

"Friday Knight Live"

The Kellogg Middle School Biweekly Newsletter

October 23, 2009

First Dance and School-wide Spirit Week!

Next Wednesday, Thursday and Friday, October 28-30 are Kellogg Fall Spirit Days. There will be "dress up" days, a pep assembly, and our first school dance. Here are some more details about these events that parents should know:

- **Dress up days:** Wednesday is Blue & Gold day. Students are asked to wear our school colors: Blue for 7th and Gold for 8th graders. Thursday is Crazy Hat, Hair or Clothes day. Friday is Costume Day, when student who want to participate can wear costumes if they wish. These activities are designed to be fun for students, but school rules about appropriate dress still apply. Students may not wear clothes or costumes that are too revealing, nor may costumes include face paint, masks, fake blood, weapons, or portray inappropriate behaviors such as use of drugs or alcohol.

- **Pep Assembly:** Our first pep assembly of the year will be Wednesday, Oct. 28 near the end of the school day. Students will learn a spirit yell, recognize our fall sports teams, and hear more about the other spirit days.

- **Dance:** On Thursday, Oct 29, the PTSA is helping sponsor our first dance and activity day after school. When there is a dance, Hang Time is cancelled for that day. The dance is from 3:00-4:45. Activity buses will be provided for those students who need a ride home. There is a cost for this activity, which is \$2 with an ASB card and \$4 without an ASB. Student may buy their tickets either Wednesday or Thursday during lunch, or at the door when the dance begins. Buying their admission early insures that they won't have to wait in line when the dance starts. Although we call this event a "dance", it is really an all-school activity time. The dance will be in the cafeteria, the Activity Center will be open for refreshments, and the Gym will be open for games during this time.

If you would like to help with chaperoning the dance, or helping with refreshments, please contact our PTSA volunteer coordinator, Jodi Knudson at jknudson@comcast.net. We encourage parents to be involved with this activity and appreciate all the PTSA does to support these events.

Support the Kellogg Associated Student Body (ASB) by paying your \$20 ASB fee today! One hundred percent of the ASB fee goes to support student activities, such as, Hang Time, athletics, and school dances.

Families: Has your family been impacted by divorce? Although divorce is fairly common, it is still very stressful for students. If you think your student would be interested in being in a small group to learn more about how teens cope with divorce please talk to Marie Hurtado-368-4786- for more details. This group is open to all students. Space is limited so don't delay!

Athletes interested in **SEASON TWO sports**, which are **BOY'S BASKETBALL** and **GIRL'S VOLLEYBALL**, need to make sure they have turned in a 2009-2010 Athletic Packet, paid the annual ASB fee AND the \$10 tryout fee. These are both "cut" sports, which means that all students will need to try out to be on the teams. **Tryouts we be immediately after school in the gym on the following days:**

Girl's Volleyball - Nov. 4, 6, 10, 13, 17



Boy's Basketball - Nov. 5, 9, 12, 16, 18

Students that have already participated in a sport this school year just need to fill out an updated Student Athletic Emergency Card and pay the tryout fee.

If you have any questions please contact Ms. Finnigan at 206.368.4783 or via email at:

aileen.finnigan@shorelineschools.org

Athletic forms may be downloaded at: <http://schools.shorelineschools.org/kellogg/sportscal.php>



What Families Can Do: Teens and Substance Abuse

Please join us for Dinner and a Family Education Night presenting information that parents, students and staff need to know about:

- * Statistics and trends in substance use
- * Teen brain development and the effects of substances
- * Research based intervention tips

When: Tuesday, November 10th 2009, 6:30PM until 8:00PM

Where: Shoreline Center, 18560 1st Ave NE Shoreline WA 98155

In the Spartan Room

What: Dinner, Presentation by Kevin Haggerty and Question and answer session with Chemical Dependency Professions and Treatment Professionals from the community

Cost: **It's FREE!** Dinner provided by funding form the Center for Human Services, Partners in Prevention.

Contact: Danielle Bock from the Center for Human Services for more information 206-362-8804

Kellogg PTA Presents The 2009-2010 Reflections Arts Program Theme: "Beauty is..."

The Reflections Program is a National PTA and a Washington State PTA cultural arts competition. The purpose for this program is to provide an opportunity for students to use their creative talents by expressing themselves through their own original works, created around a specific theme. This year's theme is "Beauty is..." and you decide what the phrase means to you. Students can enter up to two works in each of the following arts areas. Only original works of art created by the artist working alone will be accepted.

Arts Categories:

Dance Choreography - create original choreographed dance and perform it on tape.

Film Production - fiction or nonfiction video created as animation, a narrative, documentary, experimental, or music video.

Literature - works of fiction, nonfiction, poetry, prose, drama, short stories, and lyrics.

Music Composition - original musical composition, with or without lyrics.

Photography - prints up to 11"x14" in color or black and white, including techniques of photogram, retouched, montage, sandwich, and multiple exposures.

Visual Arts - prints, drawings, painting, collages, photographic collages, metal etching, fiber work and computer generated art. Works of art must be flat and may not exceed more than 3/8" thickness.

Artwork may not exceed 24" x 30" including matting.

Entry packets will be available by October 14th in the main office or on the Kellogg PTSA Website: <http://www.kelloggptsa.org/parent.html>. Finished entries should be turned into the main office at school, on or before, November 18th. Every complete entry gets a chance of winning a raffle prize.

For more information, please contact Debbie Russell or Susan Martin at KelloggReflections@gmail.com.

November 1, 2009 "Calling for Kids" Phonathon

Phones will ring on SUNDAY, NOVEMBER 1 as the Shoreline Public Schools Foundation carries on its tradition of "Calling for Kids" to raise money for grants and scholarships that will benefit all Shoreline students. Teachers, parents, high school students and community members will be calling homes and asking for your pledge of support.

Since 1992, the Shoreline Public Schools Foundation has raised over \$2.5 million dollars to fund the following grants and scholarships:

- ☛ classroom grants
- ☛ community-wide grants
- ☛ *summer school grants
- ☛ *secondary enrichment scholarships for 7th-11th graders
- ☛ *educator scholarships
- ☛ *annual building goal and opportunity grants

Working together, we can ensure an excellent education for all our kids!

If you are not able to answer our call on Sunday, November 1, donations may be made by contacting:

Shoreline Public Schools Foundation

18560 1st Avenue NE
Shoreline, WA 98155
206.368.4107

shorelinefoundation.org <<http://shorelinefoundation.org>>

You are invited to attend the biggest literary celebration to happen in Seattle this year! Seattle Bookfest 2009 is October 24th & 25th and takes place at the Columbia City Event Center, a charmingly converted historic school building located at 3528 S. Ferdinand. The event will run from 10am to 6pm, both Saturday and Sunday, and features something for everyone! There will be:

- ☛ Over 100 local authors on five reading stages, including stages for poetry and children's authors
- ☛ Panels such as "Getting Published, from A to Z," "Contemporary Graphic Novels," and "Vampires and Zombies and Zombies, Oh My!"
- ☛ More than 50 exhibitor booths featuring local publishers, bookstores like Third Place Books and Fremont Place Books, and many organizations from the literary community
- ☛ A bookbinding demonstration and workshop on How to Write a Novel in a Month
- ☛ A bookswap courtesy of Friends of the Library (bring a book to swap or buy one for \$1)
- ☛ A Scrabble contest, Grammar Bee, and Mad Libs Party
- ☛ This event is free to the public, but there is a \$5 suggested donation.

You can check out the website, www.seattlebookfest.com, for more information on which authors and exhibitors will be attending the event, to see a schedule for each day's events, and to find out how to get to the event center. We look forward to seeing you there!

150 Ways to Show Kids You Care

Join the commitment to a positive and healthy school climate.

- Apologize when you've done something wrong.
- Learn what they have to teach.
- Use your ears more than your mouth.

H1N1 vaccinations available for people with no health insurance and significant health problems

As private providers begin to receive H1N1 influenza vaccine for their patients at highest risk for complications, starting Wednesday, October 21, Public Health ^ Seattle & King County is making vaccinations available for people without health insurance who are at increased risk because they have significant health problems.

Four Public Health vaccination clinics will be open to people up through 64 years of age who have significant health problems that put them at greater risk for serious complications for H1N1. Examples would include heart disease, lung disease, asthma, kidney disease, diabetes and HIV/AIDS.

Most children and pregnant women have public or private health care coverage, so it is anticipated that the clinics will primarily serve uninsured adults. People over age 65 are at relatively low risk for H1N1 influenza and so should not seek vaccination at this time.

For people who have health insurance, local health care providers are receiving initial, small shipments of vaccine for their existing patients who need protection most. Vaccine availability from health care providers is expected to improve gradually as additional supplies arrive in upcoming weeks.

Public Health clinic details

Four Public Health H1N1 vaccination clinics will be operated at the following locations:

White Center Public Health Center (10821 8th Ave SW, Seattle)
Alder Square Public Health Center (1404 Central Ave S., Suites 101 & 112, Kent)
North Public Health Center (10501 Meridian Ave N., Seattle)
Federal Way Public Health Center (33431 13th Place S., Federal Way)

All clinics will be open 8:30 a.m. ^ 5:30 p.m. on Monday, Tuesday, Wednesday and Fridays and 8:30 a.m. - 7:00 p.m. on Thursday. All clinics are walk-up and appointments will not be needed or scheduled. Visit the Public Health H1N1 influenza website at www.kingcounty.gov/health/H1N1 <<http://www.kingcounty.gov/health/H1N1>> for clinic directions.

Vaccinations at these clinics will continue over time, pending vaccine availability from the federal government.

Clinic locations may also expand with demand. As supply increases, more vaccine will be available in Public Health clinics and other community locations. The Public Health website will be updated regularly with information on vaccine availability.

Last Friday, the Centers for Disease Control and Prevention (CDC) announced that vaccine production is proceeding slower than originally expected, which will result in smaller amounts of vaccine in ongoing deliveries over the next two months.

Call center activation

Beginning Wednesday morning, October 21, the Flu Hotline at 877-903-KING (5464) will be staffed with operators to answer questions about H1N1 influenza and provide information about Public Health ^ Seattle & King County vaccine clinic locations for people without insurance and with significant health problems. Hours of operation with operators will be 9 a.m. to 5 p.m. weekdays; recorded information will be available 24 hours a day.

UPCOMING DATES

October 29	All School Dance (3pm-4:45pm)
November 2	Progress Report
November 4	1 st Day of Girl's Volleyball Tryouts
November 5	1 st Day of Boy's Basketball Tryouts
	Red Ribbon Day (Drug & Alcohol Awareness Info at lunch)

Kellogg Knights Sports Calendar

October 26	Girls Softball (Einstein @ Kellogg)
October 28	8 th Grade Football (Kellogg @ Einstein)
October 29	Coed Cross Country (Kellogg @ Einstein)
November 3	Coed Cross Country (League Championship @ Shoreline Stadium, 3:30 start time)
November 4	1 st Day of Girl's Volleyball Tryouts
November 5	1 st Day of Boy's Basketball Tryouts

Community Events & Information

Calling All Kids Ages 1—100+!! Join us for
Gilda's Club Seattle's 8th Annual

Noogiefest!

Featuring:
games, treats, face-painting,
The International Pirates,
mask-making, prizes,
& a spooky haunted house!

Free of charge and open to the public!

Put on a costume and come celebrate Halloween at Gilda's Club Seattle, a free-of-charge, non-profit community clubhouse for everyone touched by cancer. Noogiefest is open to people with cancer, their loved ones, those working with people with cancer, and their families & friends.

Friday, October 30th from 6:00—8:00pm
Please RSVP to attend at 206-709-1400 or
www.gildasclubseattle.org

At Gilda's Club Seattle
1400 Broadway
Seattle, WA 98122

Gilda's Club Seattle is a cancer support community that provides free social and emotional support to men, women, and children whose lives have been touched by cancer.



The Shoreline School District is providing information about these activities as a service to our families and students. These activities are NOT sponsored by the School District and the District assumes no responsibility for conduct or safety in any of the above listed activities. In consideration for the privilege to distribute these materials, the School District shall be held harmless from any cause of action, claim, or petition filed in any court or administrative tribunal arising out of the distribution of these materials, including all costs, attorney's fees, and judgments or awards.