

# BOBCAT NEWS

VOLUME 14, ISSUE 2 - OCTOBER 2009



## Why Should I Join the PTSA?

By Sandi Kaiser, Membership Chair

As I start my second year as Membership Chair, one story keeps coming back to mind.

It was right after school began last year. I was at a birthday party with my youngest son. The birthday girl was one of his new kindergarten classmates and thanks to our wonderful student directories (only available to PTSA members, free with their membership), the whole class was there. While the kids were having a great time, none of the parents really knew each other yet. I noticed a man off on his own; I decided to strike up a conversation with him. He became very animated and had a heavy accent; I decided immediately that I liked him. We started talking about lots of things about school. When I brought up the PTSA, he said he had no idea what a PTSA is - what do they do?

I was stunned! Is this possible, I thought? For a brief second I thought of all the years my own mother was involved in my school's PTA programs. Then he explained how his family had recently moved to America. Ah, well of course...

Here is what you really need to know:

1. Your PTSA works really hard for you as a child advocate on a local, State and National level.
2. (P)arent / (T)eacher / (S)tudent, for me it doesn't get any clearer than that! It is the Parents and the Teachers and the Students all working together to make Mark Twain GREAT!
3. Budgets keep getting cut and someone needs to try to fill the gaps. That is where your PTSA really steps in and does a great job here at Mark Twain.
4. Your PTSA plans fun family-friendly activities throughout the year!
5. Although we would love to have you, you are NOT required to volunteer! You will receive no calls! To volunteer you must fill out a volunteer form.

As for that man at the birthday party, he was worried it was too late to join. When I told him it wasn't he gave me his registration and money right there at the party! He wasted no time at all to become a member of Mark Twain's PTSA - I hope you will too!

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UNIT 2.8.65  
**MARK TWAIN**



### PTSA: Membership Has Its Benefits!

When you join the Mark Twain PTSA not only do you receive a FREE Twain student directory, but you become eligible for National PTA member savings at businesses such as Barnes & Noble, Southwest Airlines Vacations, and T-Mobile! View details online at:

[http://www.pta.org/member\\_benefit\\_providers.asp](http://www.pta.org/member_benefit_providers.asp)

The "Members Only" login codes are on the back of your PTSA membership card!



## Staff Birthdays

### October

Rick Burden.....	2
Jayne Zahn .....	7
Debbie Drake .....	12
Susan Preston.....	12
Doris Reeves.....	12
Chris Darveau .....	13
Susan Worthen .....	31

### November

Sheryl Stillwell.....	5
Tim Danforth .....	8
Gail Hanson .....	18
Cindy Blair.....	22
Kathleen Witte.....	24
Regina Johnson .....	25



## Lake Washington School District PTSA Special Needs Group

The Parent Teacher Student Association (PTSA) Special Needs Group is made up of parents in the Lake Washington School District (LWSD) whose children receive special services and/or classroom support. The group meets every month of the school year except December and June. Anyone is invited to attend these informative meetings which provide opportunities to:

- Hear presentations relevant to the needs of special needs families & children in LWSD
- Learn about resources in the community
- Network with other parents
- Keep updated on district and PTSA issues that affect our children

Meetings are held every fourth Tues of the month in the LWSD Resource Ctr, 7-8:30 pm. For more information, go to the Special Needs Parent Groups page of the district web site:

<http://www.lwsd.org/Parents/Special-Education/Pages/Parent-Groups.aspx>

To get on the email distribution list for the Special Needs Group and receive meeting and resource information, contact Chairperson, Beth Angelo [4bangelo3@verizon.net](mailto:4bangelo3@verizon.net).

Our LWSD Website has great information on Special Education resources in the district, locally, and nationally. On these pages you will also find a link to our newly created "Special Education Guide", containing tips on how to participate in and prepare for your child's program, what to do if you have a concern about your child's program, and special education terms. You can go to: <http://www.lwsd.org/Parents/Special-Education/Pages/default.aspx>

### PTSA Special Needs Group Liaisons

Each campus in LWSD has at least one PTSA Special Needs Liaison. The liaison keeps the families of that school informed of the Special Needs Group's upcoming monthly meetings & district updates on issues affecting families who have special needs children. The liaison can often answer a family's questions regarding special education at their school.

For the 2009-2010 school year, our liaison is Malia Campbell, [teampcampbell@verizon.net](mailto:teampcampbell@verizon.net).

## Lost & Found

Remember to label all coats, sweaters, & lunchboxes! Missing something? Check the lost & found located just inside the NE entrance to the school (near the covered area of the playground).

## Are You Educated About I-1033?

By Julie Tribolet, President

I-1033 is an initiative on this November's ballot which will limit government spending in our state to the previous year's revenue, plus local population growth & the national inflation index. Any receipts over the spending limit will be refunded to tax payers in the form of lower property taxes.

The Washington State PTA Board of Directors has voted unanimously to oppose the initiative because of its potential adverse affect on funding for education and other programs important to children. To view their rationale, go to the Washington State PTA website: <http://www.wastatepta.org/advocacy/index.html>

The Washington Secretary of State has created a video voters guide regarding Initiative 1033. The video features I-1033 sponsor Tim Eyman speaking for the initiative. His website is [www.voterswantmorechoices.com](http://www.voterswantmorechoices.com). It also features Doug Shadel, Washington State director for AARP, speaking against it. The opposition website is [www.no1033.com](http://www.no1033.com). The video is available for viewing on the TVW website: <http://twv.org/media/mediaplayer.cfm?evid=2009090089&TYPE=V&CFID=3556293&CFTOKEN=79844574&bhcp=1>

Take the time to educate yourself about I-1033 and make an informed decision.

## 2009 Reflections: "Beauty Is..."

By Julie Tribolet & Vanessa Banks, co-Chairs

Celebrate your child's talents! Participate in the PTSA Reflections Program, a cultural arts competition. Students submit original works of art for judging based on the theme, "Beauty is..." Entry categories are Visual Arts, Music Composition, Photography, and Literature.

To participate, please acquire the rules and an entry form by doing one of the following:

- Print the attachments from this Tandem Calendar announcement:  
<http://lakewashington.intand.com/index.php?type=view&action=event&id=7581>
- Pick up the forms in the front entryway bulletin board
- Send a request to Julie Tribolet to have a packet sent home with your student: [julietrib@clearwire.net](mailto:julietrib@clearwire.net) / 425-822-2101

Please read all the rules so your student's entry won't be disqualified. The most important rule is it must be the ORIGINAL work of ONE STUDENT!

Entries should be submitted to the school office Oct. 19<sup>th</sup>-23<sup>rd</sup>. Please be sure to include the completed entry form. Entries will be displayed in the school library. Judging will be held in November and all participants will receive a ribbon at the Reflections Celebration on Nov. 10<sup>th</sup> at 3:00 pm. Award recipients will be announced and have their entries submitted to the Lake Washington PTA Council for subsequent judging, where they could move on to state or even national judging!

## Skate Party!

Oct. 21<sup>st</sup>, 6:30-8:30 p.m.  
Bellevue Skate King



Open to all Twain students and their YOUNGER siblings. Skate King had to raise its rates this year; our new rate is \$6 admission including roller blades; in-line skate rental will remain an additional \$4.

Remember to save the following dates for our remaining parties: Jan 20<sup>th</sup>, 2010 and June 2<sup>nd</sup>, 2010. Looking forward to a great skating year!

Please print and bring your completed permission slip, available on the Oct. 21<sup>st</sup> Tandem Calendar announcement, or by clicking on this link:

<http://lakewashington.intand.com/index.php?type=export&action=file&id=241>

Questions? Contact Amanda Macpherson at 425-889-2371.

## Special Needs Group Meeting

Tues, October 27<sup>th</sup>, 7:00-8:30pm

LWSD Resource Center at Redmond Town Center

Speaker: Sally Hara, MS, RD, CDE from ProActive Nutrition, Kirkland

Restlessness, defiance, anger, anxiety, distractibility, headaches, stomach aches, runny nose, red ears, excessive ear wax, 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 mom of a child with special needs, will share the top foods & combinations to avoid, and she will share her strategies for meal times with children who struggle with feeding challenges, ritualistic feeding habits, problems with food textures etc. She will also 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 this school year! Tell your friends and join us!

If you have a child with a life-threatening condition and/or a food allergy, don't forget to make up an emergency box that contains the items they would need in order to get by if they were to be at school for an extended emergency stay. If this includes medication, you must include an authorization form and the box will need to be stored in the nurse's office. Make sure to let your child's team know about the box! To get an authorization form, go to:

<http://www.lwsg.org/Parents/Student-Health/Pages/Student-Health-Forms.aspx>





**Sat.  
Nov 14<sup>th</sup>**

## PTSA Annual Pancake Breakfast



- Fun time for ALL!
- All you can eat pancakes
- Sausage/ 2 for \$1
- Starbuck's coffee
- Meet new friends!

**8-10:00 am, Twain Cafeteria**

Please email Tammy Silva if you can help with this event: [tasilv@live.com](mailto:tasilv@live.com) **Pancakes: \$2 kids \$3 Adults**

## Box Tops for Education

By Tobi Smith, Chair

Thank you to all of you who have turned in your Box Tops and Campbell soup labels so far! Last year we raised over \$1700! This program provides valuable funding each year for school supplies and equipment.

The class with the most Box Tops/Campbell soup labels will win an ice cream party for their class and the class teacher will receive something for the classroom. The first deadline is Wed, Oct 21<sup>st</sup> so don't forget to send in those tops and labels.

Together we can make a difference for our school!

## Success at School Begins at Home

By Melanie R. Miller, M.Ed., Parent Education Chair  
Certified Positive Discipline Associate,  
Parent Educator and School Counselor

Before children can learn their "three R's", they need the vital protections provided by the "four C's"; *Connection, Capability, Counting and Courage*. (Kottman, 1999)

A child who can connect with others (connection), can take care of oneself (capable), feel valued by others (counting), and have courage, have a greater opportunity to grow up responsible, productive, cooperative, self-reliant, resilient, resourceful, contributing, and happy. (Kottman 1999)

For the purpose of this article, I would like to focus on the "capable" portion of the "four C's". Think of the child who, in the morning, gets himself dressed, participates in the preparation of breakfast, is included in problem solving the issue of how to get ready and out the door by 8:05am, is encouraged to take a risk, is allowed to make mistakes... Now think about the child, who is told what to wear to school, (mom actually picks out the clothes or dresses this child!); is not allowed to help with breakfast because it takes too much time or is too messy; is constantly reminded about what he has to do to get ready for school; isn't allowed to walk to school with friends because mom or dad don't trust him to get there on time.

Which child feels more capable? Which child is going to walk into their classroom with confidence and a feeling that they can contribute and be an important part of their classroom and their learning?

In our society of super moms and busy schedules it's just so much easier to do things for our kids that they can do for themselves. We all know how long a six year old can take to tie his shoes. We all know how painful it is to watch our child struggle as they learn a new skill or try a new math problem. But what message do we give them when we step in and do it for them? Could it be the message of; "you're too little, let someone bigger do it", "I can do this better than you". "Stop trying, you'll never get it", "you don't do it well, so don't even bother". And off to school this child goes with a belief of "I'm not capable, others can do things better than me, I'll just mess it up if I try". A child with this belief is not going to feel capable of learning & is not going to take responsibility for his or her education.

Children are born feeling capable. Remember the baby that tries so hard to hold up her head while lying on her tummy, or the two year who's favorite line is "I can do it myself". As parents we can nurture and guide this journey of developing capability. The following suggestions will hopefully guide you along the way.

- Stop doing for children what they can do for themselves. What are you doing for your child that developmentally, he or she can do on their own?



## Save the Date: Gift Basket Auction & Raffle Dec. 3<sup>rd</sup>

Each year, Lake Washington PTSA Council holds a silent auction consisting of themed baskets donated by local units and a raffle of numerous items. The proceeds fund scholarships for high school seniors to use during their first year of college.

Items will be on display beginning Nov 6<sup>th</sup> at the LWSD's Resource Center located at 16250 NE 74th St at Redmond Town Center. Silent bidding begins Nov 6<sup>th</sup> and closes Dec 3<sup>rd</sup> between 10:30-11:30 am. The raffle will be held Dec 3<sup>rd</sup> during the auction. Bidding is open to everyone, so grab a friend & help raise money for these worthy students!

And a huge THANK YOU to **Mark & Rachel Merlino of Seattle Gift Basket Co.** for their generosity in donating a gift basket for the silent auction on behalf of our PTSA unit!

- Have faith in your children. Have faith that they are capable. When you want to step in and do something for them that they can do for themselves, ask yourself, "Am I acting from faith or from fear?"
- Allow your children to ask for help...instead of just jumping in when they are struggling. Give them the dignity to be capable of doing the task themselves. ASK if they would like to do the activity together or by themselves.
- Actions speak louder than words. We can tell our kids over and over again..."you can do it, you're smart, you're capable". But do our actions voice those same words?
- Allow your child to contribute to the family. If your child likes to cook, give him meaningful ways to contribute to a family meal. Gives him jobs that truly make your task easier; not just jobs that keep him busy while you actually prepare the meal!
- Believe that mistakes are wonderful opportunities to learn. When your child makes a mistake....celebrate! Acknowledge the mistake and ask your child what they learned from it. Ask them to help you with a solution on how to repair the mistake. Children feel better when they're not just part of the problem (the mistake), but part of the solution (the repair).
- Model making mistakes...Take yourself lightly. Say "whoops, I made a mistake". Share what you learned and voice your solution for repairing it. At dinner time have everyone share a mistake they made during the day, and how they repaired it.
- Brainstorm household chores (contributions) with your kids. Create a routine for getting the chores done. Along with the boring, menial chores, allow children to do chores that once were only adult chores. Remember when your five year old couldn't wait to sweep the floor? That was a job only for adults!

So, when your child heads off to school, give them a big hug and a kiss. Tell them to take risks, get messy and make lots of mistakes. And when they come back home and tell you about the difficult day they had....Give them a hug and listen, listen, listen. Tell them you have faith in them and you know they will find solution!

Article based on the work of Terry Kottman, LMFT and *Positive Discipline* by Jane Nelsen, Ed.D, Lynn Lott, LMFT, et.al.

**About the Author:** Melanie Miller is a *Certified Positive Discipline Associate* and works as a Parent Educator & Grade School Counselor. She offers parenting classes in the Bellevue, Kirkland, and Redmond, WA area and is available as a Parent Coach and Trainer of professionals who work with families and in schools. You can contact her at [Melanie\\_miller@verizon.net](mailto:Melanie_miller@verizon.net) or 206.579.2172. To find out more about Positive Discipline, visit [www.positivediscipline.org](http://www.positivediscipline.org) or [www.sounddiscipline.org](http://www.sounddiscipline.org).



## PTSA Board of Directors

### Executive Committee

- President: Julie Tribolet / 425-822-2101  
[julietrib@clearwire.net](mailto:julietrib@clearwire.net)
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- Treasurer: Jilleen Broyles / 425-827-3820  
[jilleenbroyles@comcast.net](mailto:jilleenbroyles@comcast.net)

### Board Members

- Communications .....Tammy Gilliam
- Community Awareness..... OPEN
- Fundraising ..... Malia Campbell, Shan Evans
- Legislative..... OPEN

## Mark Twain Annual Book Fair

By Pirkko Terao, Julie Tribolet & Dana Neilson, co-Chairs



Mark Twain will be holding its annual Book Fair November 20<sup>th</sup> through the 24<sup>th</sup> in the cafeteria. Come by the Book Fair after your parent conference(s) to purchase books and educational products including new releases, award-winning titles, children's classics, interactive software, parent books, and current best-sellers from more than 150 publishers.

Encourage the love of reading and connect kids with books all while supporting our school. With 50% of the profits going directly to the library and other reading programs at Mark Twain, this is a great time to buy books for your family, your child's classroom or as gifts for the holidays.

We are looking for volunteers to help set-up, work during the sale and pack up when it is all over. The commitment is small, with shifts lasting only two hours, and no prior experience necessary! If you can help, please let us know via email to [TwainBookFair@yahoo.com](mailto:TwainBookFair@yahoo.com).

## Walk to School Week

By Tammy Guisness & Karen Smith, co-Chairs

Thanks to all these wonderful parents for making WALK TO SCHOOL WEEK a huge success...fun was had by all!! Robin Ludlam, Laura Bartoletti, Lynn Mizulo, Susan Swift, Amy Maher, Roya Tabatabai, Doreis Howard, Liz Nooney, Lynn Peterson, Karen Brown, Melanie Miller, Suzanne Malcolm, and Julie Tribolet. Thank you, Thank you!!!



## Student Directory

By Jill Coon, co-Chair

The student directory art forms are posted on Tandem Calendar:

<http://lakewashington.intand.com/index.php?type=view&action=event&id=9240>

If you do not have internet access or are unable to print, there are copies of the art forms in the school office. Please turn in art forms ASAP. We are working to get the directory out to you quickly as possible and would really like to include student artwork!

## "Thank You" August Volunteers!

August was a busy month for your PTSA Board of Directors, delivering school supply kits, organizing the BBQ, and assembling First Day Packets. And we couldn't have done it without help from some fabulous Twain families!

"Thank You" to the Neils family (Cindy, Madison & Natalie), the Becker-Brown family (Stephen, Kristen, Annika, Nik & Jensen) & Emily Wilson for helping deliver over 100 supply kits to the classrooms. And "Thank You" to everyone who helped with the BBQ and the First Day Packets: Tracy Johnsen, Tara Bennett, Lynn Peterson, Cindy Neils, Tina King, Pirkko Terao, Duane Colbert, Gary Gilliam; students Jake & Parker Wikel; and former Twain students Josh Wikel and Janteane Blyton.

And special thanks to our wonderful custodians, Morn Bin & Steve Swain, who continuously provide us with support service not only for these activities, but for all of our PTSA events!

Want to see all PTSA events and print forms? Go to the Mark Twain website!

[www.lwsd.org/school/twain](http://www.lwsd.org/school/twain)

View current listings under "Events". View future listings on Tandem Calendar by clicking the "Calendar" link at the top of the webpage.

Tandem Calendar Instructions are posted in the "Announcements" section at the bottom of the Twain home page.

## Teacher Wish List

By Vlasta Hillger, Chair

Make your teacher's birthday wishes come true!!

Is there a better way to show your teachers how much you appreciate them than to remember them on their birthdays? The Teacher Wish List is compiled by the PTSA to identify items the teachers need for their classrooms – items which their budgets do not cover. Many of these items make terrific small birthday gifts, like art or office supplies. Or consider purchasing a gift certificate as an entire class! Many of the teachers purchase supplies at Lakeshore Learning. View the list on the "PTSA" page from the Twain website:

<http://www.lwsd.org/school/twain/PTSA/Pages/default.aspx>

The following staff members with items on the Wish List will celebrate their birthdays before the Christmas break:

9/2	Leslie Kelley	11/5	Sheryl Stillwell
9/2	Erica Navarro	11/8	Tim Danforth
9/16	Ginger Andrews	11/25	Regina Johnson
9/29	Brett Wisdom	12/4	Jennifer Schmoker-Cedar
10/7	Jayne Zahn	12/8	Jennifer Jones
10/12	Debbie Drake	12/10	Anne Nelson
10/12	Susan Preston	12/30	Judy Lewis
10/12	Doris Reeves		
10/31	Susan Worthen		



## Twain Apparel

By Pirkko Terao, co-Chair

Thanks to everyone who ordered Mark Twain shirts. The orders have been processed and we plan to deliver the shirts to classrooms the first week of November. Once you receive your order, if there are any problems, please contact Pirkko Terao at [pirkko@gmail.com](mailto:pirkko@gmail.com).

## PTSA Committee Chairs

After School Programs .....	Amy Maher
Book Fair .....	Pirkko Terao, Julie Tribolet, Dana Neilson
Box Tops .....	Tobi Smith
Chess Club .....	Doris Lim, Bhanu Purohit
Craft Fair .....	Holly Hawkins, <b>co-chair OPEN</b>
Emergency Prep .....	Shawn Palmer
Engineering .....	Michael Fox
Explore Art! .....	Laura Bartoletti, Tracy Johnsen, Cindy Neils, & Cindy Uthus
Family Fun Nights .....	Tammy Silva, <b>co-chair OPEN</b>
Historian/Photo Journalist .....	Gary Runstadler
Hospitality .....	Karen Brown
Mathnificent .....	sched for 2010
Membership .....	Sandi Kaiser
Parent Education .....	Melanie Miller
Reflections .....	Julie Tribolet, Vanessa Banks
School Assemblies .....	Lynn Peterson
School Pictures .....	Tammy Guisness
Science Fair .....	Laura Bartoletti, Amy Maher
Sixth Grade Celebration .....	Lisa Jahnke, Jodi Scheffler, & Happy Tsantilas
Skate Party .....	Amanda MacPherson
Special Needs .....	Malia Campbell
Staff Appreciation .....	Coco Fulton, Amy Maher
Student Directory .....	Jill Coon, Valerie Whelan
Student Safety .....	Doreis Howard
Studio East .....	Karen Getzinger, Leslie Holle, <b>co-chair OPEN</b>
Talent Show .....	JonErik Johnson
Teacher Wish List .....	Vlasta Hillger
Twain Apparel .....	Pirkko Terao, Jill Miller
Vision/Health Screen .....	Roxanne Raubacher
Yearbook .....	Tammy Gilliam, Leslie Reusser, <b>co-chair OPEN</b>



### Mark Twain

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### Bobcat News

Tammy Gilliam, Communications  
Kim Bourassa, Editor

Send articles to:

Bobcat News  
9525 130th Ave NE  
Kirkland, WA 98033  
or

[kkbourassa@hotmail.com](mailto:kkbourassa@hotmail.com)

### Parent Organizer:

[www.parentorganizer.com](http://www.parentorganizer.com)

Tammy Gilliam, Communications

### Twain Website:

[www.lwsd.org/school/twain](http://www.lwsd.org/school/twain)

Click the "PTSA" link to access  
PTSA information.

Click the "Calendar" link to view  
events posted on Tandem Calendar.

### State PTSA Website:

[www.wastatepta.org](http://www.wastatepta.org)

### Did you know that...

...Washington has a new state assessment test? The WASL has been replaced with Measurements of Student Progress (MSP), to be administered in May. For more info, go to the OSPI website:

<http://www.k12.wa.us>

### October 2009

S	M	Tu	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

- 10/2: LEAP Day—no school
- 10/5: Parent Ed Speaker: Laura Doerflinger @ Rose Hill Elementary .....6:30 pm
- 10/5-9: Walk to School Week
- 10/19: School Pictures
- 10/21: Skate Party ..... 6:30-8:30 pm
- 10/19-23: Submit Reflections entries
- 10/27: Special Needs Mtg .....7pm

### November 2009

S	M	Tu	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

- 11/10: Reflections Celebration .....3pm
- 11/11: Veterans Day—no school
- 11/14: Pancake Breakfast ..... 8:00-10:00 am
- 11/20, 23-24: Half Day—conferences
- 11/20-21: Book Fair
- 11/23-24: Book Fair
- 11/24: Special Needs Mtg .....7pm
- 11/25: Half Day—day before Thanksgiving
- 11/26-27: Thanksgiving break—no school

■ NO SCHOOL      ○ HALF DAY      □ EVENT – check calendar

## 2009-10 MARK TWAIN PTSA MEMBERSHIP FORM

Annual membership fees are \$10.00 per individual or \$17.00 per couple. Make checks payable to **Mark Twain PTSA**.\* Please submit this form with payment to your child's teacher. Your membership includes a student directory. Thank you!

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Please send my directory home with:

Student's Name: \_\_\_\_\_ Teacher's Name: \_\_\_\_\_

I am a returning Mark Twain PTSA member.

\*Checks returned for NSF subject to a \$20.00 fee.