



A letter from our Mayor about the Mental Health Crisis in Auburn:

This letter is a *special request* for your much needed support of a major mental health crisis in Auburn, which includes depression, anxiety, substance abuse and more.

Many people of all ages and walks of life are struggling with mental health issues, and a mental health crisis can happen to anyone.

- **1 in every 5 adults experience a mental health issue each year; as well as 1 in every 5 teenagers (ages 13-18); and 1 in every 6 students starting in elementary school (ages 6-17).**
- **An estimated 50% of all lifetime mental illness begins at age 14.**
- **The average delay between onset of mental illness symptoms and treatment is 11 years!**
- **Suicide is the second leading cause of death among people ages 10-14. – (NAMI; CDC)**

Auburn, according to the King County Community Health Needs Assessment, has one of the highest percentages of mental health issues in the state.

There is hope. Our Blue ribbon Committee (BRC), striving to make Auburn the healthiest city in Washington, developed and presented mental health videos to many city and state groups. **But more help is needed.**

In collaboration with the BRC, Wellpoint Washington (formerly Amerigroup), the Auburn School District (ASD) and the Auburn City Council passed a Resolution for Mental Health that challenges all residents of the city of Auburn to help fight this mental health crisis by watching one of the R.E.A.D.Y. (Real Emergency Aid Depends on You) videos: R.E.A.D.Y., TEEN R.E.A.D.Y., or R.E.A.D.Y. for KIDS (for parents of elementary school children). The videos are intended to increase our awareness of common mental health issues, reduce the stigmas around mental illness which often keep youth and adults from seeking help and equip residents with "tools" to use in case of a mental health crisis. Here are links to the videos:

TEEN R.E.A.D.Y.

R.E.A.D.Y.

R.E.A.D.Y. for KIDS

This is one more step for Auburn to become the first city in Washington to actively engage all residents in the effort to address this crisis and create a better mental health life for children, teens and adults.

With the support and generosity of Wellpoint Washington, those watching a R.E.A.D.Y. video and reporting it become members, receive a gift and are placed in an exciting quarterly drawing.

One ASD parent said immediately after watching R.E.A.D.Y. for KIDS: "Thank you! This is amazing. Mental health is so important, and we have to be able to discuss it openly, removing the stigma surrounding the conversation. Appreciate the District's leadership in this space. If it helps one parent connect with their child more effectively, it's a win...and I know this video series will do so much more than that!"

Please join us in this monumental community effort. We are R.E.A.D.Y. Are you?

With sincere appreciation,

Nancy Backus

DATES to note

Late Start Mondays:

School starts one hour late EVERY Monday this year.

Every Tuesday is Wear College Colors Day for staff, students, and parents.

March

Every Monday-Friday:

Musical Rehearsals, 3:15-5:30pm, Gym/Rm 110

Tues/Wed Weekly thru 4/3:

Extended Day Math

Program (1st & 2nd grade), 3:15-4:15pm, Rms. 203/208

1: PTA Popcorn Friday

1: Boys Basketball End of Season Party, 3:20-4:00pm

5: Green Club, 3:30-4:15pm, Portable 902

7: Class Picture Day

8: PTA Bingo Night, 6:00-7:30pm, Gym

11-22: Food Drive for the Auburn Food Bank

12: Advanced Green Club, 3:30-4:15pm, Portable 902

13: PTA General Membership Mtg., 6:00-7:00pm

21: 5th Grade Camp Parent Meeting, 5:45-6:15pm, Gym

28-29: Mobile Vision Clinic at LLH, Portable 902

29: Term 2 Report Cards go home

NO SCHOOL Dates to note:

- April 8-12: Spring Break
- May 27: Memorial Day
- June 19: Juneteenth

The Food Drive starts soon!

The ASD Food Drive to support the Auburn Food Bank starts in less than two weeks, on Monday, March 11th. Here is a list of some of the items we'll be collecting, in case you want to start collecting now:

Laundry Detergent

Diapers

Boxed Macaroni & Cheese

Bags of Dog and Cat Food

Peanut Butter & Jelly

Canned Food

The Food Bank accepts most food items as long as they are non-perishable.

Money donations are also accepted. With a \$1 donation the Auburn Food Bank can buy about \$4 worth of food, so money goes an extra long way!

New this year! In addition to the other food items listed above, we want to collect 1,200+ boxes of cereal for the Food Bank. These boxes will be set up in a super cool domino around the school for our students to see. Please watch this video to see what this looks like at another school:

<https://www.youtube.com/watch?v=AULyfBG7dhM>

Each day of the food drive the top-earning class wins a treat at the end of the day. At the end of the two-week drive the top-earning primary class AND the top-earning intermediate class win a party of their choice! Most importantly, we get to help support our community!!

From the Librarian, Mrs. Hupperten.....

Happy Read Across America Week!

We are celebrating this amazing week by reading lots of wonderful books! What comes in handy when you are reading a book? A bookmark of course!

Last week we wrapped up our Bookmark Design Contest for grades 3-5. We had so many amazing entries - thank you so much for all the participation. For the first time ever, we had a three-way tie. Congratulations to this year's winners:

3rd Grade: Jyler Terada

4th Grade: Ruhneet Chandi, Adeline Lowery, Ellie Orr

5th Grade: Annamira Juangco

Bookmarks have been ordered and will be distributed to students and staff soon.

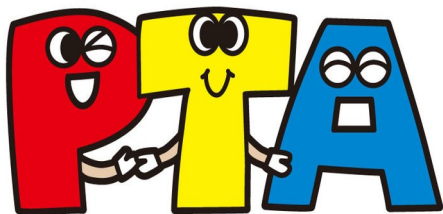


Attendance Matters!

The week of February 5th - 9th we had a 93.66% attendance rate school-wide, and the week of February 12th - 16th our school-wide attendance rate was 94.16%.

The class with the highest participation rate for February 5th - 9th is: Mrs. Roxby's Fourth Grade Class!!

The class with the highest participation rate for February 12th - 16th is: Mrs. Cole and Mrs. Brown's Second Grade Class!!



NEWS FROM YOUR PTA

Reminder! Join us on Wednesday, March 13th from 6-7 PM for the PTA General Meeting. We will discuss what's going on at the school and what's coming up. The meeting is a great way to get informed, get involved and meet new people. We end every meeting with a fun

raffle and also provide childcare. You **DO NOT** have to be a PTA member to come to the meeting. We look forward to meeting you!

The Lakeland Hills PTA is currently seeking nominations for this year's Outstanding Educator, Golden Acorn Volunteer, and Student Advocate Awards!

This is your opportunity to recognize a teacher, assistant, custodian, bus driver, administrator or any staff member who has gone beyond the expectations of their job to make the learning environment fun, beneficial and challenging. Please help us by nominating someone to receive this year's Outstanding Educator Award. Click the apple link below to Nominate an Outstanding Educator.

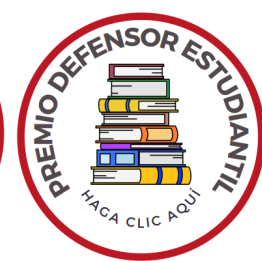
The Golden Acorn Award is given annually to individuals who have given exemplary volunteer service to children and youth in our school community. Please help us select volunteers from our community to receive a Golden Acorn Award this year. Click the Acorn link below to nominate a volunteer.

Do you know an Outstanding Student? This is your opportunity to recognize a student who has gone beyond normal expectations to make the learning environment fun and beneficial, and who has made significant contributions through leadership and service in their school and community. Click the Books link below to nominate a Student Advocate.

Through your recommendations, the Awards Committee will determine the final selections.

Nomination forms have been sent home with students or you can click the links below to fill out the forms online. Please return the forms to school in a sealed envelope labeled "2024 Awards" or place it in the Awards Box in the main office.

Nominations are due by Friday, April 5th, 2024.



2023-24
PTA MEETINGS
FOR THE GENERAL MEMBERSHIP
Wednesday, September 27th / 6-7 PM
Tuesday, November 14th / 6-7 PM
Thursday, January 25th / 6-7 PM
Wednesday, March 13th / 6-7 PM
Thursday, April 4th / 6-7 PM
Wednesday, May 22nd / 6-7 PM

Join us at the next meeting!



Our School Vision: To prepare our students for life-long success in a diverse world, Lakeland Hills Elementary provides a safe and academically rigorous learning environment so that all students achieve a year or more of growth each year.

Calling all families of students with dietary restrictions!

I'm Nicole Dalrymple, a member of the PTA at Lakeland Hills Elementary. Through my involvement with the PTA, I've been advocating for greater inclusivity for students with food allergies and other dietary needs at our school events. I'm reaching out to you because your child may also have similar needs, and it's important to us that all students feel included and accommodated at our school functions. This year, our PTA has been dedicated to ensuring that all students, regardless of their dietary needs, feel welcomed and included at our school functions.

Here are some of the improvements we've made:

1. ****Trunk or Treat:**** We provided non-food items alongside traditional Halloween treats.
2. ****Star Reading Program:**** Non-food options are now available, easily accessible through a simple checkbox on the monthly form.
3. ****Reflections Award Ceremony:**** We offered allergy-safe food choices.
4. ****Gingerbread House Event:**** We provided a craft option as an alternative to food-based activities.
5. ****Future Events:**** All upcoming events are being planned with inclusivity as a top priority.

While these changes represent significant progress, we're always looking for ways to enhance the experience for students with dietary restrictions. Your feedback is crucial as we continue to improve. Whether it's suggesting minor adjustments or proposing new ideas, we welcome your input.

If you're passionate about ensuring all students feel included and supported, **I encourage you to get involved with the PTA.** Together, we can make a difference in the lives of our children.

Please feel free to reach out to me at dalrympleclan@gmail.com to learn more about how you can contribute to our efforts.

Thank you for your support,

Nicole Dalrymple

School Yearbooks For Sale!

**Don't miss out on your
2023-2024 Lakeland Hills Elementary Yearbook!**

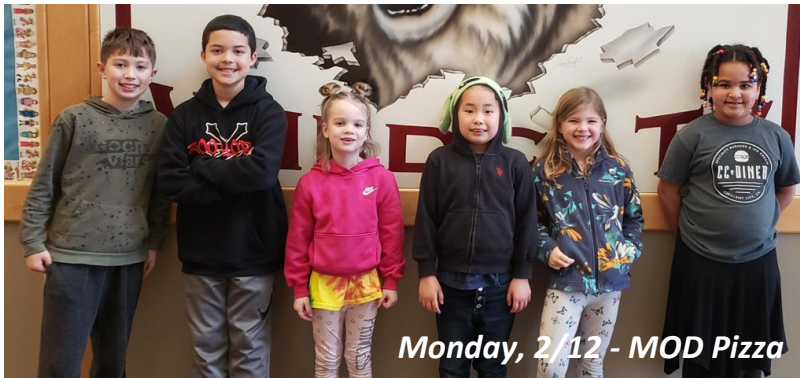
Order online @[**BuyTheYearbook.com**](https://www.BuyTheYearbook.com)

**Click "Find Your School"
& Continue Steps**

Cost is \$19 until March 15th and \$21 until April 30th

Lunch with the Principal

Throughout each school day, our teachers and staff submit students' names for demonstrating Wildcat PRIDE. On Fridays we draw one name in each grade level from all the Wildcat PRIDE tickets submitted that week. The winners get to have lunch with the principal on Monday. Pictured below are our winners for Monday, 2/12 and Monday, 2/26 with lunch provided by MOD Pizza and The Rock. Wildcat PRIDE is demonstrated in the following ways: **Perseverance, Respect, Integrity, Dedication and Engagement**



Monday, 2/12 - MOD Pizza

Students (Left to Right): Kasen Hopkins, Dominic Lewis, Olivia Simmons, Kolleen Garcia, Harley Simonson, Caroline Osili



Monday, 2/26 - The Rock

Students (Left to Right): Joseph Alberts, Adeline Lowery, Angela Shinouda, Eva Jensen, Elizabeth Gonzalez Frias, Nolan Hernandez-Soltero



BINGO NIGHT

JOIN US FOR A NIGHT OF
FUN , GAMES, AND PRIZES !!

FRIDAY, MARCH 8
6PM - 7:30PM
LAKELAND HILLS ELEM GYM

This is a free event for all Lakeland Hills students
and their families. All students must be
accompanied by an adult.

SPONSORED BY THE LAKELAND HILLS PTA

**Did you know that breakfast and lunch
are FREE for all of our students this year?**



Washington State gave our district a grant that allows every student in the ASD to have free breakfast and lunch every day. In order to keep the grant we have to show there is a need so we must have a certain number of students getting breakfast and lunch. It is a great program that we would like to keep going because many of our students need the free meals.

The meals are nutritious and delicious!

Calling All Kindergartners!

Registration is now open for the 2024-25 school year, and we are so excited to welcome a new class of Kindergartners to our school. If your student will be 5 by August 31st they are of age to start Kindergarten next year. You may complete the online application by visiting the Auburn School District home page and clicking **For Families**, then **Enrolling in the Auburn School District** under quick links. If you have no desktop or laptop computer, we do have paper packets available in our office in multiple languages.

Kindergarten parents **mark your calendars** for the Kindergarten Orientation Meeting:

Tuesday, April 23rd at 3:45pm in the LLH Gym

This meeting is for parents of new Kindergartners AND their student(s). While parents are in the meeting, incoming students will participate in a fun activity in one of our kindergarten classrooms.