



October 9, 2020 Edition

Happy Friday everyone!

I hope each are enjoying the crisp fall air this week has offered. I thoroughly enjoy the beauty of the colors changing on all the foliage. As I was perusing some of my many readings, I came across an interesting article in Psychology Today titled, *How Autumn Leaves Color Our Inner Lives* that helps explain why the changing leaves actually do help lift spirits. It speaks to how it can help interrupt stress responses—many of us find ourselves with more stress than normal due to COVID and so much more. It's worth the read if you are intrigued. As a teaser, below is an excerpt from the article. For the full article, you can [click here](#).

The attention-getting power of brightly hued leaves has a practical side. An autumn stroll can be an excellent stress reliever, says Michelle Harris, M.A., LMHC, ATR-BC, who teaches counseling psychology and expressive arts therapy at William James College in Massachusetts.

Harris specializes in trauma-focused expressive arts therapy. She says, "When I work with clients who are very stressed, I try to interrupt their stress reactions with positive sensory and kinesthetic experiences." She notes that stress shifts the brain and body into survival mode, but a positive experience that redirects attention can reverse this process. "When you're walking and focusing on the changing leaves, you're no longer cuing your brain to run or fight," Harris says. "Instead, you're cuing your brain to pay attention to something beautiful and enjoy it."

Becoming more aware of day-to-day changes in colors and patterns can be an exercise in mindfulness. "I like to notice how the leaves are changing on the same tree each time I walk past," Harris says. "Are they yellower now? Have some dropped since last time? I find it meditative."

In addition to enjoying the beauty around me, I also take joy in the many things listed below that have been going on around campus, or are coming up soon:

Email Communication to Teachers: Please accept this gentle nudge to remember that if you or your child needs to email any of their teachers, it's very helpful to include both the student name and period in that communication. Teachers serve over 150 students each quarter/semester, so this small inclusion is so incredibly helpful. Thank you!

PTSA:

- **Open Positions – Please Consider:** PTSA at Leota is a wonderful and strong ally in our work for kids. Currently there are two positions that are unfilled—*Communications, VP, and Reflections Chair (minimal work due to Reflections being virtual this year)*. If you are interested in one of these dynamic, fun, collaborative, exciting positions, please contact our PTSA via their website: <http://leotaptsa.com/Home>
- **Upcoming Fund Drive:** Please be watching for more information to come home soon. The kickoff for our annual ASB/PTSA Fund Drive is October 19th.

Northshore Schools Foundation – Seeking Ambassador for Leota: The Northshore Schools Foundation does amazing work on behalf of NSD students and families. Each school has an Ambassador to aid in this work. Leota currently does not have an Ambassador. If you are interested in filling this role you can find more information at the following link: <https://www.northshoreschoolsfoundation.org/join-us/#beanambassador>

Indigenous Peoples' Day: Monday, October 12th is Indigenous Peoples' Day where we honor the past, present, and futures of Native peoples throughout the US. The holiday recognizes Native communities and celebrates their cultures, contributions, and resilience.

National Alliance of Mental Illness: This Saturday, Northshore School District welcomes the National Alliance of Mental Illness (NAMI) Eastside for part two of their series titled, 'Ending the Silence'. This virtual event is intended for all Northshore parents and guardians. The goal of this presentation is to support families, raise awareness about the warning signs of mental health conditions and what steps to take if you or a loved one are showing symptoms of a mental health condition.

When: Saturday, October 10th, 2020 from 10:00 AM - 11:00 AM

Where: Virtual

What: Mental health topics cover will include:

- Warning signs
- Facts and statistics
- Suicide
- How to talk with your student

How: [RSVP for this event.](#)

Disability History and Awareness Month:

October is Disability History and Awareness month where we hope to help increase awareness and understanding of the contributions of people with disabilities in our society. The following is a quote from the state regarding raising this awareness, "The legislature finds that annually recognizing disability history throughout our entire public educational system, from

kindergarten through grade twelve and at our colleges and universities, during the month of October will help to increase awareness and understanding of the contributions that people with disabilities in our state, nation, and the world have made to our society. The legislature further finds that recognizing disability history will increase respect and promote acceptance and inclusion of people with disabilities. The legislature further finds that recognizing disability history will inspire students with disabilities to feel a greater sense of pride, reduce harassment and bullying, and help keep students with disabilities in school." We are proud and honored to partner in this effort.

October is National Bullying Prevention Awareness Month: Bullying is an important topic, one in which all schools, including Leota, work hard to prevent. Below are the focus weeks throughout the rest of the month:

- Week of October 12th Stand Up for Others Week
- Week of October 19th Week of Inclusion
- Week of October 26th Talk with Peers About How to Make a Difference

Wednesday, October 14th: Each Wednesday is an early release day. Students should check in with their 4th period teacher from 8:30-8:50. Attendance on all Wednesdays is required and will be taken either live during the 8:30 check-in or asynchronously by verifying each student's Working Wednesday plan, which they complete each Wednesday via Google Form. Students will complete their individualized learning plan with support from their teacher. The school day for students will end at 1:35. *Thank you to all the 6th graders and WEB leaders who made this past Wednesday's WEB Social a huge success. I was able to pop into many different WEB Zooms and it was so fun seeing the students, hearing their giggles, and seeing them have a wonderful opportunity to meet with each other and build friendships. If your child missed it, don't fret! The first Wednesday of each month there will be a WEB Social. Please encourage your child to attend. They are a lot of fun!*

I hope you can each find some time to get outside and enjoy the beauty that surrounds us. Have a wonderful weekend.

Warmly,

Audee Gregor
Principal

Happy Friday to you! In this weekly bulletin, you will see:

- Next Week at Leota
- Library Books Curbside Checkout System
- Great Washington Shake Out--Safer at Home



Next Week at Leota

Oct. 12 Periods 1, 2, 3

Oct. 13 Periods 4, 5, 6

Oct. 14 Period 4 (8:30-8:50am) Check-in & Students Complete Working Wednesday Plan
Early Release-School Day Ends at 1:35pm
Library Book Check out 11-2pm (See detailed info below)

Oct. 15 Periods 1, 2, 3

Great Washington Shake Out--Safer at Home (See detailed info below)

Oct. 16 Periods 4, 5, 6



Leota Lions are readers! The Curbside Pickup/Book Bus Delivery is off to a great start. Over 80 students have already requested print books in the last two weeks. Your student can request books each week using the [Book Request Form](#) for curbside pick up on Wednesdays from 11-2 at the Leota main office or for delivery Fridays at a prearranged [Book Bus Location](#). Questions? Contact Mrs. Repp at krepp@nsd.org.

Great Washington Shake Out--Safer at Home

Your students are pros during the safety drills when we're at school, but how ready are they for an emergency at home? On Thursday, October 15, at 10:15 a.m., Leota is participating in the Great Washington Shake Out--Safer at Home Edition. On Thursday, first block teachers will remind students about tips to remain safe during an earthquake at home, including safety protocols like Drop, Cover, and Hold. We encourage all families to talk to students about what to do during an emergency and to participate in the state-wide drill at 10:15 on 10/15. Ready to practice? Use this [recorded 'live' drill announcement](#) to walk your family through the steps.

Want to know more about keeping your family prepared and safe during an earthquake? Check out this resource list:

[Ready.gov--Earthquakes](#)

[WA State Emergency Preparedness](#)

[WA State DOH Earthquake Readiness](#)

[Drop, Cover, Hold On \(video\)](#)

[In-depth info on Drop, Cover, Hold](#) (including what to do help those who need assistance and how it looks in various locations)



Leota Office Contact Info

Office Manager Felicia Casolary: fcasolary@nsd.org

ASB Secretary Melanie Spencer: [mspencer@nsd.org](mailto:m Spencer@nsd.org)

Attendance Secretaries: Barb Roetcisoender: broetcisoender@nsd.org;

Patricia Bong: pbong@nsd.org

Attendance Email: Lmsattendance@nsd.org

School Registrar Mary Hayes: mhayes@nsd.org

School Nurse Deb Park: dpark@nsd.org

Principal Audee Gregor: agregor@nsd.org

Upcoming Events

10/09	Complete the Leota PTSA Advocacy Survey (Link)
10/14	Leota PTSA General Meeting – Registration Link
10/15	The Great Shakeout Earthquake Drill (See Below)
10/19-11/6	Pave The Way Together Annual Giving Fund
10/24-25	WA State PTA Legislative Assembly (Virtual) – Includes Classes and Meeting with Legislators just for Students (\$25) – Register Today
10/31	Membership: Help us reach our goal by signing up you and your student up for a membership. (See Below)
	Sign Up for Staff Appreciation: staffappreciaiton@leotaptsa.com
	Sign Up for Science Olympiad Club: scienceolympiad@leotaptsa.com
NEW	Sign Up for Math Olympiad Club: matholympiad@leotaptsa.com
	Participate in Reflections Art Program (See Below) Volunteer Chair Needed

PTSA Mission: Make Every Child's Potential A Reality!

Leota PTSA General Meeting: October 14 @ 7pm

PTSA members are able to provide input into the activities that we will be offering this year, have an opportunity to meet with Leota staff and often we try to get a guest speaker. And we also try to have a lot of fun! No one wants to attend a boring meeting...including us! If you are new or experienced, please attend because we would like to meet you.

Register to have the meeting details emailed to you:

<https://zoom.us/join/zoom/register/tJEgcOytrj0sEtW4whiX8fI0QIDYHJTUz5-W>

Great Shakeout Earthquake Drill: October 15 @10:15am.

ON OCTOBER 15, NORTHSORE SCHOOL DISTRICT WILL BE CONDUCTING THE GREAT SHAKEOUT EARTHQUAKE DRILL.

Washington has the **second highest risk** in the U.S. of a large and damaging [earthquake](#) because of its geologic setting. [The Pacific Northwest is Earthquake Country](#). We have three earthquake hazards: 1. The [Cascadia Subduction Zone \(CSZ\)](#) 2. The [Seattle Fault](#) 3. The [South Whidbey Island Fault](#).

Here are simple things individuals and families can do to participate in the ShakeOut. Instructions and resources can be found at ShakeOut.org/howtoparticipate.

Plan Your Drill:

- Register at ShakeOut.org/register to be counted as participating, get email updates, and more.
- Download a Drill Broadcast recording from ShakeOut.org/drill/broadcast.
- Have a “Drop, Cover, and Hold On” drill at 10:15 a.m. on October 15. You can also practice other aspects of your emergency plan.
- Discuss what you learned and make improvements.

Get Prepared for Earthquakes:

- Do a “hazard hunt” for items that might fall during earthquakes and secure them.
- Create a personal or family disaster plan.
- Organize or refresh your emergency supply kits.
- Identify and correct any issues in your home’s structure.
- Other actions are at www.earthquakecountry.org.

Share the ShakeOut:

- Invite friends and family members to register.
- Encourage your community, employer, or other groups you are involved with to participate.
- Share photos and stories of your drill at Shakeout.org/share.

Join the (NEW) Math Olympiad Club

Why is the obtuse triangle always upset? *

How do you keep warm in a cold room? *

Why do you get bored when talking to pi? *

What do you get when you take the sun and divide its circumference by its diameter? *

Do you love math? Math is always fun. Math helps develop reasoning, concentration, and practicality. By investing time in Math, you are simply investing in your future—not just your math classes, but real-life situations as well.

Hello, we (Gomathi and Niraj) are chair of this year’s Math Club at Leota. The charter of this club is to enroll Leota teams to some of the math Olympiad competitions happening around the area. Become a member of this club to get details on the competitions we will be participating. Each competition will have a separate sign up as registration opens.

The Math club is not classroom or a teacher-led activity. It is a student-directed, parent-mentored activity. Parents should be prepared to assist with their child's participation. Possible activities include scheduling study time, finding new/enriching resources and arranging meetings with teammates. Coordinating efforts between similar events is encouraged and at the parent's discretion. Parents and students will be asked to agree to a Code of Conduct to participate.

So, what are benefits of joining Math Club

Math Buddy group

We are bringing together like-minded kids who share similar passion. In this student directed parent guided opportunity, both students and parents will have opportunities to do fun math quiz, share brain teasers to stimulate the brain. You can post your questions and queries with other math enthusiasts in the club and they will be more than happy to help you out.

Practice Makes Perfect

We have learned this simple idea that practice makes things perfect. It is even more true with Math where; with practice your line of thought will be tweaked, and you have the vision to the right solution.

Wonderful Memories

Joining math clubs makes wonderful memories; you will form teams work together, aim together on some of the most exciting Olympiads and tournaments. And all of it while you develop some teamwork skills

Skills for the Future

By being a part of Math club, by using the opportunity to participate and compete in Math programs, you will gain confidence, learn from your mistakes, and know what it feels like to be pressured. The outside world is competitive, and you are getting ready for it a little earlier while also having fun with your friends. You have earned the ability to understand the new math skills very quickly.

This will help you throughout rest of your life as you go into taking the SAT, ACT, GRE, etc. And if you do decide to join math clubs and compete, practice! And practice diligently. All these things put together will make you stand out and put you among some of the best problem solvers in the world.

The first competition we are participating is <http://moems.org/>. As enrollment begins for other competitions, we will probably compete in a few more like <http://academicsarecool.com/#/home>, <http://www.wsmc.net/math-olympiad/>, <https://www.blainesd.org/o/blaine-school-district/page/math-championships--3>.

Registration will be open to all grade levels. However, as everyone's safety is top priority, the Math Club will operate in a modified format this year. The details are still being finalized so please get on the mailing list to get more information as soon as it comes available. Any parents interested in volunteering as a coach, please reach out to us at your earliest convenience at matholympiad@leotaptsa.com.

- * Because it is never right.
- * Go to the corner because it is always 90 degrees.
- * Because it goes on forever.
- * A pi in the sky.

Take the Leota PTSA Advocacy Survey by October 9

Member voice matters — please take a few minutes and complete our Leota PTSA [e-survey](#). There's a wide range of advocacy issues and we need your voice to help our PTSA delegates vote on the Top 5 issues that are most important to us. The survey also includes other proposed positions that delegates will vote on to develop the WSPTA platform. The issues all support the health, education, and welfare of children and youth but the proposed platform covers a wide spectrum of advocacy positions and legislative policies from increasing access to mental health to preventing gun violence and suicide to closing the digital divide. There are also eight resolutions with topics ranging from access to recess and unstructured play to improving outcomes in special education to dismantling institutional and systemic racism. Plus one new principle against racism, discrimination, and oppression. Take the [e-survey](#) and let us know what's important to you.

There's also a [WSPTA Voters' Guide](#) to give you more information on all the issues as the survey just has the titles. Take a few moments to review that information as you take the [e-survey](#).

Your replies will help guide our Leota PTSA's delegates when they vote at the upcoming WSPTA Legislative Assembly in late October where the new 2020-2021 Platform will be set.

Take a few moments to learn more about the proposed positions and share your priorities with us with the [e-survey](#) **But don't delay the [e-survey](#) closes on October 9.**

Staff Appreciation: Sign Up to get notified!

Each month the PTSA provides a meal or treat for our staff as a way of saying thank you for taking such care of our kids. It is a great way to volunteer and become involved in our Leota community! It is truly beautiful to watch so many people get involved and see all the little details come together to make a big impact.

Our 2020-21 staff appreciation efforts will take a different form this year and we need all the creative ideas and helpers we can get to make staff appreciation successful. Please sign up to get event notifications if you are interested in participating.

Email STAFFAPPRECIATION@LEOTAP TSA.COM to be added to the notification list or ask any questions you may have.

Science Olympiad: Sign Up



**EXPLORE THE DYNAMIC
WORLD OF STEM!**

**JOIN OUR CLUB, & DIVE
INTO TOPICS SUCH AS:**

- **GEOLOGY**
- **CHEMISTRY**
- **ENGINEERING**
- **TECHNOLOGY**

SCIENCE OLYMPIAD CLUB

**FOR MORE INFO EMAIL:
SCIENCEOLYMPIAD@LEOTAP TSA.COM**

Explore a variety of topics and have fun while learning about science by joining the Science Olympiad! Become a disease detective and solve medical mysteries by examining the details. Apply STEM skills to help build a robust boomilever. Craft a battery buggy that defies speed yet can run precisely to the millimeter. Try missions like these and more by participating in the 2020-2021 Science Olympiad! With almost 25 different topics included in the curriculum, participants will delve deeply into a variety of scientific topics and learn to develop and apply creative and innovative ideas. This is a great opportunity for students to apply book learning to hands-on experiments and see scientific lessons in action. Learn more at: <https://www.soinc.org/>

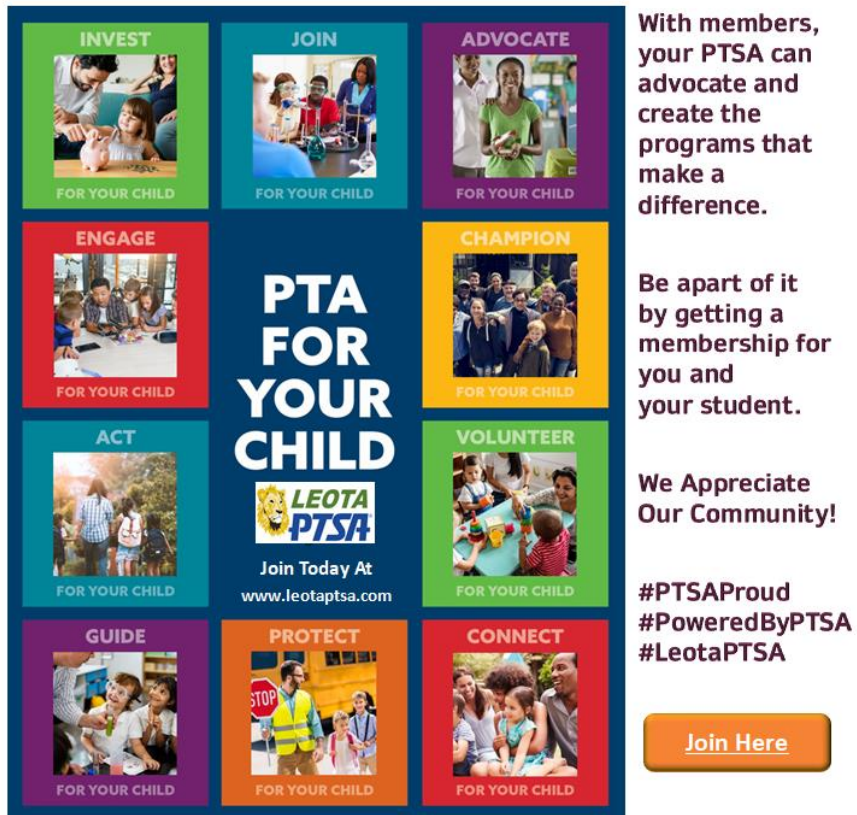
The Science Olympiad is not classroom or a teacher-led activity. It is a student-directed, parent-mentored activity. Parents should be prepared to assist with their child's participation. Possible activities include: scheduling study time, finding new/enriching resources, purchasing supplies, perfecting designs, arranging meetings with local experts or hosting build parties. Coordinating efforts between similar events is encouraged and at the parent's discretion. Parents and students will be asked to agree to a Code of Conduct to participate.

Any parents interested in volunteering as coach, please reach out to me at your earliest convenience at scienceolympiad@letoaptsa.com. A science background is not necessary to

coach.

HAVE YOUR PTSA MEMBERSHIP?

We invite you to become a member of the Leota PTSA at www.leotaptsa.com.



The graphic is a 4x3 grid of colored squares, each containing a photo of a child and an adult engaged in an activity. The squares are arranged in a 4x3 grid. The central square (row 2, column 2) is dark blue and contains the text 'PTA FOR YOUR CHILD' in large white letters, the 'LEOTA PTSA' logo, and the text 'Join Today At www.leotaptsa.com'. The other squares are: Row 1: INVEST (green), JOIN (teal), ADVOCATE (purple). Row 2: ENGAGE (red), [Central Square], CHAMPION (yellow). Row 3: ACT (teal), [Central Square], VOLUNTEER (green). Row 4: GUIDE (purple), PROTECT (orange), CONNECT (red). Each square has the text 'FOR YOUR CHILD' at the bottom. To the right of the grid is a text block with three paragraphs and a button.

INVEST
FOR YOUR CHILD

JOIN
FOR YOUR CHILD

ADVOCATE
FOR YOUR CHILD

ENGAGE
FOR YOUR CHILD

PTA FOR YOUR CHILD
LEOTA PTSA
Join Today At
www.leotaptsa.com

CHAMPION
FOR YOUR CHILD

VOLUNTEER
FOR YOUR CHILD

GUIDE
FOR YOUR CHILD

PROTECT
FOR YOUR CHILD

CONNECT
FOR YOUR CHILD

With members, your PTSA can advocate and create the programs that make a difference.

Be apart of it by getting a membership for you and your student.

We Appreciate Our Community!

#PTSA Proud
#PoweredByPTSA
#LeotaPTSA

[Join Here](#)

Paving the Way Together Annual Giving Fund

LEOTA PTSA ANNUAL FUND

HOW TO PARTICIPATE— NOW THROUGH NOV 6

Membership + Sponsorship + Corporate Matching + Donate to Annual Fund = **\$25** Per Student Need

Membership: leotaptsa.com
Sponsorship: leotaptsa.com
Corporate Matching: contact@leotaptsa.com
Donate to Annual Fund: www.leotaptsa.com now
99Pledges link in October

Option 1: Leota PTSA
Membership + Sponsorship + Corporate Matching +
Donations can be made at:
www.leotaptsa.com (today)

Option 2: 99Pledges
Donations + Ask Friends and Family to Participate +
Follow Individual and Pride Level Totals at:
[Available October 19](#)

Note: Qualifying purchases made on www.leotaptsa.com will be added to the rewards totals on the 99Pledges website.
ALL DONATIONS ABOVE \$25 PROVIDE ADDITIONAL PROGRAMS AND SCHOLARSHIPS FOR STUDENTS IN NEED.

MAXIMIZE YOUR IMPACT WITH CORPORATE MATCHING

Participate in This Year's Reflections Program

PTA Reflections is a nationally acclaimed student recognition program to encourage artistic creativity in the classroom and at home. It helps students explore their own thoughts, feelings, and ideas; develop artistic literacy; increase confidence; and find a love for learning that will help them become more successful not only in school but in life.

Enter your art this year! The theme for this year is "I Matter Because..." and categories for submissions include: Visual Arts, Literature, Photography, Music Composition, Film/Video, and Choreography/Dance.

Student winners from our school have the opportunity to move up through their school, district, region council and state PTA programs to the national level. National Reflections winners are announced in May and celebrated annual at the National PTA's Convention and Expo in June. National PTA then collects and curates the traveling exhibit for the next year. The deadline for submissions this year is mid-November.

More information at: <http://www.northshorecouncilptsa.org/reflections.html>

Make your volunteers hours count!

Did You Know Your Company May Donate When You Volunteer?

Many companies will donate for hours volunteered in addition to matching financial donations. Please check with your company to see if you have a dollars for doers or similar volunteer hours

matching program and take a few minutes to register your hours towards a Leota Middle School PTSA donation.

Amazon Smile is Also A Great Way to Donate

Visit <https://smile.amazon.com/> all year long, every time you are making purchases with Amazon. Whenever a purchase is made with Leota PTSA as the beneficiary, Amazon will send us a donation. Be sure to select Leota PTSA as your beneficiary.

Join the Leota PTSA Volunteer and Info Facebook Group

Join our Leota PTSA Volunteers and Info closed Facebook group if you would like to hear more about volunteer opportunities:

<https://www.facebook.com/groups/LeotaPTSAVolunteers/>.

There is no requirement to volunteer. By joining, we hope you feel part of the Leota parent community and are better informed about what is happening at our school.