

KNIGHTLY NEWS



**KELLOGG
MIDDLE
SCHOOL**

MAY 2023

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WEBSITE!**

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PRESIDENT'S MESSAGE

HAPPY MAY, KELLOGG FAMILIES! SIX WEEKS LEFT IN THE SCHOOL YEAR! IN THE PTSA SPACE, THIS IS ANOTHER BUSY SEASON AS WE WORK TO WRAP THIS YEAR AND PREPARE FOR NEXT. HERE'S WHAT'S TOP OF MIND FOR ME:

APRIL 1 ST WAS OUR FUNDRAISING EXTRAVAGANZA -VIVA LAS VEGAS TRIVIA NIGHT AND SILENT AUCTION. **WE WON BIG, BRINGING IN \$44 THOUSAND TOTAL FOR THE NIGHT!!!**

THANK YOU KELLOGG COMMUNITY FOR YOUR GENEROSITY!!

THANK YOU TO OUR PLANNING TEAM: **RACHELLE MITCHELL (CHAIR), CASIE TUBBS, ERIN O'CONNOR, LAURA JAMES, LAURREN CHASE, NOEMI JOHNSON, AND SILVY TRIANA. THANK YOU TO **CASEY CAMPBELL** FOR CO-HOSTING TRIVIA WITH **ERIN O'CONNOR** AND TO **BRENT ALLRED** TAKING ON HEAD BARTENDER.**

ALSO, WE HAVE OPEN ROLES FOR NEXT YEAR! PLEASE VISIT OUR WEBSITE FOR MORE INFORMATION AND DESCRIPTIONS OF EACH WAY YOU CAN GET INVOLVED WITH SUPPORTING KELLOGG NEXT YEAR. WE WILL VOTE IN OUR ELECTED OFFICIALS IN OUR JUNE MTG. PLEASE JOIN US!

MAY IS MENTAL HEALTH MONTH. PLEASE SEE A FEW WORDS FROM MISSY LIU, A KELLOGG PTSA CHAIR AND CO-LEAD OF THE SHORELINE PTA COUNCIL'S MENTAL HEALTH COMMITTEE IN THIS MONTH'S NEWSLETTER.



**HERE'S TO A GREAT LAST SIX WEEKS OF SCHOOL!!
FOR QUICK REFERENCE:**



MARK YOUR CALENDARS...

MAY 16: 7-8:30PM

ZOOM EVENT, A NIGHT WITH COURTNEY WOOTEN "FROM MICRO-AGGRESSIONS TO MAJOR OFFENSES"

MAY 17: 6:30-8PM

KELLOGG'S CELEBRATION OF CULTURES

JUNE 1: 7-8:30PM

LAST PTSA GENERAL MTG

TAKE ACTION:

1. VISIT THE TEACHER WISHLIST/ BUY PENCILS

AMAZON WISHLIST 

2. BECOME A MEMBER - IT'S NEVER TOO LATE. WE'RE A LEGIT 501C3:

MEMBERSHIP LINK 

3. BOOKMARK OUR WEBSITE:

KELLOGG PTSA WEBSITE 

4. VISIT OUR WEBSITE FOR UP-TO-DATE INFO AND GET INVOLVED WITH SUPPORTING KELLOGG. WE POST PTSA AND GENERAL SCHOOL OPPORTUNITIES THAT RANGE IN TIMEFRAMES AND FORMAT.

Thank you and take care,
Laura James, KMS PTSA Prez and mom to a current 7 th grader, Ashley
Email: president@kelloggptsa.org

March is Mental Health Awareness month. Let's normalize mental health by listening to others without judgement, breaking the stigma by speaking openly about our struggles, practicing self-care, modeling healthy behaviors and seeking help, if needed. Pledge to do something to start taking care of your mental health, which could be as easy as: take a walk outside, connect with a friend, get more sleep, find gratitude, laugh, take a moment with your pet and put down your phone. The Shoreline PTA Mental Health Committee is a great resource for parents and students who help educate, advocate and support mental health in our school district. Here's a resource guide to help find a therapist, learn about mental health conditions, find a support group or text/talk to a crisis line. Together we can rebuild our mental health!



Mental Health Resource List

Are you looking to:

- Find a therapist
- Text or talk to a professional
- Find a support group
- Learn about mental health conditions



Then scan this code to start 

 shorelinepta.org/mental-health.html

 [BreakTheStigma4SSD](#)

 [@ShorelinePTAMH](#)

The Shoreline PTA Council Mental Health Committee does not endorse or refer persons to therapeutic services or recommend any medical diagnosis or treatment.