



Bulldog Bytes

Beaver Lake Middle School
SE 32nd St. Issaquah WA 98029

PTSA 2.6.33 www.beaverlakeptsa.org
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March 2015
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Hello Beaver Lake Families!

March is here already and it will be a fun and busy month at BLMS!

Please don't forget that our family Bulldog annual tradition is happening this week! Bulldog Bingo is on this Friday, March 6, from 5:45 to 8:30 pm. Families, students and staff are welcome for an evening of Bingo, Pine Lake Pizza, and awesome Bingo and raffle prizes! We will have great concessions including Ben & Jerry's ice cream, and it is sure to be a great time for all! Bingo tickets and pizza will be available by preorder only, and the deadline to get your order forms (available on our BLMS PTSA website or in the office) is this Wednesday, March 4. Don't miss out on this exciting evening of fun at BLMS!

"Raise the Bar of Excellence" is the motto for our 2015 South African Humanitarian Drive which is run by our BLOCK Club. This is an important annual tradition at BLMS and we hope to make it our biggest year yet! We kicked things off last Friday at the big assembly, and we hope everyone got excited and ready to participate! The Drive lasts three weeks (Mar. 2nd – 20th) with each week having a different focus. Check out more information in this newsletter, in the flyer the kids got at the kick-off, and at our BLMS PTSA website! This is an excellent opportunity for kids to become involved in important humanitarian opportunities, and it is "Where Kids Really Do Help Kids"!

Other important areas this month include searching and finding those very important volunteers who "go the extra mile" and work day in and day out in our community and for our kids. The PTSA recognizes these volunteers annually with our Golden Acorn Awards, which will be announced at Bulldog Bingo on Friday! Many thanks to Maryann Bellavia and Pam Gross for your hard work on our Golden Acorn Committee! There are so many worthy volunteers in our community, determining the award winners is quite a challenge!

Our Nominating Committee has also been diligently working to develop a slate for the 2015-16 Board. We will vote for our new officers at our next General Membership Meeting on Tuesday, March 24th at 6:30. We really appreciate having our community attend these important meetings that continue to determine and drive the needs of our students and families. We'll keep it short and sweet - and to provide additional incentive and needed information to our families, we are sponsoring this amazing educational presentation:

"Run, Hide, Fight! A Discussion on Safety Preparedness"
Presented by Officer John Manning of the Bellevue Police Department

Earlier in the school year, students were told of a new policy being implemented in the event of a lockdown. The program, "Run, Hide, Fight" is a collaboration of law enforcement, schools, and the district's Safety Committee. Officer Manning will present techniques and parenting ideas to best prepare students in the event of a lockdown or shooter situation at the school. Please see additional information later in this newsletter.

It will be busy! We hope to see you around the school and at all these great March events!
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
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BULLDOG BINGO

Friday, March 6 - 5:45-8:30pm

Join us for a fun family Bulldog tradition. Families, students and staff are all welcome for an evening of Bingo, Pine Lake Pizza, and awesome Bingo AND raffle prizes. Ben & Jerry's ice cream and other concessions will be available for purchase.

BINGO TICKETS and PIZZA are available by **PREORDER ONLY**. Ticket order forms are available on the BLMS website. Don't miss this fun night! Last day to pre-order tickets is Wednesday, March 4.

**TICKETS WILL NOT BE SOLD AT THE DOOR.
PREORDER YOUR TICKET TODAY.**

We hope to see all you Bulldogs on Friday, March 6th!!!

What Movie was #1 in 1992?

It's the classic tale of love, a magic carpet and an instrumental genie. *Aladdin* comes to the BLMS stage on March 20th and 21st. Performance times are 7pm both evenings, with a matinee on Saturday, March 21st at 2pm. Tickets are \$8 and will be available soon!

Show your support to the more than 70 students participating in the production. See you at the show!



INVEST IN THE FUTURE

Train to be an Issaquah school bus driver.
Part time positions available.

CONTACT:

Laurie Mulvihill
Safety Training Coordinator
425-837-6338



Many thanks to our generous cooks who provided our staff with a great variety of appetizers for our Jan. 27th Staff Appreciation Super Bowl Tailgate lunch. There was a lot of spirit for our home team, the Seahwaks!

The staff enjoyed the lunch and greatly appreciated the efforts of the following ladies: Lorie Piper, Maryann Bellavia, Sandi Dong, Stephanie Mallory, Erin Rooney, Liliana Sambotin, Lauri Kinnan, Debbie Hung, Erin Seminatore, Sarah Ransom, Gloria Marinescu, Kari Ovena, Molly Baker, Sravani Cheeti, Stacie Lacina, Jessica Mills, Brooke Daggett, Kim Olsen, Sharon Hastings, Soni Petterson, Rory Mullen, Stacy O'Daffer, Carolyn Roberts, Amy Tuvey and Jennifer Strach.

Our next staff appreciation lunch is March 30 where we will transport our staff lounge to Asia!

Cheers,
Marilou Dacey and Teresa Czaja
Co-Chairs of Honor Roll.

8th GRADE REGISTRATION for SKYLINE

Tuesday, Feb. 24

Skyline IB Info Night for current 7th/8th graders.
7 - 8:30 pm - Skyline Lyceum Theater (*students and parents*)

Wednesday, March 11

8th Grade Parent Meeting - BLMS and PLMS parents - Diane Hogle,
Skyline Freshman Counselor
6:30 pm - BLMS Commons (*parents only*)

Friday, March 13

8th Grade Registration presentation - Skyline Counselors
12:12 pm to 1:06 pm - BLMS Gym (*students only*)

Monday, March 16

Registration window opens in Skyward for course requests (7 am)

Tuesday, March 17

Incoming Freshman Welcome Night
6:30 pm - Skyline HS (*parents and students*)

Wednesday, March 18

Skyline counselors available at BLMS lunches for Q & A
During the school day (*students only*)

Wednesday, March 25

Skyward closes at 4 pm for registering course requests.

Monday, April 6 (7 am) to
Wednesday, April 15 (4 pm)

Skyward access open for students and parents to view only their
course requests. *If changes need to be made, families must submit
course request change form by Wednesday, April 15th.

March 20th is Grading Day at BLMS

Period 1	7:40-8:07
Period 2	8:12-8:35
Period 3	8:40-9:03
Period 4	9:08-9:31
Period 5	9:36-9:59
Period 6	10:04-10:25

Students will be dismissed at 10:25

Calling All Cooks!

Do you have a special ASIAN dish you would like to share with our adventurous staff? Let's take them to exotic lands via fragrant spices, noodles and vegetables. Gluten and dairy free are especially appreciated. Our next lunch is Friday, March 27th.

Contact me if interesting in providing a dish for this lunch. Teresa Czaja, teresaskate@comcast.net



Become a VOICE Mentor, Change a Life

The Issaquah Schools Foundation's **VOICE Mentor Program** matches caring adults with students in need of academic or social support. We've made hundreds of matches this year, but more than 100 students throughout the district are still waiting for a mentor. **Could that mentor be you?** Contact VOICE Director Susie Gierke at VOICE@issaquah.wednet.edu. Learn more at voicementorprogram.org.

The Write Stuff

Thanks to Issaquah Schools Foundation donors, the **top-notch writing instruction** in all our elementary schools will soon arrive at every middle school. Foundation donors are funding teacher training to help middle school educators bring the new curriculum to their classrooms. **Want to support writing at home?** Our innovative teachers suggest starting a family journal!

Congratulations, 2015 Grant Winners!

Our intrepid Balloon Brigade volunteers traveled the district on February 27 to surprise the 15 **Classroom Enrichment Grant Award** winners. Classroom Enrichment grants fund projects of \$1,000 or below that reflect innovation in learning or cover basic needs. Learn about this year's awards at isfdn.org/grants/classroom-enrichment-2015. Watch for the Balloon Brigade on March 27 to celebrate our **Kateri Brow Big Idea/Biggest Need Grant** winners. Want to be part of the Banner Brigade fun? Contact Stacy at 425-391-8557.



Issaquah Special Need Group: Fostering Independence for a Successful Future

Speakers: Eric Matthes and Erin Hocking from the Arc of King Co.

When: Tuesday, March 10th, 7-8:30 pm

Where: Issaquah Middle School Library.

Please join us for this informative event as we listen to Eric Matthes, an adult with Down Syndrome, as he shares his story and personal experiences as an outreach and advocacy coordinator at the Arc of King County. Eric is passionate about empowering people with disabilities to advocate for their rights, the disability movement, and inclusion in the community. He speaks about his employment and the importance employment has on individual's lives. His presentation will emphasize the importance of employment, independence, advocacy and what parents and professionals can do to help foster those skills.

Free event. Everyone is welcome.

Flyer: <http://www.issaquahptsa.org/wp-content/uploads/2015/02/ISNG-March-2015.pdf>



Beaver Lake Middle School
South African Humanitarian Drive 2015
March 2nd – March 20th!
"Where Kids Really Do Help Kids!"

Clothing Must Be NEW

BLMS students support our 2015 motto of "**RAISE THE BAR OF EXCELLENCE!**" Our goal is to continue aiding the children in the rural areas of South Africa by providing them with the educational materials and incentives to help them be **the best they can be**. The lives of the majority of the children in these areas have been affected by the HIV/AIDS pandemic and lack of formal education, and they need our help to unlock their potential in the world! Here's how we can help:

Last year BLMS students, with the help of the Beaver Lake Community, sent almost 400 boxes of school supplies to students in need in South Africa. Our belief is that by helping students earn an education, we can help those children of South Africa reach their potential and you can realize the positive impact you can make on others! Thus educational supplies are one of our top priorities, but other items are also needed.

Educational Supplies:

- **PRIORITY ITEMS:** # 2 PENCILS, PENS, plastic PENCIL SHARPENERS, COMPOSITION books, journals, notebook paper, calculators, ERASERS
- **Other items may include:** white boards & markers, paint brushes, marking pens, chalk boards, chalk, crayons, colored pencils, scissors, coloring books, construction paper, tape, play dough, other educational materials.

Reading Materials:

- **PRIORITY ITEMS:** Any reading books: story books, picture books, chapter books, focusing on *pre-school through middle school levels*. Books can be gently used.

Collecting Other New and Gently Used

Other items being collected include:

COMFORT ITEMS: BLANKETS (all shapes and sizes), SOFT TOYS, puppets, SEWING FABRICS and materials.

SHOES! SHOES! SHOES! NEW and gently USED SHOES of all types, soccer cleats, running shoes, dress shoes, winter boots.

Sports Equipment: SOCCER BALLS, rubber balls, JUMP ROPES, BICYCLES, sporting uniforms, Frisbees, etc...Sports are as popular there as they are here!

NEW Clothing: T-shirts, socks, children's pajamas, athletic warm-ups, pants, diapers, baby clothes, under garments, coats, hats (it is very cold in the winter) for all children ages 0-18 yrs.

Clothing items must be NEW!

***DONATIONS WILL BE COLLECTED IN 1ST PERIOD CLASSES FROM
March 2nd – March 20th!***

Special Focus Weeks

- Mar 2nd-6th
 - **Readers and Writers Week**- Let's fill the school with all types of **READING BOOKS**, notebook paper, **COMPOSITION BOOKS**, journals and more!
- Mar 9th – 13th
 - **Something Old, Something New Week** –Let's fill the school with gently used **BLANKETS**, **SHOES** and **NEW CLOTHING** items for all age! Also bring stuffed animals, sporting goods and bikes... gently used is great!
- Mar 16th – 20th
 - **#2 Pencil/Pen Week** –Let's fill the school with thousands of **#2 PENCILS** and **PENS!** Don't forget plastic **Pencil Sharpeners & Erasers** as well.

Of course you can turn in any items any time!

Big Item Drop Off Days(outside B-wing doors)

For those who have larger quantities of items or large items such as bicycles, look for BLOCK students on these dates and times:

Fri, March 6 th	2:15 – 3:00 pm
Fri March 13 th	2:15-3:00 pm
Fri, March 20 th	10:30 – 11:15 am

BOXING DAYS!

We really could use help (adults and students) boxing up all the supplies. Feel free to stop by:

Fri, March 6 th	2:15 – 4:00pm
Fri, March 13 th	2:15 – 4:00pm
Fri, March 20 th	10:30-12:30
Tue, March 24 th	2:05 – TILL WE FINISH ☺

Special Note: Cash donations or checks made out to **BLMS PTSA** are also welcome. Students will decide on which purchases should be made to "round out" donated items. Those items will be purchased prior to shipping of the items.

This year travel team members will fly to South Africa to aid in the distribution of the items to the children in the community, as well as spend time in the classrooms to gain further understanding of how the materials are being utilized, and work with teachers/volunteers in South Africa.

Need more information? Interested in volunteering to help?

Contacts:

Curtis Betzler, BLMS Teacher 425-837-6369 or betzlerc@issaquah.wednet.edu
Sara Ortiz , BLMS Teacher 425-837-6378 or ortizs@issaquah.wednet.edu
Marci Lindsley, BLMS Teacher 425-837-6381 or lindsleym@issaquah.wednet.edu



Run, Hide, Fight! A Discussion on Safety Preparedness

Sponsored by the Issaquah PTSA Council, the Beaver Lake Middle School PTSA proudly presents *Run, Hide, Fight! A Discussion On Safety Preparedness*.

Earlier in the school year, students were told of a new policy being implemented in the event of a lockdown. The program, "Run, Hide, Fight" is a collaboration of law enforcement, schools, and the district's Safety Committee. On March 24th, BLMS PTSA is fortunate to have Lieutenant John Manning of the Bellevue Police department presenting techniques and parenting ideas to best prepare students in the event of a lockdown or shooter situation at the school.

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

- What parents can do to assure and empower their kids
- Effective response strategies during times of crisis
- How students, parents and staff can effectively work together during a lockdown and evacuation situation
- Emotional support and resources

JOHN MANNING

John Manning, a police officer for over 25 years including 12 years as a supervisor and commander, started his career with the Washington DC Metropolitan Police Department. After four years of service he transferred to the Bellevue Police Department.

During his tenure he worked as an undercover narcotics detective for eight years, including two years with the DEA. He has been a Hostage Negotiator and SWAT Team Leader and currently serves as the supervisor of the department's K9 Unit and Field Training Program. He also is an active member of the National Tactical Association of Officers and has lectured on the topics of active shooter to many large groups to include the Washington School Safety Organization and the International Association of Women Police (IAWP.)

He has participated as an evaluator for mass casualty events for the Urban Area Security Initiative (UASI), Urban Shield-Boston, and Urban Shield-San Francisco. He has trained with US Special Forces for both the Navy and US Army.

There will be a short BLMS PTSA meeting prior to the presentation.

Dates:

Tuesday, March 24, 2015

6:30 pm

Location:

Beaver Lake Middle
School Library

School address:

25025 SE 32nd Street
Issaquah, WA, 98029

Cost:

Free

Washington State
PTA[®]
everychild.one voice.

OUR MISSION

Friends of Youth delivers a broad range of services to youth and their families to improve their emotional stability and self-sufficiency.

OUR VISION

Friends of Youth envisions all youth having every opportunity to succeed.



Friends of Youth

13116 NE 132nd Street, Kirkland, WA 98034
(425) 869-6490 info@friendsofyouth.org

Youth and Family Services

Staying Connected With Your Teen

For parents of 12-19 year olds



Join us to learn:

Proven parenting strategies as your teen heads into high school for preventing substance abuse and other risky behaviors while encouraging growing independence and keeping the bonds between parent and teen strong.

FEE

\$40 Donation for the Workbook

LOCATION

7972 Maple Avenue SE
Snoqualmie, Washington 98065

DATE & TIME

Held on Thursdays, March 12 - April 2, 2015
6:00 - 8:00 PM

Checks made payable to Friends of Youth.

About Friends of Youth's Youth and Family Services

Friends of Youth provides counseling to youth and their families in Issaquah, Snoqualmie and Duvall. Our services include individual and/or family therapy, depending on the needs of the youth. The counselors at Friends of Youth believe that helping individuals and families identify and build on strengths is an important component of the counseling process.

Counselors meet with youth and parents/ caregivers one-on-one and in family sessions. Our counselors are experienced in dealing with many issues including: behavior problems, school difficulties, depression and anxiety, victims of sexual and/or physical abuse, post traumatic stress, anger and conflict management, divorce and blended family challenges, and illness and death of loved ones.

To Register:

Call Jeanette Borunda
425-888-4151 ext 202

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Youth and Family Services

Guiding Good Choices

For parents of youth ages 7-12.



Join us to learn:

Practical skills to strengthen your relationship with your child. This five week parent class will cover preventions that work, including setting family policies, managing conflict, moving towards independence, and skills for saying “no”.

FEE

\$40 Donation for the Workbook

LOCATION

Friends of Youth
414 Front Street North, Issaquah, WA 98027

DATE & TIME

Held on Tuesdays, March 3-March 31, 2015
6:30-8:30 PM

Checks made payable to Friends of Youth.

About Friends of Youth’s Youth and Family Services

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To Register:

Call Jeanette Borunda
425-888-4151 ext 202

State of Mind: Finding a Balance in Your Life



We aim to empower and educate youth to create and maintain a healthy lifestyle, with the intent of bettering themselves and our community.

***When: Saturday, March 21st 2015 - 12 noon to 5:00 pm**

***Where: Tiger Mountain Community High School
355 SE Evans Street, Issaquah, WA, 98027**

***What: Raffles! Community Service Hours! Free refreshments! And workshops given by local experts on the following topics:**

- ❖ How drugs impact developing brains
- ❖ Self-care and stress management
- ❖ Developing healthy relationships
- ❖ Helping friends in crisis
- ❖ Recognizing signs of distress in others
- ❖ Body image and eating disorders

Pre-register or contact for
more details:
www.healthyyouthinitiative.org

Attendees will be able to attend **three workshops**, each approximately 50 minutes long. Everyone will be able to attend a presentation from a National Association on Mental Illness "In Our Own Voice" team whose members have recovered from or managed mental illness. **This event is completely free but registration is limited! Register early!**

***Who Can Attend:** Some presenters will offer classes themed primarily for **adults and adolescents** which will include more professional or technical information. Other subjects will be themed with **more practical information usable by middle school and high school students**. All sessions are open to all.

State of Mind: Finding a Balance in Your Life



Issaquah Youth Advisory Board

EVENT PROGRAM

11:30 – 12:30	Registration, Event Packet Distribution, Information Tables, social time
12:40 – 1:00	Opening Remarks
1:05 – 2:00	Breakout Sessions (choose one) <ul style="list-style-type: none">• Mo Lewis, King County Sexual Assault Center, "Healthy Relationships: Talking with your kids" (adult presentation)• Erin Gist, LMHC, Tender Rock Counseling, "Body Image and Eating Disorders" (adult and youth)• Jerry Blackburn, Bellevue College Chemical Dependency Counseling Program, "How Drugs Affect the Developing Brain" (adult and youth)• Melissa Evans, Intervention/Truancy Specialist, Issaquah School District, "Stress Management and Self Care" (adult and youth)
2:05 – 3:00	Breakout Sessions (choose one) <ul style="list-style-type: none">• Charlys Bailey, Youth Suicide Prevention Program, "How Adults Can Help Prevent Youth Suicide" (adult presentation)• Melissa Evans, Intervention/Truancy Specialist, Issaquah School District, "Stress Management and Self-Care" (adult and youth)• Mo Lewis, King County Sexual Assault Center, "Healthy Relationships" (youth presentation)
3:05 – 4:00	Breakout Sessions (choose one) <ul style="list-style-type: none">• Erin Gist, LMHC, Tender Rock Counseling, "Body Image and Eating Disorders" (adult and youth)• Jerry Blackburn, Bellevue College Chemical Dependency Counseling Program, "How Drugs Affect the Developing Brain" (adult and youth)• Eric Wirkman and Madi Feil, Teen Link, "Helping Friends with Depression and Preventing Youth Suicide" (youth presentation)• Mo Lewis, King County Sexual Assault Center, "Healthy Relationships" (youth presentation)
4:05 – 5:00 p.m.	Panel (All attend) <ul style="list-style-type: none">• National Alliance on Mental Illness, Eastside -- "In Our Own Voice"
5:05 - 5:10 p.m.	Adjourn

NOTE: "Adult" indicates that the session is more focused on technical/professional information; "youth" indicates that the session is focused on practical information usable by teens. Sessions are open to all.