



November 9, 2017

Principal News from Jeff DeGallier

Hard to believe it is already November at JME. Every day I am in classrooms, I see how diligently our students are working to achieve their best.

This week our 17th Annual Turkey Trot was a real success! Our students walked, jogged, and trotted over 20,000 laps with their friends and teachers during lunch recess to celebrate the importance of cardiovascular fitness. Developing healthy eating and exercise habits as a child is every bit as important as developing a strong mind here at JME. Thank you to all the parent volunteers who help make the Turkey Trot possible!



Tomorrow, November 10th we do not have school as we celebrate the Veteran's Day Holiday. Today we had an all school assembly where our 3rd grade students and JME choir performed to pay tribute to the women and men who served our country. We are fortunate to have the personal freedoms we do in this country and Veteran's Day reminds us to acknowledge and show our appreciation for the men and women who have served our country and earned the title, Veteran. I encourage you to take a few moments to explain to your children why we have this important holiday each year.

Have a great weekend with your family.

Seahawk Blitz Joins Turkey Trot!

It was all Smiles and High Fives at John Muir Elementary when the Seahawk Blitz joined the students at their 17th Annual Turkey Trot.

This much anticipated event takes place during lunch recesses and promotes importance of physical fitness and activity. The students and staff walk, jog, and trot around the soccer field. The top boy and girl from each class with the MOST laps will WIN a frozen Turkey donated by local businesses. Also, the top two classes with the most laps run, will win a Class Party! Total School Laps were not available at press time.



2nd Annual PTSA Auction - Sip, Support, Bid Merry Auction is coming soon! Get your tickets today!



December 1st - 7:00 pm at J. Bookwalter Winery in Woodinville by the Hollywood Schoolhouse

Tickets are \$40 per person - you may follow this link below to purchase your tickets.
Ticket includes a beverage, heavy appetizers, and desserts.

<http://muirptsaschoolpages.com/Page/Pta/Purchase%20Auction%20Ticekts>

Some of the Featured items up for bid include:

4 Tickets to Disneyland and California Adventure
Professional Seahawk Action shot photography
2 Symphony tickets to Benaroya Hall
Overnight stay with breakfast for two at the Hilton Bellevue
4 tickets to the Sounders game
Cool Class Projects
Custom woodwork by Nick Kanehen

Many more auction items like: themed baskets, restaurants, gift cards, and experiences.

This event provides the funds necessary to support, enhance and enrich the educational experience of our students here at John Muir Elementary. Thanks so much for your support!



School Menus and Nutrition Information available online

Starting in November, Nutrition Services will post all breakfast and lunch menus online.

<http://www.schoolnutritionandfitness.com/index.php?sid=1503439537442>. These new interactive online menus allow you to see expanded nutritional information for each item. There is also an app that you can download. Printed menu copies will no longer be sent home with all students.



Safety Spotlight: Are you ready for inclement weather?

When emergency conditions such as snow and ice or windstorms result in school schedule changes, the district will notify families directly through our School Messenger automated phone system. You can learn how to know when school is delayed or cancelled on the School Closures and Late Starts page of the district website. Sign up on flashalert.net to be notified about the latest school delay and school closure news from LWSD.

Dress for Recess Weather

Now that we are well into the winter weather and colder months it is important to help your child be prepared for recess! Even on rainy days our students will go outside to play, so a light raincoat and play shoes are important part of being prepared for school.



Too Sick for School? When to keep your sick child home from school

Lake Washington School District works with King County Department of Public Health to help protect children from spreading communicable diseases. Keeping children home when they are too sick for school protects other students and staff from potential illness.

Symptoms that child is too sick for school

If your child has any of the following symptoms, please keep him/her home, or make appropriate child care arrangements. It will be necessary to pick your student up from school as soon as possible if he/she shows any of the following symptoms at school:

- **Fever:** temperature of 100 degrees Fahrenheit or higher. Child must not have a fever for 24 hours before returning to school.
- **Vomiting:** child should not return to school for 24 hours following the last episode of vomiting
- **Diarrhea:** more than one watery stool in a 24-hour period, especially if the child acts or looks ill
- **Chronic cough and/or runny nose:** continual coughing and greenish nose discharge. Conditions may be contagious and may require treatment from your health care provider.

Quick Links

Muir: <http://muir.lwsd.org>

LWSD: www.lwsd.org

PTSA: <http://muirptsas.ourschoolpages.com/Home>

Peachjar: [Community flyers](#)

Calendar

- Picture Re-take day - Tuesday, November 14th
- School Out at 12 Noon on November 22nd - Thanksgiving Break Nov. 22 - Nov. 26
- PTSA Auction - December 1 - J. Bookwalter Winery - 7:00 pm
- Winter Break - December 18 - January 1

[Muir Tandem Online Calendar](#)

John Muir Elementary School
14012 - 132nd Avenue NE, Kirkland, WA 98034 | 425 936-2640

The Lake Washington School District does not discriminate on the basis of race, color, national origin, sex, disability, age, gender, marital status, creed, religion, honorably discharged veteran, military status, sexual orientation including gender expression or identity, the presence of any sensory, mental or physical disability, or the use of a trained guide dog or service animal by a person with a disability, in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. Complete policy statement: <http://www.lwsd.org/Nondiscrimination>

To learn why you received this and how to remove yourself from the list, see [Privacy & Permissions Policy](#)

[Review / edit information about you](#) | [Unsubscribe](#)



Generated by [Learn more](#)