

Issaquah High PTSA

"Soaring to New Heights"

February 2011 e-News

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Upcoming Meeting Date

Please join us for our next **PTSA meeting - Friday, February 11**, at Issaquah High. Meetings are a great opportunity to get to know other parents and to hear directly from our principal, **Paula Phelps**, about what's happening at school. We hope to see you there!

Come at *9:00 am* for a half hour of socializing; the meeting will begin promptly at *9:30 am* in the Conference Room in the Issaquah High office.

Parking is limited, so we encourage you to carpool and bring lots of friends. If all visitor spots are filled, you may park in an empty staff spot for the meeting.

Membership

Issaquah High PTSA now has 1,084 members – our goal is 1,750, or one membership for every fulltime student enrolled at IHS. You can help by upgrading your individual membership to a family membership, encouraging your friends to join, or by signing up grandparents, aunts and uncles as supporting members. See our "[Join PTSA](#)" webpage to sign-up.

Next year's school directory will be sponsored by local businesses.

Businesses will have the choice of three levels of sponsorship and will receive a printed ad and coupon in the directory. This is a great opportunity to get the word out about your business. Details can be had at <http://directory.iqci.net> - PASS IT ON!

Legislation

January PTSA Council Legislative Report

December Special Session: In the event that you missed the news during the holiday frenzy - the legislature cut funding to education. The funding cuts that were implemented resulted in a \$ 1 Million cut directly to the Issaquah School District. This move to cut funding midyear is unprecedented and will force the ISD to utilize the reserve account to cover current expenses and obligations that can't be renegotiated due to contracts with the various unions. As the current session progresses we anticipate that there will be additional cuts in the supplemental budget.

Legislative Committee Appointments:

House K-12 Education Committee: Reps. Glenn Anderson (5th) & Marcie Maxwell (41st)

House Education Appropriations & Oversight: Reps. Glenn Anderson & Marcie Maxwell

House Ways & Means: Chair Rep. Ross Hunter (48th)

Senate K-12 & Early Learning: Senators Rodney Tom (48th) & Steve Litzow (41st)

Senate Ways & Means: Senators Rodney Tom & Cheryl Pflug (5th)

FOCUS DAY FEBRUARY 21ST IN OLYMPIA!

This date is very challenging for Issaquah as we will be on mid-winter break, BUT please still try to find someone who can attend on behalf of your school!

We are still waiting on the details from Washington State PTA as to the agenda for the day. Kids are encouraged to attend the rally on the Capitol steps at noon. Meeting time with our legislators may be possible. Issaquah will also be delivering notes to our legislators from constituents. More details to come later!

Kelly Munn (Skyline's Leg Rep) from the **League of Education Voters** attended the PTSA Council meeting and gave a presentation on education and the current legislative session. LEV has just released their 2011 Report Card on Washington State Education - please click on the link below to read the report. Some key facts for Washington:

40% of 8th graders are proficient in math

Less than 75% of students graduate from High School in 4 years

We spend \$8567 less per student than the national leader

<http://www.educationvoters.org/2011-report-card/>

News for Seniors

The Senior Events Committees: [Senior Breakfast](#), [Baccalaureate](#), and [Graduation All-Night Celebration](#) welcome your assistance with the planning of these events. If you would like to volunteer for any of these committees, please go to the PTSA website pages linked above and email the corresponding committee chair, or feel free to contact [Ana Stern](#).

Senior Graduation Celebration: All students currently registered for this event should have received an email with a release form attachment. Every

student attending the [Senior Graduation Celebration](#) must complete and sign a release form. If you are registered for the event and did not receive an email, please contact [Ana Stern](#).

If you have not signed your senior up for the Senior Graduation Celebration, you can register and pay for the event [online](#). If you prefer to pay by check, please email or call [Ana Stern](#) and the appropriate forms will be emailed to you. If you cannot afford the price of the ticket, we do have full and partial scholarships available – please do not let this be a deterrent for your student – we want every senior to enjoy this very special event!

Awards

We'd like your input.... Every year the PTSA honors people who have given exemplary volunteer service to children and youth in our school community by awarding the [Golden Acorn Award](#). We also recognize individuals for their on-going advocacy work on issues concerning children by awarding the [Outstanding Advocate Award](#). We need your help in gathering nominations.

Please submit forms to [Lisa Westover](#), Awards co-chair, by **February 4, 2011**. Both forms can be found under [Forms](#), or click on the links to the awards mentioned above.

Reflections

On January 25th, the Issaquah School District held its Reflections Artist Gallery Walk. The event was well attended and many were able to view creative works of art by our talented Issaquah students. **The two state finalists from IHS are Patrick Allard and Adam Schneider.**

Congratulations and best of luck!

Nominating Committee

Interested in Helping the PTSA, or Know Someone You Would Like to See Lead?

A nominating committee has been selected and is seeking nominations for next year's IH PTSA officers. If you would like to be considered for a PTSA board position, or would like to nominate a candidate, please contact one of the following PTSA Nominating Committee members: [Cyn Baumert](#), [Vicki Hahn](#), [Jody Mull](#), [Tina Weber](#), or [Kellie Woodford](#).

Parent Ed

Upcoming seminars that may be of interest to you.....

"Youth Stress and Depression"

Speaker: Kelly McDonald, Youth Suicide Prevention Program

Wednesday, February 9, 2011

7-9pm

Eastside Catholic Library

Learn to distinguish "normal" teenage behaviors from those that are worrisome. How do adolescents cope with stress, sources of stress and what can adults do to help them? Parents will learn how to recognize the signs of depression and suicide and how to help a youth they are concerned about.

"Adolescent Stress and Anxiety: A Parent's Guide"

Lecture and Discussion by Chris McCurry, PhD

Wednesday, February 16, 2011

6:30-8pm

Liberty High School Theatre

Please join us to hear this engaging and informative speaker address the following the following topics:

- * The origins of adolescent anxiety and other forms of Distress.
- * When to be concerned and seek professional help.
- * Strategies for responding to your teen's distress.
- * Tools for promoting resilience in your teen and yourself.

This program is aimed at parents of middle school or high school students.

"Parenting with Love and Logic"

March 1, 8 15, 22, 29

6:30-8pm

Grand Ridge Elementary

Series Fee: \$20 per person for all 5 classes and workbook

Sponsored by the Issaquah PTSA Council, the Grand Ridge PTSA proudly presents a *Parenting With Love & Logic Series* where parents can learn practical and effective strategies that can be put into action as soon as you

get home!

BE THE BEST PARENT YOU CAN BE!

- * Take some of the stress out of parenting and add more fun back into your family
- * Learn how to discipline without lectures, threats and warnings
- * Learn how to stay cool, calm and collected in front of your kids

Love and Logic is an approach to raising kids that provides loving support from parents while at the same time expecting kids to be respectful and responsible. Build and refine the skills necessary to parent children of all ages. This five-week course will provide you the opportunity to learn with other parents and problem solve with a trained professional!

Special Needs

Issaquah Special Needs Group Meeting

families helping families in the Issaquah School District

“Food and Behavior”

Speaker: Sally Hara, MS, RD, CDE from Proactive Nutrition

Tuesday, February 8, 2011

7-8:30pm

Clark Elementary Library

Restlessness, defiance, anger, anxiety, distractibility, headaches, stomach aches, runny nose, ETC! Is your child eating foods that can cause these health effects? Children with behavioral challenges, those on the autistic spectrum, with ADHD and typical children often have learning and health problems that can be affected by the foods they eat. Not all food affects every child the same. Sally Hara, Registered Dietician, medical nutrition therapist and most importantly, mom of a child with special needs, will share the top foods and combinations to avoid and will share her strategies for meal times with children who struggle with feeding challenges, ritualistic feeding habits, problems with food textures etc. Sally will share insightful guidance through the maze of nutrition therapies for a special population. Bring your Qs and get your As to set your child up for success!

There will be time after the meeting, 8:30-9:00, to network with other parents.

Please invite your peers to join us. There is no fee or membership

requirement -- all are welcome!

Questions? Contact Roseann Popa order2popa(at)[comcast.net](mailto:order2popa@comcast.net) replace (at) with @ to send email

Issaquah Schools Foundation

Things We Love!

1. Our students whose endless creativity, curiosity and love of learning make our job of raising funds for their education a pleasure.
2. The District for being a supportive, collaborative partner.
3. YOU—Parents, donors and PTSA members—for your unwavering commitment to the cause.

Happy February!

Nourish Every Mind Luncheon is Coming

Mark your calendar and save the date ...April 28, 2011 is the Issaquah Schools Foundation's 13th Annual **Nourish Every Mind** Luncheon. Co-Chaired by PTSA members and Sunset parents Kristin Behn and Susan Griffin, this year's event will feature John Curley as Master of Ceremonies, inspirational testimonials from ISF grant recipients, teacher displays, a silent auction and the chance to socialize with 900 civic leaders and friends. The doors open at 11:00, lunch begins at noon, and the program ends at 1:00 pm. To add your name to the invite list, please email mweldon@issaquahschoolsfoundation.org or call us at 425.391.8557.

100 Table Captains Needed –Table Captains are essential to the success of **Nourish Every Mind**. The job is easy, low pressure and fun. You need only invite nine friends to join you at your table, communicate via email with your guests, and be a charming and gracious host at the Luncheon. **You will not have to collect money in advance.** The Foundation is hosting a **Kick-Off event for Table Captains on Friday March 11**. Please join us! For more information and/or to register to become a Table Captain, contact Michelle Weldon at ISF, mweldon@issaquahschoolsfoundation.org, 425.391.8557.

Why Pay a Tutor—Use After-School Homework Labs and Club

Help your middle or high school student start 2011 at their academic best. Remind them to use the Issaquah Schools Foundation's FREE After-School Homework Clubs and Labs. Most sites offer teacher assisted tutoring in core

subject areas. Your student can receive help for classes at all levels, from remedial to AP and IB. Some teachers even offer make-up classes and tests during this time. Check your school's website for information on meeting days, times and subjects.

Shopping Online for Valentine's Day?

Valentine's Day is coming. If you plan to shop online, **remember to log on to amazon through the ISF website.** You'll earn up to 8% of your purchase price for the Foundation. There is no cost to you...just shop as normal. The donation will automatically be calculated and forwarded to ISF upon checkout. Make it even easier to remember by adding this link [Amazon - 8% of purchase to ISF](#) to your bookmarks. Thank you!

PTA Scholarship

The Washington State PTA is awarding scholarships to graduates of Washington State public high schools beginning their freshman year of post-secondary education in the United States. Scholarships are awarded on the basis of financial need, academic performance, and leadership/community service.

For more information and to find the application form, go to the Washington State PTA website at:

<http://www.wastatepta.org/programs/scholarship/index.html>.

Applications must be postmarked by March 1, 2011. Recipients will be notified by May 1, 2011. Those who do not receive a scholarship will not be notified.

Scholarship amounts

\$2,000 Grants will be awarded to recipients entering four-year post-secondary institutions.

\$1,000 Grants will be awarded to recipients entering community college, vocational-technical schools or other accredited institutions.

Your PTSA at Work

A special thanks to our wonderful parents for their treat and water donations for the 5k run last month. Our PTSA special events co-chairs, **Kim Dreiblatt and Kimberly Undi** were able to provide treats, fruit and water

to over 600 runners due to our generous parent community!

A great big thank you to our committee chairs for presenting opportunities and keeping us informed this year....

Webmaster **Susan Hegedus**
Special Needs Liaison **Sandi Lum**
Parent Ed Coordinators **Cari Schutzler and Andrea Gordon**

And our thanks also go to YOU for responding to our recent IH PTSA Zoomerang Survey. Your feedback is helpful as we prepare for next year. Remember that we are always interested in your input! Please contact [Co-Presidents Karin Allen or Lisa Gaan](#) with any comments, questions, or suggestions you might have.

Thanks so much to all of our wonderful committee chairs and volunteers!

ASB Report/MLKing Assembly

Students of the Month

Time Management

Freshmen: **Jacob Bernado, Brooke Davis and Natalie Undi**

Sophomores: **Timothy Chong, Braden Hahn, Emily Repp and Viviane Poulain**

Juniors: **Suraj Saifullah and Haley Smith**

Seniors: **Andy Meigs and Jamie Elderkin**

ASB news:

GSA is recognizing **“National No Name Calling Week”**

The ASB Class will be having a District-wide ASB retreat on Wednesday, February 9th. This will act as an idea exchange and planning and bonding event for Liberty, Skyline, Tiger and Issaquah leadership students.

The MLK Assembly was a great success! Some PTSA parents were interested in seeing an assembly schedule, so below is what we did for the MLK assembly.

MLK Assembly Script

Blaire and Josh B.:

Welcome to the Martin Luther King Jr. Assembly. Please remember that this is a day of remembrance and respect. You may now rise for the National Anthem.

Jackie Davis: National Anthem

Blaire and Josh B.: Introduction to PowerPoint presentation/ summary of MLK

(J) Martin Luther King was a great civil rights leader.

(B) In 1957, Dr. King helped establish the Southern Christian Leadership Conference and he became its president. Black students began to stage "sit-ins" at lunch counters. Up until this time they had been forbidden food service at eating places.

(J) On August 28, 1963, Martin Luther King, Jr. and other leaders led a march into Washington D.C. Over 200,000 people marched from the Washington Monument to the Lincoln Memorial. It was here Dr. King delivered his "I Have a Dream" message.

(B) In 1964, he was awarded the Nobel Peace Prize in Norway. He gave the \$54,000 prize money to the civil rights groups which were working to secure the rights blacks deserved.

(J) Dr. King was put in jail 30 times for his resistance. Some people tried to kill him. Then on April 4, 1968 a gunman did murder him in Memphis, Tennessee.

Audrey: MLK PowerPoint and music (4-5 minutes)

Four MLK Facts: (2-3 minutes)

Blaire: Sadly, racism, bigotry, and ignorance still exist today.

Jen: Did you know... According to an article about racism in the New York Times, African-American men are more likely to be assumed guilty of a sexual crime than men of any other race in America.

Mary Kate: Did you know... According to an article on KING5 News, The police stop blacks and Latinos at rates that are much higher than whites? In New York City, where people of color make up about half of the population, 80% of the NYPD stops were of blacks and Latinos. When whites were stopped, only 8% were frisked. When blacks and Latinos are stopped, 85%

were frisked according to information provided by the NYPD.

Kiara: Did you know... *Racism also affects African-Americans who are looking for a job? According to CNN, while the national unemployment rate hovers around 10 percent, the unemployment rate for African-Americans is over 17 percent.*

Duncan: Did you know... *Christoph Blume, the head of Düsseldorf Airport, told the a daily German newspaper that air passengers should be divided into different risk categories, meaning they would be subject to varying degrees of scrutiny by airport security. Quote: "That way, the security system could become more effective to everyone's benefit," said Blume. He said profiling passengers according to characteristics such as race, religion and country of origin would allow German airports to avert a further tightening of security.*

Tess: *Did you know... 84% of GLBT (Gay, Lesbian, Bi-sexual, Trans-gender) students are verbally harassed during their high school career? Most are harassed daily.*

Drum Major Instinct (3-4 minutes)

Josh B: *The following is an excerpt from "The Drum Major Instinct", a speech written and performed by Martin Luther King, Jr. in 1968. <pause>*

If you want to be important – wonderful. // DRUM

Continue Speech...

Blaire B: *And now, to complete our Martin Luther King assembly, we have a special poetry slam performance by Seattle Slammaster, Daemond Arrindell and Dezmond Goff. Please give them a warm Issy welcome.*

Poetry Slam (10-12 minutes)

Josh and Blaire: *Thank you everyone for attending. When you have no school this Monday and are at home relaxing, we hope you think of the significance of MLK day.*

Upcoming PTSA Events

February 3, 2011

SAT Prep Classes - Verbal classes begin, IHS

February 4, 2011

DEADLINE to submit [Golden Acorn](#) and [Outstanding Advocate](#)

Nominations

February 5, 2011

February 10, 2011

February 11, 2011

February 12, 2011

Bellevue

Mock SAT Exam, IHS

Mock SAT and ACT Exam, Feedback Session – IHS

IH PTSA Meeting, IHS Main Office

PTA Region 2 Mid-Year Conference, International School,

information

Contact PTSA Presidents [Karin Allen and Lisa Gaan](#) for more

February 21, 2011

February 21-25, 2011

WSPTA Legislative Focus Day, Olympia

NO SCHOOL - Presidents Day and Second Winter Break

