

LUNCH BUDDY NEWSLETTER

March 2026

Earlier in the year we suggested dreaming a bit with your Lunch Buddy. But what about the next step – setting goals to achieve their dreams? For many students this can be a new abstract concept. However, it's never too early to start learning this important step towards success. It can be a simple discussion about what a goal is and how setting goals made a difference in your life. Or it can be a more complex discussion depending upon your mentee. What a great opportunity for you to learn about each other! There are more resources related to learning about goals later in this newsletter.



Also to help you support your student, please join us for our upcoming **April Mentor Hour on Wednesday, April 29th from 10:00 AM to 11:30 AM. Our focus will be starting the closure process.** 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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April Mentor Hour: Starting the Closure Process



Please join us for our **April Mentor Hour!** We will be discussing why an **intentional closure process is so important to our mentees**, along with an overview of the process. 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, April 29th

Time: 10:00 AM to 11:30 AM

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

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.

Spring Puzzles

- [Word Scramble](#)
- [Crossword](#)

I Spy

- [Snowflakes](#)
- [Ocean](#)

How to Draw

- [Chameleon](#)
- [Horse](#)



Coloring Pages

- [Supersonic](#)
- [SpongeBob-Squidward-Patrick](#)
- [Peppa Pig](#)

Mazes

- [Rainbow](#)
- [Heart](#)

New Game - Tabletop Football

(You can find it on your Lunch Buddy cart.)

Jokes & Riddles

Q: What do you call an alligator in a vest?

A: An investigator!

Q: What animal needs to wear a wig?

A: A bald eagle!



Q: What did the cheerleader say to the ghost?

A: Show your spirit.

Q: What did one eye say to the other?

A: Between you and me something smells.

Q: What are the strongest days of the week?

A: Saturday and Sunday. Every other day is a weekday

Skill Builder

How Goals Help Achieve Dreams



Learning about goal setting can be the key to success. This idea may be new to many students. Of course, the approach will be different depending upon your buddy's age and temperament. You can keep the goal simple and relatable. For example, being a good sport while playing games three times in a row. These methods can make goal setting enjoyable and effective for children, fostering a sense of achievement and motivation.

Younger Buddies

- Discussion: A simple discussion about what a goal is versus a dream and how goal setting has worked for you.

- [Vision Board](#): Have them craft a visual representation of their goals using images and words.
- [Goal Ladder](#): Helps kids organize ideas, set goals, and actionable step-by-step concepts in a fun, visual way.

Older Buddies

- [SMART Goals](#): Show them a good goal should be Specific, Measurable, Achievable, Relevant, and Timely.
- Action Plans: Help them create a step-by-step plan to achieve their goals, discussing why each step is important. (See Goal Ladder above.)

Even if your buddy doesn't dig into this topic, it is important for them to understand this valuable tool. And don't forget to include some simple reward when a goal is achieved – maybe doing their favorite activity.

We Need More Mentors Like YOU!!

Our program always has great demand for mentors. You can help us build stronger, more resilient kids by referring a friend, neighbor, or co-worker to join us as a Lunch Buddy. Here are some specific needs:



Kirkland

- Alexander Bell – 4 kids waiting (one needs a Portuguese speaking mentor)
- Carl Sandburg – 4 kids waiting
- Lakeview – 4 kiddos waiting

Redmond

- Ella Baker – 3 kids waiting
- Redmond – 3 kids waiting (one needs a Spanish speaking mentor)

- Rush – 4 kids waiting (one needs a Spanish speaking mentor)

Might you have some spare time? Help spread the word with posters.

Community bulletin boards are a great way to draw attention to our program. Places like Starbucks, Mod Pizza, PCC, and other grocery stores welcome our posters. If you could place a few posters while around town in Sammamish or Kirkland it would be a great help. Simply contact jschare@lwsd.org to get some posters.

Thank You!!

Reminders

Documentation = Communication

Please remember to be thorough when completing your mentor log. We really rely on them to ensure good communication between our coordinators and mentors. Here’s a quick checklist.



Mentor Report Log - September

Mentor Name (please print):

Jane

School Name:

Bell Elementary

Student Name (please print):

Joey

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.

Mentor Log Checklist	
Always Include	As Needed
✓ Names	✓ Notes/Concerns
✓ Date	✓ Letters to mentee
✓ Hours	✓ Emails sent to coordinator

There is one page for each month of the Lunch Buddy Program. Please be sure to add your March hours to the **March Mentor Log**, April hours to the **April Mentor Log**, and so on.

Dates to Remember

Mar. 13	No School – LEAP Day
Apr. 13-17	No School – Spring Break
Apr. 29	Lunch Buddy Coffee Hour
May 22	No School – LEAP Day
May 25	No School – Memorial Day
June 1	Lunch Buddy Mentor Celebration



School Contact Information

School Name	School Phone #	School Site Coordinator	Email Address
Baker Elementary 9595 Eastridge Drive NE, Redmond 98053	425-936- 2790	Moriah Oster	moster@lwsd.org
Barton Elementary 12101 172nd Ave NE, Redmond 98052	425-936- 2480	Jody Hagler	jhagler@lwsd.org
Bell Elementary 11212 NE 112th St., Kirkland 98033	425-936- 2510	Brenda Yin Erika Langley	byin@lwsd.org elangley@lwsd.org

Einstein Elementary 18025 NE 116th Street, Redmond 98052	425-936- 2540	Renee Cunningh am	rcunningham@lwsd.org
Franklin Elementary 12434 NE 60th Street, Kirkland 98033	425-936- 2550	Stacey O'Brien	staobrien@lwsd.org
Keller Elementary 13820 - 108th Avenue NE, Kirkland 98034	425-936- 2580	Ashleigh Stuckey	astuckey@lwsd.org
Lakeview Elementary 10400 - NE 68 th ST, Kirkland 98033	425-936- 2600	Debus Frey Hayley Peters	dfrey@lwsd.org hpeters@lwsd.org
Mann Elementary 17001 NE 104th St., Redmond, 98052	425-936- 2610	Susan Conwell	sconwell@lwsd.org
Mead Elementary 1725 - 216th Ave NE, Sammamish 98074	425-936- 2630	Melissa Heye	mheye@lwsd.org
Muir Elementary 14012 - 132nd Ave NE, Kirkland 98034	425-936- 2640	Gail Anderson	ganderson@lwsd.org
Redmond Elementary 16800 NE 80th Street, Redmond 98052	425-936- 2660	Marina Rozey	mrozey@lwsd.org
Rush Elementary 6101 - 152nd Ave NE, Redmond 98052	425-936- 2690	Lloyd Byram	lbyram@lwsd.org
Sandburg Elementary 12801 - 84th Ave NE, Kirkland 98034	425-936- 2700	Tracy Measham	tmeasham@lwsd.org
Smith Elementary 23305 NE 14th Street, Sammamish 98074	425-936- 2710	Kellie Eaton	keaton@lwsd.org
Twain Elementary 9525 - 130th Ave NE, Kirkland 98033	425-936- 2730	Denise Dewalt	ddewalt@lwsd.org