

# LUNCH BUDDY NEWSLETTER

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January 2026

We are so often mired in the day-to-day. The New Year is a great time to dream a bit with your Lunch Buddy!! You can stick with life's simple pleasures – a hidden flower, chocolate melting on your tongue, or the sun on your back on a cold day. What a great opportunity for you to learn about each other! [This page](#) has a prompt and activity to help you start dreaming!



Also to help you support your student, please join us for our upcoming **Mentor Training on February 18th. Our focus will be supporting students with ADHD and similar behaviors.** 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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## February Mentor Training

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Please join us for our **February Mentor Training!** Dr. Shannon Hitch, LWSD Executive Director of Special Services, will provide training to help you **support students with ADHD and similar behaviors**. This is also a space for mentors to meet other mentors, share ideas, discuss challenges and solutions to mentoring. Bring your favorite beverage, and we'll bring the muffins! [Sign up now!](#)

**Date: Wednesday, February 18th**

**Time: 11:00AM to 12:30PM**

**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**


- [Marvel's Avengers](#)
- [Disney](#)

**How to Draw**

- [Winter Landscape](#)
- [Raccoon](#)

**Find and Color**

- [Outdoor Adventure](#)



**Coloring Pages**

- [Bear in a sweater](#)
- [Shark!](#)

**Drawing Prompt**

[Hopes & Dreams](#)

**Projects**

- [Playing With Maps](#)
- [Snowflake Matching Cards](#)

**Mazes**

- [Adventure Maze Castle](#)

## Jokes & Riddles

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1. Q: What's a cow's favorite holiday?

A: Moo Year's Eve! 🐮

2. Q: Why was the calendar so popular?

A: It had a lot of dates! 📅

3. Q: What's the New Year's resolution of a ghost?

A: To boo more and boo better! 🧛

4. Q: Why did the math book look sad on New Year's Day?

A: It had too many problems! ➗

5. Q: What do you say to your friends on January 1st?

A: I haven't seen you since last year! 😊

## Skill Builder

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### *Ask questions that spark curiosity.*

A simple question can open the door to deeper thinking, creativity, and connection. Instead of giving answers right away, try asking open-ended questions that make young people think and explore ideas in new ways.

Try this:

- Ask “why” and “how” questions instead of yes-or-no ones.
- Encourage young people to explain their reasoning, even if they're unsure.

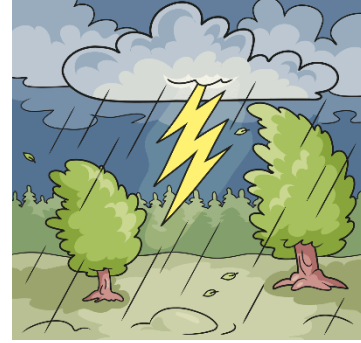
Use prompts like these: “If animals could talk, what do you think they'd say?” or “How would you solve the problem of too much trash in the world?”

## 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.
- You can always contact your school to check if it is open. Phone numbers can be in the contact information at the end of this newsletter.



## Reminders

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### Mentor Hour Logs

Thank you all so much for completing your Mentor Hour Logs. They are so important as we continually monitor the success of our program. Please be sure to include both your name and your buddy's name.



Mentor Report Log - September

Mentor Name (please print): Jane  
 Student Name (please print): Joey

School Name: Bell Elementary

Date	Total Time (round to nearest half hour)	Activities	Comments and/or Areas of Concern

September Hours

Please only record hours for one month on each page.

## **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>Jan. 19</b>	No School – MLK Jr. Day
<b>Jan. 27, 29-30</b>	Half-Day Conferences
<b>Feb. 12-13</b>	No School – Mid-Winter Break
<b>Feb. 16</b>	No School – Presidents Day
<b>Feb. 18</b>	Mentor Training - ADHD
<b>Mar. 13</b>	No school – LEAP Day
<b>Apr. 13-17</b>	No School – Spring Break



## School Contact Information

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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>