



December 4, 2020

Happy first Friday of December! What a beautiful sun-filled week! Sunshine does wonders to lift my spirits and in a 2018 [Forbes.com article](#) it gives a hint to why that happens, along with many other wonderful benefits of sunshine. Two of those mentioned in the article are below. I kept the links in tact in case you are interested in learning more.

- "The sun works through a number of receptors in the brain to affect our mental status and alertness," says Dr. Michael Roizen, Chief Wellness Officer at Cleveland Clinic, Ohio. Moderate sunlight exposure helps improve your mood and focus by boosting the serotonin levels in your body. Also known as the 'happiness hormone', it makes you calm and alert. Also, "sunlight decreases the risk of depression in those at risk of seasonal affective disorder (SAD)," adds Dr. Roizen.
- "In addition, a 2017 [study](#) published in the *Journal of Human Resources* found that students who get more sunlight every day perform better in tests. Yet another [research](#) conducted at the Interdepartmental Neuroscience program at Northwestern University in Chicago noted that there is a strong link between workplace daylight exposure and the employees' sleep, activity and quality of life."

With this sunshine boost, I hope you joyfully read about are some of the amazing things listed below that are going on around campus:

All-School Assembly: On **Wednesday, December 9th from 9:00-10:00 a.m.** we will have the opportunity to host an all-school assembly with Stu Cabe from The Ovation Company. Stu did an assembly for us a few years ago and was one of our most loved and memorable speakers. We are excited to have him back. The Ovation Company's website says the following about their mission:

"We are The Ovation Company...standing up for what is right and good! We stand for the right to a positive school environment! We stand side by side with those who choose kindness! We stand for Working Hard, Playing Fair and Being Nice! We stand for those who struggle to stand on their own! We stand united in helping schools feel safe and welcoming!"

- On Monday and again on Wednesday, students will be given the Zoom link (below) to join the Zoom Webinar for the event. It will run from 9:00-10:00 a.m. and your child will not want to miss it. Stu is entertaining, funny, and really hits home the

importance of kindness and connecting. We will have him back again in January and February with different topics as he's doing a three-session series with us. This Zoom will facilitate large whole school groups, so we encourage you to join with your child if you'd like to be a part of the excitement and learning.

- Assembly Zoom Link: <https://nsd.zoom.us/s/88297844811>

Parent Night Sponsored by the Leota Counseling Team: Please save the date of **December 9th at 7:00 p.m.** for a fabulous parent webinar on Managing the Times by helping our kids cope with anxiety, emotions and creating connections. More details will come via email and text next week in advance of this night. You won't want to miss it.

Free "Period Packs": Through a very generous donation we have "Period Packs" available for any students who are in need. A "Period Pack" is a package filled with feminine products. If you would like to arrange to pick up one of these packs, please contact our school nurse, Deb Park at dpark@nsd.org. We can arrange for a safe and contactless drive-thru pick up for you and your child.

Yearbook Club is Seeking Photos: Please consider sharing pictures that you would like to have included in the yearbook of your student (attending Zoom, dressing up for a spirit day, creating art/doing a science experiment, doing something in the community, etc. Send them to leotamsyearbook@nsd.org so we can showcase all our students!

I hope each of you are able to get out in the sunshine over the next few days to soak in and enjoy the mood boosting benefits. Have a fabulous weekend.

Warmly,

Audee Gregor
Principal

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

- Next Week at Leota
- Parent Webinar on "Managing the Times"
- Yearbooks are on sale
- Leota Middle School Virtual Winter Concert
- Holiday Assistance 2020 Community Resources
- Asistencia navideña 2020 Recursos comunitarios
- Leota's Counseling Newsletter
- Leota PTSA Weekly Update



Next Week at Leota

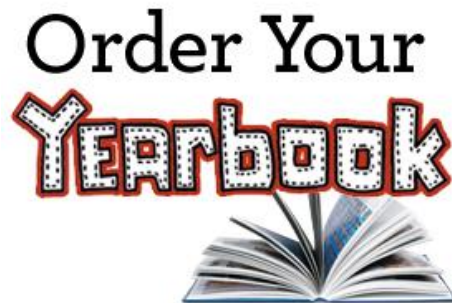
Dec. 7	Periods 1, 2, 3
Dec. 8	Periods 4, 5, 6
Dec. 9	Period 4 (8:30-8:50am) Check-in & Students Complete Working Wednesday Plan Virtual Assembly - Kindness 9:00-10:15am Early Release-School Day Ends at 1:35pm Library Book Check out 11-2pm Virtual Parent Meeting with Counselors "Managing the Times" 7:00-8:00pm
Dec. 10	Periods 1, 2, 3
Dec. 11	Periods 4, 5, 6

Parent Webinar on "Managing the Times"

Leota Parents!

Please join us next Wednesday, December 9th, at 7:00 pm for a Parent Webinar on "Managing the Times." In this webinar, we will be discussing how COVID, and its unique circumstances are affecting our students, and in some cases causing anxiety and depression disorders. We will be sharing helpful tips that you and your family can utilize to help your students to cope, and we

will also have our mental health counselor, Ethan Blackstone, share a more in-depth explanation about mental health issues during these times. More details to come!



Leota Yearbooks on Sale

You can purchase your student's Yearbook online starting Monday 12/7/20 – 12/17/20. The cost this year is \$20 and your student will be receiving their Yearbook in the Spring. If this is a financial hardship for your family at this time please let your student's counselor know, there is funding available. Please use this link to pay for your yearbook: [Online Payments](#).

Thank you and if you need help with your online Touchbase information please contact Mrs. Spencer @ 425 408 6503.



Leota Middle School Virtual Winter Concert

"Please join us in celebrating the achievements of our Leota musicians at our **Leota Middle School Virtual Winter Concert**! Each ensemble will be performing a piece of music that they are recording virtually, accompanied by fun, festive visuals prepared by the students. The concert will be accessible for viewing starting at **7pm on Wednesday, December 16th**." Link to the event will be posted on the Leota homepage on the day of the event.



Holiday Assistance 2020 Community Resources

GIFTS: King County



Hopelink Holiday Gift Rooms – for ages birth through 18.

REDMOND LOCATION: 8990 154th Ave. NE, Redmond, 98052. (425) 869-6000

- To limit Coronavirus transmission in our community and support the safety of Hopelink staff, volunteers and clients, **we will not accept or distribute toys, clothing, or other physical gift donations this holiday season.** Instead, Hopelink is distributing gift cards to families buying gifts for their children.

Who can apply for a gift card?

To request a gift card, all these statements must apply to you.

- You are a current Hopelink client,
- You are the custodial parent or custodial guardian of at least one child 18 years old or younger, AND
- You have current income of less than 400% of the Federal Poverty Line, according the chart located [here](#), self-declared.
- <https://www.hopelink.org/need-help/holidaygiftcards>
- Fees: none



Helping Hands Ministries

- **Thrift Store:** 19213 Bothell-Everett Hwy. (425) 481-6682. Open 10-7
- Gently used and new clothing, toys, books, household items, furniture
- \$25 Gift Vouchers available through:
 - Northshore School District
 - Canyon Hills Community Church
22027 17th Ave SE, Bothell 98021, (425) 488-4121
 - North Creek Presbyterian Church *
621 164th SE, Mill Creek, 98012 (425) 743-2386
 - Northshore Community Church
10301 NE 145th St. Kirkland, 98034 (425) 821-5252

Cindy has vouchers if you would like some for your school.



Salvation Army Christmas Assistance – Toys for Tots

911 164th Ave NE Bellevue, 98008. (425) 452-7300. Select Admin on phone options

- Deadline to order 12/6/19
- Call location ahead to verify zip code and information that is needed
- Two toys per child – one big, one small
- Serving Bellevue, Bothell, Kirkland, Redmond, Woodinville zip codes
- Must be income eligible; have proof of children's ages; ID or social security for every member of household; proof of residency.

FOOD: King County



Hopelink - Kirkland/Northshore

11011 120th Ave NE, Kirkland, 98033 (425) 889-7880

- The food bank will continue to provide groceries at a clearly marked entry point in pre-packed boxes in order to limit exposure for clients, staff and volunteers.
- In response to the arrival of COVID-19 in our community, the following temporary changes have been put in place
- Each household will be able to pick up enough food for 21 meals per person.
- Bellevue, Kirkland, Redmond & Shoreline food banks are open:
Tuesdays | 12 - 4PM
Wednesday | 3 - 7PM
Thursday | 10AM - 2PM
- Sno-Valley food bank is open:
Wednesday | 3 - 7PM
Thursday | 10AM - 2PM
- If you need food assistance go to the link: <https://www.hopelink.org/need-help/food>:

GIFTS: SNOHOMISH COUNTY



Marine Toys for Tots

Toys for Tots c/o The Foundation Church 2730 Oakes Avenue Everett, WA 98201

- Must be a Snohomish County Resident
- Contact Mary Butler w/ questions: butterm39@yahoo.com
- Website to place your order: <https://everett-wa.toysfortots.org/local-coordinator-sites/lco-sites/local-toy-request-single-form.aspx>

FOOD: SNOHOMISH COUNTY



Saint Vincent De Paul North Sound Council Holiday Food Baskets

6424 Broadway Ave, Everett 98213.

Holiday food baskets for Christmas.

- Basket contents varies by location.
- Individuals, couples, and families living in Snohomish County
- Call intake line to sign up (425) 355-3504 Ext #1



Asistencia navideña 2020 Recursos comunitarios

REGALOS: Condado de King



Habitaciones de regalo de vacaciones Hopelink – para el nacimiento hasta los 18 años.
UBICACION DE REDMOND: 8990 154thth Ave. NE, Redmond, 98052. (425) 869-6000

- Para limitar la transmisión de Coronavirus en nuestra comunidad y apoyar la seguridad del personal, voluntarios y clientes de Hopelink, **no aceptaremos ni distribuiremos juguetes, ropa u otras donaciones de regalos físicos en esta temporada navideña.** En su lugar, Hopelink está distribuyendo tarjetas de regalo a las familias que compran regalos para sus hijos..

¿Quién puede solicitar una tarjeta de regalo?

Para solicitar una tarjeta de regalo, todos estos estados de cuenta deben aplicarse a usted.

- Usted es un cliente actual de Hopelink,
- Usted es el padre con custodia o tutor de custodia de al menos un niño de 18 años o menos, Y
- Usted tiene un ingreso actual de menos del 400% de la Línea Federal de Pobreza, de acuerdo con el gráfico ubicado [aquí](#), autodeclarado.
- <https://www.hopelink.org/need-help/holidaygiftcards>
- Tarifas: ninguna



Ayudar a los ministerios de manos

- **Thrift Store:** 19213 Bothell-Everett Hwy. (425) 481-6682. Abierto 10-7
- Ropa usada suavemente y nueva, juguetes, libros, artículos para el hogar, muebles
- Vales de regalo de \$25 disponibles a través de:
 - Distrito Escolar de Northshore
 - Iglesia comunitaria de Canyon Hills
22027 170th Ave SE, Bothell 98021, (425) 488-4121
 - Iglesia Presbiteriana de North Creek *
621 164th SE, Mill Creek, 98012 (425) 743-2386
 - Iglesia comunitaria de Northshore
10301 NE 145th St. Kirkland, 98034 (425) 821-5252

Cindy tiene vales si quieres algunos para tu escuela.



Asistencia de Navidad del Ejército de Salvación – Juguetes para Tots
911 164thth Ave NE Bellevue, 98008. (425) 452-7300. Seleccione Administrador en las opciones del teléfono

- Fecha límite para el pedido 12/6/19
- Llame a la ubicación con anticipación para verificar el código postal y la información que se necesita
- Dos juguetes por niño: uno grande y otro pequeño
- Servir a Los códigos postales de Bellevue, Bothell, Kirkland, Redmond, Woodinville

- Debe ser elegible para ingresos; prueba de la edad de los niños; Identificación social o seguridad social para cada miembro del hogar; prueba de residencia.

ALIMENTOS: Condado de King



Hopelink – Kirkland/Northshore

11011 120thth Ave NE, Kirkland, 98033 (425) 889-7880

- **El banco de alimentos continuará proporcionando comestibles en un punto de entrada claramente marcado en cajas preenvasadas con el fin de limitar la exposición de clientes, personal y voluntarios.**
- **En respuesta a la llegada de COVID-19 a nuestra comunidad, se han puesto en marcha los siguientes cambios temporales**
- Cada hogar podrá recoger suficiente comida para 21 comidas por persona.
- Los bancos de alimentos Bellevue, Kirkland, Redmond & Shoreline están abiertos: Martes 12 - 4PM Wednesday 3 - 7PM Thursday 10AM - 2PM
- El banco de alimentos Sno-Valley está abierto: Miércoles 3 - 7PM Thursday 10AM - 2PM
- Si necesita asistencia alimentaria vaya al enlace: <https://www.hopelink.org/need-help/food>:

REGALOS: CONDADO DE SNOHOMISH



Juguetes marinos para tots

Juguetes para Tots c/o The Foundation Church 2730 Oakes Avenue Everett, WA 98201

- Debe ser un residente del condado de Snohomish
- Contactar con Mary Butler con preguntas: butlern39@yahoo.com
- Sitio web para realizar su pedido: <https://everett-wa.toysfortots.org/local-coordinator-sites/lco-sites/local-toy-request-single-form.aspx>

ALIMENTOS: CONDADO DE SNOHOMISH



Cestas de comida navideña del Consejo de Sonido de San Vicente De Paul Norte

6424 Broadway Ave, Everett 98213.

Cestas de comida navideña para Navidad.

- El contenido de la cesta varía según la ubicación.
- Individuos, parejas y familias que viven en el Condado de Snohomish
- Línea de admisión de llamadas para inscribirse (425) 355-3504 Ext #1



Leota Middle School Counseling

December Newsletter 2020

We hope you were all able to relax and connect with family and friends during the 4-day Thanksgiving break. While we know it was very different for most of us (and quite cold if you gathered outside!), we hope everyone still found ways to connect. As we move through these last three weeks before winter break, we offer this gentle reminder to give grace and patience, not only to yourself, but to family members and those around you as well. The holiday break can be exciting for many students, but it can also be a difficult time for others. This year will likely be very different for all of us. We encourage everyone (including ourselves!) to extend a little extra slack, to allow a little more time to connect on the phone (even though many of us don't like all of the phone time - it is the main form of connection for most students right now), and to prioritize family connection time. This can be as simple as dinner together a couple times a week. While students may act like they don't like it, they truly want and need the connection.



In this issue:

1. **Tips for coping during Covid (students and adults)**
2. **Covid's effect on teens, parent information**
3. **International Days Celebrated in December**
4. **Holiday fun during Covid**



Tips for Coping During Coronavirus as we head into winter and winter break

- Parents, you matter! This article explains how important it is for parents/guardians to take care of themselves as much as possible: <https://childmind.org/article/self-care-in-the-time-of-coronavirus/>
- Tips for Supporting your Teen/Tween: <https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>



Helpful Information for Parents/Guardians and Loved Ones to Know

Online school is working well for some, but is hard for most students. As we move into the winter months and toward our extended winter break, students may feel more stressed. Below is some helpful information from Far West Counseling (<http://www.farwestfamilyservices.com/community-resources.html>). This information is very helpful to remind all of us what it may feel like for our child(ren) right now.

1. Kids are drowning in homework. It feels like much more than they received in the past.
2. Organizing their homework is hard. They need executive function skills, which many kids have not developed yet. Many kids are falling behind because of difficulties keeping track of their work, planning their projects, and turning in completed assignments remotely. This is a big source of stress. *If this is a struggle, please encourage your student to attend their teacher's office hours and/or reach out to their counselor.*
3. Many teens feel isolated and withdrawn. Fear of rejection and lack of emotional energy make it difficult to reach out and connect with friends. Parents can help their kids plan some physically distanced contact with friends or relatives.
4. Teens need to hear from adults that they are cared for; that includes parents, teachers, family friends, and other relatives. *I love you, a pat on the shoulder, or a hug can make a huge difference in their day (even if they groan!).*
5. Teens need family outings—hikes in the woods, trips to the beach, and visits to friends or family who have been practicing safety measures. Variations in activity and scenery will help break up the tedium of online school.
6. Kids need parents to listen to them without judgement, to talk about their worries and disappointments—no school musical, no school sports, etc. Don't try to problem-solve; just be sad with your child. They just need to know you care.
7. Teens need a break from the stress and chaos of COVID-19, the election, online learning, and social challenges. Create a safe and nurturing environment in your home, and try to keep family stress under control. Allow your kids to do some isolating in their rooms. *Alone time in their room is very common and appropriate at this age.*

8. If your kids are overly stressed or depressed, they need you to speak up and offer to get them counseling. Talking to another adult can help them sort out their problems and learn some helpful tools. Your kids need you to recognize the signs of depression and suicide and when to get help. <https://stopasuicide.org>. *You can always reach out to your student's counselor to get recommendations and referrals.*
9. Teens need and want your appreciation for the hard work they are doing in adjusting to online school, trying to complete assignments, and continuing to take safety precautions around COVID-19. It might not always look that way to you.
10. Most of all, your kids need your support, not your criticism. They know they are responsible for completing their schoolwork. We adults can support them in doing this by reminding students of their capabilities and their value to their family and community. *Five positives for every one negative can make a huge difference!*

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Interesting facts about days observed in December

International Day of Persons with Disabilities is December 3

(<https://www.un.org/en/observances/day-of-persons-with-disabilities>)

The annual observance of the International Day of Disabled Persons was proclaimed in 1992 by United Nations General Assembly resolution 47/3. It aims to promote the rights and well-being of persons with disabilities in all spheres of society and development, and to increase awareness of the situation of persons with disabilities in every aspect of political, social, economic and cultural life.

- Of the one billion population of persons with disabilities, 80% live in developing countries.
- An estimated 46% of older people aged 60 years and over are people with disabilities.
- One in every five women is likely to experience disability in her life, while one in every ten children is a child with a disability.

This is an educational and encouraging video by a boy with disabilities:

<https://youtu.be/ccIAqPjwKcY>

International Day of Volunteering is December 5

(<https://www.un.org/en/observances/volunteer-day>)

Over the last months, as the COVID-19 pandemic has ravaged across the world, volunteers have been at the forefront of medical, community and societal responses. Headlines in the world's media have paid credit to volunteers for all kinds of work, from helping to provide medical care, to shopping for vulnerable neighbours, or checking up on elderly people living alone.

- This is a really good article about ways to help during covid:
<https://www.adventhealth.com/blog/10-safe-ways-give-back-during-holidays>

Human Rights Day is December 10 (<https://www.un.org/en/observances/human-rights-day>)

Human Rights Day is observed every year on 10 December — the day the United Nations General Assembly adopted, in 1948, the Universal Declaration of Human Rights (UDHR): a milestone document proclaiming the inalienable rights which everyone is inherently entitled to as a human being regardless of race, colour, religion, sex, language, political or other opinion, national or social origin, property, birth or other status. Available in more than 500 languages, it is the most translated document in the world.

- Youth can play a crucial role in positive change (you're never too young to change the world!)
- Human rights are relevant to all of us, every day
- Equality, justice and freedom prevent violence and sustain peace
- We need to stand up for our rights and the rights of others



Things to do at home during winter break

- Load up a cup of cocoa with whipped cream or marshmallows
- Take a wintry hike
- Build a gingerbread house
- Cut paper snowflakes
- Make a birdfeeder out of pinecones, peanut butter, and birdseed—and place it near your window for a show
- Bake cookies to share with your friends and neighbors
- Drop off flowers on someone's porch
- Build a pillow fort
- Enjoy a living room picnic
- Host a movie marathon of all your favorites
- Eat dinner by candlelight
- Plan a virtual game night

We wish you all a wonderful holiday! Please reach out to your student's counselor if you need assistance. If you or someone you know needs immediate support outside of school hours, please contact one of the following:

- Call Teen Link: 206-461-4922, 6:00-10:00 pm nightly, staffed by teens
- Text Teen Link: 866-833-6546, 6pm-9:30pm
- 24-hour Crisis Line: 1-866-427-4747, to speak with an adult crisis expert
- National suicide prevention crisis line: 1-800-273-TALK (8255)
- Dial 911 if you have an emergency and need help



Happy Holidays,
The LMS Counseling Team



Angela Waggoner (Tuesday - Friday)
6th Grade (A-L)
awaggoner@nsd.org
425.408.6520



James Kim
(Monday - Wednesday)
6th Grade (M-Z)
jkim@nsd.org
425.408.6588



Taryn Bakkane
7th Grade
tbakkane@nsd.org
425.408.6513



Erin Palmer
8th Grade
epalmer@nsd.org
425.408.6521



Leota Office Contact Info

Office Manager :	Felicia Casolary: fcasolary@nsd.org
ASB Secretary:	Melanie Spencer: mspencer@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
Assistant Principal:	Bryan McNeil: bmcniel@nsd.org

LEOTA PTSA Weekly Update

December 04, 2020

Upcoming Events

11/25, 12/2, 12/8	Drop off for Staff Appreciation donations for January Grab and Go. Sign up here for specific items: https://signup.com/go/AwQigHN
12/08 @7pm	PTSA Community Café: Holiday Cookies with Professional Chef Sam Spiva. Register: bit.ly/PTSAFamilyCookieEvent
01/18	WSPTA Focus Day: Parents and students can meet their legislators.
	THANK YOU FOR YOUR GENEROSITY! The Pave the Way Together Annual Fund was a success for this year. <u>See the results and the list of Sponsor, Donors and Prize Winners in this update.</u>
	Sign Up for Staff Appreciation: staffappreciation@leotaptsa.com
	Sign Up for Science Olympiad Club: scienceolympiad@leotaptsa.com
	Sign Up for Math Olympiad Club: matholympiad@leotaptsa.com . Go to www.leotaptsa.com to sign up for communications and register for upcoming competitions. NEW PRACTICE SESSIONS STARTING SOON!

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

Community Café: Family Cookie Baking Live Event



Ever wonder how to make the perfect holiday cookie. Leota PTSA's Community Cafe has teamed up with professional chef Sam Spiva at SpivaCooking.com to help us celebrate the season of giving.

The ingredient list and instructions will be sent to those that register. You can choose to cook alongside Sam or just watch so you can make your masterpieces later. The first 20 to register and attend will receive a holiday box of cookies made and decorated by Sam.

When: Dec 8, 2020 07:00 PM

Register: bit.ly/PTSAFamilyCookieEvent

Paving the Way Together Annual Fund: RESULTS

In these unusual and trying times, it is even more special that to receive this level of support. Once again, we are amazed and proud of the generosity of the Leota community and want to thank each one of you that has participated. It is our pleasure to announce the results of the Paving the Way Together Annual Fund benefiting Leota PTSA and ASB below.

Leota PTSA Paving the Way Together! Annual Fund

Leota PTSA



\$15,293 raised

Goal: \$22,000



About this fundraiser:

PTSA and ASB are active in very different ways this year, but are dedicated to making our student, teacher, and parent experiences the very best they can be.

**THIS FUNDRAISER
HAS ENDED**

Winner for Grand Prize



GRAND PRIZE

(Drawing on 11/18)

Seattle Kraken VIP Gear Pack

1 entry is provided for every \$25 donation.

Example: total donations, memberships, sponsorship, corporate matching equaling \$125 will receive 5 entries.

DREW CHEN

**THANK YOU TO ALL WHO
PARTICIPATED**



Winners for Over \$125 Raised



Hand Operated Mini Drone



PROSHMIT KANNA

MYLES MAZZONCINI

KAMRYN WILLE

Please let us know as soon as possible if there should be any corrections for the individual rewards. Winners for the prizes for the Grand Prize and the Over \$125 drawing will be contacted now to deliver their prizes. All other prizes will be distributed at the next supply pickup day.

Top 30 Students



Top 30 Students	Amount
Ati Swan	\$ 652.00
Charlotte Bagley	\$ 500.00
Tina Kladakis	\$ 400.00
Kamryn Wille	\$ 285.00
Emma Long	\$ 280.00
Emily McKenzie	\$ 255.00
Tristan Hanna	\$ 250.00
Morgan Hanna	\$ 250.00
Cindy Liang	\$ 250.00
Ethan Wiley	\$ 250.00
Emil Praslick	\$ 240.00
Proshmit Kanna	\$ 200.00
Tanveer Ahamed Mohamad Saleem	\$ 200.00
Abbie Mai	\$ 200.00
Tucker Clinton	\$ 190.00

Makena Devine	\$ 180.00
Charlie Allen	\$ 150.00
Myles Mazzoncini	\$ 150.00
Griffin McKnight	\$ 150.00
Jackson Howe	\$ 150.00
Cooper Brix	\$ 137.00
Abigail Simpson	\$ 137.00
Hunter Darnall	\$ 130.00
Nalyn Annepu	\$ 127.00
Aidan Peterson	\$ 125.00
Peyton Roach	\$ 125.00
Kevin Check	\$ 125.00
Emma Flaherty	\$ 125.00
Adri Jankovic	\$ 122.00
Miles Carson	\$ 120.00

 **GIFT CARD**

Leota or High School Gear (\$500+)

Ati Swan
Charlotte Bagley

Family Pizza Party (\$250+)

Ati Swan
Charlotte Bagley
Tina Kladakis
Kamryn Wille
Emma Long
Emily McKenzie
Tristan Hanna
Morgan Hanna
Cindy Liang
Ethan Wiley

LED Shoelaces (\$125+)

Ati Swan
Charlotte Bagley
Tina Kladakis
Kamryn Wille
Emma Long
Emily McKenzie
Tristan Hanna
Morgan Hanna
Cindy Liang
Ethan Wiley
Emil Praslick
Proshmit Kanna
Tanveer Ahamed Mohamad Saleem
Abbie Mai
Tucker Clinton
Makena Devine
Charlie Allen
Myles Mazzoncini
Griffin McKnight
Jackson Howe
Cooper Brix
Abigail Simpson
Hunter Darnall
Nalyn Annepu
Aidan Peterson
Peyton Roach
Kevin Check
Emma Flaherty

Glider or Parachute Toy (\$75+)

All Levels Above Plus the Following:

Adri Jankovic
Miles Carson
Christopher Gallardo
Olivia Edwards
Toko Morimura
Gloria Williams
Reagan Deehr
Patrick Muzzy
Aiden Kim
Sai Krishnamaneni
Ian Mendonca
Evelyn Moreau-Cook
Vibhuti Garg
Pranav Saravanan
Kaustubh Maheshwari
Ryan Bishop
Taytem Miller
Sophia Gleason-Geise

Drew Chen
Arjun Handa
Madeleine Olson
Mikhail Kolosov
Maya Held
Chase Maki
Lauren Tanner
Ian Dulas
Mason Thomas
Ben Kok
Anden Walker
Chase Morse
Raina Banerjee
Joey Kallar
Elijah Puniesto
Arne Omli
Atticus Pak
Marin Kostner
Megan Kramer

Individual Award Winners



Leota AWESOME Highlighter (\$50+)

All Levels Above Plus:
Katie Griner
Angie Prabhu
Evalyn Yarnell
Caitlyn Chang
Leo Hall
Ronan Fitzgerald
Sam Schneider
Ryan Lay
Jiya Joshi
Sydney Hong
Michael Millen
Evan Holmes
Kyson Kleve
Jack Bailin
Rishi Khante
Jenny Yang
Harper Peterson
Sydney Lay
Kristian Dimitrov
Ryan Lee
Veico Lai
Mason Jenks
Michael Ahlstrom
Aditi Kesarwani
Dasha Arkhipova
Paolo Hurtado Martinez
Brooke McLean
Nicholas Cirillo
Gavin Graham
Matthew Tenhulzen
Makayla Neumiller
Brady Miller
Sam Johnson
Claire Miltenberger
Braden Ward
Harper Brush
Sophie Lai
Giselle Trulock
Matthew Kokhan
Ariana Jones
Matthew Kokhan
Daphaney Kaminski
Elijah Yan



Individual Reward Winners

Leota Pencil and Prize Pack (\$25+)

All Levels Above Plus:	Weston Douglas	Jordan Fortiner	Gabby Lenssen
Naveen Moore	Daniel Yoffe	Alonso Villaseñor	Leighton Sarti
Greyson La Tourette	Kyle Mascarenhas	Gagana Rudra Bodala	Avanti Pearce
Marcus Balauag	Jerusha Arun	Jack Corlett	Rohan Patwardhan
Amulya Gowthavaram	Maddy Moore	Koto Yokoyama	Aarish Kumar
Miranda Vanderweyst	Jim Tran	Anvitha Suresh	Azure Huang
Katelyn Kawamura	Asfia Elias	Jordyn Corlett	Nathan Barber
Rashie Andrews	Micah Benante	Margarita Stoforandova	Michelle George
Tyler Drury	Sathvik Suresh	Kelly Mascarenhas	Madison McGill
Ava Veerapuram	Kiana Kirven	Dhriti Burugupalli	Casey Larson
Josie Burks	Halsey Kusuma	Vignesh Besthagadugu	Netra Anand
Cheyenne Macleod	Jiya Kapoor	Jake Friedman	Lola Christou
Sharleez Macleod	Lungtok Tromblay	Rohan Dharmaraj	Trevor Larson
Iain Hescott	Bridget Riddle	Marcus Castillo	Nishtha Priya
Holland Walker	Colin Chester	Gianna Canos	Chloe Choi
Zoey Lavezzi	Cohen Kosenski	Noah Lee	Vansh Gupta
Violet Gick	Ryan Choi	Mari Rios	Eric Luo
Isaac Lo	Erin Fortiner	Ethan Huang	Noah Vaiphei
Austin Wheeler	Sadie Dokken	Nitya Anand	Saveen Mann
Addison Wheeler	Naima Kirven	Tim Lopez	Cameron Olsen
Ethan Wheeler	Justus Ramberg	Jackson McGill	Caralyn Pittman
Jackey Boschee	Neha Dharmaraj	Ainsley Mann	Ashlyn Mahanti
Joseph Boschee	Sawyer Munson	Jimmy Chiu	
Audrey Kosenski	Kody Choi	Jonah Leavengood	
Izzy Gaylor	Suhana Ahsan	Dhanika Pearce	

Please continue to submit for corporate matching with your employer for both donations and volunteer hours throughout the year. Thank you for all your efforts.



2020-21 CHAMPION SPONSORS (\$500+)

ELIZABETH SWAN

SYLVIA BAGLEY

JIM HANNA

2020-21 HERO SPONSORS (\$350 - \$499)

NASOS KLADAKIS

2020-21 FRIEND SPONSORS (\$250 - \$349)

LONNIE LONG

CARRIE MCKENZIE

KRISTEN WILEY

YAN CHEN

2020-21 AMAZING DONORS

\$100-\$249

Srividhya Mahalingam
Mohamad Saleem
Susan Carr
Carol Mazzoncini
Patricia Simpson
Brenae Brix
Sue Lohman
Tambi Wille
Alycia Roach
Karen Check
Jane Flaherty
Kelly Peterson
Nina Karamehmedovic
Douglas Lay

Maurice Carson
Ingrid Gooding
Teru Morimura
Shih-kai Lai
Ravi K Krishnamaneni
John D Deehr
Beth Bishop
Saravanan Murugesan
Chad Gustafson
Donna L. Clinton
Aaron Moreau-Cook
Gleason-Geise Family
Christina muzzy
Ravikumar Annepu

Liza Chen
Shawn Miller
Brian Mendonca
David and Theresa Held
Ekaterina Kolosova
Anurag Handa
Tina Williams
Valerie Olson
Michael R Howe
Ujjwal Maheshwari
Cu Mai
Vivek Garg
Cuong Mai
Daniel Kim

\$75-\$99

Anissa Wheeler
Fleur Tanner
Tracy Dulas
Whitney Glaser
Val Kok
Tina Shriner
Meenu Kallar
Sujata Banerjea
Christine Puniesto
Heather Kostner
Juliana Omli
Shawn Graves-Macleod
Karla Pak



Thank You for Your Kindness



CORPORATE MATCHING

MAXIMIZE YOUR IMPACT WITH CORPORATE MATCHING

1. Ask your company if they match
2. After donating to the Leota PTSA Annual Fund log into your company's matching fund site and follow their process to document the donation.
3. Leota Middle School PTSA (formally Leota Jr. High School PTSA) should be listed as an official charity already in your companies site. If not, please add us. We are an official 501c3 registered with the Secretary of State. Contact us for the EIN number if it is needed.
4. Don't forget to log all your **volunteer hours** as donations with your company.
5. If you would like your corporate donations to count in the Annual Fund Rewards, please email a screenshot or forward the email receipt from your company to confirm that the matching has been entered to contact@leotapta.com.



Staff Appreciation: November Event, Sign Up for January!

Thank you to everyone who donated to our November Grab & Go Lunch and made a difference in bringing joy to our staff. Leota PTSA would also like to thank Jana Sarti and the Staff Appreciation team for coming up with amazing ideas and making it all happen.



Want to help with our next Staff Appreciation event?

➡ Sign up here for our January Grab and Go bags: <https://signup.com/go/AwQigHN>

You can drop these items off at the Leota Office curb area on the following Wednesday's - **Nov 25th, Dec 2nd and Dec 9th between 11-2**

Thank you to those that participated in Reflections



Thank you to everyone who participated in the Reflections Program this year! All entries are currently being processed and judged by our Reflections Committee. If you submitted an entry, please be on a lookout for a follow up email.

Still have questions? Contact your Reflections Co-Chairs at reflections@leotaptsa.com.

Your PTSA Advocates for ALL Kids!

Advocacy is at the heart of Leota PTSA!

✓ Mark your calendar for the upcoming *virtual* PTA Focus Day on January 18th, 2021. This event is a great opportunity for parents and students to directly speak to legislators!

✓ Sign up for advocacy information and action alerts through the [WSPTA Action Network Group](#). These action alerts are quick, easy ways to communicate with our legislators on topics they are actively working on.

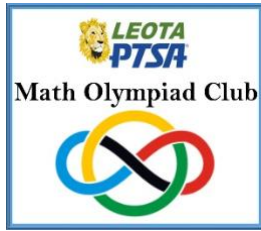
✓ Visit our [Leota PTSA Advocacy webpage](#) to find more resources and learn about additional ways to get involved.

Advocacy at the District and State Levels

Attend a School Board Meeting! usually held on the second Monday of the month at 4pm and the fourth Monday at 7pm. [Click here for more info.](#)

Contact your state legislators: Find and contact your local Washington State Legislators at <https://app.leg.wa.gov/DistrictFinder/>

Math Olympiad Club: Sign Up



We have heard from you that MATH/ STEM-related enrichment is high on the wish list; We heard from you that your student is enthusiastic about Math, Math puzzles, Math problems and Applied Math scenario analysis - so here at Leota PTSA is excited to offer you with all of these opportunities.

The Math Club program is a **free** school-wide math enrichment program for middle school students, consisting of a series of challenging and interesting math problems provided to you. The purpose of this program is to engage and challenge students to solve interesting math problems, strengthening their math fundamentals, critical thinking and problem-solving skills - improving their confidence along the way.

What can you expect: We send emails about Math problems, News about Math, Share Math Articles and of course share information on upcoming Math Olympiads.

These opportunities cover problem solving strategies such as drawing a picture or model, making an organized list, looking for patterns, working backwards, and guess and check.

NEW PRACTICE SESSIONS STARTING SOON: We plan to start practice sessions for Math Olympiad preparations. More details will be communicated to parents who have signed up to receive communications from the Math club. If you haven't already, then **signup for communication using the link below.**

[Club Info and FAQ](#)

[Sign Up for Communications](#)

[Register for Upcoming Competitions](#)

Science Olympiad: Sign Up



**EXPLORE THE DYNAMIC
WORLD OF STEM!**

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

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

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

SCIENCE OLYMPIAD CLUB

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.