

Kamiakin



Newsletter

Back to School
2010-2011

The future depends on what we do in the present.

Mahatma Ghandi

New Kamiakin phone numbers!

Please note we have a new main phone number (425) 936-2400,
attendance line (425) 936-2401 and the kitchen (425) 936-2604.

Presidents Update:

Welcome back all ☺

Everyone is welcome to our meetings. Come and participate in our school!

PTSA Meetings

Tues. Nov. 2nd 6-7pm

A panel of teachers will answer your questions along this theme: "Student Success: How Can I Help My Child Succeed in School?". Bring your questions, or email them in advance if they are more in depth to: holly@hollybrewer.com.

Enjoy appetizers at the meeting. It's just before the 1st quarter band concert ☺

Tues. Jan. 18th 6-7pm

Prior to the 2nd band concert. Details TBA.

Parent Classes

There are many great offerings coming soon. For more information:

<http://lwptsacouncil.schools.officelive.com/ParentEd.aspx>

Reflections 2010-11 "Together we can..."

Reflections will be coming up pretty quickly. Reflections is a National PTA and WSPTA cultural arts competition, and our staff and students enthusiastically support it.

Many students will be submitting high quality work. Please come and be a part of our school's committee working on the project. For more information, please see: <http://www.lwsd.org/school/kajh/ptsa/Pages/Reflections.aspx>

For more information or to be involved in PTSA please contact me at holly@hollybrewer.com

Principal's Message:

Welcome Back!

Every school year opening is filled with excitement, opportunity and promise, this year even more so! I am ecstatic to be your principal and look forward to getting to know and work with all of you. When you get the chance, be sure to welcome our new staff.

They include LA/SS teachers, Lyle Bradley, Bridget Brown and Heather Hakes; our counselor Jennifer Burgess (7th grade); resource/transition teachers Jim Moser and Leann Laframboise; math teacher Devin Engledew; and our new library secretary Jennifer Camara. I am also excited to welcome our brand new preschool programs. Yes, you read that correctly, we have a transition preschool program and the district SNAPS program here at Kamiakin. Staff and students of these programs have already made a huge splash here on campus.

The kickoff barbeque, sponsored by our PTSA, was a huge success! I hope you came out to enjoy the food, dunk tank and fun. Nine staff members volunteered to endure the splashing and, I hope, had a great time as we raised \$150 on their efforts and your generosity alone. Thanks also to everyone that attended our open house, September 14th. I realize this is just a quick opportunity to meet and hear from your student(s) teachers, but the door remains open. Do not hesitate to call or e-mail questions or concerns.

Be sure to open the lines of communication with your student. Every student has a handbook, which is a convenient way to check homework and assignments. We also started posting grades to StandardsScore on September 21st. A current email address is all you need to secure access to your student(s) information and grades. Go to the district website at www.lwsd.org and click on the "for parents" tab. If you need further help do not hesitate to call us at school (425) 936-2400. Be sure to also check out our website for all the latest information! Oh, and keep an eye out for Principal Bulletin's which I email home each Friday.

Here is to a new school year and continued success!!

Joe Joss, jjoss@lwsd.org



Cougar Calendar

October

- 1st No School; LEAP Day
- 6th Overcrowding Input Session; LWSD Resource Center (5-7:30)
- 15th Movie Night *The Karate Kid* (7pm)
- 29th Picture Retakes (8:15am)

November

- 3rd Last Day of 1st Quarter
- 11th No School; Veteran's Day
- 19th KaJHS Dance (7pm)
- 24th 1/2 Day
- 25th-26th No School; Thanksgiving Holiday

December

- 2nd Band Concert (7:30pm)
- 11th PTSA Newsletter Submissions Due
- 20th-31st No School; Winter Holiday

Kamiakin Movie Night



- When:** October 15th 7pm
- Where:** Kamiakin Cafeteria
- What:** The Karate Kid (2010 version)
- Who:** Kamiakin students; families and siblings welcome (children under 11 must be accompanied by an adult)
- Fees:** tickets = \$1
ticket/snack pack = \$4
family pack for family of 4 = \$15

Tickets may be purchased in advance, October 14th is the last day of ticket sales, and no tickets will be sold at the door! See attached order form for details!!



Staff Appreciation

Staff Appreciation Committee is already at work. September 1st marked our first of many events at Kamiakin this year. The Staff enjoyed

Hot Tea, "Morning Thunder" Coffee, chocolate dipped spoons, pound cake, donut holes, and basket of apples. Cassandra Sage, Deanna Crowe, and Lolita Cederblom provided the snacks and Lolita created a festive "Welcome Back" poster to decorate the staff lounge with.

Our next event will be a soup lunch for a "Soup"er staff at KaJH on Wednesday October 6th. If you would like to assist the staff appreciation committee please contact any one of the three of us.

Thank You,
Lolita Cederblom ceder4@msn.com
Deanna Crowe awins@aol.com
Cassandra Sage sagechew@comcast.net

KAMIAKIN ARTISTS DO THE PUYALLUP!

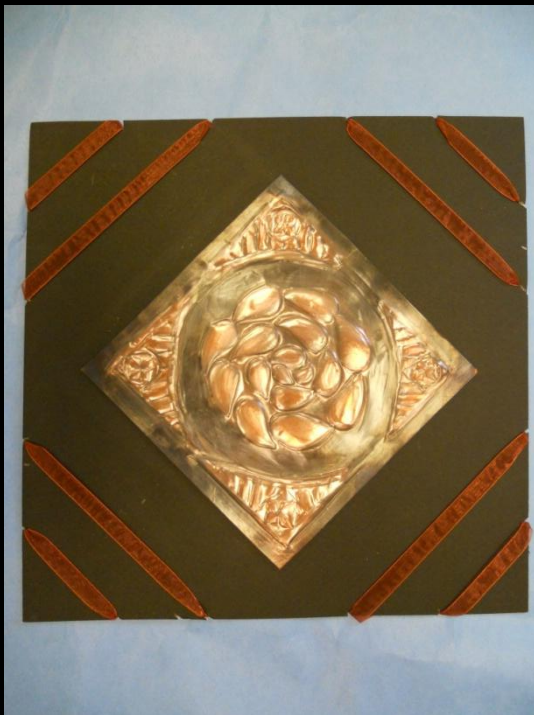
What a show! These are all the Kamiakin Artists: Brain Brooks, Brady Clement, Tatyanna Cocos, Aundrea Dodge, Marla Encisco, Cassandra Estrada, Ben Hayward, Teresa Hong, Jasmin Hurst, Jennifer Karami, Alizeh Karmeli, Iriada Kustova, Kenya Marlow, Daniel Martin, Chris Martinez, Max Millett, Alyssa Murphy, Cami Pettengil, Jacob Reim, Jacob Rice, Kiana San Augustin, Nick Shirley, Darby Swayne, Yeng Xiong

Ms. Haven delivered 33 pieces of Kamiakin Artwork to the Puyallup fairgrounds last Spring for display this Fall! Thousands of people GO DO THE PUYALLUP and our Kamiakin artist's work will be seen by many of them! The Junior / Senior High Art Show is run by volunteer art teachers and retired art teachers! They encourage teachers to participate from all over Western Washington. It is an amazing showing of quality student artwork. Kamiakin brings home 4 Jurors Choice Ribbons of Honor this year. Please congratulate Brady Clement, Jasmin Hurst, Jennifer Karami, and Alizeh Karmeli for bringing home the golden ribbons. Check out the main office for a sampling of the artwork. It will be on display after the Puyallup Show!

See photos of some of the pieces below!



Kamiakin PTSA Newsletter



Think you can't afford college? Think again!

“If you're in the 7th or 8th grade and you're ready to work hard in school, keep your grades up and stay out of trouble until you graduate, you may be eligible for a four-year College Bound Scholarship Program.”

How do I apply?

- ✓ First check to see if you are eligible. Ask your parent/legal guardian to look at the chart in this article to make sure your family meets the income qualifications.
- ✓ Second, complete and sign the application and pledge form while you are in the 7th or 8th grade. The online application is available at the Web site at:
www.hecb.wa.gov/collegebound. If you prefer to complete a paper application, please call 1-888-535-0747 or you may pick up a copy in the Kamiakin Counseling Center. As part of the application, you will pledge to prepare yourself for college.

Get Ready! In middle and high school, you'll start preparing for college by studying hard, taking the right classes and learning about college and financial aid.

Am I eligible?

To be eligible for the **College Bound Scholarship**, your family income must meet the income eligibility requirements outlined below.

Family size includes all the people for whom your parent/legal guardian is responsible. The income chart will be updated annually.

College Bound Scholarship
2009-2010 Income Eligibility

If the number of people in your family is:	Then your 2008 family income must be equal to or less than:
2	\$27,000
3	\$33,900
4	\$40,800
5	\$47,700
6	\$54,600
7	\$61,600
8	\$68,500
Add for each person	\$6, 900

What do I have to do?

- ✓ Submit a College Bound Scholarship application/pledge
- ✓ **Graduate** from a Washington high school (or home school)
- ✓ Maintain a cumulative high school **GPA** of at least **2.0**
- ✓ Be a good citizen and stay **crime free**
- ✓ Apply for **admission** to an eligible college in Washington
- ✓ Complete the **Free Application for Federal Student Aid (FAFSA)**
- ✓ Meet the **family income** requirements at the time of graduation

Be a **resident** of Washington

SAMBRANO'S SHINING STARS



Each semester I have certain students who enter my class and just seem to brighten all that is around them. They may not always be the fastest, strongest, or the best athlete. However they are students I look forward to seeing each day. They arrive to class with a positive attitude and a willingness to always give their best effort. They are kind, courteous, respectful, and compassionate. They are outstanding students and a pleasure to have in class. I would like to recognize these “Shining Stars” and let them know how much I appreciate what they bring to my class and Kamiakin Junior High.

“Shining Stars” for SEPT. 2010

YAIZA GONZALEZ	MADDIE HANSSON
NICK RHODES	ZOE THOMAS
LUKE PETERSON	ALLIE KNEER
AILI DUKE	LISA NELSON
DANA SHORT	EMILY ALLEN



KAMIAKIN MARKETPLACE 2010 HOLIDAY BAZAAR & CRAFT FAIR

Saturday, Dec. 11th, 10 am – 3 pm

Located at
Kamiakin Jr. High's Field House
14111 132nd Ave. NE
Kirkland, WA 98034

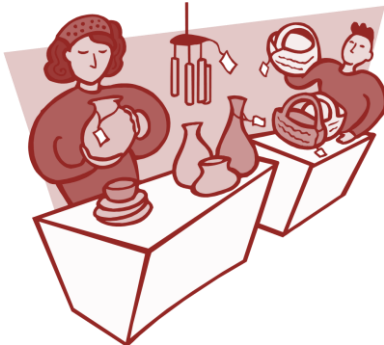
Begin your holiday shopping at
Kamiakin's Annual Marketplace.

Introducing a variety of vendors with
unique gifts and handcrafted items!

Come join us for shopping, food and
family fun. Get in the holiday spirit!

Sponsored by Kamiakin Jr. High PTSA -
all proceeds benefit KaJH students!

Interested in obtaining a vendor space?
See the attached reservation form.



Questions? Please contact:
Deanna Crowe 425-823-9766
awins@aol.com
Karyn Taggart 425-605-0742
ktagg@hotmail.com

Did you know that LWS D has a Special Needs PTSA Group?



PTSA Special Needs Group

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

- hear from speakers
- learn about resources in the community
- network with other parents
- keep updated on district and PTSA issues affecting children with special needs

History of PTSA Special Needs Group

The Lake Washington School District Special Needs Committee (now known as Special Needs Group) first started in the late 1980's when a group of parents came together to give a collective voice to their children's needs. At this time, it was not uncommon for special needs children to be fully isolated in segregated schools, buildings and classrooms. The inclusion movement was just beginning and parents were determined to ensure all students were welcomed, valued and respected members of their school communities.

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

Studio East 2010-11 This year's musical show is... "SEUSSICAL"

Audition Dates – Dec 6,7,8 2010

Rehearsal Dates- Dec 9, 2010 – Jan 26, 2011 – Mon, Tues, Thurs 3:00-6:00, Wed 1:30-4:00 (Exceptions – No rehearsal Dec 20-31, no rehearsal Jan 17)

Three performances – 7pm January 27-29



2010 Pinwheels for Peace



A Beautiful Display of Peace



Kamiakin Counselor's Corner



School Counselors

Overwhelmed by class-work? Scared because your parents are splitting up? Worried about a friend? Feel like you don't fit in?

Sometimes it's just not possible to sort through tough times alone. Problems can build up and you may lose sleep, find you can't concentrate on homework, or even become depressed. When you need to talk to someone, your school counselor (sometimes called a guidance counselor) can be a great place to start.

Counselors Help You Cope

School counselors know how to listen and help. They'll take your problem seriously and work with you to find a good solution. School counselors are trained to help with everything — and it doesn't have to be just school stuff. A counselor can help you deal with the sadness when someone has died as well as advise you on taking the right classes to get into your dream college.

It takes a lot of training to be a school counselor. Most not only have college degrees but also master's degrees, as well as special training and certification in counseling. One of the many good things about school counselors is that they are up-to-date on all the top things that affect students, including any trends that might affect your school.

School counselors can give you all sorts of tips and support on solving problems and making good decisions. Chances are that whatever problem you have, your counselor has seen it before — and has lots of good advice on how to help you work through it. Counselors can give you tips on standing up for yourself if you're being bullied, managing stress, talking to your parents, and dealing with anger and other difficult moods. Counselors also can advise you on problems you may have with a teacher, such as communication difficulties or questions over grades.

School counselors are plugged in to the rest of the school community and, in many cases, the outside community as well. So they can refer students to outside resources like substance abuse treatment centers, professional therapists, and even health clinics.

It can help to know the different types of support your counselor offers — even if you don't think you need it now. Some schools and school districts use their websites to explain what the counselor does and how to get a counseling appointment. You may find their services listed under headings like "student resources," "student services," or "student counseling."

Your school's website may also explain the roles of other school staff members who can help students with problems or school issues. Depending on the size of your school, these people may include school psychologists, tutors, college or career counselors, and school nurses. The counselor's role varies from school to school and district to district, so don't assume your counselor provides the same services as the counselor in a friend's school.

How Do I See the Counselor?

You may have been assigned a counselor when you started the school year. Or your school may leave it up to you to go to the counseling office on your own. A counselor might also visit your class to talk about certain subjects and let you know when he or she is available. In some schools, teachers or school nurses refer students to counselors if they think there's something the student needs to work through. Different schools have different policies on putting students in touch with counselors.

Your school's website, administrator's office, or a trusted teacher can also tell you how to contact the counselor for an appointment. In many schools, there's a guidance secretary who coordinates appointments. Many counselors are willing to meet with students at times that fit into the student's schedule — such as before or after school or during lunch.

It's probably a good idea to visit your counselor and get to know him or her even if you don't have a problem. This helps you feel comfortable with the counselor in case you ever do need to meet in a time of crisis. It's usually easier to talk about a tough issue or a

problem when you already feel comfortable with the counselor. Meeting your counselor when you're not in the middle of a crisis also gives you a chance to discuss such issues as what the counselor will keep confidential and how he or she works with a student to resolve a problem.

Student-Counselor Meetings

Counselors meet with students individually or in small groups. The most common setting for most students is a private meeting just between the student and the counselor. Most school counselors have offices where you can sit down and talk.

You don't need to know exactly what's bothering you when you talk with the school counselor. It's perfectly OK just to make an appointment because you're feeling bad or not doing as well in school as you'd like. It's the school counselor's job to help people figure out what's going on. In fact, it's often better to see your counselor as soon as you know something's up, even if you don't know what the trouble is. Chances are you'll be able to solve a problem faster when you have the skill and resources of the counselor behind you.

How often you meet with your counselor depends on the issue. Some concerns are dealt with in a one-time meeting. Others require regular meetings for a while. It all depends on the topic at hand and the plan that you and your counselor decide on.

Counselors also sometimes meet students in groups. Group meetings can really help people who are dealing with similar issues, such as a divorce. In these group settings, people can share their feelings and learn coping skills. Not only do you get great ideas in a group setting, but it can also help to know that other students are going through the same thing and that they understand.

Counselors often come into the classroom, too, to teach a class on a subject that affects everyone, such as good study skills.

Sometimes the counselor might meet with you and a teacher or you and a parent — especially if the teacher or your parent has asked for the meeting.

How Confidential Is It?

When you meet privately with a school counselor, your conversation will most likely be confidential. The counselor isn't going to go blabbing your business around school. Different schools have different policies, though. So talk directly with your counselor about what he or she considers confidential.

In very rare cases, a counselor is unable to keep information confidential. A counselor who thinks that someone is at risk of being harmed is required by law to share that information. Even in these rare cases, the counselor will share that information only with the people who need to know.

People sometimes worry that other students will think they're seeing the counselor because they have major problems or they're in trouble. But in most schools the counselor deals with lots of school issues — as well as personal ones. So you could be meeting to get career counseling or advice on which classes to take for college. Your friends and classmates don't need to know why you're seeing the counselor unless you choose to tell them.

Your school counselor is someone who is separate from your life — a neutral adult who isn't a parent, relative, or teacher. Your school counselor isn't a therapist. (So if you see your counselor, it's not the same as getting therapy.) If you need help in some way that the school counselor can't provide, he or she can give you information about other resources, such as the name of a therapist.

No matter what your problem, try to think of the counselor as someone who's on your side. Even if you've had a bad experience in the past with another counselor or a private therapist, don't hesitate to contact your school counselor — or talk to the counseling office about seeing someone else if you don't click with your current counselor. Every counselor is different, and most understand that it's natural for people to be more comfortable with some individuals than others.

Don't be surprised if your parents know your school counselor. They may even be in touch with each other. Sometimes counselors offer workshops for parents, with or without their kids, about topics such as study skills or preventing drug abuse. It's good for the counselor and your parents to know each other when everything is going OK. That way, if any problems come up — like if you're being bullied or there's a death in the family and you have to be out of school — they'll be able to work together comfortably.

If you're seeing your counselor and your parents don't know about it, don't worry that the counselor will talk to them about your meetings. Unless you've given the counselor the feeling that you may harm yourself or others, what's said in your meetings will stay just between you and the counselor.

School counselors are all about helping to make your school experience the best it can be. The role of the school counselor today is very different from what it was like when your parents were in school. Instead of just focusing on schoolwork and careers, today's counselors are there for students in a broader way. They help students handle almost any problem that might get in the way of learning, guide students to productive futures, and try to create a positive environment for everyone at school. So if you need a counselor's advice, just ask!

Feel free to call us at Kamiakin Junior High at any time. We look forward to meeting you as the school year progresses.

Debbie Lanzafame

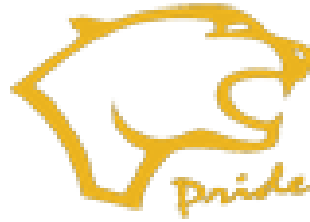
Counselor 8th & 9th

Jennifer Burgess

Counselor 7th

Reviewed by: Chris Cortellessa, M.Ed, NCC

Date reviewed: April 2008



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PTA[®] Reflections unleashes your artistic talents

Dance Choreography

Photography

Film Production

Musical Composition

Literature

Visual Arts

2010–2011 Theme: **“Together We Can”**

Reflect on the theme. Create an original work. Be recognized.

Deadline for entries: October 25th-27th, 2010

For details, contact Ms. Liz Haven - lhaven@lwsd.org
Celeste Short - celesteshort@hotmail.com



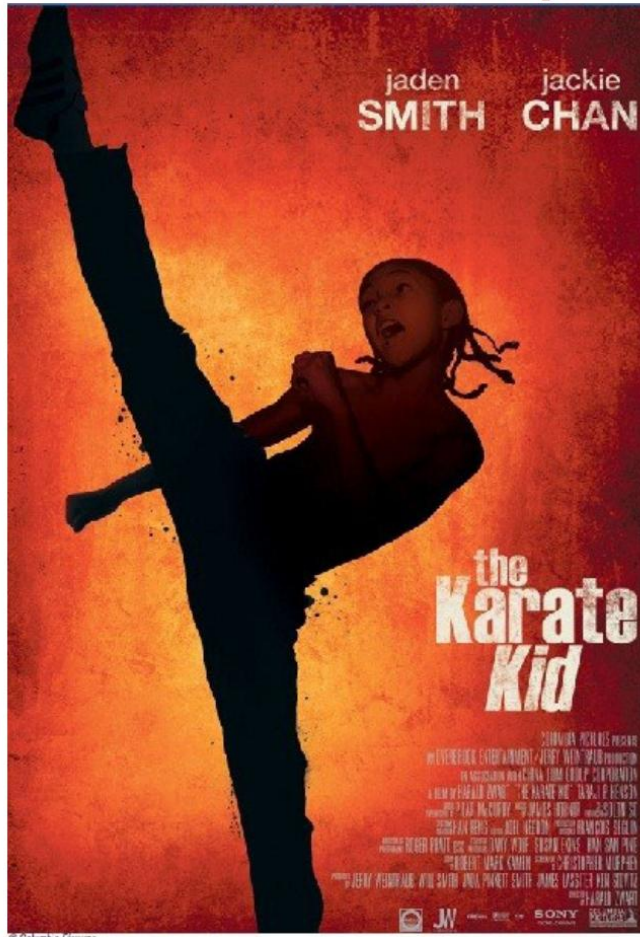
National Media Sponsor of PTA Reflections Program

parenting
school years


PTA REFLECTIONS

Kamiakin PTSA Movie Night

October 15, 2010, 7:00pm



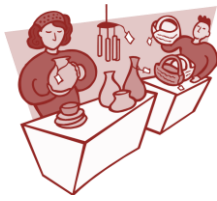
Movie Tickets Order Form

Pick Up Your Tickets at Will Call. Doors Will Open at 6:45.

	Student Name _____	Quantity	Total
\$1.00	Movie Ticket	_____	\$ _____
\$4.00	Movie Ticket, Popcorn, Water, Chinese Bracelet	_____	\$ _____
\$15.00	Family Pack—4 Movie Tickets, 4 Popcorns, 4 Waters, 4 Chinese Bracelets	_____	\$ _____
		Total	\$ _____

All children under the age of 11 must be accompanied by an adult (someone 18 years of age or older).

October 14 is the last day to purchase tickets. No tickets will be sold on the day of the show.



Kamiakin Marketplace Vendor Reservation Form

Name _____ Phone # _____ Email _____

Product Name and Description _____

Is this product brand sold by others in the area? _____

Registration before December 1st # of Booth(s) ___ @ \$40 per booth= _____ total.
(Checks only to Kamiakin PTSA)

Late Registration after December 1st # of Booth(s) ___ @ \$50 per booth= _____ total.
(Checks only to Kamiakin PTSA)

Registration fee is for the entire day. Booth Sharing is OK. Set up begins at 8:30 am
Each booth purchased includes one 6' table (or 8') a depth of 30' and two chairs. Please bring your own table covering (required).

Direct, multiple advertising to 5 area schools and street signage is included! Kamiakin's Field house is large with a wonderful, main street front location for easy access/parking and street advertising. We will advertise and accept reservations from Keller, Muir, Frost, Kamiakin and Juanita High School. Friends Welcome!

Some rules:

- ❖ We will accept only one of each national/trademark vendor (i.e. Pampered chef, Tupperware, PartyLite etc.) to alleviate duplicate sales.
- ❖ Concession sales reserved for Kamiakin PTSA.
- ❖ Table placement will be a random lottery in fairness to all.
- ❖ We reserve the right to decline product sales that are deemed inappropriate
- ❖ Reservations are accepted when vendor rental fee is received in full. Sorry, no refunds for cancellations.

Please send this form to: Kamiakin Jr. High PTSA
14111 132nd Ave. NE
Kirkland, WA 98034
Attn: KaJH MarketPlace

Questions? Please contact:

Deanna Crowe 425-823-9766 awins@aol.com

Karyn Taggart 425-605-0742 ktagg@hotmail.com