

Friday, October 23, 2009

www.lwsd.org/school/muir



# John Muir News

Weekly news from John Muir Elementary and the PTSA

## News From our PTSA

October is National Disability Awareness Month and JME celebrated by holding its second annual Ability Awareness Fair in our gymnasium on October 9<sup>th</sup>.

The fair was the climax of a week in which our 3<sup>rd</sup> through 6<sup>th</sup> graders saw films designed to help them think about people with disabilities. The fair was comprised of six stations; Mobility, Sensory, Speech & Language, Vision, Reading & Writing, and Motor Planning. Each station contains a speaker or an activity designed to help the student gain a better understanding of what it might be like to have a disability. We know from last year that this experience had a profound impact on the kids. As they experience what it might be like to have a certain challenge, they are better able to identify with a disabled person. This understanding can be the first step to building friendships in which we look past our differences and disabilities, and toward our similarities and abilities.

We would like to thank the many PTSA volunteers and JME staff who make this event possible. We would also like to specifically thank these people for helping; Justin Fleming, Tracy Mikula, Pilar Lopez, and Deb Murphy. These "friends of Muir" volunteered because of their strong commitment to disability awareness and we thank them for it. This is truly a community effort!

We encourage you to celebrate National Disability Awareness Month by learning more about disabilities. The John Muir library has a collection of books designed to teach our kids about various disabilities and some of the famous people who have or had disabilities. The PTSA Special Needs Group also has a lending library that is open to all in the Lake Washington School District. To find out more about the library visit the PTSA Special Needs link on the John Muir web site

<http://www.lwsd.org/school/muir/PTSA/Pages/Special-Needs.asp>

Tracey Gerhardt & Lys Gobbo  
JME PTSA Special Needs Liaisons



## John Muir Calendar



### SAFETY PATROL SQUAD 3

- Oct 29 Talk Time with Mr. D., 9:15 a.m., Library
- Oct 30 Fourth grade field trip to Salmon Hatchery

### UPCOMING EVENTS

- Nov 2-6 Turkey Trot
- Nov 5 Make up Individual Picture Day
- Nov 5 Passport to Muir, 5:30-7:30 p.m., gym
- Nov 11 No School, Veterans' Day
- Nov 12 PTSA meeting, 6-7 p.m., Library
- Nov 12 Elem Band Concert, 7:30 p.m., Kamiakin

## Turkey Trot and More!

We need parent volunteers to help with Turkey trot. Turkey trot starts November 2-6th at lunch recess (11:35-1:30). We need help with punching cards, counting punch cards and turkey donations. Please contact Rosanna Fox. ([rrepettofox@verizon.net](mailto:rrepettofox@verizon.net))



Every year each PTSA puts together a fun gift basket that will be auctioned off and the proceeds go to their scholarship fund. This year the theme is Rainy Day Fun. We need items for this years' basket. To donate items, please contact Mrs. Jarvis by November 2nd. Contact ([kjarvis@flex-plan.com](mailto:kjarvis@flex-plan.com))

Mark your calendars for **November 10th** when the sixth grade and Pizza Bank team up to help raise money for their outdoor education program at Camp Orkila. Dine in or out from 4—9 p.m. and you and Pizza Bank will help fund our 6th grade program.

**Pizza Bank Restaurant**

14401 124th Ave NE

425-821-4858 [www.pizzabank.net/dinner.nxg](http://www.pizzabank.net/dinner.nxg)

# The Elementary Quest Program

The **Quest Elementary Program for Highly Capable Students** (Grades 1-6) will be accepting applications for the 2010-2011 school year beginning November 2, 2009, until 4 p.m. on November 30, 2009.

The Elementary Quest program offers two options for students who demonstrate superior ability, who exceed grade level standards in literacy and math, and who exhibit exceptional creativity in the classroom.

Full time students are enrolled in an accelerated, self-contained classroom for the full day, five days a week.

Enrichment Pull-Out students attend their home school four days a week and a pull-out enrichment classroom one day a week.

More information can be found in the Quest Information packet that will be available at all elementary schools, on the Quest Web site ([www.lwsd.org/quest](http://www.lwsd.org/quest)), and at the Quest Office on the third floor of the Resource Center (425-702-3238; [Quest@lwsd.org](mailto:Quest@lwsd.org)).

All parents interested in the Quest Program are invited to attend one of the **Quest Elementary Information Night** sessions on **Thursday, November 5** from 4:30-6 p.m. or 7-8:30 p.m. at Rose Hill Junior High School (13505 NE 74<sup>th</sup> St, Redmond, WA 98052). This program will explain more specifically what Quest offers to highly capable, academically gifted children. If you plan to bring your children to the information session, we would recommend that you attend the early meeting.

THE LIFESKILL FOR  
OCTOBER IS:  
EFFORT

To do your best.  
A serious attempt or try.



## Special Needs Meeting

**FOOD IMPACTS BEHAVIOR**  
**Tuesday, October 27, 2009**

**7:00-8:30 PM**

**Resource Center**

*Sally Hara, MS, RD, CDE from  
ProActive Nutrition, Kirkland*

Sound familiar? 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 affected by the foods they eat and go undiagnosed. Not all food affects every child the same.

Sally Hara, Registered Dietician, medical nutrition therapist and most importantly, mom of a child with special needs, will share the top foods and combinations to avoid and more!

Sally will 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!



## Remembering Sally

In remembrance of our dear teacher, friend and colleague, Sally Horton, the John Muir staff and community would like to purchase and install a reading bench at our school. Sally Horton worked in our district for 22 years and spent 18 of those years at John Muir. Her dedication to teaching has touched us all and we never want to forget what she has given us.

When the time comes to move into our new building, this bench will be permanently installed in a remembrance garden, along with several other memorial pieces that our current school houses.

If you would like to donate to this memorial fund, please send cash or a check, made out to the John Muir PTSA, to your child's teacher or the school office. **The deadline is February 1, 2010.**

Thank you,  
The John Muir Staff



## Bike Safety in Physical Education

Starting next Monday the 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> graders will be learning about Bike safety in Physical Education. The students will learn how to fit their helmets properly, ride a bike, learn hand signals and demonstrate the rules of safe road riding. Students may bring helmets from home if they want but helmets and bikes are provided by the Cascade Bicycle Club. If you have any questions about his unit please feel free to contact Kim Elliott at 425-825-7680.