



June 2011

"You will soon forget the kind words you said today, but the recipient will cherish them forever."

- Anonymous

PTSA President's Message:

It has been an honor to serve in the PTSA this year. Deanna Crowe will be running the PTSA this upcoming school year. Thanks to all of our fabulous volunteers who have supported our children, and for all of the parental support at home as well.

Please sign up for eScrip if you have not already done so: <http://www.escrip.com/>. Our Group ID is **8563640**. It is a phenomenal program: and we got \$998.07 from it just this last year. You can sign up for many schools/organizations to receive from the program.

Have you thought of online games to reinforce your childrens' education? There are many free sites that are available. Our favorites are:

<http://www.khanacademy.org/>,

<http://onlinefreespanish.com/> and

<http://www.sumdog.com/>. They are fun, and can help to keep the grey matter a little more active over the summer.

Thanks for all of your support over the previous year.

Holly Brewer: holly@hollybrewer.com, 509 270 3457.

Principal's Message:

Greetings,

I can't believe I'm writing my article for the **June** newsletter! First and foremost, it certainly has not felt like spring outside, and secondly, have I completed the goals I set out for myself and Kamiakin during this school year?! Proudly I think back on all the efforts and progress we have made: students are better prepared, teachers are actively improving the content in their classes, and the quality of instruction. Plus, the community continues to rally around Kamiakin. For all of the above, I thank each and every one of you.

Principal's Message Con't:

Spring was full of activities and FUN! We celebrated our first ever "Cougar Community Breakfast", thanks to everyone that came out. CAPstone night was an opportunity to see the hard work our 9th graders have been putting in all year helping our community, thank you for joining us and sharing their work. We also raised \$963.71 as a school to put toward the relief effort following the Japanese earthquake and tsunami. WOW!! These and other efforts inspire me as we conclude one school year and head into another. This group will represent us well at Juanita High School.

June is here, and with it the events that wrap up our school year. **June 10th** is our 9th grade dinner/dance held here at Kamiakin. I'm proud of the fact that we are the only junior high that celebrates our 9th graders and parents on this evening here at school (thanks to our PTSA!). Finals week is **June 13th – 16th**. Check in with your student and remind them to study! The 9th grade picnic and 6th grade visit will be **Monday, June 20th**. During the last week of school we pass out annuals, hold our student awards assembly, and conclude with a half day of school on **Wednesday, June 22nd**.

Be sure to keep an eye on your mail in August. We will send home an informational postcard with our date for "Photo & Fees". This day in late August is your opportunity to get your student pictures and pay for annuals/athletic gear/participation fees, etc. as well as meet with your PTSA. We will have a makeup opportunity in September in case you're still on vacation. Tentatively, schedule **Wednesday, August 24th** as the day.

Thank you for your partnership during this school year. Your gifts of time, money and effort to your student(s) and Kamiakin are greatly appreciated. I expect to hear great things from this outgoing 9th grade class, and look forward to a new class of 7th graders. Enjoy your summer!

Joe Joss



KAMIATIN BAND'S OUTSTANDING MUSICIANS

Kamiatin Junior High's band program has been busy this year playing at the Kirkland Transit Center's dedication ceremony, Kirkland's "Annexation Celebration", Seattle's Winterfest, the Northshore Jazz Festival, George Fox University in Oregon, and a host of other notable venues. Carrying the bands through dozens of performances were the outstanding musicians who work hard to make every performance special. This year's quarterly certificates went to: **Shelby Anderson**, clarinet; **Zoe Thomas**, flute/piccolo; **Maxine Beeman**, tuba; **Emma Lindberg**, french horn; **Rhys Brewer**, french horn; **Jovani Azpetia**, bass clarinet; **Kamden Chew**, percussion; **Amy Potts**, alto saxophone; **Sabrina Chau**, bassoon; **Max Slusher**, trumpet; **Naomi Vlasin**, clarinet; **Elena Plenefisch**, clarinet; **Chloe O'Neill**, clarinet; **Logan Heine**, tenor saxophone; **Emily Peterson**, vibraphone; **Jeremy Harrison**, baritone saxophone; **Chris Potter**, bass. "Musician of the Year" went to 7th grader **Bridget Dahlman-Oeth**, flute; 8th grader **Jeff Roetcisoender**, trumpet; 9th graders **Logan Heine**, tenor saxophone; **Melanie Hynden**, alto saxophone and **Ben Ellis**, trumpet. The band's highest honor, "The Director's Award" went to the school's fine 9th grade trombonists: **Hannah Miller**, **Jacob Reyes** and **Keegan Taggart** (pictured). Outstanding 5th Grade Musician went to **Tali Izhaky**, clarinet. Outstanding 6th Grade Musician went to **Katie Roetcisoender**, clarinet. Each year, a deserving 6th grade band member is chosen to receive the "Peter Riffe Memorial Scholarship" in tribute to band member **Peter Riffe** who died in a car accident in 1999. This year's award was presented to **Adrian Goodwin**, trombone (pictured). The bands also had the following members accepted to Washington State's Jr. All-State Band: **Ben Hayward**, tuba; **Emily Peterson**, percussion; **Abby Bergman**, flute; **Aimee Richardson**, flute; **Jeff Roetcisoender**, trumpet; **Jeremy Harrison**, baritone saxophone; **Joey Donahue**, trumpet. Clarinetist **Amy Harger**, trombonist **Keegan Taggart** and **Logan Heine**, tenor saxophone, were accepted to Washington's All-State high school band (pictured).



Cougar Calendar

June

- 10th 9th Grade Dinner Dance
- 13th – 16th FINALS Week
- 20th 9th Grade Picnic
- 21st 1/2 Day
- 22nd 1/2 Day & Last Day

July

Summer VACATION!!

August

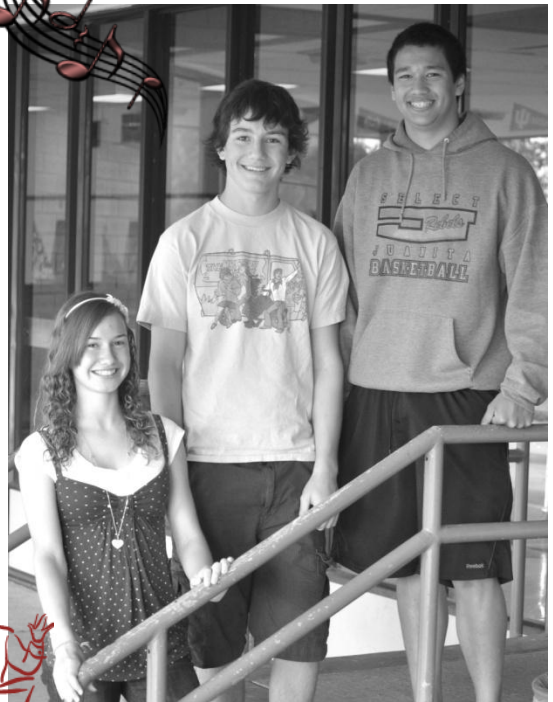
24th Prep Day (ID photos and fees)

September

6th First Day of School!!

October

7th No School: LEAP day



Director's Award Recipients:
Hannah, Keegan, and Jacob

Staff Appreciation Week Was a Success!

There was a daily prize drawing and a fun interactive "guess the baby photo" game. Monday the staff was treated to a Chicken Teriyaki lunch. Wednesday they received beautiful personalized boxes, hand made by Lolita Cederblom, filled with candy. Friday they had a gourmet coffee bar with scones, lemon curd, Devonshire cream and chocolate dipped strawberries.

Thank you to our volunteers who provided treats for the staff: Cassandra Sage, Karen Larson, Nancy Miller, Deanna Crowe, Joli Hansson, Sandra Dixon, Stephanie Taylor, Michelle Espinoza, Brandi Potter, Kristin Retzlaff, Suzie Hudson, Lolita Cederblom, Susan Baird-Joshi, Karen Knerr, Tammy Rae, Debbie Nelson, Amy Mikkelson, and Lile Ellefsen.

The Staff Appreciation Team,
Cassandra Sage, Lolita Cederblom, Deanna Crowe

Turn Down the Volume Three Steps for Safe Listening

Hearing loss can result from too much exposure to sound from any source that is above 85 decibels.

Many new and popular technologies such as personal stereo systems, cell phones, and laptop computers can produce sound far above that level. Since these technologies can store more music than ever before, they are likely to be used for long and extended periods of time.

The "ear buds" (earphones) that come with some devices are not made for maximum safety. They must be inserted into the listener's ears, closer to hair cells that are vital to hearing and that can be damaged by overexposure to high decibel sound. These earphones do not block out unwanted sound. As a result, many listeners choose to increase the volume in order to better hear the desired sound.

ASHA encourages everyone to enjoy these devices safely by taking **three basic steps:**

- lower the volume
- limit the time spent listening
- wear earphones that go around the ear or fit deeper into the ear to better isolate wanted sound and reduce the need to increase the volume



reprinted from American Speech-Language Hearing Association

Ms. Brown's Star Students

Consumer Life Skills

Jacob Reim
Emily Wright
Tyler Fauver-Wilson
Katherine Bechtel
Sarah Helsel
Omid Vahabnejad



Foods and Sewing:

Grant Mackey
Michaela Hodges

The students are selected by peers. To qualify to be a star student they must contain certain qualities such as kindness, preparedness and leadership skills.

Robots Anyone?

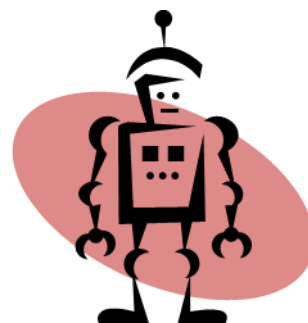
The Lego robotics informational session on Monday the 6th of June at 5pm in the Kamiakin cafeteria was a success, and plans for a Lego Robotics club are moving forward!

More information can be found at:

<http://mindstorms.lego.com/en-us/Default.aspx>
<http://www.firstlegoleague.org/Default.aspx>

The club will meet on the 1st and 3rd Wednesday of each Month beginning September 21st. The meetings will be in Mr. Meyer's portable.

Please contact Holly Brewer if your incoming 7th, 8th, or 9th grade student is interested in joining the club to build robots and compete against other teen robot builders on December 4th, 2011 at 509 270 3457, or email me at holly@hollybrewer.com.



LAKE WASHINGTON SCHOOL DISTRICT # 414 2011-2012 Calendar

AUGUST

S	M	T	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*			

SEPTEMBER

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OCTOBER

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NOVEMBER

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DECEMBER

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JANUARY

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29	30	31*				

FEBRUARY

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MARCH

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APRIL

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29	30					

MAY

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27	28	29	30	31		

JUNE

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17	18	19	20*	21	22	23
24	25	26	27	28	29	30

JULY

S	M	T	W	Th	F	S
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29	30	31				

School year may be extended due to inclement weather. Calendar subject to change.

Important Dates

Aug. 29-31	LEAP Days
Sept. 1	LEAP Day
Sept. 5	No school – Labor Day
Sept. 6	First Day of School
Oct. 3-4, 6	Half-Day Elementary Conferences
Oct. 7	No school – LEAP Day
Nov. 3	Last Day 1st Quarter Secondary
Nov. 11	No school – Veterans' Day Observed
Nov. 14	Secondary Grades Due
Nov. 23	Half-Day
Nov. 24-25	No school – Thanksgiving Vacation
Dec. 19-30	No school – Winter Break
Jan. 2	No school – Winter Break
Jan. 16	No school – Martin Luther King Jr.
Jan. 24	Elementary Grades Due

Jan. 27	Last Day 1st Semester Secondary
Jan. 31	Half-Day Elementary Conferences
Feb. 2-3	Half-Day Elementary Conferences
Feb. 3	Secondary Grades Due
Feb. 16-17, 20	No school – Mid-Winter Break
March 16	No school – LEAP Day
March 30	Last Day 3rd Quarter Secondary
April 2-6	No school – Spring Break
April 13	Secondary Grades Due
May 4	No school – LEAP Day
May 28	No school – Memorial Day
June 14	Elementary Grades Due

June 20	Half-Day – Last Day of School
	Last Day - Secondary 2nd Semester
	Secondary Grades Due

Key

★	Check Important Dates Section		
■	No School	□	Half Day
□	First/Last Day		

Wednesday schedule 1.5 hrs. early release for students.
LEAP = Learning Enhancement Academic Planning

ATTENTION ***7th or 8th Grade Parents*******

PTSA Emergency Preparedness Chair needed for next year ASAP!!!

Can YOU help or SUGGEST SOMEONE who could?

QUALIFICATIONS:

- Have an interest in Safety and/or Emergency Preparedness?
- Have some organizational skills?

JOB DUTIES:

- Coordinates the purchasing and rotation of outdated emergency supplies with PTSA budgeted funds
- Keeps an updated inventory of emergency supplies in the outside emergency container and classrooms buckets.
- Works collaboratively with the principal to help facilitate school readiness
- Attends District E-prep Meetings (4/year) to help facilitate your job
- Educates the Kamiakin community for emergency preparedness

TRANSITION PLAN:

- Partner with the current e-prep chair for the year as needed
- Attend next District meeting on e-prep on Monday, June 13- 9:30-11:30 with me
- Mentoring available as needed next year

BACKGROUND INFO:

- **Each school needs to have enough emergency supplies for staff and students for possibly up to 3 days.**
- Each school has a process for staff to safely coordinate students and staff staying at school
- Each school PTSA provides the funds for emergency supplies at schools
- The District is unable to provide any funding for supplies
- I have done this job for the past 7 years and gotten it off the ground and a plan established.
- It is easy for someone to step in and take it over.
- Please don't let all the past efforts go to waste – **SOMEONE NEEDS TO TAKE OVER.**
- It is a job that can be done as your time permits and has allowances for putting your individuality into it.
- I will continue on as the Juanita HS E-prep Chair so we can work together as needed.

Grab a friend to co-chair it with you – or set up your own committee!

For more information:

Call / email Martha Smith – 425-823-2409, paulksmith@mindspring.com TODAY!!!

Lake Washington PTSA Council Parent Education Calendar of Events:

Events in **black** organized by the Lake Washington PTSA Council. Those in **red** are local and of interest to parents
If you have any questions, contact Joanne Hall, Chair, Parent Education at lwsparented@gmail.com

Date	Time	Speaker/Topic	Location	Suggested Audience
Tuesday, June 7th	10 AM – noon (morning program)	Laura Doerflinger Sibling Relationships: Building Lifetime Connections	LWSD Resource Center Board Room 16250 NE 74th St., Redmond	Parents of Students of all Ages Free Class
Tuesday, June 7th	7 – 9 PM	Doug Kimball & Lori Gradinger The Senior Year: A program for parents of juniors	Redmond High School Performing Arts Center	Parents of Junior Students (11th grade) Free Class
Wednesday, June 15th	7 – 9 PM	Kim Estes Be Keen on Your Tween's Safety	Margaret Mead Elementary 1725 216th Avenue NE, Sammamish	Parents of students ages 8 – 12 Free Class

Additional Links: Notes from **Denise Pope** lecture, [Redefining Youth Success in an Increasingly Competitive & Hectic World](#), [click here](#)

Social Lives Of Children:

PBS “Secrets of Social Life”:

- Laws of Friendship
- Social Groups
- The Tough Stuff
- What Parents Can Do

Link: <http://www.pbs.org/parents/goingtoschool/social.html>

Understanding & Raising Boys Link: <http://www.pbs.org/parents/raisingboys/>

Understanding & Raising Girls Link: <http://www.pbs.org/parents/raisinggirls/>

Book: **Best Friends, Worst Enemies: Understanding the Social Lives of Children**

http://www.amazon.com/Best-Friends-Worst-Enemies-Understanding/dp/034544289X/ref=sr_1_1?s=books&ie=UTF8&qid=1305666344&sr=1-1

Laura Kastner A – Z Parenting Tools Blog:

http://www.parentmap.com/index.php?option=com_pmblogwrapper&author=15

Topics addressed to date:

- **Authoritative parenting (first entry – August, 2010)**
- **Boundaries and independence (September, 2010)**
- **D is for DNA of successful parenting: Executive Function (September, 2010)**
- **Health maintenance – Why don't we do what we should do. (October, 2010)**
- **Intellectual and academic development support (November, 2010)**
- **Judgment calls in discipline (April 10, 2011)**
- **Peers, friends and healthful relationship support (May 15, 2011)**
- **X-Box, media, cell phone, social net and electronic LIMIT setting! (January 2011)**
- **Yearning management also known as Self-Control (February 13, 2011)**
- **Zeal is zeal for life pursuits (March 12, 2011)**

Outside Programs of Interest:

Saturday, June 4th <i>Organized by Overlake Hospital</i>	9 AM - noon	Lisa Greene Parenting With Love and Logic© for Children with Health Issues	Overlake Hospital – Paccar Center, Bellevue	\$15 per person; \$25 per couple (scholarships available). Click here for more information & to register
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Concussions: When in Doubt, Kids Sits Out

Anthony Cho, MD

Pacific Medical Centers

Since the summer of 2009, all children and teens in Washington who want to play school or club sports must first sign a Concussion Information form. A parent or guardian must also sign. The form describes common symptoms of concussion and explains our state's recently passed Zackery Lystedt Law, which says that if a youth player appears to have sustained a head injury or concussion in practice or a game, he or she may not return to play without written clearance from a licensed health care provider who is trained in the evaluation and management of concussion. If a player verbally reports not feeling well, he or she also must refrain from practicing or playing until getting a written note from the doctor.

The reason for this law—one of the strictest of its kind in the nation—is that, while symptoms may seem mild, if the player sustains a second head injury before the first one has time to heal, the damage can be serious, even unrecoverable. The Zackery Lystedt Law is named after a boy from Maple Valley, Washington, who, at age 13, suffered a life-threatening brain injury after he returned to play football following a hard hit earlier in the game. Zachary was in a coma for months, and is now in a wheelchair after relearning to talk and eat.

So, what is a concussion?

Basically, a concussion is a bruise to the brain. This happens when the head is bumped or jolted, and the brain is shaken against the skull. The result can be temporary loss of brain function—for instance, the person might exhibit slurred speech or pass out—but this is not always the case, and symptoms can be hard to detect. That's why a professional must make a diagnosis.

Even so, parents and coaches should familiarize themselves with the most common symptoms, some of which can take hours to appear, and always put individual player safety before a team's score. Many kids want to tough it out and get back into play or competition, and many parents and coaches foster this ethic, but safety should always come first.

And, of course, not all head traumas are sustained through contact sports. Skateboard and bicycle accidents are examples of other incidents with high concussion risk. So are automobile and motorcycle accidents.

The possible symptoms of concussion are many. The Washington Youth Soccer organization offers this list of the most common ones:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not "feel right"

Again, while some of these symptoms might occur immediately, others might not be noticeable for several hours or even days. For this reason, it is important to learn the signs of concussion and watch your children carefully. Personality or concentration changes can be subtle. For instance, your child might be more emotional than usual or have a change in sleep patterns. Sometimes only someone familiar with the usual behavior of that individual might realize that anything is wrong.

Lately, some local schools and medical facilities—including the PacMed Beacon Hill and Canyon Park clinics—have begun offering a baseline cognition test for young athletes that can be used later to help assess those who suffer a head injury. Also used by many professional sports teams and the military, the computerized test measures an individual's normal reaction time, attention span, working memory, and more. If a person is believed to have suffered a concussion, the test is administered again to help determine the severity of head injury and when it has fully healed.

How are mild concussions treated? With rest and by taking a break from physical activity until all symptoms subside. This means avoiding anything that can jar the brain, including amusement rides, and preventing eye strain by limiting reading, computer use and TV watching. Most people recover fully within a few hours or days. Generally, younger patients heal faster. Your doctor will tell you when it's safe to resume all normal activities.



With more serious cases or repeat injuries, recovery can take much longer—weeks, months, or in cases like Zachary Lystedt's years. Sometimes, medical intervention such as surgery may be required.

So, it's better to be safe than sorry. Even if your child or teen seems fine, never send him or her back into practice or a game the same day as an injury. And, remember: If your child plays a team sport, that's the law.

Dr. Anthony Cho is a board-certified family medicine physician at PacMed's Totem Lake clinic location. Dr. Cho treats the whole family, from newborns to seniors. For more information about Dr. Cho or to make an appointment with Dr. Cho please visit www.PacMed.org or call 425.814.5000.

