

UGAR COURIER

Kamiakin Junior High PTSA 14111 132nd Avenue NE Kirkland, WA 98034 OCTOBER 2009
School office 425-823-6750 School website: <http://schools.lwsd.org/KaJH/>

Co-Presidents Message



WELCOME ,WELCOME, WELCOME! To new and returning parents, we would like to say welcome to Kamiakin Junior High for the 2009-10 school year! Thank you to all of the parents and students who attended our Back to School BBQ a couple of weeks ago. It was a great success!

Please attend our next PTSA Meeting on Tuesday, October 13th at 7:00 p.m. in the Kamiakin Library. The Kamiakin PTSA is your opportunity to contribute to the school. The Kamiakin PTSA will be contributing to the District Basket Auction next month. Our theme is a gift card basket, so any gift card donations big or small would be appreciated. Please bring a gift card from one of your favorite vendors to our next meeting, or put in an envelope marked "PTSA Basket Auction" and drop it off at the school office.

Junior High is a period of transition for our kids and for us, as parents. We see our children grow physically and academically by leaps and bounds during these short three years. Many students prefer not to see their parents on campus during school hours, so the PTSA is a great way to volunteer behind the scenes. We need volunteers who can spare a little time or a lot, whatever you can do is great!

We need to fill a few positions as follows: Fundraising, Legislative Rep, Emergency Prep Chair and Special Needs Rep. There are many more ways to volunteer, please attend our meeting to find out how you can help.

Please come to our next meeting, we encourage you to bring your ideas, to meet other parents, or to ask any questions that you may have. Come meet our principal, Joe Joss, and this year's PTSA Board, everyone is welcome!

Sincerely,
Tina Watson and Debbie Gates
Kamiakin PTSA Co-Presidents



Please email us with any questions.
gudaz.gold@verizon.net (Tina)
wdgates@verizon.net (Debbie)

Kamiakin PTSA 2009-2010 Board

Debbie Gates Co-President...wdgates@verizon.net
Tina Watson Co-President...udaz.gold@verizon.net
Christa Donahue Secretary...jandcdonahue@msn.com
Judy Liu Treasurer...judykf@gmail.com
Jonathan Love
Membership...jonathan_love@comcast.net
Barb Oldenburger Newsletter ...kb.plus3@verizon.net
Cynthia Cantwell Newsletter...ccantwell@lwsd.org
Laura Emmons
Volunteers...laura@emmonsfamily.com
Beth Griffith Staff Appreciation...griffith4@verizon.net
Deanna Crowe Staff Appreciation...awins@aol.com
Cassandra Sage Staff
Appreciation...sagechew@comcast.net
Reflections
Twyla Baird Studio East...bairdnet@comcast.net
9th Grade Dinner Dance
Mary Farley Studio East...patchy14@msn.com
Mary Rutledge Studio East...maryru05@hotmail.com
Amber Peterson Directory...amberkp87@yahoo.com
Liz Johanson Directory...billnliz@comcast.net
Nancy Rusch 9th Grade Dinner
Dance...NJRusch@aol.com
Kristin Retzlaff Scholarship...srkretzlaff@hotmail.com
Stephanie Glickman Health Screen
Day...sasglick@msn.com
Sarah Poulin Frost Liaison...spoulin@lwsd.org

FROM THE PRINCIPAL: JOE JOSS

Welcome Back!

Every school year opening is filled with excitement, opportunity and promise, this year even more so! I am ecstatic to be your principal and look forward to getting to know and work with all of you. When you get the chance, be sure to welcome our new staff. They include our 8th grade LA/SS teachers, Christina Gregori and Ashley Wearly; our counselor Bryce Dawson (9th grade); job share teacher in our resource program, Laurie Chirichigno; and our ELL teacher, Bobbi Deering. I am most excited to welcome our new Guidance Office secretary, Micki Skutvik which means I get to introduce Wendy McCrain as our new office manager.

The kickoff barbeque, sponsored by our PTSA, was a huge success! I hope you came out to enjoy the food, dunk tank and fun. Nine staff members volunteered to endure the splashing and, I hope, had a great time as we raised \$150 on their efforts and your generosity alone. Thanks also to everyone that attended our open house, September 15th. I realize this was just a quick opportunity to meet and hear from your student(s) teachers, but the door remains open. Do not hesitate to call or e-mail questions or concerns.

Be sure to open the lines of communication with your student. Every student has a handbook, which is a convenient way to check homework and assignments. We also started posting grades to StandardsScore on September 21st. A current email address is all you need to secure access to your student(s) information and grades. Go to the district website at www.lwsd.org and click on the "for parents" tab. If you need further help do not hesitate to call us at school (425) 823-6750. Be sure to also check out our website for all the latest information! Oh, and keep an eye out for Principal bulletin's which I email home each Friday.

We are honored to host a community forum with Dr. Kimball, our Superintendent, here at Kamiakin on October 13th, from 3:00 – 4:30pm. He will be reviewing the upcoming Levy and providing valuable information. Please plan to join us.

Here is to a new school year and continued success.

Joe Joss

Parent Education Corner Featuring Laura Kastner, Ph.D

There is a PTSA sponsored Parent Ed night featuring Laura Kastner, PhD, an acclaimed author on teenagers.



Topic: *Getting to Calm*: teen parenting communication strategies that work!

Who Laura Kastner
When Wed., October 7, 2009
 7-9 pm
Where Redmond HS Performing Arts Theater
 17272 NE 104th Ave, Redmond

With her widely acclaimed humor, wisdom and a deep understanding of the teenage brain, Dr. Laura Kastner will present management approaches for handling some of the most common hot-button issues of adolescence described in her latest book, [Getting to Calm: Cool-headed Strategies for Parenting Tweens & Teens](#).

Volunteers Matter

Give a hand! Thank you to all of our great volunteers who helped with the Back to School BBQ in September! We had a successful turnout and a lot of fun. If you are interested in volunteering, please contact: Laura Emmons laura@emmonsfamily.com



Franca Baker
Susan Baird-Joshi
Deanna Crowe
(donated use of the cotton candy machine – thank you!!)
Christa Donahue
Laura Emmons
(cotton candy maker extraordinaire)
Lori Eggers
Hanna Garber
Debbie Gates
Wayne Gates
Colleen Goodwin
Rachel Knight
Yasaman Koppel
Tina Watson
Jon Watson



Eighth Grade Field Trip



On October 26th, the eighth grade will be attending the Moore Theater in Seattle to watch Chamber Theater's production of five well-known short stories. This year's selections include *The Tell Tale Heart*, *The Legend of Sleepy Hollow*, *The Monkey's Paw*, *the Necklace*, and *The Celebrated Jumping Frog of Calaveras County*. This is the eleventh year that we have attending plays put on by this theater company from Boston and we have always been impressed by the quality of the performances and the opportunity for students to see live theater. The cost of this field trip is \$21.00. Permission slips and more information have been sent home from your child's LA/SS teacher. Scholarships and financial assistance are generously provided by Kamiakin's PTSA. If you would like to contribute to this scholarship fund so that we can continue to offer this great experience, donations may be made to Mrs. Bajorek at the activity window. Thanks.

Christina Gregori/Field Trip Coordinator

Kamiakin Volunteer Opportunities

2009-2010

Name: _____ Email: _____

Phone: Day _____ Evenings _____

Student Name(s): _____ Grade(s) _____

Availability: Days _____ Hours _____

Please check all areas where you would like to help

_____ Help where needed: I am available to help out when and wherever needed

Daytime Opportunities: one time help needed

- _____ Field Trip Chaperones: help supervise students
- _____ Health Screening: Monday, October 22nd help test the students; hearing and vision
- _____ Band: chaperone field trips, drive students and/or equipment to gigs
- _____ Office Assistance: office coverage, mailings, collating, misc.
- _____ Assist Teachers as needed

Daytime Opportunities: continuing help needed throughout the year

- _____ Homework Club: After school: help supervise students
- _____ Homework Club: Before school (8:15-8:45 AM) help supervise students
- _____ Student Store: sell items to students during lunches: 11:20 AM – 12:55 PM
- _____ Library Help
- _____ Timer/Scorer at games and meets

Evening Time Opportunities

- _____ Dance Chaperones: chaperone Friday night dances in the gym 7-9 PM

– PTSA Events –

Please check all areas where you would like to help

_____ Help where needed: I am available to help out when and wherever needed

Evening or Non-School Time Opportunities

- _____ Testing Snacks: donate snacks for students during Spring testing
- _____ PTSA Staff Appreciation: bake/make food for staff and special events
- _____ PTSA 9th Grade Party: 9th grade parents help plan or assist with this party
- _____ PTSA 9th Grade Party Chaperone: 8th grade parents only
- _____ PTSA Events: help with back to school BBQ, movie nights, open gyms
- _____ PTSA Scholarship Committee: review and award scholarships (March/April)
- _____ PTSA Membership: input names in database, help with directory, and staff tables at events
- _____ PTSA Student Directory: produce student phone directory
- _____ PTSA Grant Writer
- _____ PTSA Translator: language(s) _____

2009-2010 School Year: PTSA Desperately Seeking Help with the Following

- _____ Keller Liaison, Muir Liaison, Juanita Liaison
- _____ Emergency Prep Chairperson
- _____ Parent Education Representative
- _____ Reflections Chairperson



Literature



Film Production



Dance/
Choreography



Music Composition



Photography



Visual Arts

National PTA Reflections Arts Competition Theme: "Beauty is..."

A student may submit an entry in any of the following areas. Only original works of art are accepted. **Get specific information from your teachers.**

Literature -- works of fiction, nonfiction, poetry, prose, drama, short stories and lyrics.

Music Composition -- original musical composition, with or without words on a CD.

Photography -- prints up to 11 x 14 inches in color or black and white, including these techniques: photogram, retouched, montage, sandwich and multiple exposure.

Visual Arts -- drawing, painting in tempera, oil, acrylic, watercolor & t-shirt paints, computer generated art, two-dimensional collage, printmaking, needlework & leather tooling.

Film/Video -- original works, with or without sound, animation, narrative, documentary, experimental or music video/film on DVD.

Choreography/Dance -- originally choreographed dance composition on DVD.

Reflections Art Pieces

Due Date:

Thursday, Oct. 29th, 2009

Turn finished work in to your teachers.

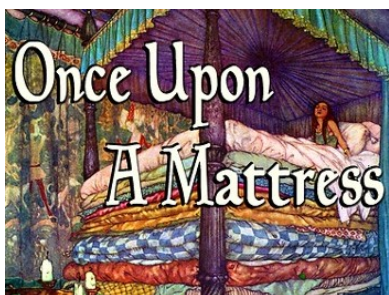
**Kamiakin PTSA and Studio
East Present:**

Once Upon A Mattress

A rollicking and entertaining twist to the timeless story of "The Princess and the Pea". If you thought you knew the story, you may be in for a walloping surprise! Did you know, for instance, that Princess Winifred actually swam the moat to reach Prince Dauntless the Drab? Or that it may not have been the pea at all that caused the princess a sleepless night? Carried on a wave of beguiling songs, by turns hilarious and raucous, romantic and melodic, this rollicking spin on the familiar classic of royal courtship and comeuppance provides for some side-splitting shenanigans.

Auditions will be held 12/7-12/10
1st week of rehearsal 12/14 thru 12/17 (break for the Holidays)
Remaining rehearsals January 4th thru January 26th
Mandatory rehearsals January 26, 27, 28
Performances January 28, 29, and 30
Info and registration packets will be available in the Activities office beginning in November.
Mark your calendars and stay tuned!

Studio East Producers:
Twyla Baird, Mary Farley & Mary Rutledge



Book Fair



The Kamiakin Library in partnership with the Kamiakin PTSA will hold this year's Book Fair from October 26th to November 3rd in the Kamiakin Library. We will also hold a book fair night (scheduled for November 3rd to coincide with a scheduled Kamiakin Band Concert) for parents and other interested community members to take advantage of the opportunity to purchase items for themselves or family or friends. Last year's book fair was a success and we expect the same for this year's book fair. The fair is a fund raiser for both the Kamiakin Library and Kamiakin PTSA so the more you buy the more you will help our library and PTSA.

Not only does the Book Fair help raise PTSA and Library funds it encourages reading among our students. As students grow older, it is very important to keep books in their lives. Students who remain readers now are more likely to be lifelong learners. Readers develop larger vocabularies, a greater knowledge of the world, and higher academic achievement. In fact, studies indicate that being a reader is more predictive of success than intelligence, economic background, or gender.

Come browse and find books that can help your child stay connected with reading. Our Book Fair provides a wide variety of books specifically selected to appeal to junior high school interests. Students will discover books that are entertaining, inspirational, and a resource for dealing with emerging emotions. In addition, our Fair will have bestsellers that adults will find interesting and useful.

If for some reason you are not able to attend the Fair in person, we encourage you to discuss the Book Fair with your child to determine what books he or she may want to add to their personal collection.

Payment for books can be made with cash, check and credit card. Checks should be made payable to Kamiakin PTSA.

Thanks!
Ernest Young
Teacher Librarian/CIO
LWEA Executive Committee Minority Representative
WEA-Sammamish UniServ Council Board Member
Kamiakin Junior High School
Lake Washington School District

425. 823. 6750 ext. 163



OUTSTANDING!!!

Kamiakin's Band

Program is on a roll! This year marks the highest percentage of kids involved in band EVER at Kamiakin! We're proud of our musicians and excited to perform for our community throughout the year. For all concert dates, important information and pictures of our amazing band members, take a look at the band's website at: www.kamiakinband.org.

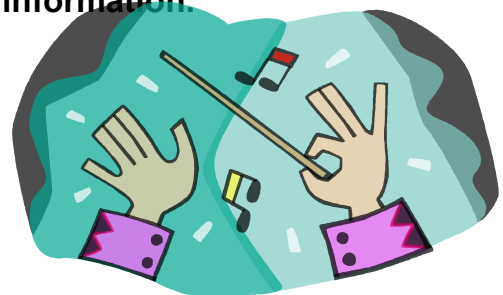
Once again, Kamiakin's bands have been approved and will receive the "Endangered Instruments Program" [IEP] grant from the Seattle Youth Symphony Orchestra. This grant pays for three professional musicians from the Seattle Symphony, Pacific NW Ballet Orchestra, and local freelance work to teach select groups of musicians once every week for FREE! All of Kamiakin's bassoonists, tuba and french horn players receive nearly \$6,000 worth of services from the SYSO with the hope of creating more musicians on these 'color' instruments not often found in school bands. As a direct offshoot and because of the popularity of this program and the success of our musicians, Kamiakin now has a record number of band members playing in the Seattle Youth Symphony Orchestra! Contact www.syso.org for more information about the EIP grant and/or joining the SYSO.

If you have an 8th or 9th grade musician who is in the midst of auditioning for Jr. All-State Band (8th) or All-State Band (9th), you'll want to visit the Washington Music Educators Association [WMEA] website at: www.wmea.org. All the details of both opportunities are listed under "Student Events". Mr. Brannman will digitally record all candidates, submit

recordings, file the paperwork, and steer each musician through the process with the hopes that we'll, once again, have some of our best musicians representing us in these terrific groups. To see past members, log onto our website [www.kamiakinband.org], click on "Jr. High Band" and then on "Awards & Recognition". Our school has some of Washington State's best musicians and we're proud of our tradition!

Nearly all of Kamiakin's foremost musicians take private lessons. In private lessons, band students meet with a professional on their instrument for 30 minutes per week to work on and improve basic and/or advanced playing technique. Time is spent one-on-one which is impossible in the typical band rehearsal at school. Musical etudes and quality literature is chosen that will enhance every student's ability and success in band, as a soloist or a member of a small ensemble. Private lessons also help with self-confidence, musical presentation and overall vibrancy of musicianship. If you're interested in more information, Mr. Brannman has a list of local private teachers for every band instrument.

For those band students who will be using a school-owned instrument this year, there is a cleaning and maintenance fee to be prepared for. The yearly amount hasn't been determined yet but we wait until mid-October for our bands' instrumentation to finalize and for all of our family's September expenses to dissipate before sending out more information.



Counselors' Corner

When Your Child Sees the Counselor

Only kids who have serious troubles have to see the school counselor, right? Wrong! If the classroom teacher lets you know that your child needs to see the counselor, it could be for a wide variety of reasons.

Every year, many children visit the counselor, sometimes just once, sometimes every week for a short period of time, sometimes all year – depending on the need. A child might meet individually with the counselor, or as part of a small group. Most of these children are perfectly healthy, bright children who will continue to develop into happy, successful adults – perhaps in part because of the attention they received when they needed it!

Why might a child need to see the counselor?

Concerns about peers

Depression or withdrawal

An abrupt change in behavior

Not keeping up with class work

Excessive anxiety or shyness

Difficulty relating well with the classroom teacher or with other children

Concerns regarding drugs or alcohol

The guidance counselor is trained to help children work through difficult periods or learn how to get along better with others. A painfully shy child may need to have his/her confidence bolstered; an aggressive child may need to be taught acceptable ways to express feelings. As a parent, you can provide the counselor with insights into your child's background and home situation. The counselor may suggest certain strategies for you to try at home with your child. Never feel as though you are in the dark or isolated from what is going on. The child has the best chance of succeeding in school when the classroom teacher, counselor, parents and student work together as a team.

Feel free to call the school at any time and talk to the classroom teacher, guidance counselor or principal. We look forward to meeting you as the school year progresses.

Debbie Lanzafame 7th & 8th Grade Counselor

BJ Dawson 9th Grade Counselor



Kamiakin PTSA Membership Form 2009-2010

Complete the following information and return to school office
or to the PTSA lock box in Mrs. Bajorek's office.

Adult NAME _____

Child's NAME _____ Grade _____

Child's NAME _____ Grade _____

Day PHONE _____ Evening PHONE _____

Address _____

City _____ Zip _____

E-mail address _____

Support your school. Enrich your child.

Membership dues:

Individual ~ \$15.00 (includes 1 student directory)

2 or more family members ~ \$25. (incl. 1 directory) \$ _____

Corporate rate ~ \$50.00 \$ _____

Each additional phone directory for
PTSA members ~ \$5.50 x # _____ directories \$ _____

Fundraising:

PTSA Pass the Hat Fundraiser \$ _____

* \$30.00 suggested family donation

**Matching donations welcome from your
Employer – contact Judy Liu 425-827-1204 for
Tax ID information.

Emergency Preparedness \$ _____

* \$10.00 suggested donation

Total Amount: \$ _____

Make checks payable to: **Kamiakin PTSA**

Kamiakin PTSA would like to thank the following businesses for their support for our school.



Juanita Albertsons, Rob Radovich, store director
Donated water, ice cream and ice for our Back to School BBQ – Thank You!

Woodinville Jamba Juice, Ryan Weaver, general manager



We received matching donations from the following companies:



Get it on the Calendar

- OCTOBER 2: NO SCHOOL– LEAP Day**
- OCTOBER 7: Dr. Laura Kastner Teen Behavior RHS 7PM**
- OCTOBER 13: LWSD Levy Mtg 2:30 at Kamiakin
7PM PTSA Mtg**
- OCTOBER 22: Health Screening Day**
- OCTOBER 26-31: Book Fair Kamiakin Library**
- OCTOBER 27: LWSD Special Needs Mtg**
- OCTOBER 30: Dance**
- NOVEMBER 3: Band Concert**
- NOVEMBER 5: Last day of 1st Quarter**
- NOVEMBER 25: Grandparents Brunch**
- NOVEMBER 25: Half Day Dismissal at 11:15**
- NOVEMBER 26-27: THANKSGIVING**

LAKE WASHINGTON SCHOOLS FOUNDATION

Where Community Support Impacts Public Education

Volunteering at Lake Washington Schools Foundation can be for you! Please review the volunteer opportunities listed below and mark your areas of interest. Whether you choose to volunteer for one-time activities, special projects, or on-going projects, your help will be greatly appreciated!

Name _____ Phone _____

Address/City/Zip _____ Cell _____

E-mail Address _____ My children attend school in:
 Kirkland/Juanita Redmond Sammamish

_____ **please check to receive emails where there is an on-call need for volunteers for special projects.**

RESOURCE DEVELOPMENT COMMITTEE

_____ **Annual "A Legacy for Learning" Luncheon Committee (Spring 2010)**

This committee meets 1 x month beginning in January to plan the annual luncheon.

Opportunities to get involved include:

- _____ Decorations sub-committee (centerpieces, displays, etc)
- _____ Event volunteers - setting up day before and day of luncheon
- _____ Data entry – table captains, guests, donors, etc.
- _____ ***I would like to be a Table Captain for the luncheon***

_____ **Grant writing Committee**

Committee meets four to six times a year; training provided on writing and researching grants.

Opportunities to get involved include:

- _____ Be a detective and find funding opportunities in the community and on the Internet
- _____ Planning and reviewing grants
- _____ Researching and writing grants
- _____ Developing and fostering relationships with funders

_____ **House Parties** I would like to host a House Party and invite my friends and/or business associates to learn more about the Foundation.

COMMUNICATIONS/MARKETING-PR COMMITTEE

_____ **Marketing**

Develop messaging, collateral, graphic design, media relations, public relations – to build awareness of the Foundation and for fundraising (campaigns include – Back to School flyer, United Way and Corporate Giving Campaigns, and Luncheon, among others).

(continued next page)

COMMUNICATIONS/MARKETING-PR COMMITTEE

Ambassador Program

Ambassadors are a key communication liaison between their school and the Foundation to help keep their school community informed about Foundation activities.

Opportunities to get involved include:

- _____ Serving on the Ambassador committee to build Ambassador Program; 2 -3 meetings a year
- _____ Serve as an Ambassador for your school or schools
- _____ Develop communication pieces for inclusion in Parent Organizer, PTA/School newsletters, etc.

Community Outreach Program

This committee builds relationships with service clubs in our communities – Kiwanis, Rotary, Chambers of Commerce, etc.

PROGRAM COMMITTEE

Classroom & School Enrichment Grants Chair—Carrie Schwitters

Fall 2010. Grant reading! This is a great opportunity to see how your donations are leveraged by teachers to enrich learning. The Foundation awards up to \$1,500 for primary grants and \$3,000 for secondary grants. Approximately two hours of reading followed by a grant reader session that is three to four hours and occurs in mid October.

L.I.N.K.S: Looking Into Needs of Kids & Schools Liaison—Claire Beighle

Volunteers are needed year round to mentor or tutor at-risk students.

OFFICE HELP Office Manager/Coordinator—Lisa Wylie

_____ Donor cultivation (hand-writing thank you cards in the fall following the Back to School Campaign and in May following the annual luncheon)

_____ General office assistance, for example data entry

I HAVE A PARTICULAR INTEREST OR EXPERTISE IN: -----

Please return completed form to: Nancy Hartnell & Barb Nappen, Volunteer Coordinators, Lake Washington Schools Foundation, PO Box 83, Redmond WA, 98073 or volunteer@lwsf.org or fax to 425-702-3449.

Questions? Contact Nancy Hartnell and Barb Nappen at volunteer@lwsf.org or 425-702-3414.

Volunteers that work, at schools or with students must be cleared when volunteering for the Foundation. Please go to this link to fill out a Volunteer Application packet on-line to be cleared. <http://www.lwsd.org/For-Community/Volunteers/Pages/Application-Process.aspx>. This is good for 2 years and for every school in the district as well as the LW Schools Foundation.