



Bulldog Bytes

Beaver Lake Middle School PTSA 2.6.33 www.blmsptsa.ourschoolpages.com January 2019
25025 SE 32nd St. Issaquah WA 98029 president@beaverlakeptsa.org Volume 13, Issue 5

Happy New Year to our Beaver Lake Families,

We hope you had a restful and fun winter break with family and friends. May your 2019 be filled with happiness and health with new adventures and fun surprises sprinkled throughout. A new year always provides opportunities for change. One coming in 2019 is that our 8th grade Bulldogs will soon become Skyline Spartans, and BLMS will receive a new class of 6th grade Bulldogs, too. Wow!

With 2019 here, we are already looking ahead and determining who will be a part of the PTSA Board of Directors for 2019-2020. The first step in the process is to form a Nominating Committee consisting of 3-5 members. This commitment is a very short term one but is very important. Once the group is formed, members will meet a few times (about 2-3 times) in the coming weeks (maybe over coffee?) to recruit a number of new board members. If you are interested in joining the Nominating Committee, or if you know someone who would make a great candidate, please e-mail president@beaverlakeptsa.org. We need names by Jan. 10th, so reach out to us today and help shape the PTSA next year by joining this important group. Once the slate is put together and approved, the Nominating Committee is dissolved. It truly is a minimal commitment!

JANUARY GENERAL MEMBERSHIP MEETING

The next PTSA General Meeting and Meet the Principal Event will be held on Thursday, Jan. 10th at 6:45pm in the school library. Please join us and hear what is happening within PTSA. It is a great chance to meet BLMS Principal, Ms. Cho, who will provide a general update on happenings at BLMS and attendees will have the opportunity to ask questions.

We are also very excited that ParentWiser continues to provide meaningful and pertinent parenting lectures within Issaquah School District. The next event will take place on Jan. 9th at 7pm at Skyline High School. Local author and therapist, Jo Langford, will speak about adolescent digital behaviors and the risks and benefits with Digital Safety 101. This is a free event for all PTSA members. Visit www.parentwiser.org for more details and to pre-register.

We are all fortunate to live in such a great community filled with wonderful schools, educators, students and families. It is our pleasure to serve as your PTSA Co-Presidents and encourage you to become involved in any capacity at BLMS. There are a variety of ways to engage from monetary donations and small-time commitments to larger jobs, too. Together, we can make BLMS a great place for our kids while we continue to build a strong community together.

If you have friends or neighbors who have not yet joined PTSA, please encourage them to do so. We are grateful for your support, and look forward to seeing you and hearing your voice at our next General Membership meeting next week.

Sincerely,
Mary Jo Webb and Krystl McCandlish
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

Krystl McCandlish
Mary Jo Webb
president@beaverlakeptsa.org

Treasurer

Noelle Alvis
treasurer@beaverlakeptsa.org

Secretary

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





Looking for Volunteers!

If you are interested in helping with Bingo Night on March 8, please contact Tara Farhad at volunteers@beaverlakeptsa.org Bingo Night is a long-standing tradition at Beaver Lake and we look forward to another great event!



THANKS TO OUR VOLUNTEERS!

Thank you to everyone who contributed food to make the December Staff Luncheon a success! The staff felt very warm and cozy with the amazing soups offered. The salads, fruit and desserts were equally divine!

Our next luncheon will be on Feb 1st. The theme will be "Tailgating" since the Super Bowl will be near. Please look out for the sign up after the break😊.

Happy Holidays
Neena and Lauri



Beaver Lake Middle School is accepting applications for:

- **Jamboree Boys Basketball Coach-** Winter Sports Season 2 2019 (February - March)
- **Jamboree Girls Soccer Coach-** Winter Sports Season 2 2019 (February - March)

All applicants must have an up-to-date First Aid/CPR card and be willing to take the Issaquah School District's Concussion Training prior to the first practice.

Further information about this position and the online application process is available on the district website:

<https://issaquahjobs.hrmlplus.net/JobOpenings.aspx>

For additional employment information, please call Applications Specialist Katrina Whitley 425.837.7044 or contact her via e-mail at whitleyk@issaquah.wednet.edu



- ❖ **Weds., 1/9, 3-3:30pm:** 8th Grade Panoramic Picture
- ❖ **Thur., 1/10, 6:45pm:** PTSA General Meeting and Meet the Principal Event
- ❖ **Mon., 1/21:** Martin Luther King Jr. Day - No School
- ❖ **Thur., 1/24:** Plateau Choir Festival
- ❖ **Mon., 1/28:** Teacher Work Day - No School
- ❖ **Tues., 1/29:** Mid-Tri

January 2018

Program Spotlight: ParentWiser

ParentWiser is a great example of PTA/Foundation collaboration. ParentWiser is an Issaquah PTSA Council managed program supported in large part by funding from the Foundation. It is a parent education speaker series comprised of local and nationally-known experts invited to share the latest information in effective parenting with families of the Issaquah School District. In working together, the Foundation & ParentWiser are able to bring the film "Like" (a documentary about the impact of social media on our lives) to each of the high schools this year.

Dining for Kids

The next Dining for Kids night is February 6th at Tanoor. No need to cook! Eat out and support the Foundation at the same time.

Save the Date: Nourish Every Mind



Issaquah Schools Foundation

NOURISH

EVERY MIND

SAVE
the
DATE

21st Annual Luncheon
Friday, May 3, 2019
Meydenbauer Center, Bellevue

6th Annual Breakfast
Tuesday, May 14, 2019
Eastridge Church, Issaquah



Digital Safety 101

Jo Langford helps parents balance kids' digital lives with boundaries, etiquette and good judgment. He provides an overview of adolescent digital behavior with the risks and benefits of online life. Jo will discuss the social sites you need to know about --the good, the bad and the ugly, all explained! Including a primer on sexting, cyberbullying and more.

Learn to set limits, monitor behavior, and start the important conversations around kids' relationships to tech in a connected world. PLUS a healthy dose of Q&A.

Jo Langford is a dad, therapist and sex educator for kids and parents in greater Seattle. Jo has worked over 20 years at the intersection of adolescence, sexuality, technology and behavior, providing training for organizations and therapy to adolescents and families around a gamut of sexuality themes, including LGBTQ issues, internet safety, digital citizenship and comprehensive sex education.

Sponsored by



Jo Langford, M.A.

Sex Educator, Therapist, Dad

Wed, Jan 9th

7:00 - 8:30pm

Skyline HS Theater

Register at

<http://ParentWiser.org>

Free for

**PTSA members of Issaquah schools,
non-members \$10 donation**

For PARENTS of grades 3-12

(Parent-only event due to mature themes)



EXCHANGES FOR KIDS 9-18

FRANCE • GERMANY • ITALY • SPAIN

MEET US AND LEARN MORE:

SATURDAY, FEB. 23, 2019 • 2-4 PM

BELLEVUE PUBLIC LIBRARY, MEETING ROOM #3
(1111 110TH AVENUE NE, BELLEVUE WA 98004)



SUNDAY, FEB. 24, 2019 • 1-3 PM

CAPITOL HILL PUBLIC LIBRARY, MEETING ROOM
(425 HARVARD AVENUE E, SEATTLE, WA 98102)

The Bellevue School District does not sponsor nor endorse this event and/or information, nor does the district assume responsibility for it. In consideration of the privilege to distribute materials, the Bellevue School District will be held harmless from any cause of action filed in any court or administrative tribunal arising out of the distribution of these materials, including costs, attorney's fees and judgments or awards.



APPLICATIONS DUE:
MARCH 15, 2019

ADOLESCO.ORG

marie@adolesco.org



EXCHANGES FOR KIDS 9-18

FRANCE • GERMANY • ITALY • SPAIN

The best way to learn a foreign language is to be immersed in it: We offer a unique, two-way exchange program in France, Germany, Italy, and Spain that gives you the opportunity to immerse yourself in a new language and new culture AND to host your carefully matched exchange partner in turn.

At ADOLESCO YOUTH EXCHANGE we will match you with a student about your own age; you will decide exactly WHEN (whatever's best for your schedule) and for HOW LONG (between 6 to 12 weeks) you want to go on exchange, and then to host, as part of our flexible and affordable nonprofit language immersion and cultural exchange program for qualifying students between ages 9 and 18.

YOU can now learn French, German, Italian, or Spanish while living IN a new culture AND gain a great friend - for life!

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APPLICATIONS DUE:
MARCH 15, 2019

ADOLESCO.ORG
marie@adolesco.org

Beach Camp

Marine Science & Outdoor Education Programs

info@saveourshorelines.org



The Save our Shorelines Beach Camp program is a one of a kind Marine Science and outdoor education summer camp

With degreed marine biologists and everything imaginable that floats, you'll paddleboard, sail, kayak, zodiac & more!

While observing seals, sea lions & porpoises, and learning what makes our Puget Sound marine ecosystem tick



Learn More at: Sunsetbaywharf.com



Beach Camp has sleepover and day camp options for students grades 2-9 and starts each year the week after 4th of July



Save Our Shorelines of Washington, info@saveourshorelines.org. Business Office 1321 Seneca Street #2206, Seattle, WA 98101 www.saveourshorelines.org

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Make a difference in the life of a student with a donation to Issaquah Schools Foundation.

Issaquah Schools Foundation serves more than 21,000 students in Issaquah, Sammamish, Bellevue, Newcastle & Renton.



Your donation provides:

- Free backpacks & school supplies
- Free breakfasts, lunches & snacks
- Funds for urgent needs (Nurses Fund)

Make the season bright!
Donate to support Basic Student Needs.



ISSAQUAH
SCHOOLS
FOUNDATION





To donate,
Visit isfdn.org or
Text APPLE425 to 444-999

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REGISTER NOW

for Spring 2019 Baseball & Softball



-  **T-Ball** for boys and girls ages 5 - 6
-  **Baseball** for boys and girls ages 7 - 16
-  **Softball** for girls ages 7 - 14
-  **Challenger Program** ages 6 - 18

Sammamish Little League is a non-profit organization serving more than 1,000 players. We offer Baseball for ages 5-12, Softball for ages 5-14, and Challenger Baseball for boys and girls with special needs. The league covers the south end of the Sammamish Plateau.

To register or for more details visit
www.SammamishLittleLeague.org



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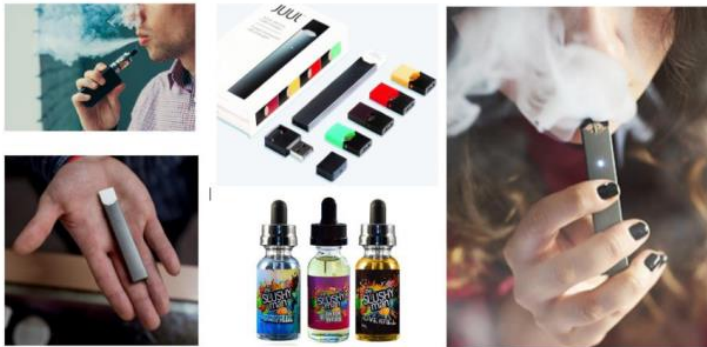
The 10 Week Parent Project:

Hosted by
The Issaquah Police Department
February 7 - April 25

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

For More Information and to Register:
IssaquahWA.gov/ParentProject





Teen Vaping ***The epidemic sweeping the nation***

Smoking is out, but is vaping any different? Find out why the FDA and American Medical Association is calling vaping / juuling an "urgent public health epidemic"; explore the impact vaping has on our young people and how parents can help.

Jerry Blackburn discusses and explores with parents:

- dramatic impact of nicotine on the brain
- nature of vaping and associated products
- aggressive unregulated marketing to youth
- dangers/concerns of vaping consumption
- how parents can reduce the risk of use for youth

Jerry Blackburn, M.ED., CDP is the Program Manager for Substance Abuse and Prevention Services with Friends of Youth in Issaquah, and faculty member of the Chemical Dependency Counseling Education Program at Bellevue College. He also serves the Issaquah community on the Boards of Influence the Choice-Drug Prevention Alliance for Youth, and The Garage: A Teen Café.



Sponsored by



Jerry Blackburn

substance abuse & prevention expert

Mon, Feb 4th

7:00 - 8:30pm

**Issaquah High School
Theater**

Register at

<http://ParentWiser.org>

FREE attendance

For PARENTS of grades 5-12

GIBSON EK ASB PRESENTS

▶ GIBSON EK SHOW CASE²⁰₁₉

**STUDENT PROJECTS,
GUEST SPEAKERS,
TACOS,
AND MORE!**

▶ **JAN. 16, 2019
5PM - 8PM**

▼
**GIBSON EK HIGH SCHOOL
379 1ST PLACE SOUTHEAST,
ISSAQUAH, WA 98027**



Parent Training Opportunities

The Issaquah School District Special Services Department and The Arc of King County have partnered to offer three FREE training sessions open to parents, guardians, caregivers and teachers of students with special needs.

**Participating in your Students Strengths Based IEP Meeting:
Strategies for effective collaboration with IEP Team**
January 15, 2019 6:30-8pm at Issaquah Middle School

Financial Planning & Resources for Families
March 19, 2019 6:30-8pm at Pacific Cascade Middle School





Harry Potter Night



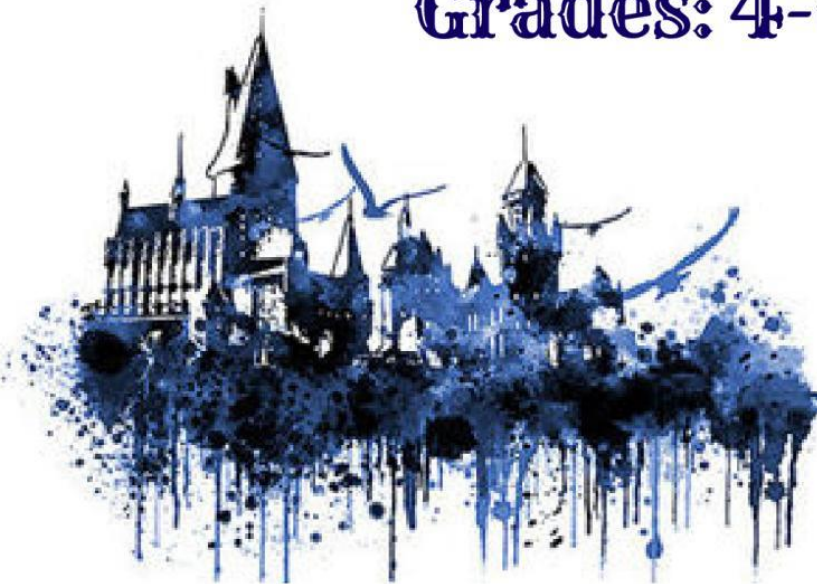
Friday, January 18

6:00-8:30 p.m.

Issaquah Community Center

\$18; \$15 for Residents

Grades: 4-6



Come enjoy the
Sorting Hat ceremony,
Quidditch, the quest for
the Sorcerer's Stone,
trivia, food and more!

This event is put
on by the Issaquah
Youth Advisory Board.

Register at
issaquahwa.gov/register
or call 425-837-3300

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Science Saturdays



Grades 6-8.

Registration not required, but space is limited to the first 24 participants.

Solar Panels

Saturday, January 26, 12:30pm

Explore the electronics and engineering of solar cells, then design and construct a solar panel.

Solar Spinners

Saturday, February 23, 12:30pm

Explore the electronics and engineering of solar cells, then design and construct a solar spinner.

Wind Tubes

Saturday, January 19, 12:30pm

Experiment with simple contraptions that fly, spin or float in midair.

Wind Cars

Saturday, February 16, 12:30pm

Design and build wind powered cars!

Wind Programs presented by KidsQuest Museum.

Solar Programs presented by University of Washington Department of Clean Energy Institute Graduate Students.

Reasonable accommodation for individuals with disabilities is available; please contact the library prior to the event if you require accommodation.

Sammamish Library • 825 228th Avenue SE • Sammamish, WA 98075 • 425.392.3130

Monday-Thursday, 10am-9pm • Friday, 10am-6pm • Saturday, 10am-5pm • Sunday, 1-5pm

kcls.org/sammamish • facebook.com/SammamishLibrary

This event/activity/offer is NOT sponsored by the Auburn, BSD405, Enumclaw, Federal Way, Highline, Issaquah, Kent, Lake Washington, Mercer Island, Northshore, Renton, Riverview, Shoreline, Snoqualmie Valley, Tahoma or Tukwila School Districts, and these districts assume no responsibility for the conduct or safety during the event/activity/offer. In consideration for the privilege to distribute these materials, the Auburn, BSD405, Enumclaw, Federal Way, Highline, Issaquah, Kent, Lake Washington, Mercer Island, Northshore, Renton, Riverview, Shoreline, Snoqualmie Valley, Tahoma or Tukwila School Districts shall be held harmless from any cause of action, claim or petition filed in any court or administrative tribunal arising out of the distribution of these materials, including all costs, attorney's fees and judgments or awards.



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Spring Sports Programs

Sign Up Today!

Multiple Locations



NFL Flag Football Leagues

- Register Early and Save! Starts in Mid March
- Multiple League Locations | SAT / SUN Options
- Wear NFL Branded Jerseys | Play with your Friends
- Boys / Girls Pre K thru 11th Grade
- New Team Sign Up Option!

3 on 3 NBA Basketball Leagues

- Winter and Spring Options!
- Wear NBA Branded Jerseys
- Improve your game while having fun!
- Boys / Girls Grades 3rd thru 11th
- New Team Sign Up Option!

1 Day a Week Commitment, Practices & Games on the same day! Live the dream by playing NFL Flag / NBA 3 on 3, Wear **NFL / NBA** branded jerseys. Safe Play, non contact sport / \$10 Multi Child Discount.

Pick6Sports.com



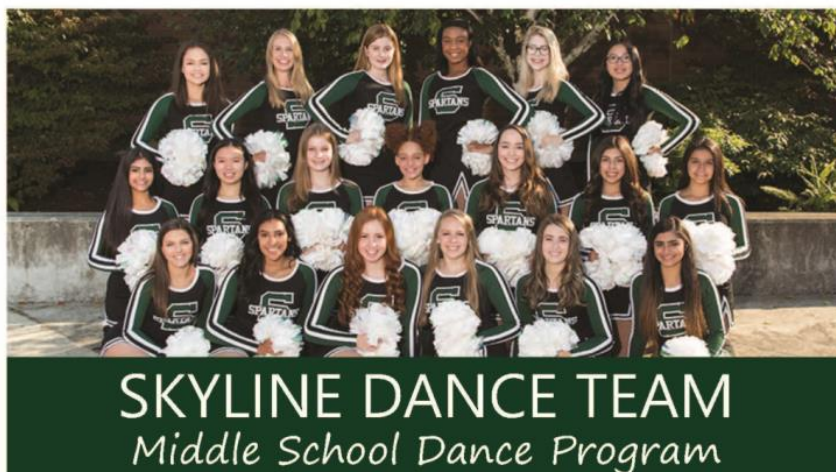
www.facebook.com/p6sports



It's All About the Kids!

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Join the Skyline Dance Team's Middle School Dance Program! This year we are offering two options to dance with us! Attend our middle school dance workshop and performance in December, and/or sign up for our Jr. Dance Team that will practice January-March.

REGISTER ONLINE:
www.skylinedanceteam.com

DANCE WORKSHOP INFO:

Learn technique and choreography to perform on stage at the Skyline Dance Team Winter Showcase!

WORKSHOP:

December 15th, 2018
 9am-12pm | Skyline High School

PERFORMANCE:

December 16th, 2018
 1:00pm | Skyline High School Theater

COST: \$45.00

Registration fee includes t-shirt and two tickets to the Skyline Dance Team Winter Showcase

Sign up for our Team Program and attend the workshop for 50% OFF!

MIDDLE SCHOOL TEAM INFO:

A dance prep program for dancers interested in auditioning for the Skyline High School Dance Team. Dancers will receive dance training from Skyline Dancers and Coaches. The team will practice once a week and perform at school and community events.

PRACTICES:

Mondays January- March
 6:00-7:30pm | Pine Lake Middle School

PERFORMANCES:

Skyline Varsity Basketball Game
 Dance Districts Competition
 Skyline Dance State Send Off

COST: \$175.00

Registration fee includes uniform top.



Questions?

Skylinehsdance@gmail.com | www.skylinedanceteam.com



**Come join the *Issaquah Parks & Recreation Department*
Cheerleading Program, Eastside Dream Elite!**

All skill levels welcome! Classes are held at Issaquah Community Center.
Register online at <https://cityofissaquah.perfectmind.com> or by calling 425-837-3300.
Class fee scholarships available for Issaquah residents who qualify.



Dream Team: *This beginning- to intermediate-level squad performs around the community at UW Basketball halftimes, Pac-12, Storm halftime, and many other places! This team focuses on performance cheer & dance, beginning tumbling, and is a prerequisite for the advanced team, Power Squad. Ages 7-18.*

- Dream Team Cheer – Wednesdays, 6:30-8:00pm starting Jan. 9
- Cost for each 6-week session is \$87 for Issaquah residents and \$105 for non-residents. Additional costs for uniform.

Questions? Check out www.EastsideDreamElite.com or email Coach Anne at anne@EastsideDreamElite.com, or call Coach Anne at 425.246.9636.

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SKYLINE SPARTANS LACROSSE CLUB

Early bird discount
valid through
December 31, 2018



REGISTER TODAY

NEW AND EXPERIENCED PLAYERS

WELCOME

skylinelax.com

PreSeason events: Jan-Mid Winter Break.
7/8 tryouts 1/30, 1/31, 2/1. Times TBD.

**Spring Season : Feb 25-June 2 (some
teams to play a post season tournament)**

K-2nd grades Lightning

Program-EVO Warp Stick included for
new players- *\$200

3rd and 4th grades- EVO Warp Stick
included for new players-*\$325

5th and 6th grades-\$450

7th and 8th grades-\$595

High School-\$995

**Prices go up 12/31*

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WWW.LOUDHOUSEROCKS.COM

HAVE YOU EVER WANTED TO BE IN A ROCK BAND?

Have you ever wanted to record your own songs?
Do you love music, but you don't know where to start?
LOUDHOUSE is an all-in-one music education and
production space located in the Renton/Issaquah area.

NO EXPERIENCE NECESSARY!

LOUDHOUSE focuses on:

- Private Lessons
- Songwriting
- Band Forming
- Ear Training
- Recording/Mixing
- Playing Shows around the Northwest

Spaces are filling up!
Email for more information
burket@prispop.com
www.loudhouserocks.com
206-856-8312



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2019



ISSAQUAH

YOUTH SOCCER LEAGUE

REGISTER NOW
ISSAQUAH.GOV/SOCCER

GRADES K-8
BOYS & GIRLS



CITY OF
ISSAQUAH
PARKS & RECREATION

COMMUNITY CENTER
425-837-3300

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