

# LUNCH BUDDY NEWSLETTER

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May 2026

It's that time of year again! Time to prepare our buddies for the summer break, the joys of freedom, and the potential challenges of being away from their routine.

It's also time to celebrate you and the many ways you have made a difference in your student's school year. Please plan on attending our year end **Lunch Buddy Mentor Celebration on Monday, June 1<sup>st</sup> from 12:00-1:30**. 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, Tarikah, and Julie

## This Edition

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## Lunch Buddy Mentor Celebration

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It soon will be time for us to celebrate, you! Please join us for a light lunch to honor you and all you have done to support your lunch buddy. [Sign up now!](#)



**Date: Monday, June 1st, 2026**

**Time: 12:00-1:30**

**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 10 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.

[Puzzles](#)

[Coloring Pages](#)

- [Ice Cream Word Scramble](#)
- [Barbeque Crossword](#)
- [Summer Word Search](#)
- [Summer Bucket List](#)
- [Lego City Race Car](#)
- [Shy Axolotl](#)

#### How to Draw

- [Minion Father's Day Card](#)
- [Mom & Baby Bird – Drawing for Mom](#)

#### Mazes

- [Summer Mazes](#)
- [Beach](#)

#### I Spy

- [Summer](#)
- [Bugs](#)

## Jokes & Riddles

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**Q: Why did the ice cream truck break down?**

A: Because of the rocky road!

**Q: Why don't oysters share their pearls in the summer?**

A: Because they're a little shellfish!

**Q: What do you call a snowman in July?**

A: A puddle!



**Q: What did the ocean say to the sailboat?**

A: Nothing, it just waved.

**Q: What's a shark's favorite summer sandwich?**

A: Peanut butter and jellyfish!

## Skill Builder

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### *Supporting Students with ADHD and Similar Behaviors*

Growing up is difficult. Particularly for those who experience the world differently from their peers. In this newly released video, Dr. Shannon Hitch, LWSD Executive Director of Special Services, provides great information and intervention techniques to help you support students with ADHD and similar



behaviors. Take a look – the more you know the better you can understand your student. The video is [here](#). It's the last video link on the page.

## 3-Week Closure Process Timeline

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Some students face frequent transitions and unexpected changes in their lives, which can impact their sense of stability and security. By ending a mentoring relationship with a planned, gradual process, whether for the summer or permanently, you can provide youth with a healthy and positive closure experience. Since your mentoring experience follows the school year, there is a natural endpoint in June. The manner in which a relationship concludes can significantly affect a young

person. When approached with care and intention, closure can be both healthy and positive.

### **Week 1 (starting Monday, May 26<sup>th</sup>)**

- **Reflect on the Past Year:** Discuss the changes and growth observed in your lunch buddy.
- **Share Initial Feelings:** Talk about your feelings before first meeting your buddy and ask them about their initial thoughts. Share how you feel now and compliment your buddy (e.g., "I'm so happy to have met you and have really enjoyed getting to know you").
- **Highlight Favorite Activities:** Share the highlights or favorite activities of the year. Ask your buddy about their favorite memory or activity with you.
- **Closure Project:** Kits are available at your school. Assist younger buddies with parts of the project if needed. Contact your School Coordinator if you don't see the kits with other Lunch Buddy activities. Have fun!
- **Alternate Project available:** If your student has a sensitivity to the closure project, we have created an alternative project.

### **Week 2 (starting Wednesday, June 1st)**

- **Discuss Next School Year:** Ask if they are looking forward to the next grade, which friends they hope to have in their class, and if there is a specific teacher they are hoping to have.
- **Middle School Transition:** If they are transitioning to middle school, discuss their feelings about the new school, having multiple teachers, and any tours they have taken. Explore the middle school website together to alleviate anxiety and answer questions.
  - **Middle School Counselor Advice:** Use the laptop assigned to your buddy to explore the middle school website together. This activity can help them transition smoothly by familiarizing them

with the new environment, daily schedules, and available student activities.

- **Library Computer Access:** Email your School Coordinator ahead of time to arrange the use of a library computer if needed.
- **Share Your Intentions for Next Year:** Inform your buddy if you can continue mentoring next year and why you want to continue. Ask if they would like to continue with you in September. If you cannot continue, explain the reasons (e.g., job change, new responsibilities, scheduling conflict, moving).
- **Complete Closure Project:** If not already done, complete the closure project today.

### **Week 3 (starting Monday, June 8th)**

- **Discuss Summer Break Plans:** Share your plans for the summer and ask your buddy about their plans. Be sensitive to their financial situation and discuss activities they might do at home.
- **Express Your Feelings:** Share that you will miss seeing them over the summer but look forward to catching up in September if this is your intention.
- **Special Card and Gift:** Your buddy will have a special homemade card and thank you gift for you. Check with your School Coordinator for the last day of Lunch Buddies.

By following this structured timeline, you can ensure a positive and healthy closure experience for your lunch buddy, providing them with stability and security during transitions.

### **Summer Journals**

Do you and your buddy enjoy writing or drawing? We have summer journals perfect for recording your activities over the summer. When you start visiting in September, you can bring your journals and share your

experiences with each other. Sharing your journal with your buddy can strengthen your friendship and provide a great way to reconnect after the summer break.

If you're interested, ask your School Coordinator or email us at [lunchbuddy@lwsd.org](mailto:lunchbuddy@lwsd.org). Happy journaling!

## Closure Project and Alternative

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This June we are doing a fun STEM project with our buddies – **Making Bouncy Balls**. Here's a bit more information about this project.

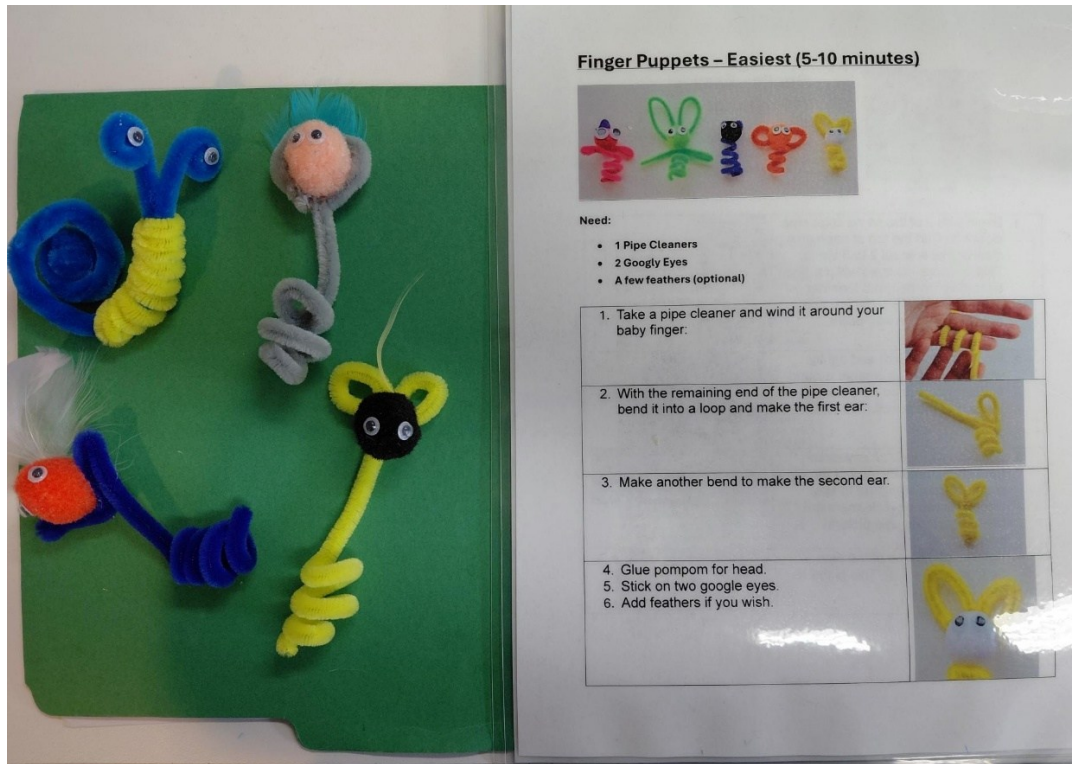


### The Closure Project Supply Box Includes:

A plastic bag for you and your buddy which includes:

- Cup with lid
- 2 bags of powder
- Ball mold
- Water Bottles
- Instruction sheet with STEM notes

For those students who have a sensitivity to this project, we have an alternative project using pipe cleaners.



### The Alternative Project Supply Box Includes:

- Pipe cleaners
- Googly Eyes
- Pompoms
- Small Feathers
- Glue
- Instructions

## Reminders

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### Maintaining Communication Boundaries in the LINKS Lunch Buddies Program

As mentors in the LINKS Lunch Buddy program, it is imperative that you strictly adhere to the Lake Washington School District's guidelines on

communication boundaries. To ensure the integrity of our mentoring relationships, we must avoid sharing any personal contact information with students or their families. This encompasses all forms of communication channels, including, but not limited to, home addresses, phone numbers, email addresses, and social media accounts.

It is essential to remember that all mentor-mentee interactions are to be conducted solely within the confines of the school setting.

### **Gift Guidelines**

Many of you have asked if you can give your Lunch Buddy a year-end gift. Below is our guidance that is stated in the Lunch Buddy Mentor Manual.

In general, giving gifts to students is not encouraged. If it is important to you, you should:

- Ask your Lunch Buddy School Coordinator
  - Some families do not wish for their children to receive gifts
  - Coordinator needs to check on any listed allergies, if the gift is food
  - If the school site coordinator gives you permission, the gift needs to be of nominal value (less than \$5)
- Your friendship and the time you share are the most generous gifts you could ever give!

## **Dates to Remember**

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<b>May 22</b>	No School – LEAP Day
<b>May 25</b>	No School – Memorial Day
<b>May 26</b>	School Closure Make-up Day (if needed)
<b>June 1</b>	Lunch Buddy Mentor Celebration
<b>June 12</b>	Check with your coordinator for the last meeting day
<b>June 17</b>	Last Day of School



## **School Contact Information**

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<b>School Name</b>	<b>School Phone #</b>	<b>School Site Coordinator</b>	<b>Email Address</b>
<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	mrozey@lwsd.org
<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>