



KELLOGG MIDDLE SCHOOL

# KNIGHTLY NEWS

JANUARY 2022



## PRESIDENT'S MESSAGE

Hello Kellogg Families,

Happy 2022!! We hope you have stayed healthy and well, as we've returned back to school this month. We know these past two years have sure been challenging for all of us with this ever-persistent COVID-19 and its variants. However, we are hopeful 2022 brings light and hope for our community. We, as your PTSA are constantly working behind the scenes, to support our school, staff & students.

### DID YOU KNOW...

Each month our PTSA Staff Appreciation provides the entire staff with coffee & muffins, donuts, fruit or pizza lunch, as well as monthly mailbox treats. We are constantly showering them with our appreciation, as they deserve it more than ever! Thank you, Staff Appreciation chair. ❤️❤️

On, January 20th, we had the privilege of our Superintendent, Dr. Reyes, speak at our PTSA meeting.

She presented the Shoreline replacement levy presentation and answered some good questions. It was great to see how and where the funds will help support our schools. Make sure you get your vote & ballot in by, Feb. 8th. Thank you to our Advocacy Chair, for all your hard work & advocating for our school & community. ❤️❤️

Save the date for our next GM meeting on **Feb. 17th at 7pm**, via Zoom. Our guest speaker, Christian Paige. Christian is an Emmy nominated poet, passionate keynote speaker, and an equity consultant who ignites scholars and leaders to use their voices.

Thank you to our Diversity, Equity & Inclusion Chair for making this event happen. ❤️❤️

Our school Family Advocate reached out to the PTSA for some specific items for our Kellogg students. Our community stepped up immediately and greatly helped these students out. Thank you Shoreline & LFP community! ❤️❤️

We are so thankful for our PTSA chairs, KMS staff & students and our community members for helping out in this challenging world we are constantly navigating. We are all in this together and hopeful there is light at the end of the tunnel.

We hope to eventually bring our community together and continue to rebuild our school connection. In the meantime, we will contribute to support everyone safely and from afar.

*Kellogg*

As Always, GO Knights!!

~Cacie Tubbs

*Knights*

# VOTE

**PROPOSITIONS 1 & 2 ON THE SPECIAL ELECTION BALLOT CONCERN SHORELINE SCHOOL LEVY REPLACEMENTS.**

**BALLOTS WERE MAILED JANUARY 21ST AND THEY ARE DUE BY FEBRUARY 8TH AT 8:00 PM.**

**BALLOT DROP BOXES CAN BE FOUND AT THE SHORELINE LIBRARY AND LAKE FOREST PARK CITY HALL.**



In honor of MLK Jr. Day (1/17) and Black History Month/BLM week of action in schools in February:

LET US NOT FORGET THAT DR. KING WAS ASSASSINATED AND DIED LISTED AS AN "ENEMY OF THE STATE" BY THE US GOVERNMENT.

check out these links:



[Learning for Justice](#)



[Dr. Martin Luther King, Jr. Why Black Americans Face More Obstacles](#)

"We owe it to Dr. King- and to our children and grandchildren- to commemorate the man in full: a radical, ecumenical, antiwar, pro immigrant and scholarly champion of the poor who spent much more time marching and going to jail for liberation and justice than he ever spent dreaming [or just talking] about it."

-Rev. Jesse Jackson (2018)

FUNDRAISING

**Our school gets a cashback donation just for shopping at Ballinger Thriftway!**



All you have to do is save your Thriftway receipts, then have your student turn them at Kellogg or mail them to:

Kellogg Middle School PTSA  
c/o Jenn Atherton, Rebates Coordinator  
16045 25th Ave NE  
Shoreline, WA 98155

**Box Tops are now digital!**



Just download the app on your mobile device or tablet, search for Kellogg Middle School and start scanning!

You are **NOT ALONE**

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.



1 in 5 U.S. adults experience mental illness

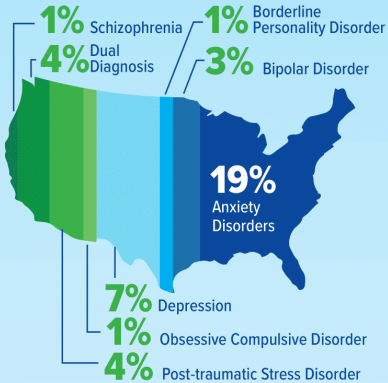
**1 in 25**

1 in 25 U.S. adults experience serious mental illness

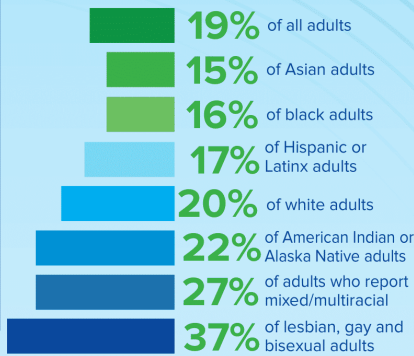
**17%**

of youth (6-17 years) experience a mental health disorder

**12 MONTH PREVALENCE OF COMMON MENTAL ILLNESSES (ALL U.S. ADULTS)**



**12 MONTH PREVALENCE OF ANY MENTAL ILLNESS (ALL U.S. ADULTS)**



**WAYS TO REACH OUT AND GET HELP**



Talk with a health care professional



Call the NAMI HelpLine at 800-950-NAMI (6264)



Connect with friends and family



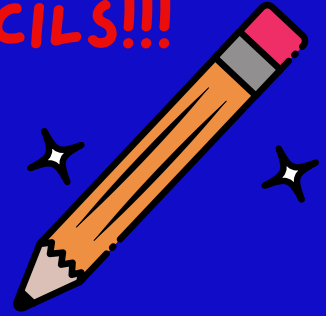
Join a support group

Data from CDC, NIMH and other select sources. Find citations for this resource at [nami.org/nhstats](http://nami.org/nhstats)

NAMI HelpLine 800-950-NAMI (6264) | NAMI | NAMICommunicate | NAMICommunicate | www.nami.org | National Alliance on Mental Illness



**KELLOGG NEEDS YOUR PENCILS!!!**



We're looking for #2 pencils!!! Help us support Kellogg staff who are constantly purchasing them for student use.

Used is great, new is great – we are not picky. We will have a box in the office to collect any pencils sent in with students during the month of February.

We will also purchase them in bulk.

To contribute please venmo @Erin-Warren-35 (last four 6716) and include Kellogg Pencils in the description.

Every \$7 buys 100 new pencils. We can reach our goal of 5000 pencils with just \$350 so- every dollar counts!!!



**venmo**

**please & thank you!**

**UW Forefront in the Schools will host the Indieflix movie "RACE to be human" - examining the impacts of race and racism on mental health on Thursday, February 10th from 7pm via Zoom. Please use link to register: REGISTER**

