



Beaver Lake Middle School PTSA 2.6.33 www.blmsptsa.ourschoolpages.com October 2018 25025 SE 32<sup>nd</sup> St. Issaquah WA 98029 president@beaverlakeptsa.org Volume 13, Issue 2

Dear Families,

It's hard to believe we've almost made it through the first month of school — we hope the transition from summer vacation to school schedules and homework has been a smooth process for all!

Your PTSA is off and running and planning our fall events with much of the help coming from many of you!! Already this year, we've called upon volunteers to help with many programs including Bulldog Business Day, Back to School Lunch for the teachers and staff, First Day of School Schedule Handouts and so much more. Thank you to all our volunteers!

To help keep these and many other programs going within the school, we continue to promote and ask our Bulldog families to support our "Pass the Hat" fundraiser. Our "Pass the Hat" fundraiser is the PTSA's only fundraiser and separate from the ASB Popcorn & Cookie Dough fundraiser that was recently launched. While the ASB fundraiser will help pay for student-focused activities including after school clubs, sports, and assemblies, the PTSA is focused not only on student events such as Trivia and BINGO nights, but also on needs within our kids' classrooms that are not otherwise funded by the district or state through our Bucks for Bulldogs grant program.

If you haven't already, please consider donating to this cause by visiting our website: <u>http://www.beaverlakeptsa.org</u>. We are currently in the process of accepting Bucks for Bulldogs grant applications from teachers and staff for programs/items that are not otherwise funded. Thanks to generous donations from our BLMS parents, many teachers have taken advantage of this great program. Over the past few years, well over \$75,000 in grants have been given to BLMS from the PTSA – a very significant impact for our students and our entire BLMS community!

To hear more about what the PTSA has planned for this year and to learn how you can get involved, please join us at our General Membership Meetings held throughout the year. The first meeting is set for Tuesday, October 2nd at 9:30am in the BLMS Library. In addition to PTSA news, you'll have an opportunity to hear what's happening in our school from our principal, Stacy Cho. We will vary the GM meeting times during the year with both morning and evening events. By doing so, we hope you can join us for the ones that fit your schedule.

Thank you for your support! Kindest regards, Krystl McCandlish and Mary Jo Webb PTSA Co-Presidents

> "Like" us on Facebook at Beaver Lake Middle School PTSA and find us at our website... <u>http://blmsptsa.ourschoolpages.com/Home</u>



PTSA Co-Presidents Krystl McCandlish Mary Jo Webb president@beaverlakeptsa.org

Treasurer Noelle Alvis treasurer@beaverlakeptsa.org

Stefanie Magnuson secretary@beaverlakeptsa.org

VP Membership Nicole Brenner Jaime Foreman membership@beaverlakeptsa.org

VP Volunteers Tara Farhad volunteers@beaverlakeptsa.org

> Reflections Chair Tanu Varshney tanu.mtr@gmail.com

ISF Ambassador Meredith Spencer Merb99@outlook.com

Communications Andrea Piotraszewski apiotras@gmail.com





### **SEND STUDENT VIDEOS & PICS**

This year we would like to share pictures or short (30 seconds or less) videos of our students doing those things they enjoy outside of school. We'd love to see them engaged in their hobbies, community service projects, athletics, recitals, etc. These will be placed in the morning and lunchtime presentations we share with our students daily.

Please send us electronic copies of your photos or short (30 seconds or less) videos of your students engaged in these activities. Send to: <u>helgesonl@issaguah.wednet.edu</u>.



#### **ATTENTION PARENTS!!!**

This year, 6<sup>th</sup> and 8<sup>th</sup> graders will be asked to complete the Healthy Youth Survey on October 10<sup>th</sup>. This survey asks questions of students regarding risk factors for injury, health outcomes, and drug and alcohol abuse. Schools, communities, and state and local health departments use survey results to support our youth and reduce their risks. The Healthy Youth Survey is voluntary and anonymous.

We sent home information regarding the survey on September 19<sup>th</sup> with your student. Please review the information and contact Lane Helgeson <u>helgesonl@issaquah.wednet.edu</u> if you have any questions.



- Tues., 10/2, 9:30am: PTSA General Membership meeting in the BLMS Library
- > Fri., 10/5: ASB Fundraiser, Turn-In Day #2
- > Mon., 10/8: Teacher Work Day, No School
- Mon., 10/15, 2:45-3:30pm: Site Council Meeting
- > Weds., 10/17: Mid-Tri



#### **FAMILY TRIVIA NIGHT**

Last year, we held our first ever Family Trivia Night and it was So. Much. Fun.

We are looking for volunteers to help with this great family event this year - Friday, Nov. 16<sup>th</sup>.

Don't worry if you haven't volunteered before. there will be lots of guidance from people that worked on this event last year.

Email <u>volunteers@beaverlakeptsa.org</u> to sign up or get more information.





I'm Nicole Perriella-Rehmke (pronounced Per-ella-Rem-key), and I'm the PBSES Coach here at Beaver Lake Middle School.

I am passionate about supporting students and teachers succeed at school. This year, we are implementing our new Social Emotional Learning curriculum called Second Step. By developing positive social and emotional skills, all students are able to learn and thrive. Access a fabulous parent resource called <u>ParentTeen Connect by clicking here</u>. After teaching for 12 years, I am thrilled to be part of the leadership team at Beaver Lake.

To learn more about PBSES, visit the district website by <u>clicking here</u>.



#### **COLLEGE SUMMIT + AUDITION WORKSHOP - SATURDAY, OCT 27**

Professional musicians, and music conservatory graduates, Riley Mulherkar and Willem de Koch will demystify the **college audition experience** for you. **Learn how to set yourself apart** from the competition, prepare for recorded and live auditions, and select the school that's right for you. **Parents welcome!** Grades 9-12, all instruments and voice. Sliding scale fee. More information, **including list of confirmed colleges** and state universities attending at <u>https://www.seattlejazzed.org/college-summit/</u>

#### JAZZED ENSEMBLES PLACEMENT - SAT, NOV 17 & SUN, NOV 18

Play and perform under legendary local educators like Clarence Acox, Wayne Horvitz, Darin Faul and many more, alongside dedicated students from Seattle and beyond. Although most of our instrumental ensembles are **traditional jazz big bands**, we are proud to offer opportunities to students on **string instruments** in the <u>New Works</u> <u>Ensemble</u> and <u>Creative Orchestra Project</u>. Ensembles rehearse on the weekend, January through May 2019, with multiple performances. Sliding scale tuition means every family can pay at the level that works for them. **Grades 5-12**, **with one year of instrumental experience** can register for Ensembles Placement (Nov 17 or Nov 18) and get more information at <u>https://www.seattlejazzed.org/ensembles/</u> or call 206-324-JAZZ (5299).

#### NINA SIMONE VOCAL ENSEMBLE PLACEMENTS - SATURDAY, NOV 17

Let your voice soar! As Nina Simone was known to do, we bring together a broad range of styles, but are always steeped in gospel and folk traditions. Performing numerous original songs by director Cora Jackson, **this soulful group uses harmony to explore American roots music.** Ensemble rehearses Saturday afternoons, January through May 2019, with multiple performances. Sliding scale tuition means every family can pay at the level that works for them. **Grades 7-12, boys and girls**, can register for the Vocal Ensemble Placement and get more information at <a href="https://www.seattlejazzed.org/vocal-ensemble/">https://www.seattlejazzed.org/vocal-ensemble/</a> or call 206-324-JAZZ (5299).



#### October 2018

Thanks to the hard work of Board and Staff, and the generosity of our community during the 2017-18 school year, the Foundation distributed \$1,378,761 to 69 unique programs. Here's just a snapshot of what we accomplished together:



#### October Happenings

#### All in for Kids

The Foundation's annual **All in for Kids** campaign is in full swing. If you missed donating during the online back to school process, there is still time to support our students! Please donate at <u>http://isfdn.org</u>.

#### **Dining for Kids**

Dining for Kids night returns on Wednesday, **October 3<sup>rd</sup>** at the RAM in the Issaquah Highlands. This Dining for Kids event will be <u>dinner only</u>. They are adding some fun to the evening though and are including a magician! So, skip cooking that evening and join your friends at the RAM for dinner on October 3<sup>rd</sup> benefiting the Issaquah Schools Foundation.



The school year is off to a great start with the help of the following volunteers:

**Bulldog Business Day:** Teresa Mundel, Yang YiQing, Erich Von Hauske Nakagawa, Lisa Righetti, Melissa Yoon, Noelle Alvis, Sunshine Kragh, Yang YiQing, Amy Sparks, Carrie Haines, Heather Harris, Satyakam Satyakam, Yang YiQing, Yvette Artman

**Student Schedule Handout:** And Amy Sparks, Chris Edwards, Janet Bien, Jessica Mills, Nadia Ali, Sunshine Kragh, Shelly Compton, Deepa Majumder



## Project Deadline: Thursday, Nov. 1, 2018 Entries Accepted Now

The theme for the 2018-2019 school year is: **HEROES AROUND ME**.

The Reflections Program is a National PTA and Washington State PTA cultural arts competition. The purpose of this program is to provide an opportunity for students to use their creative talents by expressing themselves through their own original works.

A student may submit an entry in any of six arts areas. Only original works of art are accepted. The six art areas are: Visual Arts, Photography, Literature, Music Composition, Dance Choreography, and Film Production.

- Visual Arts: Drawing, painting in tempera, oil, acrylic, watercolor & t-shirt paints, computer generated art, twodimensional collage, printmaking, needlework & leather tooling. <u>Visual Arts 2D Rules</u> <u>Visual Arts 3D Rules</u>
- Literature: Works of fiction, nonfiction, poetry, prose, drama, short stories and lyrics. Literature Rules
- Music Composition: Original musical composition, with or without words. <u>Music Composition Rules</u>
- Photography: Color or black and white, included techniques: photogram, negative sandwich, and multiple exposure. <u>Photography Rules</u>
- Dance Choreography: Originally choreographed dance composition. <u>Dance Choreography Rules</u>
- Film Production: Original works, with or without sound, of animation, narrative, documentary, experimental or music video/film. Film Production Rules
- Special Artist Division. Special Artist Rules

Please refer to general guidelines & specific rules here: WA State PTA Reflections page

To submit an entry use this <u>Student Entry Form</u> or pick one up in the BLMS office. Entries are to be submitted in the BLMS office by the due date. Please leave them in the black bag labelled "Reflections"

#### **Theme Search Contest:**

The search is on for the 2020-2021 National PTA Reflections program theme! The due date for submitting a theme search entry is November 1, 2018. The students who submits the winning entry will receive \$100. Be sure to check the <u>Past Themes</u> prior to submitting. Entries are to be emailed to support@wastatepta.org or mailed to the WSPTA office (1304 South Fawcett Avenue, Suite 300, Tacoma, WA 98402). <u>Reflections Theme Search Entry Form</u>

For any question, contact: <u>tanu.mtr@gmail.com</u>



FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

## **PARENTING WORKSHOPS**

#### FOR PARENTS AND CAREGIVERS OF CHILDREN AFFECTED BY TRAUMA

Childhood Development: This training provides information on key areas of childhood development; social, cognitive, and physical development are all explored. The training focuses on how complex trauma effects development in infants and toddlers, school aged children, and adolescents.

By Heather Perry, Community Educator at Apple Health Core Connections

Behavioral Support Techniques: The goal of this training is to give parents, caregivers and supportive adults tools to prevent or de-escalate behavioral crises and effectively manage acute crises. Participants will learn constructive ways to handle stressful situations.

By Ivona Radunovic, Lead Behavior Specialist at the YMCA Community of Fostering

How to Better Communicate with Teens and Tweens: Learn new skills on active listening, and understand its benefits. Understand how our bodies demonstrate if we are engaged and really hearing kids. Learn to set the environment for positive interactions and communication.

By Kathy Bigelow, Foster Home Developer and Trainer at the YMCA Community of Fostering

Substance Use, Abuse & Addiction: Explores the impact and rates of substance use among youth in foster care. It discusses risk factors and protective factors, how substance use effects the brain, different types of substances being used, and common warning signs of use or addiction. Caregivers will leave better able to start conversations with youth on substance use and addiction.

By Lindsey Greene, Community Educator at Apple Health Core Connections

Whole Brained Parenting: Whole Brain Parenting introduces participants to the functions of the brain, the effects of the brain's mirror neurons, and how the brain hemispheres' impact specific behaviors. This training uses the teachings of Dan Siegel, MD, and pairs great with Trauma Informed Care.

By Heather Perry, Community Educator at Apple Health Core Connections

Conflict, Come on I'm Ready: What kind of "conflict responder" are you? Conflicts can build relationships! Learn ways to approach conflict and feel like you both win! Develop skills and a style where conflict can be rewarding.

By Kathy Bigelow, Foster Home Developer and Trainer at the YMCA Community of Fostering

#### To register, please e-mail parented@seattleymca.org

Children's activities provided during workshops.

ACCELERATOR YMCA 909 4th Avenue, Seattle, WA 98104 P 206 382 5000 seattleymca.org Everyone is welcome. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. Financial assistance is available.

The Issaquah School District does not sponsor, endorse, or recommend any of the organizations, services, or activities described in these materials. In consideration for the privilege to distribute these materials, ISD shall be held harmless from any causes of action filed in any court or administrative tribunal arising out of the distribution of these materials, including all costs, attorney's fees, judgments, or awards.

Session 1: Childhood Development

September 22nd, 2018 10 to 12 @ Coal Creek Y

Session 2: Behavioral Support Techniques

October 6th, 2018 10 to 12 @ Meredith Matthews Y

Session 3: How to Better Communicate with Teens and Tweens

October 20th, 2018 10 to 12 @ Auburn Y

Session 4: Substance Use, Abuse & Addiction

November 10th, 2018 10 to 12 @ Matt Griffin Y

Session 5: Behavioral Support Techniques

November 17th, 2018 10 to 12 @ Auburn Y

Session 6: Whole Brained Parenting

December 1st, 2018 10 to 12 @ West Seattle Y

Session 7: Conflict, Come on I'm Ready

December 8th, 2018 10 to 12 @ Dale Turner Y







Parent-Tot Classes for ages 18 months- 2.5 yrs

Creative Movement Classes for ages 2.5 – 4 years

Combo Classes for ages 5-6 (Ballet, Tap, Jazz)

For Ages 7 – 18 Ballet, Tap, Jazz, Hip Hop, Contemporary, Lyrical and Acrobatics

## REVOLUTION DANCE FACTORY

660 NW Gilman Blvd C2 Issaquah, WA 98027



R

Recology.

SSAQUAH

ISSAQUAH

AM 880

**Fred** Mever

## ISSAQUAH VALLEY ELEMENTARY 555 NW HOLLY

anthology OVERLAKE MEDICAL CENTER

Allegro First 🚯 Tech

Reporter SNOQUALMIE

# FRI. OCT. 5<sup>TH</sup> 4 – 9 SAT. OCT 6<sup>TH</sup> 10 – 9 SUN OCT 7<sup>TH</sup> 10 – 9

Tickets on Sale at: www.SalmonDays.Org PROCEEDS BENEFIT ISSAQUAH VALLEY PTA & ISSAQUAH CHAMBER





## BE PART OF THE FUN

SAT. OCT. 6 & SUN. OCT. 7 10am – 6pm Olde Town Issaquah

## Sign up today!

## WWW.SALMONDAYS.ORG



• Grande Parade

- Retail
- Field of Fun
- X-Stream Team
- Shuttle
- Booth Sitter
- Info Booth



ΤΟ ΤΗΕ

**ISSAQUAH 2018** 

Seafair Sanctioned Community Event

aetna<sup>•</sup> Allegro anthology 📀 **FredMeyer Q**FC THE GREATER attle Children's · () · ISSAQUA AM 880 JAH SNOQUALMIE CHAMBER OF COMMERCE First 🌗 Tech OVERLAKE MEDICAL CENTER ISSAQUAH





Broken window: Time off work to meet with the principal: Counseling: Parent Project<sup>®</sup> solutions: \$100.00

\$300.00 \$1,000.00 Priceless!





## Empowering Parents. Transforming Teens.

Learn how to never argue with your child again!
 Prevent or intervene in alcohol or drug use!
 Improve school attendance and performance!

The Issaquah Police Department is hosting a ten week course starting October 9th. For more information and to register, visit the website below:

## www.lssaquahWA.gov/ParentProject

# **CONFIDENCE-BUILDING WORKSHOP**



Started by Olympic and NCAA athletes, ZGiRLS is a nonprofit organization dedicated to elevating and equipping girls with tools to help them build mental resilience and confidence.



## Wednesday, October 10th (or) Wednesday, October 24th

TIME: 6:30 - 8:00 p.m. LOCATION: Issaquah Community Center COST: \$24; \$20 for Residents AGES: 11-14 WHAT TO EXPECT:

- Led by strong female athlete ZGiRLS Mentors
- Confidence-building games, activities, and fun!
- Every girl will leave feeling inspired, confident, & empowered!



To register, contact 425-837-3300 or register online and reference barcode #61986 (Oct. 10) or #61987 (Oct, 24)



Questions? Contact Lisa Echert at 425-837-3308 or lisae@issaquahwa.gov



## F.L.A.S.H PARENT PRESENTATION

Each year the Issaquah School District offers presentations of the Family Life and Sexual Health (F.L.A.S.H) curriculum for parents/guardians of secondary students.

## THE PRESENTATION INCLUDES:

- Laws and District procedures
- Curriculum presentation in our classrooms
- Options for exempting students

## THIS PRESENTATION IS FOR:

Parents of all Issaquah Middle School and High School Students

## DATES AND LOCATION:

#### Thursday, October 25th, 6:00 PM

Issaquah Valley Elementary Multi-Purpose Room 555 NW Holly Issaquah WA, 98027

#### Saturday, October 27th, 9:00 AM

Issaquah School District Administration Center 565 NW Holly St. Issaquah, WA, 98027

## **CONTACT INFORMATION**

Kris Coleman Health and Fitness Support Specialist colemank@issaquah.wednet.edu (425) 837-7123



#### **Musical Theater Programs**

Grades 2nd-10th Register now! SpotlightRepNW.org



Youth and Adult Classes Register now! SpotlightRepNW.org



Audition for ENCORE, Spotlight Rep's new vocal ensemble! Ladies age 16 to adult! SpotlightRepNW.org



# Financial Planning for your Child with a Developmental Disability

Please join LEO for an open Forum on Special Needs Trusts, Endowment Trusts and Financial Planning for individuals with Developmental Disabilities.

Jane Searing will facilitate this Forum. Jane is a LEO Board Advisor, CPA, Master of Science in Taxation (MST), and Clark Nuber Shareholder.

This Forum is a free non-sales event. Space is limited, so please **<u>Register Here</u>**. Or visit the LEO website.

## FORUM DETAILS

DATE :	November 29, 2018 - Thursday
TIME:	6:00 - 7:30 PM
LOCATION:	Sammamish Community YMCA
	<b>Community Meeting Room</b>
	831 228 <sup>th</sup> Ave SE
	Sammamish, WA 98075

# LifeEnrichmentOptions.org

# LEO is a community based non-profit that supports individuals with developmental disabilities

Note: The YMCA and School District neither sponsor nor endorse this event and assume no responsibility for it.



# **BACH TO ROCK**

## **NOW ENROLLING**

\* PRIVATE MUSIC LESSONS \* GROUP AND ENSEMBLE LESSONS \* ROCK BAND \* B2R GLEE CLUB \* EARLY CHILDHOOD CLASSES \* BIRTHDAY PARTIES \* AND MORE!

ROCK AND CLASSICAL INSTRUMENTS

## 206-880-1215 redmond.bachtorock.com

The Issaquah School District does not sponsor, endorse, or recommend any of the organizations, services, or activities described in these materials. In consideration for the privilege to distribute these materials, ISD shall be held harmless from any causes of action filed in any court or administrative tribunal arising out of the distribution of these materials, including all costs, attorney's fees, judgments, or awards.

Playing music should be fun, after all it's called **play** for a reason!

BACH TO ROCK



## Early Childhood CHILDFIND PROGRAM

The ISD Childfind Program is designed to locate and offer assistance to infants, toddlers, preschoolers and school-age children, between the ages of birth and 21, who may have developmental delays or significant learning challenges.

The Early Childhood CHILDFIND PROGRAM Is designed to reach children from Birth to age 5 who may be eligible for special education services.



We offer Childfind Developmental Screenings monthly during the school year, from September through May.

For information on children ages 3-5 please contact: 425-837-7197

or

childfind@issaquah.wednet.edu

\*For students Kindergarten age and older, please contact your school directly.