LUNCH BUDDY NEWSLETTER

Connect • Share • Learn • Support

October 2026



As the weather starts to cool, we hope you're starting to build up some consistency with your Lunch Buddy visits. Each week, you are likely to learn more about your buddy's personality and preferences. You can further connect with your unique buddy by using the new activities and tips included in this newsletter.

To help you gain a deeper understanding of the mentoring experience, this November's Mentor Meetup will include Guest Speaker, Na'eemah Webb from LWSD's Student Excellence Engagement Department. She will take us through her journey from mentee to mentor. Please join us for our **November Mentor Hour, Thursday, November 19thth from 12:30 PM to 1:30 PM**. You can RSVP now. More information about the event is contained in this newsletter, along with 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

- November Mentor Hour
- Postcard Pilot Program
- New Activity Bins
- Activity Ideas
- Jokes/Riddles
- Reminders
    - Mentor Resource Web Page
    - Communication Guidelines
- Dates to Remember
- School Contact Information

November Mentor Hour
Why Mentoring Matters

Tea, Cookies & Conversation
with Guest Speaker Na'eemah Webb



We are excited to welcome Na'eemah Webb from LWSD's Student Excellence Engagement Department as our special guest speaker. Na'eemah will share how her journey as both a mentee and a mentor have shaped her life and perspective. She will also discuss how each family's unique experiences influence their view of mentoring and the importance of building trust and meaningful relationships between schools, families, and mentors.

Please join us for this relaxed morning of connection, conversation, and community with fellow Lunch Buddy mentors. Whether you've been mentoring for years or are just getting started, this is a wonderful opportunity

to meet other mentors, share experiences, exchange ideas, and enjoy casual conversation over tea and cookies.

Sign up now! for **November's Mentor Hour**

Date: Thursday, November 19th, 2026
Time: 12:30 PM to 1:30 PM
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 Pl 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.

Postcard Pilot: Stay Connected When You Miss a Visit



We know life happens, and sometimes mentors need to miss a scheduled Lunch Buddy visit. To help mentors stay connected with their buddies, we're launching a Postcard Pilot Program!

Good news! Fun, kid-friendly postcards are now included in mentor envelopes. If you know you'll miss a visit, simply write a brief message and give it to your coordinator in advance so it can be delivered on your regular meeting day.

Even when you can't meet in person, a quick note can help your buddy feel remembered, valued, and supported. A handwritten note, postcard, or greeting card can make a big difference.

> **Example:**
> *"Hi buddy! I have a work commitment this week and won't be able to visit. Good luck with your math test! I can't wait to hear how it went when I see you next week."*

Thank you for helping your Lunch Buddy feel cared for and connected, even when you can't be there in person. Small gestures can have a lasting impact! 💙

Introducing New Activity Bins!



We're excited to introduce **new activity bins** for mentors and buddies to explore together!

Each bin is stocked with a variety of craft supplies, offering endless opportunities for creativity, conversation, and fun. Whether your buddy enjoys drawing, building, coloring, or creating something completely unique, there's something for everyone. Need inspiration? Each bin also includes an **Activity Idea Book** filled with project suggestions and activities to help get you started.

The Activity Bins are a great way to strengthen your connection while encouraging imagination and self-expression. Be sure to check them out during your next visit and discover all the creative possibilities waiting inside!

Grab a bin, get creative, and make something amazing together!

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.

Puzzles

- Halloween Costume Word Scramble
- Trick or Treak Word Search

All About Me

- K- 3rd Graders
- 4th & 5th Graders

Coloring Pages

- Owl in Tree
- Halloween Color by Number
- Toy Story
- Lego Rescue Boat

How to Draw

- Simple Fox
- A Farm

I Spy

- Halloween

Jokes & Riddles

Q: What time of year do people get injured the most?
A: In the fall.
Q: Why did the scarecrow win a prize?
A: Because he was outstanding in his field.
Q: Who helps little pumpkins cross the road to school?
A: The crossing gourd.
Q: How do you fix a broken jack-o-lantern?
A: With a pumpkin patch.
Q: Why are ghosts so bad at lying?
A: You can see right through them.



Q: What's the best thing to put into a pumpkin pie?
A: Your teeth.

Reminders

LINKS Lunch Buddy Mentor Resource Web Page

Great resources are always available on our Mentor Resource Page. This page includes:

Skill Builders – tips to get your student talking, goal setting, and making connections with your Lunch Buddy.

Activity Ideas – coloring & drawing, puzzles, jokes & riddles, games

Mentor Training Videos – subjects include mentees with anxiety, better communication, growth mindset, autism, and ADHD.

Check it out!

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.

Dates to Remember

Oct 16	No School – LEAP Day
Nov 11	No School – Veterans Day
Nov 25	Half Day
Nov 26-27	No School – Thanksgiving Vacation



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 Cunningham	rcunningham@lwsd.org
Franklin Elementary 12434 NE 60th Street, Kirkland 98033	425-936-2550	Stacey O'Brien Sherry Torpy	staobrien@lwsd.org storpy@lwsd.org
Keller Elementary 13820 - 108th Avenue NE, Kirkland 98034	425-936-2580	Ashleigh Stuckey	astuckey@lwsd.org
Lakeview Elementary 10400 – NE 68th 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	Sarah Gray	sgray@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	Kirsten Montgomery	kmontgomery@lwsd.org