

PRINCIPAL'S MESSAGE

Dear Carl Sandburg and DCS Families,
Please read the official communication from Lake Washington School District regarding H1N1, otherwise known as Swine Flu.

H1N1 Flu Update:

Flu season is on its way if it isn't already here. It's a good time to review with your student the following ways to stay healthy during flu season:

- Remind your student to wash their hands often with soap and water or an alcohol-based hand rub. They should take about 20 seconds to wash their hands.
- Remind your student to cover their coughs and sneezes with tissues and wash their hands afterward. If a tissue is not available, they should cover up their coughs or sneezes using the elbow, arm or sleeve instead.
- Remind your student not to share drinks, food, unwashed utensils or other personal items.

As a reminder, here are the signs and symptoms of the flu:

- **Fever (100 degrees Fahrenheit or greater).**

Your student may appear flushed, be sweating or shivering, or feel warm to the touch.

- **Cough • Sore throat • Body aches**
- **Headaches • Chills • Fatigue**

Diarrhea and vomiting are also possible symptoms of the flu.

If your student has the flu or a flu-like illness...

Keep your student home until at least 24 hours after the fever has passed without the use of fever-reducing drugs. Students need to stay home from child care, sports practices and other activities as well.

The district office is working closely with Public Health Seattle & King County to monitor conditions and make decisions about the best steps to take concerning schools. Check our school's Web site and the district Web site often for updates.

Thank you for your support in keeping our kids healthy and safe,

Mark Blomquist
Principal
Carl Sandburg Elementary/
Discovery Community School

UPCOMING EVENTS

District Special Needs Meeting

Sept. 22nd - 7pm
at LWSO Resource Center
in Redmond

Picture Day

Sept. 23rd (K-3rd grade)
and
Sept. 30th
(4th-6th grade and DCS)

Ice Cream Social

Sept. 24th • 6 to 8pm

Weed Meet

Sunday, Sept. 27 at 11am
School grounds
(Bring your gloves and
drinking water.)

Family Math Night

Wed. Oct. 7th
6:30 to 7:30pm

Parent Ed Workshop

Oct. 7th
"Getting to Calm"
7:00 pm • Redmond High
School Performing
Arts Theatre

Fun Run

Oct. 9th
During Lunch recess



Picture Day: September 23rd (K-3rd) and September 30th (4th-6th;DCS)

It's that time of year again where we will take student individual photos at school! Kindergarten through 3rd grade will take pictures on Wednesday, September 23rd. 4th-6th grade and all DCS will take their pictures on Wednesday, September 30th. Flyers will be coming home in the next few weeks. You can also order online at mylifetouch.com. Pictures will be taken during school hours.

Ice Cream Social/Canned Food Drive: Our Annual back to school Ice Cream Social will be held this Thursday, Sept. 24th from 6:00 - 8:00 PM. Your Sandburg/DCS staff will be serving yummy ice cream (dairy free/sugar free options, as well.) This is a great opportunity to get to know other Sandburg families and catch up with old friends.

Also, since September is Hunger Action Month, we will be having a canned food drive during the Ice Cream Social to help stock Hopelink's new Kirkland food bank. The top 3 most requested items are: canned fruit, tuna, and mac-n-cheese. (Please check all expiration dates to make sure items are current!) Ice Cream Social is \$3.00 donation per family (plus your canned food item!) See you there!

Fun Run Kicks Off Today!

Today we kicked off the PTSA's big Fun Run fund raiser. All students attended an assembly full of information, inspiration and fun! Many thanks go out to the 6th graders who helped in putting on a great assembly.

Look for the Fun Run packet in your child's backpack. This packet is filled with information about our fund raising goal, what we hope to do with those funds, Fun Run prizes, and how every family can help. We hope that this packet can answer all of your questions. You can also see all the Fun Run information online at <http://www.lwsd.org/school/sandburg/PTSA/Pages/Fun-Run.aspx>

If you have any additional questions, or if you would like to see the Fun Run prizes in person, please visit the Fun Run table at the Ice Cream Social this Thursday. Or, contact Angela Johnson at ryanandalliesmom@yahoo.com or 425-814-4928.

Fun Run Volunteers Needed!!!

Fun Run is a big volunteer effort - We can't make it work without your help! Volunteers are needed for the following:

- Fun Run Fairies (prize delivery) - Fun Run Fairies go in to the classroom during lunch delivering prizes. Focus is on the fun and the fairies, not who is and who isn't getting a prize. If you like to have fun (and do a little work, too) please consider being a prize fairy! This job is for 2 hours a day - Fairies can volunteer for just one day or for all eight prize delivery days.
- Classroom lap counters - A minimum of six volunteers are needed per class to count laps and distribute class ribbons on Fun Run day (Friday, October 9th). This volunteer job is for approx. one hour (plan to arrive 15 min. before lunch recess, and stay for 15 min. after).
- Fun Run Snacks - After students run on Fun Run day they are provided a healthy snack. This has typically been a fruit popsicle. Volunteer(s) are needed to purchase popsicles/dry ice, as well as distribute popsicles on Fun Run day. This job will take an hour or so for planning/purchasing the popsicles, plus approx. 2 hours for distributing popsicles on Fun Run day (less if there are several volunteers.)

Chess Club Fall Session Starts Wednesday October 7th! Fun and educational! Taught by ChessStar owner and International Women's Grandmaster Elena Donaldson. Wednesdays 2:00 to 3:10 p.m. October 7th to December 16th (9 classes). Session fee \$78. Optional T-shirt (new design!) \$9. Registration forms in the Information Station next to Main Office. All levels (including no experience) welcome! --Questions? Please contact Stephanie Develle: 425-814-9873, stephanie.develle@gmail.com, Soha Dastbaz: 206-372-2793, soha_dastbaz@hotmail.com, or Elena Donaldson: 206-387-1251, chess64@comcast.net.

Bon jour! French language classes will be offered after school on Tuesdays from 3:45-4:45. The fall session will run 9 weeks, between October 6 - December 15 (no class Oct. 27 or Nov. 24). Cost is \$100 and includes a vocabulary book (Usborne Easy French), flashcards and a French music CD. Registration forms will be available at the information center by the front main office and online. Go to the Sandburg website under PTSA: forms. <http://www.lwsd.org/school/sandburg/Pages/default.aspx> - Chaperone support is needed. Please contact Cameron Allison-Sadjo at casadjo@hotmail.com if you are willing to help or for additional information.

Hola! Spanish language classes will be offered after school on Mondays from 3:45-4:45. The fall session will run 10 weeks, between October 5 - December 14 (no class Nov. 23). Cost is \$100 and includes student handouts. Registration forms will be available at the information center by the front main office and online. Go to the Sandburg website under PTSA: forms. <http://www.lwsd.org/school/sandburg/Pages/default.aspx> - Chaperone support is needed. Please contact Cameron Allison-Sadjo at casadjo@hotmail.com if you are willing to help or for additional information.

Ni hao! Mandarin Chinese language classes will be offered after school on Thursdays from 3:45-4:45. The fall session will run 10 weeks, between October 8 - December 17 (no class Nov. 26). Cost is \$110 and includes student handouts. Registration forms will be available at the information center by the front main office and online. Go to the Sandburg website under PTSA: forms. <http://www.lwsd.org/school/sandburg/Pages/default.aspx> - Chaperone support is needed. Please contact Cameron Allison-Sadjo at casadjo@hotmail.com if you are willing to help or for additional information.



Notes from the Music room: Sandburg/DCS Singers will begin Monday, Oct. 5 from 3:30-4:30 pm in the music room. The choir is for all interested 4th-6th grade students that like to sing. This year, due to budget cuts, we need to charge \$40 per student. Please make checks payable to Sandburg PTSA and put "Sandburg Singers" in the memo line. A brochure and contract will be sent home with students on Sept. 22. Please email Mrs. Osborne with any questions: losborne@lwsd.org

Parent Education: There is a FREE PTSA sponsored Parent Ed night featuring Laura Kastner, Ph.D, an acclaimed author on teenagers. Topic: Getting to Calm, teen parenting communication strategies that work. Laura Kastner • Wed., October 7, 2009 • 7-9 pm • Redmond HS Performing Arts Theater • 17272 NE 104th Ave, Redmond - For more information please click <http://lwptsacouncil.schools.officelive.com/ParentEd.aspx>

Family Math Night - Wed., Oct. 7th 6:30 to 7:30 pm

K-6th Grade students and their families are invited to join us in the gym each month to play fun family math games. Interested in being a Math Docent this year? Contact Ms. Roy broy@lwsd.org or Ms. Arnold garnold@lwsd.org for details.

Join the Sandburg/DCS Striders Team in the Seattle Kids Marathon: Looking for a great way to get your family walking/jogging this Fall? Consider participating in the Seattle Kids Marathon as a member of the Sandburg/DCS Team. The Sandburg/DCS Striders Club will begin again on Fridays afternoons. The dates for Fall session are October 9th - November 20th 3:30 - 4:15PM. We will be preparing to participate as a team in the Seattle Kids Marathon, <http://www.seattlemarathon.org/kids/eventinfo.htm> on Saturday, November 28th. Fee for Fall Session is \$27.00 which includes Striders Club T-Shirt and Seattle Kids Marathon Registration Fee. If you have your Striders Club Shirt from last year, fee is just \$15 for Marathon Registration! YOU DO NOT HAVE TO REGISTER INDIVIDUALLY FOR THE MARATHON. I will submit all registrations as a team. Registration for Fall Striders Club is due by October 1st. If you are interested, please e-mail Theresa Harrington at tk.harrington@verizon.net. or 425-821-2709. I will e-mail you a registration form and answer any questions you might have.

NEWS FROM THE GREEN TEAM

The year's first Weed Meet is Sunday, Sept. 27 at 11am! Our school is herbicide free which means we maintain our school grounds without the use of toxic chemicals. We need lots of helping hands to pull weeds, trim, and pick up litter. Bring the kids but please leave dogs at home. Bring gloves, weeding tools, buckets, gas-powered trimmers.....and water to drink (the school building will be closed). We think you'll find weeding is much more fun with a group of fellow parents and students.....and we're certain that you'll feel GREAT about beautifying our school grounds without chemicals. Please join us! Contact Susan (vosslerm1@comcast.net) or Denise(denise@ennui67.com) for questions.

Recycling facts from the Green Team

Recycling and composting diverted nearly 70 million tons of material away from landfills and incinerators in 2000, up from 34 million tons in 1990-doubling in just 10 years.

Every ton of paper that is recycled saves 17 trees.

The energy we save when we recycle one glass bottle is enough to light a light bulb for four hours.

It takes 95% less energy to recycle aluminum than it does to make it from raw materials.

Making recycled steel saves 60%, recycled newspaper 40%, recycled plastics 70%, and recycled glass 40%.

These savings far outweigh the energy created as by-products of incineration and landfilling.

SOURCE: recycling-revolution.com

It's Recycling Awareness Week at Sandburg/DCS.

Green Team volunteers will stop by in your child(ren)'s classroom this week to review the "do's and don'ts" of recycling. So don't be surprised if your child shares his/her knowledge of recycling with you at home.

The Green Team will have an information table set up at the Ice Cream Social. Please stop by.

Trekking Tuesdays...is a fun way to encourage families to walk or bike to school! Be sure to keep it safe by ensuring students are accompanied by an adult (walking flags/signs will be available for check out soon). See safety tips at <http://www.wsdot.wa.gov/LocalPrograms/SafeRoutes/Families.htm>. Although Tuesday is the official walk/bike to/from school day, you can make it any day that works for you! Studies show that physical activity increases oxygen to the brain, which improves learning and concentration! Walking or riding will reduce traffic/pollution, improve safety, increase exercise and build community. Safety patrol is available at the crosswalk near Finn Hill Jr. High at 84th and 132nd and at the five way stop crosswalks at 84th and 124th until 8:50am. Talk to your neighbors and friends about taking turns walking the kids to school. Check out this link about a walking school bus <http://www.walkingschoolbus.org>. If there are safety or traffic concerns, let us know and we will work to make our community more "walkable"! We are seeking volunteers to act as extra crossing guards or to be involved in our Trekking Tuesdays program email...chantalkoch@yahoo.com.

INTERNATIONAL WALK TO SCHOOL DAY ON 10/07/09: We invite you to join the Sandburg/DCS Walk To School Initiative - and help your child understand how "walking" can achieve the following: • Enhance our health, by increasing the physical activity level of our children and our families. • Improve our air quality and our environment. It's important that we, as parents, stress the importance of building connections between families, schools and the broader community. Create safer routes for walking and bicycling by highlighting pedestrian safety and how to best deal with traffic congestion. *On October 7, 2009, International Walk to School Day will take place; with approximately 5,000 schools participating, from all 50 states. Walkers from the U.S. will join children and adults in 40 countries around the world, to promote the benefits of this program.*



Summer Break Fitness Fun Forms Due Sept. 25th: Students who tracked their summer break Fitness Fun can turn in forms teachers or the office by September 25. Participant names will be posted on the Wellness Board. Fitness Fun is a program to encourage students to stay active during school breaks. Volunteers are needed for the next four school breaks (approximately 1-2 hours per break for adding up Fitness Fun participation and posting results). Volunteering looks great on a resume is lots of fun! Please email chantalkoch@yahoo.com.

ATTENTION FUTURE REBELS!

Come out and support Juanita High School at the Homecoming Football Game this Friday Night!
 September, 25th • 7:00 PM
 Firework show at half time!
 We are undefeated this year and expect to continue that path! We need your support, future Rebels!

CLASSROOM VOLUNTEERING

Help make your child's classrooms run smoothly and efficiently. Check with your teacher to see which volunteer positions are still available.
PTSA Room Rep/Volunteer Liaison - Receive e-mails from PTSA. Forward e-mails to family members of the classroom
Room Parent - Work with the teacher to plan Classroom events and parties. Recruit volunteer help for parties, collect funds to facilitate the parties. Plan Teacher Appreciation in May, and end of year celebrations.
Classroom Help - Each teacher has a different set of duties that they will ask for parent volunteers to help with.