



22620 Sweeney Road Southeast  
Maple Valley, WA 98038  
(425) 413-6100

Our Mission: Together, provide the tools and experiences every student needs to create an individual, viable and valued path to lifelong personal success.

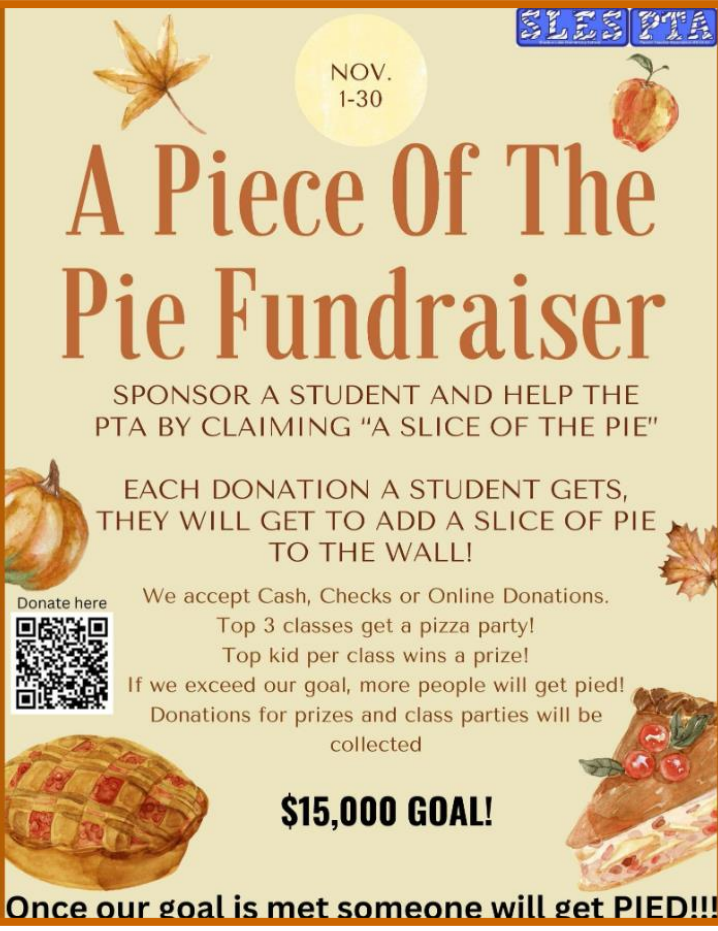
School website: <https://shadowlake.tahomasd.us/>

November 5, 2023

Shadow Lake Families & Community,

October was filled with amazing learning and memorable events! Thank you for attending [Open House](#) and being involved in the education of your child. Progress Reports will be emailed home to caregivers on Tuesday, November 14. Our staff looks forward to exceptional learning and growth for every Tiger.

We are so thankful for our PTA! There are so many enriching programs that they lead. Please participate in the Fall Piece of the Pie Fundraiser. Click [here](#) learn more!



**NOV. 1-30**

# A Piece Of The Pie Fundraiser

SPONSOR A STUDENT AND HELP THE PTA BY CLAIMING "A SLICE OF THE PIE"

EACH DONATION A STUDENT GETS, THEY WILL GET TO ADD A SLICE OF PIE TO THE WALL!

We accept Cash, Checks or Online Donations.  
 Top 3 classes get a pizza party!  
 Top kid per class wins a prize!  
 If we exceed our goal, more people will get pied!  
 Donations for prizes and class parties will be collected

**\$15,000 GOAL!**

Once our goal is met someone will get PIED!!!

## SLES PTA Programs and Activities

Your donation helps provide financial support to so many vital programs we organize or help plan! Examples include:

- Curriculum support for all grades
- Assemblies to enrich learning
- Scholastic Book Fairs to help support the library and teacher's libraries
- Missoula Children's Theater
- PAWS Reading Program
- Field Trips
- Popcorn
- Outdoor Stewardship
- Workout Wednesday's
- Staff Appreciation
- Community engagement- Popsicles in the Park, Movie Nights, Library Nights, Dances, our Carnival & MORE!
- Candy Grams
- Playground Pals Program
- Art Auction & Basket Raffle
- Art Docent Program



**Please Cut out the slices of pie**

Please add students name to side of the pie and place donation amount into the whip cream.

If you asked someone to donate, please add a slice to the wall

If you need more slices, they can be printed off Facebook or the website

Return Pie slices with the cash or check. If an online donation, we can fill out the slice or turn it in with online written on the back

Donate here

If your Company does corporate sponsorship Our PTA would love the extra help

Questions?  
Email [tigerfamilypta@gmail.com](mailto:tigerfamilypta@gmail.com)  
[Pie slices printout here](#)  
[Flyer sent home here](#)

With Gratitude and Tiger Pride,

*Kellie Christiansen*

Principal, Shadow Lake Elementary  
It's A Great Day to Be a Tiger!



# What's Happening

This calendar can be viewed \*live\* with ongoing updates [here](#).

Tiger TV  
Week of  
November 6  
[HERE](#)

## NOVEMBER

11/1- 11/30	Native American Heritage Month	
11/1- 11/30	Piece of the Pie PTA Fundraiser	
TUE 11/7	Spirit Day: Toons Tuesday!	
11/7 & 11/8	Annual Student Health Screenings	
TUE 11/7	9:15-am- 1:45 pm Third Grade Field Trip to the Issaquah Salmon Hatchery, MV Historical Museum, & Lake Wilderness Arboretum	&
TUE 11/7	Election Day	
TUE 11/7	6:00- 6:45 pm PTA Listening Session, SLES Library 7:00- 8:00 pm PTA Meeting, SLES Library	
WED 11/8	Plastic Free Lunch Day- see Green Team news in newsletter for more details!	
WED 11/8	WOW- Workout Wednesday during lunch recess	
THU 11/9	9:00- 10:00 am Veterans Assembly & Reception	
FRI 11/10	Veterans Day- <b>NO SCHOOL</b>	
11/13- 12/1	Holiday Toy & Food Drive	
<b>TUE 11/14</b>	<b>Picture Make-Up Day</b>	
TUE 11/14	Progress Reports are emailed to caregivers from TSD	
TUE 11/14	Spirit Day: Toons Tuesday!	
WED 11/15	WOW- Workout Wednesday during lunch recess	
FRI 11/17	Spirit Day: Tiger Pride / Blue Friday!	
FRI 11/17	Popcorn Friday!	
FRI 11/17	Early Release Friday: students dismissed at 1:20 PM	
<del>TUE 11/21</del>	<del>Class Picture Make-Up Day</del>	
TUE 11/21	Spirit Day: Toons Tuesday!	
WED 11/22	WOW- Workout Wednesday during lunch recess	
WED 11/22	<b>Early Dismissal 12:20 pm</b>	
THU 11/23	Happy Thanksgiving! <b>NO SCHOOL</b>	
THU 11/23	Community Event: MV 5th Annual Turkey Trot, Lake Wilderness Park	
FRI 11/24	Thanksgiving Break / <b>NO SCHOOL</b>	
TUE 11/28	Spirit Day: Toons Tuesday!	
WED 11/29	WOW- Workout Wednesday during lunch recess	



## ***An Invitation for Our Veterans***

October 25, 2023

Dear Families of Shadow Lake,

One of our beloved Shadow Lake traditions is to gather in early November to celebrate the veterans of our community, and those who are currently serving in the military. Our school will present a **Veterans Day Program on Thursday, November 9, at 9:00 a.m.** The fifth-grade students and our Music Specialist, Beth Mohr, will lead the program. There will be special music and reflections honoring our Veterans.

Family members who have served or are currently serving in the United States Military are invited to join us to be recognized for their dedication and service to our country. All Veterans and fifth-grade parents are invited to attend. Our entire school will participate in the program, which should last approximately thirty minutes. A reception for Veterans and their spouses in the library following the assembly.

Are you someone who has served or is currently serving in the United States military? Do you have a family member who has served or is serving? You are invited to let us know if you can attend and to submit Veteran names and/or a photo for the observance. There will be a slideshow that will be played before the program starts, as well as in the library during the reception. Whether you can attend or not, the names and/or photos submitted will be recognized. **Before Monday, November 6,** please complete this form, <https://forms.gle/v3GPZ3rCW6uahzqH8> to let us know if you plan to attend and/or if you are submitting items for the slideshow or return the note below to the office (the online form is the preferred method).

Thank you!

Shadow Lake Elementary School

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Name of Veteran \_\_\_\_\_

Branch of military \_\_\_\_\_ Years of service \_\_\_\_\_

Name of student(s) \_\_\_\_\_

Teacher(s) \_\_\_\_\_

Relationship to our Shadow Lake student(s) \_\_\_\_\_

Name SLES parent \_\_\_\_\_ Email: \_\_\_\_\_

I plan to attend the program \_\_\_\_\_ Number of people attending

# TOY & FOOD DRIVE

November 13 - December 1



## SHADOW LAKE TIGERS ARE CARING!

Our Student Leadership Team has a fun goal-  
We want to collect 500 gifts, 50 gift cards, and food!  
Bring donations to the SLES Office before Fri. Dec. 1.

Here's how you can support this community effort:

-  Donate NEW unwrapped gifts for children 0-12
-  Donate gift cards in \$25 increments for teen 13-18
-  Bring holiday meal food items (see list)
-  Make a monetary donation online at <https://maplevalleyfoodbank.org/donate/>
-  Contribute to the Amazon Christmas Wishlist at <https://bit.ly/MVFBGiftWishlist>

## MAPLE VALLEY FOOD BANK HOLIDAY FOOD DRIVE

*Give local families in need a holiday meal!*

\$20 for fresh food  
2 packages of stuffing  
1 can of cranberry sauce  
1 can/box of stock or broth  
1 packet of gravy mix  
1 can of cream of mushroom  
1 box/bag of mashed potatoes  
1 miscellaneous holiday food item

Items needed by Friday, Dec. 1

To make a financial contribution to this program, please visit  
[www.maplevalleyfoodbank.org/donate](http://www.maplevalleyfoodbank.org/donate)



## MAPLE VALLEY FOOD BANK HOLIDAY GIFT PROGRAM



\*NEW, UNWRAPPED GIFTS  
OR \$25 GIFT CARDS  
GRACIOUSLY ACCEPTED  
THROUGH 12/11

MONETARY DONATIONS ACCEPTED AT [MAPLEVALLEYFOODBANK.ORG/DONATE](http://MAPLEVALLEYFOODBANK.ORG/DONATE)



We understand there will be tardies and absences for these illness and other things, but we cannot stress how important it is for students to at school and on time and every day.

### Attendance ABC's:

- Kids can be dropped off at school starting at 8:25 am
- Kids must be in their seats by 8:40 am when the bell rings.
- Students arriving after 8:40 am must be accompanied by a parent when checking in at the front office (**no dropping off**).
- For any/all attendance pieces or end of day changes, please call 425-413-6100 or e-mail [sloffice@tahomasd.us](mailto:sloffice@tahomasd.us).
- Attendance letters will begin going out on October 5th, 2023, for those with chronic tardies and high absence numbers.

We also want to recommend not planning any vacations outside of the district scheduled times as they truly disrupt the learning process.

As always, if you have any questions at all regarding attendance please do not hesitate to call.

Thank you!

Susan Kelder ~ Registrar  
Shadow Lake Elementary School  
(425) 413-6100  
[sloffice@tahomasd.us](mailto:sloffice@tahomasd.us)



STEM Specialist Mrs. White  
**Art News**

The Art Room is thriving with the art elements- lines, shapes, color, texture, space, and value exploration! Enjoy a sampling of our artist creations: Rene Margritte-inspired “Eyes” Grade 4; The Bad Seed inspired wet-on-wet watercolor Grade 3; Textured Raccoons with space inspired by artist Charley Harper Grade 5.



 **TERRACYLE STRONG!**

Thank you for continuing to send in used: toothbrushes, floss containers, empty toothpaste tubes of any brand for the [Colgate](#) brigade, as well as [Kroger or Fred Meyer Simple Truth](#) soft plastic packaging and we have added [Entenmann's Little Bites](#) pouches. We send these waste items to [TerraCycle](#) and earn a bit of money for our school while TerraCycle makes new products! Look for a tub outside the SLES front office to make your drop!

**Thank you for collecting!**

Liz White, SLES Art/STEM Specialist  
 Email: [ewhite@tahomasd.us](mailto:ewhite@tahomasd.us)  
 School Website [here](#)

## P.E. SPECIALIST NEWS- from Sarena Nau and Matt Rene



**📷 Photos Needed:** Please send in a photo of your child doing a favorite physical activity (does not have to be a sport- anything your student likes to do to stay active works great) for our Active Tigers board! Photos can be brought in to school with your student, or emailed to Mr. Rene at [mrene@tahomasd.us](mailto:mrene@tahomasd.us) or Mrs. Nau at [snau@tahomasd.us](mailto:snau@tahomasd.us)

**👉 What to Bring/Wear to P.E.:** Please remind your student to dress appropriately for P.E. as much as possible on P.E. days. Shoes that are comfortable for running/activity will help keep your student safe and able to do all P.E. activities. They are also welcome to bring a water bottle to P.E.



[Shadow Lake Elementary Music Website](#)

Beth Anne Mohr ~ Music Specialist/Tiger Chorus Director

### 2023-24 Music Performances / Important Dates:

**Thurs Nov. 9,** 9AM, SLES Commons: : "We Honor You" 5th Grade Concert/Assembly

**Thurs Dec. 7,** 6-8PM, Maple Valley 4 Corners: Tiger Chorus at Hometown Holidays

**Thurs Jan. 25,** 6:30PM, SLES Commons: Tiger Chorus Winter Concert

**Thurs Feb. 8,** 6:30PM, SLES Commons: "Recorder Monsters" 4th Grade Concert

**Thurs Feb. 28,** 7PM, THS Performing Arts Center: Tiger Chorus at District Choral Festival; **Daytime Tiger Chorus Field Trip 10AM-1:30PM**

**Thurs Mar. 28,** 6:30PM, SLES Commons: "Lights, Camera, Action! 3rd Grade Concert

**Thurs Apr. 18,** 6:30PM, SLES Commons: "Silly Songs with Second Graders" 2nd Grade Concert

**Thurs May 9,** 6:30PM, SLES Commons: "Pajama Party" 1st Grade Concert

**Thurs May 23,** 6:30PM, SLES Commons: "Three Piggy Opera" Kinder Concert

**Thurs May 30,** 6:30PM, SLES Commons: Tiger Chorus Spring Cookie Concert



## FUTURE READY SPECIALIST NEWS- from Liz Spencer

Our **November** Future Ready Skill is **Responsible Decision-Makers**. Students make informed and thoughtful decisions in a variety of situations, such as health and wellness concerns, media and technology choices, and financial matters. Students will analyze how their decisions affect themselves and others.



**Kindergarten**  
**1st Grade\***  
**2nd Grade \***  
**3rd Grade \***  
**4th Grade \***  
**5th Grade \***

- I can identify safe, responsible, and respectful choices.
- I can think about (brainstorm) all of the choices I could make.
- I can think of my choices and how they affect me or others.
- I can choose the best option, take action, and communicate my choice.
- I can accept responsibility and the consequences of my choices.
- I can reflect and evaluate the results of my choices. I can make safe, responsible, and respectful choices.

(\*Building on skills. For example, 1st grade includes kindergarten indicators + 1st grade indicator.)

Information for caregivers about TSD FRS (Future Ready Skills) [HERE](#).

# Shadow Lake Green Team

## November 2023



Mrs. Nadine, our custodian extraordinaire, got creative with composting! She is teaching students how to recycle and compost in the lunchroom. Once Green Team kicks off, students will be right there in the action!

Wednesday, November 8 is Plastic Free Lunch Day! Join schools around the country in eliminating single-use plastics during lunch (or try to use as few as possible).



On November 17th, students will have the opportunity to enjoy a live performance of the King County's Quest Assembly. Students will learn more about how waste reduction, recycling, and composting help the earth's water and land. Exciting!



**Thank you** to our PTA Outdoor Stewardship team organizing the event on Saturday, Oct. 28! Thank you to everyone that volunteered! Our trails look amazing! Check out photos [here](#).



# NEWS FROM THE SCHOOL COUNSELOR-

Melanie Person

Do you have a baby who was born in July or August? Would you like to volunteer with your baby to help nurture empathy in children? **Shadow Lake Elementary** is looking for parents with infants who will be between 2-4 months old in October to volunteer about once per month during the school year.



**Roots of Empathy**  
**Racines de l'empathie**

## What is Roots of Empathy?

Roots of Empathy is an evidence-based classroom program that has shown significant effect in reducing levels of aggression among school children while raising social/emotional competence and increasing empathy. The program has been widely evaluated across three continents for two decades and is proven to result in improved empathy, increased emotional understanding, decreased aggression and bullying and improved pro-social behavior among participating students. Research also demonstrates that these improvements are sustained and even strengthened over time.

The Roots of Empathy program is delivered to elementary school children who are guided to recognize and connect with the vulnerability and humanity of a baby who visits their classroom throughout the school year with their parent(s), along with a trained Roots of Empathy Instructor using a specialized curriculum.

## How it works: (Learn more [here](#))

Roots of Empathy consists of monthly visits to a classroom where your baby helps to inspire a generation of more caring, compassionate individuals. Each month, you will participate in a pre-visit, the actual classroom session, and a post-visit, each lasting approximately 30-40 minutes. A trained instructor will also be present at all times to facilitate the program.

- Your baby will need to be 2 – 4 months old at the start of the program in September/October
- Your family is matched with a classroom teacher at **Shadow Lake Elementary**
- You are paired with a volunteer Roots of Empathy Instructor who guides the children using an age-appropriate curriculum
- The program follows the course of the school year: You and your baby visit the same classroom of children 9 times over the school year (for 30-40 minutes, about every 3-4 weeks).

[Here](#) is a brief introductory video that explains how Roots of Empathy works and why a baby is such a powerful teacher of empathy. Handout information [here](#). Roots of Empathy was also featured on NBC's Today – you can [view that segment here](#).

**If you would like to volunteer as a Roots of Empathy Family, please contact me at 425.413.6174 or by email: [mperson@tahomasd.us](mailto:mperson@tahomasd.us)**

## HOLIDAY REOURCES FROM THE COUNSELOR'S OFFICE:



### MV FOOD BANK-

If your family is need of Holiday help, please consider reaching out to the Maple Valley Food Bank. More details [HERE](#). Website: <https://maplevalleyfoodbank.org/get-help/> or by email: [info@maplevalleyfoodbank.org](mailto:info@maplevalleyfoodbank.org)

### KING COUNTY HOLIDAY ASSISTANCE PROGRAMS-

<https://ths-wa.org/general/king-county-free-food-and-gifts-holiday-assistance/>

Learn about resources provided for students and families [here](#)



## ZERO HOUR INFORMATION

Registration and updated schedule [HERE](#).

What is Zero Hour? It is the hour before (or after) school that some staff are offering enrichment classes.



### REMINDER: ANNUAL VISION & HEARING HEALTH SCREENINGS – NOVEMBER 7 & 8

Young students may not complain about their vision and/ or hearing issues, as they may not know that what they are experiencing is abnormal. To ensure that students are seeing/ hearing within normal parameters, we perform hearing and vision screenings annually.

These screenings are completed in accordance with state regulations. As per this guidance, we will be screening Kindergarten, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> & 5<sup>th</sup> Grade. We will be holding these screenings on **November 7 & 8, 2023**.

Vision screening is not a substitute for a full eye and vision exam. Your child is not required to undergo the vision exam if they are already followed by an Optometrist or Ophthalmologist. We also will not screen children under the care of an Audiologist.

These screenings are meant to benefit your child – but if you wish for your child not to be screened, please email me at: [SLNurse@TahomaSD.US](mailto:SLNurse@TahomaSD.US) . Please write your child's name, together with grade and teacher in the email, explaining that you wish them to opt out of the screenings.

You will only hear about your child's results if we believe that further follow up is required by an Optometrist, Ophthalmologist or Audiologist.

Please reach out with any questions.

*Warmly,*

**NICOLE MUNSELL, BSN, RN. ~SCHOOL NURSE**

PHONE: 425-413-6110;

FAX: 425-413-6113;

EMAIL: [SLNURSE@TAHOMASD.US](mailto:SLNURSE@TAHOMASD.US)

♥ [Medical Guidance- when should my child stay home from school? HERE](#)



## SCHOOL HOURS

Monday – Thursday 8:40 AM – 3:20 PM  
Early Release Friday 8:40 AM – 1:20 PM  
Earliest drop-off time: 8:25 AM

### OFFICE HOURS

Monday- Thursday 8:00 AM – 4:00 PM

Friday's 8:00 AM – 3:00 PM

Attendance email: [sloffice@tahomasd.us](mailto:sloffice@tahomasd.us)

Phone: (425) 413-6100

Please view attendance reminders from the office [here](#)



**2023- 2024 PARENT STUDENT HANDBOOK [HERE](#)**

### SCHOOL NEWSLETTERS

Newsletters are emailed home monthly. We encourage caregivers to check our school website often for updates news, events, and information! <https://shadowlake.tahomasd.us/>. If you have any questions, please call the office.

### TRANSPORTATION

Phone (425) 413-3220. Bus route schedules and more information:

<https://www.tahomasd.us/departments/transportation>

### FOOD SERVICE INFORMATION

Breakfast menus, lunch menus, and how to pre-load milk or meal money can be found here:

[https://www.tahomasd.us/departments/nutrition\\_services](https://www.tahomasd.us/departments/nutrition_services)

### EXTENDED ENRICHMENT PROGRAM (EEP)

Before/afterschool childcare details: [https://www.tahomasd.us/departments/extended\\_enrichment](https://www.tahomasd.us/departments/extended_enrichment)

### OPT-IN FOR TEXT MESSAGES

If you would like to get occasional short text message reminders from the school, you can opt-in to receive them, you can **text 67587**, find instructions on our school website, or here:

[https://shadowlake.tahomasd.us/news/announcements/opt in or out for t s d text messages](https://shadowlake.tahomasd.us/news/announcements/opt_in_or_out_for_tsd_text_messages)



**NOVEMBER PTA NEWSLETTER [HERE](#)**

PTA Website [here](#)

Stay current with what's happening by joining their private FB group [here!](#)

### COMMUNITY RESOURCES

We have compiled a list of resources that may be helpful [here](#).



**TAHOMA SCHOOL DISTRICT WEBSITE <https://www.tahomasd.us/>**

View recent TSD communications to families here:

[https://www.tahomasd.us/departments/public\\_relations/weekly\\_family\\_bulletins](https://www.tahomasd.us/departments/public_relations/weekly_family_bulletins)