods.
4. After each person finishes, go around and share one positive reflection about what they said.
5. Rotate roles everyone gets a chance to share and to encourage.

## Reminders

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### **Maintaining Communication Boundaries in the LINKS Lunch Buddy Program**

As participants in the LINKS Lunch Buddy program, it is crucial that we adhere to the Lake Washington School District’s guidelines on communication boundaries. To maintain the integrity of our mentoring relationships, please avoid sharing any personal contact information with students or their families. This includes home addresses, phone numbers, email addresses, and social media accounts.

Remember, all mentor-mentee interactions should occur solely within the school setting. This means no meetings during evenings, weekends, or school breaks. By following these guidelines, we ensure a secure and respectful environment, fostering positive mentoring experiences for all participants.

## Don't Forget Workplace Matching!

As a LINKS Lunch Buddy mentor, you may be eligible for workplace matching through your employer! Many companies—including Microsoft, Google, Amazon, Starbucks, and others—use Benevity to match volunteer time or donations.

Just search for “LINKS Lunch Buddy Program” in Benevity and complete the fields:

- Project: LINKS Lunch Buddy Program
- Donor First Name:
- Donor Last Name:
- Activity: Mentoring or Volunteering
- Comment: Your school's name

These matching contributions directly support Lunch Buddy activities at your school. It's a quick and impactful way to extend your support—thank you for considering it!

## Dates to Remember

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<b>Sept. 2</b>	First Day of School
<b>Sept. 2-4</b>	Half-Day Elementary Conferences
<b>Sept 5</b>	First Day of School for Kindergarten
<b>Sept 9</b>	Welcome Back Mentor Coffee Hour
<b>Sept 10</b>	Wednesday early release schedule begins
<b>Oct 17</b>	No school – LEAP Day



## School Contact Information

Please Note: Some coordinators have changed.

School Name	School Phone #	School Site Coordinator	Email Address
<b>Baker Elementary</b> 9595 Eastridge Drive NE, Redmond 98053	425-936- 2790	Moriah Oster	moster@lwsd.org
<b>Barton Elementary</b> 12101 172nd Ave NE, Redmond 98052	425-936- 2480	Jody Hagler	jhagler@lwsd.org
<b>Bell Elementary</b> 11212 NE 112th St., Kirkland 98033	425-936- 2510	Brenda Yin Erika Langley	<a href="mailto:byin@lwsd.org">byin@lwsd.org</a> <a href="mailto:elangley@lwsd.org">elangley@lwsd.org</a>
<b>Einstein Elementary</b> 18025 NE 116th Street, Redmond 98052	425-936- 2540	Renee Cunningham	<a href="mailto:rcunningham@lwsd.org">rcunningham@lwsd.org</a>
<b>Franklin Elementary</b> 12434 NE 60th Street, Kirkland 98033	425-936- 2550	Stacey O'Brien	<a href="mailto:staobrien@lwsd.org">staobrien@lwsd.org</a>
<b>Keller Elementary</b> 13820 - 108th Avenue NE, Kirkland 98034	425-936- 2580	Ashleigh Stuckey	<a href="mailto:astuckey@lwsd.org">astuckey@lwsd.org</a>
<b>Lakeview Elementary</b> 10400 - NE 68 <sup>th</sup> ST, Kirkland 98033	425-936- 2600	Debus Frey TBD	<a href="mailto:dfrey@lwsd.org">dfrey@lwsd.org</a>
<b>Mann Elementary</b> 17001 NE 104th St., Redmond, 98052	425-936- 2610	Susan Conwell	<a href="mailto:sconwell@lwsd.org">sconwell@lwsd.org</a>
<b>Mead Elementary</b> 1725 - 216th Ave NE, Sammamish 98074	425-936- 2630	Melissa Heye	<a href="mailto:mheye@lwsd.org">mheye@lwsd.org</a>
<b>Muir Elementary</b> 14012 - 132nd Ave NE, Kirkland 98034	425-936- 2640	Gail Anderson	<a href="mailto:ganderson@lwsd.org">ganderson@lwsd.org</a>
<b>Redmond Elementary</b> 16800 NE 80th Street, Redmond 98052	425-936- 2660	TBD	TBD
<b>Rush Elementary</b> 6101 - 152nd Ave NE, Redmond 98052	425-936- 2690	Lloyd Byram	<a href="mailto:lbyram@lwsd.org">lbyram@lwsd.org</a>

<b>Sandburg Elementary</b> 12801 - 84th Ave NE, Kirkland 98034	425-936- 2700	Tracy Measham	<a href="mailto:tmeasham@lwsd.org">tmeasham@lwsd.org</a>
<b>Smith Elementary</b> 23305 NE 14th Street, Sammamish 98074	425-936- 2710	Kellie Eaton	<a href="mailto:keaton@lwsd.org">keaton@lwsd.org</a>
<b>Twain Elementary</b> 9525 - 130th Ave NE, Kirkland 98033	425-936- 2730	Denise Dewalt	<a href="mailto:ddewalt@lwsd.org">ddewalt@lwsd.org</a>