

# LUNCH BUDDY NEWSLETTER

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November 2025

As the cooler weather sets in, we hope you are also settling in with your Lunch Buddy. November is a great time to give out and soak in gratitude. What a great thing to model for our students! We are so incredibly grateful for your dedication, and kindness – it makes a huge difference for our kids.



To help you support your student, please join us for our **Mentor Training on December 2nd**. You can [RSVP now](#). More information about the event 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. Again, 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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# December Mentor Training

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Please join us for our **December Mentor Training**—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:** How to Support Mentees with Anxiety

**Date:** Tuesday, December 2<sup>nd</sup>

**Time:** 12:30p.m. to 2:00p.m.

**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.

## Codebreakers

[Time...Answer Key](#)

[World](#)

[Wonders...Answer](#)

[Key](#)

## How to Draw

[Cornucopia](#)

[Turkey](#)

## Mazes

[Autumn/Fall Mazes](#)



## Coloring Pages

[All About Me](#)

(back by popular demand)

[Fall Tree](#)

## Find and Color

[Alphabet](#)

[Fall](#)

## Project

[Turkey Disguise](#)

(template)

- [Mermaid](#)
- [Football Player](#)

## Jokes & Riddles

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- Knock, Knock  
Who's there?  
A broken pencil  
A broken pencil who?  
Never mind... It's pointless!
- What are the coolest letters of the alphabet?  
AC
- Why is history a sweet subject?  
Because it has many dates
- Why do magicians score well in exams?  
Because they can handle tricky questions
- "Why did you eat your homework?" the teacher asked.  
"You said it's a piece of cake," the student replied.



## Skill Builder

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### *Tips to get your student talking*

When conversations with young people stall or feel uninteresting, here are a few ways to keep them alive and engaging.

- Switch topics when the energy dips
- Ask open-ended instead of yes/no questions
- Circle back to something they mentioned earlier
- Share a personal story or light humor



Here's a few direct questions you can ask:

- “What’s the most interesting thing you’ve read or watched lately?”
- “What’s something you’re grateful for today?”
- “If you could have dinner with anyone, who would it be?”
- “What’s one skill you’d like to learn someday?”

### **Book Recommendation**

The Kids' Book of Questions by  
Gregory Stockton, Phd

## **School Weather Alerts**

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With the weather changing it can sometimes be challenging to know if your school will be open. When emergency conditions such as snow and ice or windstorms result in school schedule changes. Here are a few ways to stay informed:

- Sign up for text alerts through [www.flashalert.net](http://www.flashalert.net).
- Pop-up alert on <https://www.lwsd.org/> and school webpages.
- Local TV or cable news stations often report about school closures.
- Follow Lake Washington School District on Facebook and X for news and updates.

## **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>Nov. 26-28</b>	Thanksgiving Vacation
<b>Dec. 2</b>	Mentor Training
<b>Dec. 22-Jan 2</b>	Winter Break
<b>Jan. 19</b>	Martin Luther King Jr. Day – No School
<b>Jan 27, 20, 30</b>	Half Day – Conferences



## School Contact Information

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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 Hayley Peters	<a href="mailto:dfrey@lwsd.org">dfrey@lwsd.org</a> <a href="mailto:hpeters@lwsd.org">hpeters@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	Marina Rozey	<a href="mailto:mrozey@lwsd.org">mrozey@lwsd.org</a>
<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>