



Bulldog Bytes

Beaver Lake Middle School PTSA 2.6.33 www.blmsptsa.ourschoolpages.com February 2019
25025 SE 32nd St. Issaquah WA 98029 president@beaverlakeptsa.org Volume 13, Issue 6

Hello BLMS Families!

As we pass through the midpoint of the school year, we would like to once again thank the amazing PTSA members who volunteer their time and talents at BLMS. Whether it's behind the scenes or chairing an event, know that your efforts are vitally important and make an impact for our students, teachers, administrators and the BLMS community at large. If you are interested in volunteering in some capacity this year, we encourage you to do so. Please reach out to any member of the PTSA Board. There are many opportunities available, both big and small. Read on to see what's coming up...

Bulldog Bingo Night March 8 – Beaver Lake Middle School's most popular event of the year is coming soon! Bulldog Bingo Night at BLMS will be on Friday, March 8th. Be sure to mark your calendar for this annual fun and fantastic evening for the whole family! Volunteers are still needed to make this event happen. Whether you like to be part of the planning process or just want to help out the night of the event – we have a spot for you! Please contact Tara Farhad, VP of Volunteers, at volunteers@beaverlakeptsa.org.

2019-2020 BLMS PTSA Board – There are several openings on the board for the 2019-2020 school year. Our nominating committee is beginning to work on next year's slate for the Executive Board. Remember there is a place in our PTSA for anyone who wants to be involved at many different commitment levels – no experience necessary! Being a part of the board is a great way to meet other families at BLMS, get to know the students and staff, and build a stronger community. Let us if you are interested by emailing president@beaverlakeptsa.org.

Golden Acorn Awards – Do you know an outstanding volunteer? How about an outstanding educator? The BLMS and Washington State PTSA's was to recognize the great people making a difference in the lives of our kids. Please contact a member of the Executive Board for more information and to nominate.

Enjoy the upcoming Second Winter Break – we wish you a relaxing and joyful week!

Sincerely,
Mary Jo Webb and Krystl McCandlish
PTSA Co-Presidents



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



"Like" us on Facebook at Beaver Lake Middle School PTSA and find us at our website...

<http://blmsptsa.ourschoolpages.com/Home>



A special thank you to PTSA's Reflections Chair -**Tanu Varshney** - for leading the charge on this wonderful annual event for BLMS students!

February

- ❖ Fri., 2/1, 8:20-9:20am: Diversity Assembly
- ❖ Mon., 2/4, 2:45-4pm: Site Council Meeting
- ❖ Thur., 2/7, 2:50-4:30pm: Spelling Bee
- ❖ Sat., 2/16: Jr. All-State Band, Choir & Orchestra Selected Students
- ❖ Mon., 2/18-Fri., 2/22: Second Winter Break
- ❖ Weds., 2/27, 7-8pm: Orchestra Concert



Reflection program for 2018-2019 was a huge success at BLMS. I am proud to announce that all kids did an outstanding artwork. The FINALISTS whose artwork is advancing to the state level are:

1. Ahana Jain (Visual Arts)
2. Joanna Turner (Dance Choreography)
3. Annika Vuppala (Literature)
4. Yifan Wang (Music Composition)

We also have two Honorable Mentions this year.

1. Ishita Pathania (Visual Arts)
2. Seohyun (Sunny) You (Visual Arts)

Thank you for supporting the kids. It would not be possible without your support & kids hard work. The artwork of the finalists will be submitted to the state for further judging. The state Reflection Reception ceremony will be held at IHS on April 20th in the theatre.

2019-2020's Reflections theme will be "Look Within."

Thank you,
Tanu Varshney
Reflections Chair



ISSAQUAH
SCHOOLS
FOUNDATION

February 2018

Save the Date: Nourish Every Mind

- Friday, **May 3, 2019** – luncheon at Meydenbauer Center in Bellevue
- Tuesday, **May 14, 2019** – breakfast at Eastridge Church in Issaquah

Grants

We have another round of grants coming up in March. Available at: <http://isfdn.org/our-purpose/advancing-academic-achievement/grants/>

A grant workshop will be held on Feb 7th from 6:00 – 7:00 pm at the ISD administrative offices (565 NW Holly St, Issaquah, WA 98027) in Board Room A. **Grants are due by Wednesday, March 13** via our on-line system.

ParentWiser – Teen Vaping Epidemic – February 4th

Vaping is an epidemic sweeping the nation. Explore the impact of vaping on young people, and what parents need to know. ParentWiser and Influence the Choice partnered to premiere TEEN VAPING, presented by local expert Jerry Blackburn of Friends of Youth. Join us **February 4th, at 7:00 PM, IHS Theater. PARENTS ONLY**, for grades 5-12. Free for attendees. **Register at ParentWiser.org.**

Dining for Kids – February 6th

Enjoy a great meal for a great cause! The Issaquah Schools Foundation invites you to [Dining for Kids](#) to raise funds for our [Feeding Student Success](#) program, which provides food aid in schools. Join us anytime on Wednesday, **February 6th at Tanoor** in Sammamish. Tanoor will generously donate a portion of your bill to the Foundation.

Impact Scholarship Applications due February 15th

The Issaquah Schools Foundation is once again offering scholarships to help juniors and seniors in the Issaquah School District continue their educational journeys. The Impact Scholarship will be awarded to students who submit essays that describe how Foundation-funded programs have enriched their education. For more information on the scholarships and how to apply, please visit our [Impact Scholars Page](#).

The Issaquah Schools Foundation presents:

Dining for kids

WEDNESDAY
February 6, 2019

Tanoor

22610 SE 4th St Suite 400,
Sammamish, WA 98074
www.tanoor.com

Join us anytime on
Wednesday, February 6
and **Tanoor**
will donate a portion of your bill
to support students.



Visit: isfdn.org for a calendar of events and participating restaurants.

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.



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



Sammamish
LUNAR
New Year
Celebration

Saturday, February 2, 2019
1 p.m. – 4 p.m.

CWU-Sammamish • 120 228th Ave NE
FREE TO THE PUBLIC 免费活动

- Performances by Local Artists
- Dragon and Lion Dance
- Chinese Food
- Kung Fu Demonstration
- Chinese Calligraphy
- Brush Painting
- Crafts
- Prizes



Parking available at Eastlake High School



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Issaquah Food & Clothing Bank
LUNCH FOR THE BREAK

Food for Children During Midwinter Break

Food insecurity increases during school breaks when school meal programs are unavailable. The Lunch for the Break program helps address that need. Each Lunch for the Break box contains breakfast, lunch, and snack foods and is provided at no charge for students living in the Issaquah School District.

Donate a Box

Register to pack a box and download the shopping list at issaquahfoodbank.org/lunchforthebreak. This provides a fun opportunity to shop with your family and get them involved.

Box drop off for Winter Break: Feb. 13 from 2-7pm

No time to pack a box? You can order pre-packed boxes online and have them delivered for you or make a financial contribution to help purchase produce and extra food items! Order boxes or donate online at issaquahfoodbank.org/lunchforthebreak.

Receive a Box

Would you like a box for each of your children grades K-12? Register online at issaquahfoodbank.org/lunchforthebreak and receive more information on pick-up locations in Issaquah, Renton, and the Issaquah Highlands.



Questions?

E-mail lunchforthebreak@issaquahfoodbank.org

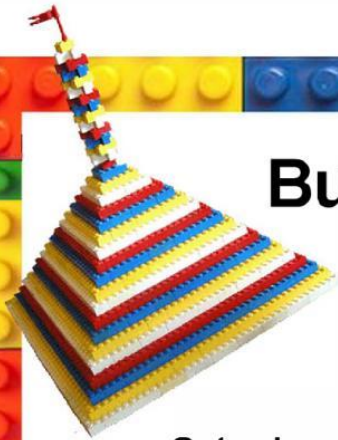
Call 425.392.4123 x16

ISSAQUAH
Food & Clothing Bank

With special thanks to program partners

*Issaquah School District PTSA Council | Our Savior Lutheran Church
Valley Church | Faith Church*

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Build It Sammamish LEGO Event

**Saturday
February 23, 2019**

10:00a.m. - 3:30p.m.

**We outgrew City Hall...now at
Sammamish Teen Center
825 228th Avenue NE
Sammamish, WA**



**Featuring Dan Parker, Master Lego Artist
10:00a.m. - 3:30p.m.**

Open Play

**Join us anytime throughout the day to play with
Dan's array of Legos**

*Build a Tower
Create a Dinosaur*

Explore all corners of a LEGO city--wherever your imagination takes you!

Registration is not required.

Information: Arts Commissioner Claradell Shedd: CShedd@sammamish.us



**INTEGRATING ART
AND CULTURE**

to create a sense of place,
civic identity, and unique character
for our community.



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Thank you teachers for your service in the community!

Teachers 20% off regular prices

Kids under 18—50% off regular prices

Spira offers Mindfulness Based Yoga and Stress Management

 2332 California Ave SW
Seattle, WA 98116

 135 NW Gilman Blvd
Issaquah, WA 98027



Great for Teachers and Parents:

- 1.) Stress Management
- 2.) Increase Mindfulness
- 3.) Strengthen stabilizing muscles while stretching in a safe way

Great for Kids and Teens:

- 1.) Increase Attention
- 2.) Increase coordination and muscle control
- 3.) Teach good stress management and self soothing techniques

New Student Special: one month unlimited
for \$39.99

www.spirapoweryoga.com

We are NOT hot, we are Warm...

....and no, you do not need to touch your toes...

Spira teaches strength building yoga for folks who also want to stretch and do all things mindfully.



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Want to be a Summer Camp

Counselor-In-Training?



Do you love camp, kids and being ridiculously silly? Are you between the age of 13-18? Then come be a positive CIT role model this summer!

Issaquah Parks & Recreation is looking for responsible, enthusiastic team players to join the 2019 camp season. You'll help out at Kindercamp and Camp 'Quah.

In a span of 3 weeks, learn valuable leadership and confident-building skills, make new friends and make lasting camp memories!

For more information, contact Lisa Echert at 425-837-3308 or lisae@issaquahwa.gov

Apply online today at issaquahwa.gov/parks



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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.*