



The KIC Beat

 November 2025 Edition 

A message from the directors

Kids in Concert just wrapped up our fall college tour, and it was pretty great! We took 11 KIC high schoolers, 3 staff, and 1 parent volunteer to visit the University of Puget Sound, Pacific Lutheran University, and the University of Washington.

Along the way, we met up with KIC graduate **Leo Taylor**, now a freshman at UW, who shared insight about his college experience and quite a few hugs. We also visited the **Burke Museum**, and ended our tour with a magical night at the **Seattle Symphony** for a performance of *Coraline*.

Another highlight was with **KIC grad and KIC's current Community Coordinator, Kylie Cordero**, who introduced us to the PLU music department, where she earned her degree in communications with a minor in music. Sitting in on a choir rehearsal there was beautiful—the artistry and dedication of the students were inspiring.

Throughout the trip, we asked our KIC teens to notice how each campus made them feel—could they imagine themselves studying and thriving there? By the end of the tour, new bonds had formed, and the sense of community among our teens had deepened in beautiful ways. Experiences like this remind us what KIC is all about—**building community, supporting one another, and opening doors to what's possible.**

This experience was made possible through the generosity of the **Believe in Me Foundation**, which fully funded the trip for all participants. College tour is something that is offered to all KIC high schoolers at no cost to families.

Laura, Kirsten, and Any



KIC News: KIC around town

In addition to our college tour, our kids and staff have been busy providing music for the community. On Saturday, October 25th, a group of KIC musicians and staff led an "instrument petting zoo" at Kidimu for **Singalong and Sounds**, a concert series geared toward the youngest music lovers in our community.

Remember that our **KIC Families Google Calendar** is up and running! If you would like to subscribe, you can do so by clicking "Add to Google Calendar" on the bottom left of the calendar on our website (click the + sign on mobile devices!).

One update to our calendar: **KIC's Spring concert has been moved to March 25th, from March 26th.**



Student of the Month: Asa N.

We are thrilled to celebrate Asa N., who joined KIC as a brand-new cellist just after spring break in 2025. Asa has been *crushing it* from day one — so much so that we've already promoted him to Team B!



Gratitude Corner

A huge thank-you to Annie Smaus (mom of KIC mentors, Leo and May) for volunteering to drive and chaperone on our recent KIC College Tour! Annie is lovely, fierce, and beautifully curious—and we absolutely loved having her on the trip. Thank you, Annie, for

His parents told us that the moment he heard the news, he literally jumped up and started practicing! That kind of joy, dedication, and eagerness to grow is exactly what makes our program shine. Way to go, Asa! We're so proud of you.

your generosity, good humor, and adventurous spirit!

News from Healthy and Whole

Breathe In, Fun Out! A November Focus

A warm hello from the **Healthy & Whole Team!** As the days get cooler, we're heating up our focus on **self-regulation!** This month, we're introducing engaging and simple practices like **breath work** and **mindful techniques** (think using our amazing five senses!) to help students navigate big emotions and find their inner calm.



Parent Challenge: Start a conversation tonight by asking: "**What's your favorite breathing exercise we learned today?**" You might even get a spontaneous lesson in how to move past tricky thoughts and into the awareness of the present moment—by noticing what they **see, hear, smell, feel, and taste** around them!

These quick, family-friendly activities are powerful tools for supporting your child's emotional health and well-being. If you'd like to dive deeper or have any questions, please reach out to our volunteers, **Kim Goerlitz** or **Naomi Nichols!**

Thank you to our village

This Saturday is our annual auction- **A Night to Delight-** at Kiana Lodge. Thank you to everyone who has supported the event- whether by volunteering to set-up or take-down, making a dessert for the dessert dash or a contribution to the auction, helping with check-in and check-out, or buying a ticket. It takes a village, and we are very grateful for ours!

For those of you attending the event- see you on Saturday! We can't wait.

-Rebecca and Deborah

October College Tour Sneak Peeks!



Meeting Leo at UW



University of Puget Sound



Kylie at her Alma Mater, PLU!

Mark your calendars!

- **November 15:** Night to Delight Gala and Auction
- **November 24-28:** No KIC- Thanksgiving Break
- **December 10:** Last Day of KIC and Winter Concert, 5:30 pm.
- **January 5:** Return to KIC

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