



Shorewood News – April 2019

President's Message

Welcome to April and the long-awaited arrival of Spring!

Thank you so much to everyone who donated food and time to put on a wonderful staff appreciation lunch on Friday, March 15th. Principal Dunbar sent along his thanks on behalf of the Shorewood staff: "The food was so delicious and varied. It's one of my favorite events of the year when the building fills with the aroma of the meal and our whole staff gets to come together, smile, relax, laugh and enjoy such great food and fellowship. All of the school day staff had a chance to enjoy and the evening custodial crew sent a special thank you for the leftover feast during the evening shift."

Speaking of food and fellowship, the LGBTQ and Allies Family Potluck is coming up this Thursday, April 4th. Now in its 4th year, this free community event is sponsored by the Shoreline School District and the Shoreline PTA Council. Come join us in the Shoreline Room beginning at 5:30pm for potluck dinner, entertainment, inspiring speakers, door prizes and more! RSVP [here](#) for the Potluck. More [volunteers](#) are also needed; a great opportunity for students who need service hours!

General Membership Meeting & PTSA Awards Reception - Tuesday, April 2nd - 7pm in the Career Center

Please join us for a General Membership meeting on Tuesday, April 2nd. We will have a quick business meeting, including elections for 2019-2020 officers, followed by a reception with treats from the Culinary Arts department honoring the winners of the Shorewood PTSA awards. Thank you to everyone who took the time to send in a nomination.

Lattes for Letters

On March 13th, PTSA sponsored their annual **Lattes for Letters**. Each year, any Shorewood staff member who has written a letter of recommendation on behalf of a Shorewood senior, can put their order in for a drink from One Cup Coffee. This year, One Cup created 42 specialized drinks for staff.

Over 250 letters have been written this year for the senior class. A big shout out to the counselors, who alone write almost half of those letters!!

This is a very popular and fun event that could not be done without the help of many people. The morning begins at One Cup, followed by volunteer parents who transport the drinks to

Shorewood. There, they are greeted by students in the College and Career Center who eagerly deliver the drinks.

Thank you to the staff at One Cup Coffee, Marianne Stephens, parent drivers, student deliverers, and of course all the Shorewood staff who take the extra time out of their day on behalf of their students!

Until next year - cheers!

Help the SW Counseling Office

The counseling office needs composition books, mechanical pencils & pencil lead and Scotch tape. If you are willing and able, please drop donations off at the counseling office. If you are willing but cannot get the supplies to the school, contact Carrie Campbell at campbrit@hotmail.com to arrange a pick-up. Thank you!

Shorewood Experience

As you have probably noticed, public education and all the amazing opportunities at Shorewood do not come free. Though we are fortunate to live in a giving community that approves bonds and levies for our students' needs, these do not cover all the costs of going to high school or preparing for graduation. It can cost more than \$350 for 9th – 11th graders and over \$800 for seniors preparing to graduate.

The PTSA's mission is to support student learning. Studies show that students are better prepared to learn when they are not hungry, when they have supplies they need, and when they can participate fully in their school community. How can you help?

- Donate to the [Shorewood Experience](#). Read more and click the Donate button on the [PTSA website](#).
- Donate bus passes and bus pass coupons to the Shorewood Counseling office.
- Give your time by donating at [The Works](#).

Thank you for caring about and for your community. Please contact Carrie Campbell (campbrit@hotmail.com) with questions about PTSA's support for families at Shorewood.

Senior Spree

Senior Spree tickets are on sale...get yours now and secure your spot at this fun post-graduation event on June 9th! Tickets are \$175 each. You can drop off registration forms and payment at school or pay online: <https://www.shorelineschools.org/domain/1128>

Calling all parents...we need some help to make sure Senior Spree is a safe and fun event for our seniors! We need chaperones (all night commitment, 9pm-6am), help with a fun activity (3am-5am) and help serving an early breakfast (4am-5am). More details about location will be

closer to the event (it's a surprise for our seniors!!). If you or someone you know is able to help, click [HERE](#) to sign up.

Suicide Prevention & Mental Health

Thank you to all our families that attended our Forefront Suicide Prevention Parent Training March 19th. We covered the acronym LEARN™ and sent valuable information and resources home for parents to process and refer back to. Our parent educators are here to answer questions you might have from any of our training. Visit our Shorewood PTSA website (www.shorewoodptsa.org) for parent and teen resources or to email our parent educators with questions or comments. We are here to help. Did you know there are classes available for Youth Mental Health First Aid? For more information, visit www.mentalhealthfirstaid.org

Here are 5 tips for “[How to talk to your teen about mental health](#)” by Danielle Poole, www.mentalhealthfirstaid.org

1. **Be genuine.** Teens can see right through an adult who is “faking it.” If you’re feeling uncomfortable in a discussion with a young person, admit it. Say something like, “This is hard for me to talk about, so I totally understand if it’s difficult for you too.”
2. **Be careful about using slang.** You might think you’re “hip” and “with it,” but trying to use slang that you don’t normally use just to “connect” with a teen is a bad strategy—they’ll be able to tell immediately. Stick with language you’re comfortable using.
3. **Allow for silence.** Just like anyone, teens may struggle at times to express what they want to say. Interrupting a silent moment may prevent someone from having enough time to formulate their thoughts—be patient.
4. **Switch up the setting.** *Where* you have a conversation about mental health or substance use could make you or the teen you’re talking to more comfortable. Maybe taking him/her/them out to dinner will help open up conversation. Some adults find it easier to talk to a young person while doing another activity, like driving in the car, washing dishes or walking the dog. Sometimes talking during an activity that requires little eye contact can make the conversation more comfortable. Figure out what works best for everyone.
5. **Don’t trivialize their feelings.** Good advice for any conversation. Mental health challenges can occur at any age. Wondering what a young person has to be depressed or anxious about implies that their life experiences and emotions are less valid just because of their age.

Free Tax Preparation Help

Looking for help filing your taxes this year? United Way is offering free tax preparation services at many locations across King County now through April 18th, 2019. Check out their website at <https://www.uwkc.org/need-help/tax-help/> to find your closest location. They can offer help

to any families who earned less than \$66,000 in 2018 in many languages. Just bring your Social Security cards or ITINs, Photo ID and all tax statements like your W-2s. Thank you!

Calendar

April

- 4/2 PTSA Board meeting, 7:00 pm, Career Center
- 4/4 Shorewood Mobile Dental Clinic
- 4/5 PTSA/Principal's Coffee - 8:00 am, check in at office
- 4/11 College & More Night
- 4/22–4/26 No School – Spring Break
- 4/29 Shorewood Mobile Dental Clinic
- 4/30 Shorewood Mobile Dental Clinic

May

- 5/3 PTSA/Principal's Coffee - 8:00 am, check in at office
- 5/7 SW PTSA Board of Directors Meeting – Career Center, 7:00 pm
- 5/14 Shorewood Mobile Dental Clinic
- 5/27 No School – Memorial Day Holiday