



## Shorewood News – November 2018

---

### Remember to Vote – November 6<sup>th</sup>

#### President's Message

*Kim Ositis, President*

Thank you to everyone who joined us at the General Membership meeting on Thursday, October 25<sup>th</sup> where we approved the 2018-2019 Annual Budget, Standing Rules, and Goals. Click [HERE](#) to read the approved documents.

We were excited to welcome more than 65 new members and raise more than \$3,000 during Curriculum Night. It is not too late to join and make a Pass the Hat contribution. **Any donations made between now and November 9<sup>th</sup> will be matched dollar for dollar by an anonymous Board member, up to a total of \$1,000!** Read more below about how to join and contribute.

We are looking forward to some exciting events coming up in the next few months!

- Forefront parent suicide prevention presentation on Wednesday, November 7<sup>th</sup>, 6:30-8:00 pm at Shorecrest High School in the Commons
- Holiday Baskets event on Saturday, December 15<sup>th</sup> and associated Food Drive starting on December 3<sup>rd</sup>
- Staff Appreciation Breakfast on Friday, December 14<sup>th</sup>

Parents and guardians are welcome to all of our monthly meetings. We invite you to join us at our next Board of Directors meeting on Tuesday, November 6<sup>th</sup> at 7pm in the Career Center to learn more about the PTSA activities at Shorewood.

#### Your PTSA Needs You!

*Krista Keller, PTSA Membership/Pass the Hat Director*

#### Help Us Reach Our Goal of 360 Members

Hello Shorewood Family! Thank you and welcome to our newest members who joined Shorewood PTSA at Curriculum Night. We are at 262 members. Our goal is to reach 360 members - an increase of 20% from last year! **Help us reach our first mini-goal of 300 members by November 9<sup>th</sup>.** You can send your membership form via mail, drop it off at the front office, or join online at [www.shorewoodptsa.com](http://www.shorewoodptsa.com).

#### Pass the Hat Donation Match

One of your PTSA board members has presented a challenge! **All Pass the Hat donations received between now and Friday, November 9<sup>th</sup> will be matched, up to a total of \$1000.** As with memberships, donations may be mailed, delivered to the front office or submitted online at [www.shorewoodptsa.com](http://www.shorewoodptsa.com). Let's meet this challenge!!

## PTSA Academic Support Task Force

The Shorewood PTSA is seeking volunteers to serve on a short-term (3-4 month) special committee to evaluate the academic support budget items that the PTSA currently funds and make recommendations to the Board of Directors. An example of this is the SAT Prep class. The PTSA has made the difficult decision to not offer SAT Prep classes this fall while we evaluate the costs and benefits of continuing to fund this important program. We need parent and student input on how best to use donations raised from our school community to have the most impact on our students and families. If you are interested, please contact Kim Ostitis, Shorewood PTSA President, at [president@shorewoodptsa.com](mailto:president@shorewoodptsa.com).

## Holiday Baskets

*Carrie Campbell, PTSA Family Services*

November means the holiday season is ramping up. One of the most important things we do during the holidays is our Holiday Basket – Food & Gift Drive. We hope you will participate.

The “Holiday Baskets” Food, Toys, & Teen Gifts drive is the combined efforts of the Shoreline PTA Council, Shoreline Fire Department, Hopelink, Rotary Club of Lake Forest Park, the City of Shoreline, and Dale Turner Family YMCA to provide holiday food and gift support to Shoreline School District families in circumstances that make it challenging to provide for their children. The Holiday Baskets program typically supports around 500 families. The Shoreline PTA Council coordinates a food drive and collection of teen gift cards throughout all of the Shoreline Schools. Toys are collected at various locations in the community.

**The 2018 donation drive in the schools is being held December 3<sup>rd</sup> - 14<sup>th</sup>. Shorewood will be collecting Paper Towels and Peanut Butter (NO GLASS CONTAINERS PLEASE).** We also collect all other non-perishable food items and the Teen Gift Cards, but we are specifically responsible for peanut butter and paper towels for the Holiday Baskets assembled at Kellogg on Saturday, December 15<sup>th</sup>. Please send in all paper towels, food and gift card donation items with your student OR drop them off yourself. The ASB leadership team has a great time organizing the items, including the very fun Paper Towel Tower in the Commons. Watch as it grows!

Want to volunteer on the 15<sup>th</sup>? Click [HERE](#) to sign up to help assemble baskets. Need more information? Please contact Carrie at [campprit@hotmail.com](mailto:campprit@hotmail.com). Thank you for your generosity.

## Staff Appreciation Breakfast

Please save the date for our first staff appreciation event of the year. The PTSA and volunteers will be providing breakfast to our hardworking staff the morning of Friday, December 14<sup>th</sup>. Look for more information coming soon. If you have questions or are interested in helping, please email PTSA VP Shannon McMaster at: [mcs Shannon79@hotmail.com](mailto:mcs Shannon79@hotmail.com).

## Thank You for the Homecoming Desserts

Thank you to everyone who contributed desserts for the Homecoming dance. They were a big hit and much appreciated by the dance attendees.

## Annual Wreath and Poinsettia Sale

Enrichment for Quality Classrooms (EQC) is accepting orders for its 21<sup>st</sup> annual wreath and poinsettia sale. Options include red, white or pink poinsettias (\$15), wreaths (\$20) and bows for the wreaths (\$4). Find the order form at [www.shorewoodptsa.com](http://www.shorewoodptsa.com), and sent it to the school by Monday, November 19<sup>th</sup>. Make checks payable to EQC/PTSA. Pickup for all orders is Wednesday, November 28<sup>th</sup>, 2:30-6:00 pm in the Alumni Room just off the Commons.

## Suicide Prevention Education Night for Parents

**Wednesday, November 7<sup>th</sup>, 6:30 – 8:00 pm, Shorecrest High School Commons**

Please join us for our 2<sup>nd</sup> annual presentation as we discuss how to interact with kids when talking about mental health. Learn how to help them help themselves and their friends when dealing with stress, depression, or anxiety. The LEARN™ steps are designed to help empower individuals to play a role in recognizing peers, friends, and family who might be having thoughts of suicide, and to know how and where we can refer those individuals to keep them safe. Click [HERE](#) for more information about the presentation.

## Vaping

*Amber Langon, Prevention/Intervention Counselor*

Shorewood High School, along with many other schools, is seeing a spike in incidents involving student vaping. Complicating this issue is that there is varying information and misunderstanding involving vaping and/or electronic cigarettes. We take this issue very seriously due to the negative health effects vaping can have on our students and find that parents are often not aware of the risk around vaping.

**What is vaping?** Vaping is the act of inhaling a vapor produced by an electronic vaporizer or e-cigarette. The e-liquid in vaporizer products usually contains a propylene glycol or vegetable glycerin-based liquid with nicotine, flavoring, metals and other chemicals such as THC, the chemical responsible for most of marijuana's mind-altering effects. The e-liquids that are vaporized can come in many different flavors, might smell fruity and often times are marketed towards our youth; such flavors are cinnamon roll, bubble gum, lemonade, blue raz cotton candy and gummi bear.

**What do Vaping Devices look like?** Vaporizers/e-cigarettes come in all different shapes. Some common styles we see look like thick pens, a stylus for a tablet, a flash drive or a small flask with a round chimney coming off the top (see pictures below). The devices are very small and can easily be hidden on a person or blend in with normal backpack items. It is illegal for stores to sell these products to people under 18, however students can order products (vaporizers, e-liquids) online. Students also report buying them from older siblings, friends or even parents. The most popular vaping product is the JUUL, which is a small, sleek device that resembles a computer USB flash drive. Its subtle design makes it easy to hide, which helps explain why it has become so popular among middle and high school students. It now accounts for about 72 percent of the market share of vaping products in the United States.

Research has shown that nicotine is addictive and can harm brain development, which continues until about age 25. We know that using nicotine may make it harder for school related task such as learning and concentrating. We have provided resources for you and your family to have the conversation about the dangers of vaping.



### **Resources and References:**

[Truth Initiative](#)

[Truth Initiative - JUUL](#)

[Center on Addiction](#)

[Partnership for Drug-Free Kids](#)

[Surgeon General: Talk to Your Teen - A Tip Sheet for Parents](#)

Amber Langon, Prevention/Intervention Counselor: [Amber.langon@shorelineschools.org](mailto:Amber.langon@shorelineschools.org), 206.393.6107

## **Calendar**

### **November**

- 11/2 PTSA/Principal coffee, 8:00 am, check in at office
- 11/5 Shorewood Booster club meeting, 7:00 pm, Career Center
- 11/6 Election Day – Remember to vote
- 11/6 PTSA Board meeting, 7:00 pm, Career Center
- 11/9 Veterans Day Assembly, 9:35 am, Gym
- 11/12 No School – Veteran’s Day observed
- 11/21 Half Day Release – Thanksgiving holiday
- 11/22-11/23 No School – Thanksgiving holiday

### **December**

- 12/3 – 12/7 Holiday food drive, Shorewood focus items: peanut butter and paper towels
- 12/3 Mobile Dental Clinic
- 12/7 PTSA/Principal coffee, 8:00 am, check in at office
- 12/14 Staff appreciation breakfast
- 12/24 – 1/4 No School – Winter break