Upcoming Events

October 25
Harvest Festival
6:00pm – 8:00pm
Scavenger hunts, games, fun, & classic Halloween flicks.
Bake Sale. Costumes encouraged (not too scary)!
STEM Cafeteria

October 26
Spirit Wear Day
STEM K-8

October 26
Middle School Halloween Dance
6:00pm – 8:00pm
Suggested donation $3.
Raffle + costume contest, prize included. Grades 6-8 only.
STEM Gym

November 2
Hearing & Vision Screening
8:50am – 3:25pm
1st, 2nd, 3rd, 5th & 7th grades.
Sign up to help Nurse M.C.
STEM K-8

November 3
Owl Karaoke & Dance Party
6:00pm – 9:00pm
Come karaoke, dance, play games, and get out of the rain with your favorite owls. Kids must be with an adult. Snacks & drinks available for donations.
STEM community only.
Sign up to help.
Highland Park Improvement Club
1116 SW Holden

November 6
Picture Retake Day
STEM K-8

November 7
Flu Shots Available at School
8:50am – 3:25pm
No insurance needed.
Register here.
STEM K-8

We’ve raised $13,760 and have 10 days left to raise $23,240.

At STEM K-8 a question often asked is “is there art?”
Let me introduce you to the not silent “A” in STEM!

A 7th grade engineering drawing of a wind turbine – by a student who has NEVER done a technical drawing before.

Sunflowers by Middle School art elective students.
Upcoming Events Ctd.

November 8
PTA Meeting
6:30pm – 8:00pm
Please join us!
Complimentary YMCA childcare provided by the PTA.
STEM K-8 Library

November 12
Veteran's Day
No School

November 19 - 21
Parent/Teacher Conferences
No School
Families schedule a time to meet with their student’s teacher.
STEM K-8

November 22 - 23
Thanksgiving Break
No School

November 26 - 30
All for Books Week
Collect spare change for teachers to build their classroom libraries at the Book Fair.
STEM K-8

November 28
Multicultural Night
5:30pm – 7:30pm
More details to come!
STEM K-8

November 30
Spirit Wear Day
STEM K-8

December 4 - 7
6th Annual Book Fair Blizzard
Schedule TBD
STEM K-8

December 4
Willy Wonka and the Chocolate Factory Performance
7:00pm
STEM K-8 Cafeteria

Orca artwork made before the 4th grade trip field trip to Blake Island to have a salmon bake and learn about native cultures.

Special Education Services name recognition.

Watercolors in 5th grade.
Marble Maze Engineering Challenge

Cardboard is free, but the watercolors, the mechanical pencils, the “extras” - the PTA supports EVERY student at STEM with the extras. And we don’t think the “A” is extra, we think it’s as fundamental as the S T E M and writing, music, reading +!

We’ve raised $13,760 and have 10 days left to raise $23,240.
Every single dollar helps.
How can YOU help every student at STEM?
http://www.stemk8pta.org

Robin Graham – STEM Fundraising Chair

Direct Give
Louisa Boren STEM K-8

STEM K-8 PTA is a 501(c) 3 non-profit organization. Your donation is tax deductible as allowed by law. Tax ID#: 45-5313405
A Note from Principal Ben Ostrom

Last week I shared some information about STEM's implementation of RULER, an evidence-based socio-emotional curriculum that teaches vital self-regulation, empathy, and social skills. Last week I wrote about the Charter, an agreement made in each classroom that reflects how students want to feel in class, what needs to happen to support those feelings, and guidelines for handling conflict. This week I want to highlight the Mood Meter, a tool for recognizing and labeling feelings. By the end of October, all of our STEM students should have been introduced to the Mood Meter. Some of you may remember information about the Mood Meter from last year, when we began using it as a teaching tool with students for the first time. You can click on to the SPS Family Ruler Website to learn more about other RULER strategies. Below is information about the Mood Meter.

The Mood Meter is a tool used to recognize and understand our own and other people's emotions. It's divided into four color quadrants - red, blue, green, and yellow - each representing a different set of feelings. Feelings are grouped together on the mood meter based on their pleasantness and energy level.

![Mood Meter Diagram](image)

**Red feelings:** High in energy and more unpleasant (e.g., angry, scared, and anxious)

**Blue feelings:** Low in energy and more unpleasant (e.g., sad, disappointed, and lonely)

**Green feelings:** Low in energy and more pleasant (e.g., calm, tranquil, and relaxed)

**Yellow feelings:** High in energy and more pleasant (e.g., happy, excited, and curious)

Why recognize feelings?
Helping students recognize feelings helps them understand how feelings impact decisions and behaviors. It's also the first step in helping students develop empathy, the ability to understand the feelings of another person.

Once the Mood Meter is understood, it can be used as a guide through the RULER skills, by asking:

- **Recognize:** What are you feeling? How pleasant? How much energy do you have? Where would you plot yourself?
- **Understand:** What caused you to feel that way?
- **Label:** What word best describes where you plotted yourself?
- **Express:** How are you expressing that feeling? Is your expression appropriate to the context in which you are?
- **Regulate:** Is where you are on the Mood Meter the place you want to be? If so, what strategies will you use to stay there? If you would like to shift what strategies will you use?
Below is a list of family activities to put the Mood Meter into practice at home!

- Printable Mood Meter Brochure (English)
- Printable Mood Meter Brochure (Spanish)
- Mood Meter Song (early elementary/pre-k)
- Mood Meter Cheat Sheet simple descriptions and photos of each quadrant's characteristics
- RULER Bookmark questions to ask children while reading aloud (pre-k or elementary)
- Using RULER to make sense of emotions
- Parent Child Mood Meter Worksheet
- Video to watch together: Mood Meter Overview Animation (upper elementary/middle school)

Don’t forget to support the STEM K-8 Direct Give if like me you’ve been too busy. It’s easy and convenient to submit a donation online. Any size contribution is appreciated! Direct Give supports enriched STEM learning experiences and materials.

Ben Ostrom
Principal
STEM K-8

Update from Advocacy Chair, Alicia Every

This past weekend I attended the WA State PTA Legislative Assembly. PTA members from all over the state gathered to discuss issues and decide on the top ones to advocate for during the 2019 legislative session. It was interesting and inspiring to be amongst hundreds of PTA members from across the state who are passionate about advocating for our students!

There are 12 temporary Legislative Issues that guide the focus of specific legislative advocacy for the next two years. The 12 Issues were presented, and all were accepted by the committee. Five were voted as the top most important. Here they are briefly summarized in order of votes received:

1) Integrate Social Emotional Learning and Trauma Informed Practices into education.
2) School construction issues and changing construction bonds from a super majority to a simple majority.
3) Prevent gun violence.
4) Develop strategies to address the teacher shortage.
5) Strategic investments to close achievement gaps to help poor kids, kids of color, foster kids, and homeless kids.
6) Develop school safety plans for disasters and emergencies.
7) Define a minimum lunch period of 20 minutes to actually sit and eat, plus time for kids to line up and get their lunch. ALSO, move recess to BEFORE lunch time.
8) Fully fund paraeducator training required by law.
9) Define a minimum of 30 minutes of daily recess time for elementary students.
10) Replace the term “Parent Involvement Coordinator” with the more inclusive “Family and Community Engagement Coordinator” and fund at least one full-time FACE coordinator per school, beginning with high poverty schools.
11) Raise the age of tobacco and e-nicotine delivery systems to 21.
12) Develop a preschool expansion plan to ensure high quality preschool for all Washington children.
Some of the classrooms at STEM have chosen to participate in the Sister Schools program. Through pictures and stories, students learn about the overwhelming difficulties faced by children in Ugandan schools and orphanages. Following the presentation, a supply drive will be organized, and all children are encouraged to participate in ways personally meaningful to them. Both NEW and LIKE NEW items are accepted. Below is a list of items in order of importance that we will be collecting.

**Primary Needs**

School Supplies: Pencils, pens, paper, pencil sharpeners, erasers, chalk, three-ring binders, spiral notebooks.


Sports Equipment: Soccer, softball, baseball, basketball, volleyball, football, playground balls.

**Secondary Needs**

Arts and Crafts: Crayons, colored paper, glue, scissors, rulers, coloring books, paint sets.

Health and First Aid: Toilet paper, soap, toothpaste and toothbrushes, Band-Aids, sewing supplies.

**Other Needs**

Clothing: Shirts, pants, dresses, skirts, hats, raincoats, socks, shoes, light sweaters and jackets.

Toys: Board games, puzzles, toy figures, cars, etc.

**Please drop off donations in your child’s classroom.**

Participating classrooms: all kindergarten, 1st, 3rd, and 5th grade classes. Plus Ms. Lortz (2nd grade) and Ms. Paulson (7th grade).

*If you’d like to be involved but your child’s class is not participating, please drop off donations in the school office.*

Donations will be collected through November 1.
STEM Library News

1. SPS offers great FREE online resources!

   http://www.seattleschools.org/student_portal/online_student_resources

   Username: **studentsps**  Password: **access**

   There is a tab for Elementary Resources and another for Middle School Resources.

   This year we have added Britannica which is now completely electronic and available at three reading levels.

   There is also a Spanish version which is originally written in Spanish, not translated.

2. We have a FREE trial to [www.tumblemath.com](http://www.tumblemath.com), with unlimited access through November 30.

   Username: **seattleschools**  Password: **trial**

3. Global Reading Challenge titles will be announced Thursday, November 1.

   This is a battle of the books trivia program open to our 4th and 5th grade students and is a joint venture of Seattle Public Library and Seattle Public Schools.

   Mrs. B will have library lessons and more information for these grade levels in November.
Harvest Festival!

When: Thursday, October 25. 6:00pm – 8:00pm
Where: STEM K-8 Cafeteria
Cost: Suggested donations appreciated for a bake sale - the rest of the event is FREE. Guardians MUST attend with their owls.

Bring your family and come have a hoot at the STEM Harvest Festival! The 2nd Grade Cohort is putting together K-3rd and 4th-8th Scavenger Hunts with games & fun - or kick back and watch classic seasonal Halloween short flicks with popcorn.

Costumes encouraged - please remember some owls don't really appreciate scary costumes so save those for the 31st. Students at STEM don't wear costumes to school on the 31st - so this is your time to wear your costume & show your friends!

2nd Grade families / Middle School Student Volunteers - sign up HERE to volunteer:
Halloween Dance

October 26 - In the Gym
For Grades 6-8
Entry Fee: $3

Boo! 6-8PM

Raffle + Costume Contest
Prize Included

All funds go to TSA
Owl Karaoke & Dance Party!

**When:** Saturday, November 3. 6:00pm – 9:00pm

**Where:** Highland Park Improvement Club
1116 SW Holden

To help lower the cost for the 5th graders’ trip to Islandwood, we’d like to invite you and your family to a fundraiser!

Come karaoke, dance, play games, and get out of the rain with your favorite owls.

Kids MUST be with an adult.

Snacks & drinks will be available for donations. Since this is not a PTA event but hosted by a parent, we can have and serve alcohol at the event.

If you want to help sign up [here](#):

Hosted by: Megan Thorberg
Contact 206-718-9416 / [meanmegan100@hotmail.com](mailto:meanmegan100@hotmail.com)

*STEM community only due to liquor license law / insurance requirements.*

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**Seattle Public Schools presents...**

*LGBTQ Families Dinner*

301 21st Ave E, Seattle, WA 98112
Cost: Free! Dinner Provided!

**Thursday, November 8th, 2018**
from 6:00pm-8:00pm at Meany Middle School

**RSVP with your party count to:**
brham@seattleschools.org
Stay Connected
PTA Website – all things PTA (become a member, volunteer, shop and earn, how YOU can be involved).

STEM K-8 school website – our SPS school website (curriculum, staff details and more).

Principal Ostrom’s Blog

STEM K-8 Facebook

SPED@STEM – private Facebook group for Special Education Families, available as an information and support tool to stay connected. To be added, please contact rebecca_garcia@mac.com.

STEM PTA Twitter

Principal Ostrom’s Twitter

This Week’s Ultimate Schedule

Saturday, October 27

STEM Owls B vs. TOPS 7th Grade B
9:00am Ingraham High School #1

STEM Owls C vs. Robert Eagle Staff C
10:30am Ingraham High School #1

STEM Owls 6th vs. JAMS 6X
12:00pm Ingraham High School #1

Schedule is not final until Thursday. Check DiscNW to confirm details.

Sign up for Snack! STEM K-8 Ultimate Facebook Group

Hearing & Vision Tests – Volunteers Needed

Dear STEM Community,

I will be conducting hearing and vision screening tests for five grade levels: 1st, 2nd, 3rd, 5th, and 7th graders. I will need to take small groups of students out of their regular classroom for a few minutes to conduct the screening. In order to minimize time away from the classroom for each student, I need several volunteers to help the process flow smoothly. Please CLICK HERE to see descriptions of tasks needed and sign up to help. I am hoping to finish on the first day of testing (November 2) but may need to complete more on November 9. Both are Fridays. When you arrive at school, please sign in and look for a sign on the door of the health room (attached to the main office) directing you where to go.

Thank you for helping out!
M.C. Nachtigal, ND, MSN, RN
mcnachtigal@seattleschools.org

Flu Shots – November 7

Flu shots will be offered at school on Wednesday, November 7, 2018 to all students, regardless of health insurance status. If you would like your student to have one on that day, please sign up at register.seattleflu.com.