



# Bulldog Bytes

Beaver Lake Middle School  
SE 32<sup>nd</sup> St. Issaquah WA 98029

PTSA 2.6.33 [www.beaverlakeptsa.org](http://www.beaverlakeptsa.org)  
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April 2015  
Volume 9, Issue 8

Beaver Lake Families:

Please join us as we congratulate our newly elected PTSA board for 2015-16 School Year!

- Co-Presidents – Sarah Ransom, Amy Teeters
- Treasurer – Bona Park
- Secretary – Krystl McCandlish
- Membership VP – Nga Selbig
- Co-Volunteer VP –Ganga Pingilli, Susan Brandes

A big shout out goes to our fabulous Nominating Committee, Lauri Kinnan, Kari Ovena, Bona Park and Nga Selbig, for finding such awesome people to lead us in the coming year. The current board will continue working on supporting BLMS for these last few months. We've got some big events to finish up the school year, such as Spring Fling and the 8th grade party. All the while, the outgoing board and incoming board will work together on a smooth transition, and getting set for a great 2015-2016 school year (yes - we're really thinking about that already).

We also want to congratulate our fabulous Golden Acorn winners!

- Teresa Czaja
- Krystl McCandlish
- Nga Selbig
- Julia Yu
- Michele Wells (Outstanding Educator)
- Debbie Rapoza (Outstanding Advocate)

We are so lucky to have each of these women be part of our community and the Beaver Lake family. Thank you for all you do!!

As we look at this year, one of our PTSA goals was to bring in various speakers to our General Meeting. During our January meeting, we heard from Anne Livingston on Teaching Kids How to Share Smart and Stay Safe Online. She gave us some wonderful tips and resources. Then at our March meeting, we had the privilege of having Officer John Manning come and discuss in more detail the Run, Hide, Fight philosophy. Those that attended walked away with a better understanding on how to make that decision and things to think about to be more aware of your surroundings. We have one more exciting event coming at the end of the month, on April 28<sup>th</sup> at 7:00pm. Sivie Suckerman will be here to discuss Strategies in Mindfulness. We hope everyone can join us!

Have a wonderful Spring Break!

*Pam Gross & Tina Yerges*  
BLMS PTSA Co-Presidents

**“Like” us on Facebook at Beaver Lake Middle School PTSA and find us at our website...<http://www.beaverlakeptsa.org>**



#### **PTSA Co-Presidents**

Pam Gross  
[grosspam@msn.com](mailto:grosspam@msn.com)  
Tina Yerges  
[tinayerges@msn.com](mailto:tinayerges@msn.com)

#### **Treasurer**

Bona Park  
[chris\\_bona@msn.com](mailto:chris_bona@msn.com)

#### **Secretary**

Sarah Ransom  
[rsansom99@hotmail.com](mailto:rsansom99@hotmail.com)

#### **Co-VP Volunteers**

Kelly Huber  
[kellyahuber@aol.com](mailto:kellyahuber@aol.com)  
Nga Selbig  
[selbig@comcast.net](mailto:selbig@comcast.net)

#### **Co-VP Membership**

Chrisann Penz  
[chrisannpenz@yahoo.com](mailto:chrisannpenz@yahoo.com)  
Krystl McCandlish  
[krystlm@hotmail.com](mailto:krystlm@hotmail.com)

#### **Fundraising Chair**

Julia Yu  
[huinanyu@gmail.com](mailto:huinanyu@gmail.com)

#### **ISF Chair**

Julia Yu  
[huinanyu@gmail.com](mailto:huinanyu@gmail.com)

#### **Communications Chair**

Andrea Piotraszewski  
[apiotras@gmail.com](mailto:apiotras@gmail.com)

#### **Webmaster**

Jay Freer  
[jayfreer@hotmail.com](mailto:jayfreer@hotmail.com)



## *Aladdin Accolades*

It's the story of a poor boy from the streets and a beautiful princess from the palace. Aladdin hit the BLMS stage March 20-21 to a full house! Thank you cast for your hard work and dedication to this amazing production!

Thank you also to Kate Swenson, as well as the entire team from Youth Theatre Northwest and the MANY parent volunteers - without whom this (Arabian) night would not have been possible.

Special thanks to Nicolle Palmer who doesn't have a genie at her beck and call, she just always made it seem like she did!

Finally, thank you audience for joining us on our magical (carpet) ride— we hope you enjoyed the show!



## **AND THE AWARD GOES TO...**

**Congratulations to the following women for their outstanding dedication and tireless service to the BLMS community!**

### **GOLDEN ACORN**

**Teresa Czaja**

**Krystl McCandlish**

**Nga Selbig**

**Julia Yu**

### **OUTSTANDING EDUCATOR**

**Michele Wells**

### **OUTSTANDING ADVOCATE**

**Debi Rapoza**

**Please join the BLMS PTSA in congratulating these fabulous ladies!**



## **SPECIAL SPEAKER PRESENTATION**

Please join us for a special presentation by Harriet Ott focusing on teaching children with special needs how to be safe around water. Her presentation will provide parents with the information they need to instill in their child a strong respect for water safety while learning the skills they need to enjoy water based recreational activities.

**Issaquah Special Needs Group: Water Safety & Summer Activities Resources**

**Speaker: Harriet Ott, certified aquatic therapist (ATRIC)**

**Tuesday, April 14<sup>th</sup>, 7-8:30 pm at Issaquah Middle School Library**

We will also have flyers, brochures, and handouts for summer camps and special events so you can begin to make plans for a fun and safe summer. [Flyer](#)

### Your Place at the Table

Have you reserved your seat for **Nourish Every Mind?** The Issaquah Schools Foundation's signature event is your opportunity to meet, mingle and learn how much our students benefit from your support. Join us for the **17th Annual Nourish Every Mind Luncheon** on May 14 at the Issaquah Community Center or the **2nd Annual Nourish Every Mind Breakfast** on May 20 at Eastridge Church. For more information, contact your PTSA's Schools Foundation representative or Carolyn Kennedy at [carolynk2@hotmail.com](mailto:carolynk2@hotmail.com).

### New Scholarship Opportunity!

The Issaquah Schools Foundation impacts every student at every school. Now, high school juniors and seniors can earn a \$1,000 college scholarship by describing how donor-funded Foundation programs have impacted their education. The Foundation's new **Impact Scholarship** will be awarded in two categories—written and oral. Application deadline: April 13. Learn more at <http://issaquahschoolsfoundation.org/for-students/impact-scholarship/>.

### Bringing Big Ideas to Life

Our Balloon Brigade was back on the town on March 27 to surprise the winners of our **Kateri Brow Big Idea/Biggest Need Grants**. Twelve teachers received Kateri Brow grants ranging in amount from \$1,500 to \$9,800 to fund innovative programs for students throughout the district. Learn about this year's awards at [isfdn.org/grants/kateri-brow-2015](http://isfdn.org/grants/kateri-brow-2015).



## MARK YOUR CALENDAR

### April

- 2 Sport Season 3 Ends
- 3 Recognition Assembly 7:40 AM
- 6-10 Spring Break - No School
- 13 Sport Season 4 Begins
- 14 Disney Parent Meeting 7:00 - 8:00 PM Commons
- 21 Eastshore League Choral Festival
- 24 Root Beer Float - Honor Roll-Lunches

### May

- 4 Mid Tri 3
- 8-Apr Teacher Appreciation Week
- 14 ISF Luncheon
- 19 Pastries with the Principal/PTSA Meeting 8:45 AM Library
- 21 Spring Orchestra Concert
- 25 Memorial Day - No School
- 26 Site Council 2:15 PM B-3



A big **BINGO THANK YOU** to all who came out for a night of fun and prizes on March 6th! And, a special thank you to all of the BLMS parents who helped make the night a success:

Alice Guilbert, Lauren Koshar, Jonathan Koshar, Ken Hastings, Dawn Goehner, Molly Kremer, Kathy Mileski, Michelle Lyman, Carri Gest, Chris Bleigh, Tracy Myers, Leanne Busse, Molly Baker, May & Paul Gauvin, Will Decker, Mary Jo Webb, Sravani Cheeti and Teresa Czaja.

We appreciate your time, and couldn't have done it without you.

Sharon Hastings and Nichole Wengert  
BLMS Bingo Chairs

From the Counseling Center:

## Looking to spend some quality time with your child over Spring break? How about a book study?



### Wonder by R.J. Palacio

August Pullman—he goes by Auggie—just wants to be an ordinary kid. In many ways he is. He likes Star Wars, mac and cheese and playing X-Box. The severe facial deformity Auggie was born with means he will never pass for ordinary, however, and he knows it. Until middle school Auggie’s condition kept him at home. He’s never been to a regular school before the first day of middle school and hopes to be able to find a way to fit in.

Sound like the set up for a sappy novel that adults want kids to read to learn a good lesson about being nice, right?

*Wonder* is better than that though.

The kids at Auggie’s new school react with the expected initial surprise when first meeting Auggie. Even Auggie says about his deformity, “I won’t describe what I look like. Whatever you’re thinking, it’s probably worse.” And here is why *Wonder* is such a great book: Auggie’s classmates treat him in all the ways you’d expect real middle school students to. Some are outwardly kind but nasty when teachers aren’t looking. Some of those who get to know Auggie are teased themselves. Most of the class participates in a game called Plague in which anyone who touches Auggie has to wash his hands immediately or be infected (kind of like the “Cheese Touch” in *Diary of a Wimpy Kid*). It’s hard and it’s awful but Auggie struggles through. And makes friends. And eventually most of the class gets tired of the meanness and Auggie’s deformity becomes an “ordinary” part of school. And Auggie’s school becomes more than ordinary as a result.

*Wonder* is a great book. Recommend it to your teachers and other adults—they should read it too.

*Amber Peterson, Teacher-Librarian  
Beaver Lake Middle School*

Please visit this website if you would like discussion questions for you and your child:  
<http://rjpalacio.com/for-teachers.html>

**\*There are precepts (rules to live by) throughout the book. Have your student write their own precept and bring it to the counseling office. We will post it along with others in our window display.**



A huge **THANK YOU** to all the wonderful cooks who provided delicious food for our staff appreciation lunch on March 27th that featured an Asian theme. Our staff loved the theme, and thought the food was fabulous. Let's give a big Bon Appetit round of applause to: Jahna Pahl, Sara Manning, Gina Jacobs, Neena Rana, Amy Tuvey, Kari Ovena, Molly Baker, Sharon Hastings, Stephanie Mallory, Lauri Kinnan, Maryann Bellavia, Debbie Hung, Brooke Daggett, Kim Givens, Kim Olsen, Liliana Sambotin, Diana Brown, Lorie Piper, Jennifer Strach, Cindy Batistich, and Sandi Dong. Next up is Staff Appreciation Week, May 4 -8.

And, our last *Honor Roll Root Beer Float day is scheduled for Friday, April 24th*. We will be *looking for super scoopers to help us out*. Interested? Contact Teresa Czaja at [teresaskate@comcast.net](mailto:teresaskate@comcast.net)

## Smarter Balanced Update!

Smarter Balanced Testing for Beaver Lake is fast approaching. Did you know the test is "fitted" more for your student? The Smarter Balanced Assessment System includes computer adaptive tests that are customized to each student. During the test, question difficulty changes based on student responses, so it provides more precise information about student achievement in less time than a "fixed-form" test in which all students see the same questions.

Testing starts end of April, and is much different than anything students have participated in before. Right now, students will take the Math and ELA tests for each grade level. 8<sup>th</sup> graders will also complete the MSP Science portion. Students will test either morning or afternoon on Mondays, Tuesdays, Thursdays, and Fridays. Wednesdays are for makeups for absent students. **6<sup>th</sup> graders test April 27<sup>th</sup> - May 1<sup>st</sup>. 8<sup>th</sup> graders test May 4<sup>th</sup> - May 8<sup>th</sup>. 7<sup>th</sup> graders test during the week of May 11<sup>th</sup>, and 8<sup>th</sup> graders will complete the Science MSP.**

Issaquah School District has a great page to learn more about and practice Smarter Balanced. Go to: <http://www.issaquah.wednet.edu/academics/assessment/smarter-balanced-assessment-2014-15/sba-parent-resources>. And as always, any questions can be directed to Gary Barone, Beaver Lake Testing Coordinator.

## Green Team News!

The Waste Free Wednesday Challenge is coming. The Issaquah School District and the City of Issaquah are challenging all schools to commit to cutting cafeteria waste through waste reduction, composting and recycling. Participation is easy! On April 22<sup>nd</sup>, (Earth Day!) our green team will use a small luggage scale to weigh all bags of garbage, recycling and composting filled during lunch. The middle school with the lowest amount of garbage will win a banner to display in the cafeteria. We are encouraging parents to send food their children will eat, and asking students to take home leftovers so parents can see what is not eaten. We also want parents to use reusable containers for packed lunches. Tips for packing a waste free lunch can be found at: [www.wastefreelunches.org/parents.html](http://www.wastefreelunches.org/parents.html).

Also on April 22<sup>nd</sup>, Beaver Lake will have a representative at the First Annual Community Sustainability Summit, where outstanding community stakeholders will report on 2014 sustainability progress from their sectors. We hope to have 2-3 reps from every middle school and high school do the same. One critical goal is to strengthen learning partnerships across generations and community sectors so that classroom rigor begins to align with community relevance. We are looking for a student or two to join the team. **If you have someone in mind, contact Gary Barone, Dean of Students.**



## WEB IS COMING TO BEAVERLAKE!

BLMS is looking for current 7<sup>th</sup> graders to be a part of a new mentorship/transition program called WEB, where everybody belongs. WEB is a student-driven program where selected 8<sup>th</sup> graders help form connections and ease the transition into middle school. WEB is similar to Link Crew at the high school.

WEB leaders are trained to work with the incoming sixth graders and other new students entering BLMS next fall. After the extensive training (August 24<sup>th</sup> and 25<sup>th</sup>), the WEB leaders will run a sixth grade orientation, on **August 31<sup>st</sup>**. Throughout the school year, WEB leaders will continue to connect with and support the 6<sup>th</sup> graders through regularly scheduled meetings and events.

After Spring Break, informational student meetings will be announced and held during lunches, on April 20<sup>th</sup> & 23<sup>rd</sup>. This program is an application process and is only available to current 7<sup>th</sup> grade students. Applications are due to Mrs. Beasley, in the counseling office by **Monday, May 1<sup>st</sup> @ 2:15pm (no exceptions)**.

Applications are available throughout the school and on the main page of the Beaver Lake Website.

For more information about WEB please visit [www.boomerangproject.com](http://www.boomerangproject.com)

\*Thank you to ISF and PTSA for providing support in implementing this program!



# Skyline Lacrosse Club

invites you to join us for **STRONG4SAM 2.0**  
An evening of Lacrosse in support of  
Sam Taylor and *project violet*



## Skyline vs Issaquah

Friday, April 17th  
Skyline Spartan Stadium  
7:30 PM

**Free Admission — Concessions for Sale by Skyline Boosters**  
**STRONG4SAM T-Shirts Available to Purchase — Donations Accepted**  
All proceeds will be donated to [Project Violet](#) on behalf of [STRONG4SAM](#)  
Visit [www.skylinelax.com](http://www.skylinelax.com) for details

# STRONG4SAM

**Sam Taylor** is a 6th grader at BLMS who was recently diagnosed with a brain tumor and is undergoing chemotherapy. In addition to playing Skyline football and basketball, Sam has been playing lacrosse since the 2nd grade. To learn more about Sam, visit his blog at <http://strong4sam.tumblr.com/> or visit [Strong4Sam](#) on Facebook.

The goal of **Project Violet** is to create a new class of drugs that effectively cures diseases that are currently considered incurable. It focuses on diseases that are often ignored by the pharmaceutical industry including rare diseases, childhood cancers, and neurological diseases. Learn more at [www.projectviolet.org](http://www.projectviolet.org).

# STRONG4SAM 2.0

**Skyline vs Issaquah**

**Varsity Lacrosse**

Friday, April 17th  
Skyline Spartan Stadium  
7:30 PM



## \$10 T-SHIRTS

In honor of Sam Taylor and in support of Fred Hutch and Project Violet

### Order by April 1 at

[www.skylinelax.com](http://www.skylinelax.com)

For Team Sales, contact [julie.spieker@comcast.net](mailto:julie.spieker@comcast.net)

**100% of t-shirt sale proceeds will be donated to Project Violet**





## BLMS PTSA PRESENTS: STRATEGIES IN MINDFULNESS

On April 28th, BLMS PTSA is fortunate to have Sivie Suckerman, Licensed Mental Health Counselor and Certified Mindful Schools Instructor presenting techniques and strategies for mindfulness at home and in the classroom.

Mindfulness has been described as bringing moment-to-moment awareness of thoughts, feelings, bodily sensations and surrounding environment. Such practices have been used by schools and companies such as Google and Facebook to strengthen focus, decrease anxiety, and encourage creativity.

This presentation, sponsored by the BLMS PTSA, will include:

- Mindfulness defined
- History of mindfulness
- Neuroscience and research behind mindfulness with youth and adults
- Basic practices and tools

### SIVIE SUCKERMAN, MA, LMHC

Sivie Suckerman holds a Master's Degree in Clinical Psychology from the Chicago School of Professional Psychology and has practiced in community health, crisis services, school-based mental health, residential and women's health agencies. As a Certified Mindful Schools Instructor, she has brought mindfulness awareness to local classrooms.

*Learning to be kind and curious with ourselves can be immensely challenging. Slowing down long enough to increase awareness of self and others is often overlooked in order to meet obligations and expectations. Once we are able to look at ourselves with kindness, curiosity, and without judgment, we can begin to make choices about where we want to put our focus and we can feel the empowerment of feeling more in control of our actions and emotions. This benefits both our well-being as well as our relationships with others. - [www.siviesuckerman.com](http://www.siviesuckerman.com)*

#### Dates:

Tuesday, April 28, 2015

7:00 pm

#### Location:

Beaver Lake Middle  
Commons

#### School address:

25025 SE 32<sup>nd</sup> Street  
Issaquah, WA, 98029

#### Cost:

Free

Washington State  
**PTA**  
everychild.one voice.