



Bulldog Bytes

Beaver Lake Middle School PTSA 2.6.33 www.blmsptsa.ourschoolpages.com November 2015
25025 SE 32nd St. Issaquah WA 98029 blmsptsa@gmail.com Volume 10, Issue 3

Hello Beaver Lake Families!

The leaves are falling, the rain is returning and the crispness in the air is here to stay. November has arrived and the holidays are just around the corner.

Thank you to everyone who came to our first PTSA General Membership meeting last week. We were able to approve our Mission Statement, Goals and Standing Rules along with our 2015-16 Budget. These are all important steps in keeping our PTSA running smoothly. You can see these documents on the BLMS PTSA website. We had the pleasure of having Kerry Truell, BLMS Student Support Coach, speak at the meeting. She is leading the Positive Behavior Intervention and Support program (PBIS) here at BLMS. PBIS is based on principles of applied behavioral analysis and the proactive approach to positive behavior support for students. One of the goals of the program is a 5:1 Ratio – increasing the ratio of positive-to-negative, interactions to reinforce desired behavior, improve relationships and ultimately achieve better outcomes. BLMS is off to a fantastic start with this program. They started off by focusing on the Universal Interventions for both the Academic Systems and Behavioral Systems. Next, the program moves to Targeted Group interventions and the Intensive, Individual Interventions. Kerry is working in coordination with the whole BLMS staff, keep your eyes open for more information that will be coming throughout the year. Here are a couple of websites where you can learn more about PBIS: <http://www.pbisworld.com>, <http://www.pbis.org>, <http://pbisnetwork.org>.

As we talk about positive behavior, it's a great time to thank all our fabulous BLMS teachers and staff who are so devoted to our students and their success. Parents, remember to thank them when you see one of them or send a quick kudos note of thanks. They have a very important job in growing our students and keeping them safe.

Finally, we as a PTSA will continue to work with BLMS to bring programs and resources that are geared to enhance our school and their programs. This month, we are excited to be determining our Bucks for Bulldogs grants to teachers and staff. We are honored to be able to provide so many needed items to our classrooms and school. Some of the request this year include, fit pro balls/stability balls, containers for class rooms, supplemental math program for LRCII, and many more. We are able to provide these fantastic items because of your generosity during our Pass the Hat campaign at the beginning of the year. Thank you! We would love to offer even more programs and grants. If you have not donated yet, it's not too late. PTSA is happy to receive your Pass the Hat donation any time, Thank you for any donation you can make.

Warmly,

Amy Teeters and Pam Gross
PTSA Co-Presidents

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



PTSA Co-Presidents

Amy Teeters
Pam Gross

blms.president@gmail.com

Treasurer

Bona Park

chris_bona@msn.com

Secretary

Krystl McCandlish

krystlm@hotmail.com

Co-VP Volunteers

Susan Brandes

Bridget Salmick

Volunteers.blms@gmail.com

VP Membership

Nga Selbig

selbig@comcast.net

ISF Chair

Julia Yu

huinan@yahoo.com

Communications Chair

Andrea Piotraszewski

apiotras@gmail.com



GET INVOLVED!

Volunteer Hours Matching Program

One of the areas of opportunity to help support our school, staff and students is the employee volunteer hours matching program. Many of our volunteers work for companies that gladly contribute every year to ensure their employees remain engaged in their communities. For example, Microsoft donates \$25 per hour for their employees' volunteer time. For more information visit [BLMS Volunteer Matching](#) or talk with your employer.

Thank you, you are appreciated!

NOVEMBER DATES

- Sun., 11/1: Daylight Savings Ends
- Fri., 11/6, 7:45-8:45am: Veterans Day Assembly
- Weds., 11/11: Veterans Day - No School
- Tues., 11/17 - Thurs., 11/19: Book Fair
- Weds., 11/18, 7-8 pm: Band Concert
- Fri., 11/20: Spirit Day - Apple Cup
- Tues., 12/2, 7-8 pm: Choir Concert

Special Education

- **Special Education Parent Night:** Mon., 11/2 at 6:30 in the IMS Library. Melissa Madsen, Exec. Director of Special Services, Tara Slinn, Director ECE/Elementary Education, and Susan Wolever, Director Secondary Education, will answer questions for parents who have children who receive special education services in our district.
- **Tuesday Issaquah Parent Support group (TIPS):** 11/3 from 7pm until closing at Starbucks on Gilman Blvd. by QFC. Social support group for parents whose children receive special services.
- **Most Likely to Succeed:** Movie screening on Wed., 11/4 at the IHS Performing Arts Center. Doors open at 6:30. Q&A session to follow by Julia Bamba and David Berg of the new Gibson EK High School.
- **Northwest Railway Museum Special Needs Santa Train:** Sun., 11/29 at 9am for families who want to participate but need a less hectic environment and more time to board the train. Visit Santa & enjoy cookies and hot cocoa. See flyer at end of newsletter for more details.



Attention Volunteers and Future Volunteers!

You are a treasure, and we want to make the best use of your time! Please be aware that due to district regulations all volunteers need to apply in advance. If you haven't yet completed your volunteer application, please do so at <https://issaquahvolunteers.hrmlplus.net/> so you can help at our next volunteer opportunity. The online application takes a week or two to clear and requires a copy of your driver's license. You'll only need to fill out the application once to volunteer at any of our district schools (for instance if you have kids at the middle school AND high school AND grade school, just check a box for each of your children's schools.) Once the application is processed clearance lasts through the remainder of the school year. They are enforcing that no volunteer, even if they show up to an event, can participate if the form is not complete.

If you have any issues, feel free to contact Darlene Klaasen at KlaasenD@issaquah.wednet.edu. These opportunities are a great way to get to know the wonderful kids and staff at our school! Thank you!



VOLUNTEERS NEEDED

Honor Roll Ice Cream Float Celebration is now "End of Semester Ice Cream Float Celebration"

Our first Ice Cream Float Celebration Day will be Monday, November 30. During lunch, we will be serving root beer and orange floats to every student to celebrate their success. Many volunteers will be needed.

If you didn't have a chance to sign up during back to school business days and would like to help with this fun celebration, please contact Kim Givens at givens@mac.com or Teresa Czaja at teresaskate@comcast.net.



**BOOK
FAIR**
COMING SOON!

The Scholastic Book Fair is coming!

On Nov. 17, 18 & 19, come shop for some great books.

Shopping Hours:

- Nov. 17th 10:30-12:30 and 1:45 - 4:00
- Nov. 18th 9:15 - 10:15, 11:30-1:15 and 3:00-4:30
- Nov. 19th 10:30-12:30 and 1:45-4:00

You may also shop from the comfort of your own home, anytime of the day, at our **ONLINE** store, Nov. 11 - 29th. Shipping is **FREE** and the books will arrive at BLMS before the winter break. Great books are available for all ages, birth to adult. It's a great time to get some gifts! Go to: [Scholastic Book Fair](#)

As always, we need our fantastic community of volunteers to help make this event successful! If you can assist, please contact Lynn Taylor at lynntaylor@utterlytaylor.com or Teresa Czaja at teresaskate@comcast.net.

Thank you!

Thank You!

Our first Staff Appreciation lunch of the year on Oct. 16th was a virtual trip to Italy. We had many wonderful Italian casseroles, pasta with sauce, Caesar salad, antipasto, garlic bread and yummy desserts. Let's give a big THANK YOU to our chefs for the day: Sara Manning, Diana Brown, Angela Fischer, Kristen Morrissey, Gina Jacobs, Rory Mullen, Kim Givens, Gloria Marinescu, Lorie Piper, Carol Folkman, Pam Gross, Tiffanie Dieffenbach, Lisa Baisler, Deanna King, Brooke Daggett, Liliana Sambotin, Pam Flynn, Laura Laudolff, Kim Olsen, Mary Gauvin, Carolyn Roberts, Cindy Batisich, Bethany Rogers, Soni Petterson, Anne Welch, Sharon Hastings, Nicole Montgomery, Stacy O'Daffer, Chris Bleigh, Molly Baker and Jahna Pahl.

Our next lunch is Dec. 11th, Soups and Salads. If you would like to help out, contact: Lauri Kinnan at laurikinnan@yahoo.com or Teresa Czaja at teresaskate@comcast.net.



Hello from the Beaver Lake Library!

Our BLMS Book Fair is just around the corner and I wanted to thank you ahead of time for supporting the library at our school with your book purchases. Here are some things that your book fair purchases support:

- The "new books" display shelf in the library.
- Copies (and second copies!) of popular new fiction titles your students are eager to get their hands on. Example: I used Scholastic dollars to buy extra copies of the new Rick Riordan book, *Magnus Chase: The Sword of Summer*. The holds list at KCLS for this book is currently over 600 so it's pretty cool that our students are able to access the book so much more quickly!
- Our LRC II collection for special needs students. With Scholastic dollars I have curated a collection of books for our LRC II class. Every week when they come for library time, I have a growing collection from which they can choose "just right" books.
- This year I will be using Scholastic dollars to add books to our general collection that will be appropriate for struggling and ELL readers—books that will interest middle school students but be at a more accessible reading level.
- Prizes for library promotions! An example is the "Library Secret Contest" in September. I hide a link to an entry form on my website with books as prizes. Students become familiar with the library resources while they are hunting for the entry form.
- Your librarian! I feel so very fortunate to be part of the BLMS community! Your support for the BLMS library is wonderful.

Thank you again for your support of the BLMS library through the Scholastic Book Fair this November 16-19!

Amber Peterson
Beaver Lake Librarian



Let's give a big round of applause to these wonderful volunteers who took time from their busy schedules to assist our school nurse, Lynda Nicholson, with the Vision and Hearing Screening of our 7th grade students on Oct. 21st!

Alison Schock, Bridget Salmick, Carol Folkman, Carolyn Roberts, Carrie Poppelaars, Debbie Hung, Jen Strach, Jennifer Laramore, Kim Givens, Kristen Morrissey, Laura Laudolff, Lauri Kinnan, Lorie Piper, Melanie Carbon, Missy Young, Neena Rana, Nga Selbig, Nicole Alvis, Rhonda Chin, Sharon Hastings, Sheryl Klarich, Stephanie Mallory, Susan Brandes, Tina Brake, Tracy Myers, Yvette Artman. Many thanks from Co-Chairs Amy Tuvey and Teresa Czaja

The 30-Day No-Fail Happiness Challenge

Popsugar.com by Emily Co 10/24/15

Ask anyone what their ultimate goal in life is, and no matter what their answer is — be it a job, a relationship, or something else — it all boils down to one basic want: happiness. However, most of us are doing happiness all wrong. It's not really anything on the outside that'll make us happy; it's all internal.

Harvard-trained happiness researcher Shawn Achor sat down with Oprah Winfrey recently and shared some tips that he believes will effectively turn anyone into a positive person. Based on his advice, we created a 30-day challenge that we're confident will take you from zero to happy in just a month. You'll notice that this challenge isn't like others in that you'll be doing the same thing for more than 21 days. We wanted you to practice these habits for more than 21 days because that's the amount of time it takes to start a habit. We're hoping that you'll keep this going, perhaps in a modified form, for the rest of your happy life.

Even if it's not the start of the month, you can always get started today and just follow our plan for the next 30 days. Don't let any excuses come in between you and your happy place!

THE 30-DAY NO-FAIL *Happiness Challenge*

Day 1

Name three things you are grateful for when you wake up. Continue for 29 more days.

Day 2

Write down one meaningful thing that happened to you in the last 24 hours. Continue for 28 more days.

Day 3

Reach out to someone you know and praise them. Continue for 27 more days.

Day 4

Start doing cardio for at least 15 minutes a day. Keep doing this for 26 more days.

Day 5

Start meditating for at least 5 minutes a day. Continue for 25 more days.

Day 30

You made it! We hope you will keep these habits going beyond the challenge!





2015 Special Needs Santa Train® Ticket Order Form Northwest Railway Museum

NRM MEMBERS may order tickets now for a special price of \$18

(Membership must be current to take advantage of this discount.)

Ticket prices are \$22 for non-members .

(There is a \$5 shipping/handling fee per Phone orders)

Please join us on the special needs train!

On Sunday November 29, there will be a train at 9:00 AM designed for children with special needs and their families. Additional time (boarding, less crowded, etc) will be given to provide your child with a comfortable experience. Please email to make reservations for this time slot: peggy@trainmuseum.org



Please refer to the Museum's website at
www.trainmuseum.org
for additional event information.

*Your tickets are valid only on the date and time printed on the ticket.

*Santa Train runs in all weather. If the train runs, there are no refunds.

*The Museum cannot replace lost or stolen tickets.

*Please call 48 hours in advance to reserve the wheelchair lift. Availability is limited, and reservations are essential.

*Tickets can be exchanged, *subject to availability*, for a \$15 fee per original purchasing group, until November 7.

Special Needs Santa Train 2014

Sunday

**November 29
9:00 AM**

**Remember to email to confirm your reservations on
11/29/15 for the 9:01 train for children with special needs to:
Peggy @trainmuseum.org.**

Order tickets!

Mail to: Santa Train Tickets, Northwest Railway Museum, PO Box 459, Snoqualmie, WA 98065

Name _____

Address _____

City, State, Zip Code _____

Best Phone _____

Credit Card Number _____ Visa, MC, Amex

Expiration Date _____ CVA _____ Signature _____

Email _____

	Date of Event	Train Departure Time	Number of tickets; Ticket is required for 2 years old and up.
Special Needs Train	Sunday, 11/30/14	9:00 Am	

Tickets will be mailed in early November. If you do not receive them by Nov. 13 please contact us at 425-888-3030, ext. 7202, or email SantaTrain@trainmuseum.org.

Total enclosed:
\$ _____

**Your Ticket Mailing Label
Print carefully.**

Name _____

Address _____

City _____ State _____ Zip _____