

Beacon Hill International School News

Published by the Staff and PTA of Beacon Hill School

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Co- PTA Presidents

A World of Learners

From Principal Dr. Murphy

Dear Parents, Guardians and Friends of Beacon Hill International School,

When I was a child, June rolled around and school let out. Lots of things have changed in the many years since I attended elementary school. For example, global warming impacts the weather patterns we experience. Leading to some interesting weather in December. Who knows what is in store for the remainder of the year. Hopefully no more snow! Seattle Public Schools will be making up the days we missed before the Winter Break at the end of the school year. That means your children will be in school, as of now, through June 19th. You will want to mark your calendars to reflect this new end date knowing that this year when June rolls around, we will all still be in school.

Many other things have changed, as well, since I was a child. That's not too surprising, but one change is that we know a lot more about nutrition. We have come a long way since my mother packed my school lunch with bologna sandwiches and pre-packaged cream-filled cupcakes for dessert. We know what makes a healthy, balanced diet and how important that is to learning.

Research has demonstrated that making healthy nutritional choices not only helps children become optimally successful at school, but it helps youngsters develop a healthy life style that can carry them throughout adulthood. There are a number of ways we can support our children.

1) We can help children select healthy choices for snacks. Avoiding the empty nutritional calories of high sugar and high fructose foods,

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making high calorie fast foods a limited option and helping children learn to savor and enjoy healthy foods are important contributions parents can make to the success of their children in school.

2) We can help our children learn about and learn to enjoy the ethnic foods that many of their classmates delight in at home. Helping young children learn to appreciate the many ways foods can be prepared is a precious gift we can give them.

3) We can help our children become more active and develop a love of sports or activities that get their bodies moving. Being active can be fun. Sports can help children develop skills and strengths, but they also can connect children, socially, with each other.

It is important for us, as adults, to set examples for our children. We ourselves need to make good choices about what we eat, how much we eat, how often we eat and how we model an active life style. In addition, here at Beacon Hill International School we need to support healthy, active food and activity choices for our students. There are some ways we are already doing this:

- We have a group of parents who are working together to provide healthy snacks for kindergarten students;
- We have parents working towards the establishment of a community garden, part of a comprehensive effort at recycling, reusing, composting and creating a sustainable environment;
- We offer daily choices of vegetables and fruits as part of our Child Nutrition Services school lunch program;
- We have a regular physical education program for all students, including before and

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after school options, such as After School Sports and enrichment classes like Tae Kwan Do and soccer;

- We have a prohibition against soda pop at school;
- In April we will participate, as a school, in Shape Up Across Washington, a program that encourages students to be active 30 minutes a day for the entire month; and, finally,
- We support the school board's guidelines for food served to children at school.

Are we doing everything we can? Not yet. But we care about the health and well-being of our students and want to help them grow into healthy adults. I know many of you visit your child's classroom, but drop by your child's physical education class someday to see how children are challenged to become more knowledgeable about their bodies and more physically active in fun and engaging ways.

The future of our children's health and well-being depends on our choices now.

Sincerely,

Dr. Susie Murphy
Principal

Calendar of Events

Wed., Feb. 4: Early Dismissal – 1:05pm. Kindergarten parent meeting, (for current kindergarten parents) Dinner and childcare provided. 6:30p.m. in the Library. Topic: “K-Science program and Report Card Information”.

Tues., Feb 10: PTA/Family Involvement Meeting, 6:00-8:00pm in the Multi-Purpose Room

Tues., Feb 11: Food Drive ends

Fri., Feb. 13: Free Dress Day

Mon., Feb. 16: Presidents Day – NO SCHOOL

Feb. 17-20: Mid-Winter Break – NO SCHOOL

Feb. 23 – Mar. 6: Yearbook Sales - \$12.00 each

Mon., Feb. 23: Newsletter deadline

Mon., Mar. 2: Read Across America

Wed., Mar. 4: Early Dismissal, 1:05pm

Thurs., Mar. 5: Family Literacy Night, 6:30-8pm in Multi-Purpose Room, Global Reading Challenge, 1-2:00pm in the Library

Fri., Mar. 6: K-Pod to Thistle Theatre at Magnusson Park. “The Magic Tea Kettle”, 9:40-11:50am

Basic First Aid Training



January 25, 2009 Basic First Aid Training:

Basic First Aid Training for boys and girls in grades 1st through 5th at Beacon Hill International School will start Wednesday, Jan. 28th and last until all 1st through 5th graders have completed one session of training in their Physical Education class. Mr. Morgan Hughes, Youth and Young Adult Program Specialist for the American Red Cross will be conducting the training.

“The Red Cross Basic Aid Training for youth is an interactive presentation intended to provide the students with important information regarding first aid, emergency response and preparedness.” Beacon Hill International School's students will learn how to respond in a natural disaster, i.e. what to do in an earthquake, what to say when calling 911, how to help a conscious choking person, how to make a sling, how to bandage an open wound and much more.

Stay Healthy, Otis E. Campbell

PTA/Family Involvement Meeting:

Our Spring PTA/Family Involvement Meeting is on **Tuesday, February 10, 6:00-8:00pm** in the Multi-Purpose Room. Dinner and childcare is provided. Topic: “**How Do We Bridge the Gap**”.

Food Drive

In our efforts to help assist families who are struggling in this current economy, we are

having a **Food Drive** from **January 27 – February 11**. Please drop off your donations of non-perishable food items in the Library. Thank you.

Congratulation 5th Graders!

Congratulations to the following 5th grade students, who passed all three parts (reading, writing and mathematics) of the Fourth Grade WASL last spring:

Jin Yi Zhou, Emilie Rigor, David Chen, Ricky Huang, Elanor Herrin, Ying Ci Huang, Chan Huynh, Armando Celmar, Juan Martinez Revilla, Yasmin Solis Calderon, Brooks Gokami, Farentino Seumae, Kaleo Chan, Jack Thai, Juliana Lee, Jefferson Nguyen, Henry Le, Mayki Hu, Jake Rodrigues, Ethaniel Artajo, Seanna Howe, Sonia Singh, Qi Qi Cai, Anna Swarringin, Sandra Quiroz-Soria, Jessica Vinyard, Stephanie Ibe, Miguel Penaloza, Brianna Carranza, Astrid Hernandez Caselin, Jack Thristian, Emmeline Daniels, Toan Quoc Nguyen, Shanice Hughes, Hao Ran Wu, Kenny McNeal, Isela Cruz Cruz, Edgar Cortes Gonzales, Ilham Ismail, Selena Pham, Leon Chung, and Jenny Nguyen

Chinese New Year Parade!

On Friday, January 23rd, Little Lion and Friends paraded around the school, celebrating **Chinese New Year – The Year of the Ox**. **Midori Slywester, Zoe McGough, and Sharlene Sayang**, were brightly dressed and passed out baskets of fortune cookies to the classes. **Dominic Apichai, Peter Lau, Hung Lien, Michael and Mathew Barerra** made Little Lion dance to rhythmic drums, also with **Susie Murphy and Markos Weiss**. Thank you to **Agnes Wong**, for coordinating this celebration and for providing the fortune cookies!

Goodbye and Best Wishes

Third Grade teacher (B1), Hayley Sawyer, left us on Friday, January 30th. We are sad to see her

go, but we wish her the best of luck as she moves to the Netherlands with her fiancé.

Fifth Grade teacher (C2), Heather Chavez, will soon be off on her maternity leave. Taking Heather's place for the remainder of the year will be Jana Wilson. Ms. Wilson was the intern teacher in A1 last year.

Art Room Wish List

A few items on Art Specialist, Mary Howard Logel's Wish List are: yarn, ribbon, and fabric as they begin weaving. Any kind, color, and scraps would be very much appreciated! Thank you!

Taco Time Coupon Books Available

Once again, the BHIS PTA are selling Taco Time coupon books! Only \$1.00 each (for 5 - \$1.00 off coupons) and 100% of the proceeds go to our PTA. The coupon books are available now, and the last day to use the coupons is April 30, 2009. Coupon books can be purchased through Mrs. Fujimoto, or see attached flyer and fill in order form. Thank you for your support!

Volunteers of the Month

The **Family Volunteer of the Month** for **December** is **Boun Tounalom**. Boun, who works at Microsoft, has volunteered here for 4 years when Microsoft comes for the United Way Day of Caring. Now that he is a Beacon Hill parent, Boun chaperones on field trips, updated the old information on our school's website, and provided snacks for the staff in January. Boun's daughter, Kayla, is in K2.

Thank you for all your help, Boun!

The **Community Volunteer of the Month** for **December** is **Desiree Hoynck**.

This is Desiree's 2nd year of volunteering. She is currently helping Mondays and Thursdays in 2nd grade.

Thank you for your help, Desiree!

The **Family Volunteer of the Month** for **January** is **Hortencia Plascencia**. Hortencia is

very active in the Latino Comite, and helped make quesadillas in A-Pod for their cultural celebration. Hortencia helps teach the before-school Spanish class with Ms. Granizo, and co-taught the discipline class last year for the Latino families. Hortencia's son, Angel, is in D2. Thank you Hortencia, for all your help!

The **Community Volunteer of the Month for January** is **Patricia Richert**. Patricia lives in the neighborhood and started volunteering at our school in September. Patricia is here on Wednesdays, and volunteers for one hour in the office and 2 hours in A-1. Thank you, Patricia, for generously giving your time to our school!

Wonderful Weeders

You may have noticed that our school landscape is looking pretty good! In January, we had 2 large work parties of community volunteers! On **January 10th**, approximately **30 volunteers** from **Seattle Works** pulled many weeds around our school. On **January 19th**, **50 volunteers** from **City Year** (coordinated by parent, **David Gackenbach**) continued the weeding and laid down bark. Thank you to these volunteers, and to the parents who provided food for them.

City of Seattle Auction

In December, our school participated last minute, in the **City of Seattle Auction**. Auction items which were donated, plus other monetary donations raised almost **\$3,000** for our PTA. Thank you to donors and those who solicited donations: Ortencia Santana, Jennifer Kapinos, Maythia Airhart, Doris Fuentes, Thao Tran (Dr. Murphy's friend), and Nancy Fujimoto.

Boxtops for Education

Please keep those Boxtops coming! We just received a check for almost **\$400** for the last batch of **Boxtops for Education** logos. We receive .10 for every Boxtop submitted. Thank you to Nantes Howe, for submitting our Boxtops!

Yearbook Sales

Yearbook order forms will be going home on Monday, Feb. 23rd. \$12.00 each for 24 pages of this year's BHIS memories! Last day to order: March 6.

Kindergarten Tours & Enrollment

Kindergarten Tours of Beacon Hill International School for prospective kindergarten students in the Fall of 2009 are: **Wednesdays – 9:00-11:00a.m.** on **February 11, 25, March 4, 11, 18, and 25**. There is an evening **Kindergarten info meeting on Tuesday, March 10, from 6-7:30pm** in the Multi-Purpose Room.

Open Enrollment is March 2 – 31, 2009.

******Immunization Update******

Hello Parents and Guardians,
I'm working on getting our students Immunizations updated, so please if your child has had shots within the last year and you have not told Health Services or me (the school nurse). Please give me a note or a phone call at 252-2707.

Thanks so much, Annie Uomoto

Welcome

You may see a new face walking the halls of BHIS. **Liora Minkin**, who is a **Principal Intern** will be here until the end of the school year. Welcome, Liora!

Thank You!

A big thank you from the BHIS staff to wonderful families who provided delicious treats for our staff! **Brooks Gokami**, C2 for December **Jay Zinschlag**, K1/K3 and **Kayla Tounalom**, K2 for January.

Annual Giving Fund

Thank you to all the families who have donated to our Annual Giving Fund. We have received \$2,240 towards our goal of \$3,000 which puts us more than two thirds on our way. It is not too late for you to still make a contribution to the fund. The amount

you are able to contribute is not important, as we have received donations ranging from \$5 to \$250, but what is important is being able to say "I can help". We have about 350 families at BHIS and so far our donations have come from 32 of these families, including one student's grandmother from out of state. Imagine what would happen to our goal if the remaining families sent in \$5 each or half of them sent in \$10 each, we could meet and then beat our goal of \$3,000. Your contribution can be sent to the school with your child or by mail, BHIS-PTA Annual Giving Fund, 2025 14th Ave. S., Seattle WA 98144. You can send cash or a check made payable to Beacon Hill PTA.

Powerful Learning Centers

Wow, Winter quarter is off to an amazing start. Our classes this quarter filled in record time, which trust me is not necessarily our goal. We have over 70 students participating in our Tuesday and Thursday classes each day. Have you ever tried to get snack to over 60 students in 10 minutes and have them ready for their class? It is a challenge and one we are working on, but I want to say thank you to all the families that have registered and enjoy participating in the Learning Center classes. The Winter quarter will end on March 26th and we will have one more session of classes starting in April and running through May. So if you were unable to get into a class this quarter you will have another opportunity.

I also want to share that we will no longer be taking phone registrations, so everyone will have to send their registration forms back to the school through your student or bring it in yourself. In addition, students on waiting lists this quarter will be given priority registration for those same classes in the Spring quarter. If you have any questions, please email me at sbates@powerfulschools.org. Thanks, Shelly Bates, Site Coordinator.

From The Northwest Boychoir

Recruitment Article for Elementary School Newsletters

The Northwest Boychoir will hold open auditions for boys 6 to 9 years old on Saturday, February 7 at the University Heights Community Center in Seattle. No previous music training is necessary. Financial aid is available. Auditions are casual and fun. Classes begin in February. To make an audition appointment, call 206-524-3234. To learn more about the Northwest Boychoir, visit www.nwchoirs.org

Literacy Night

DINOMITE READ



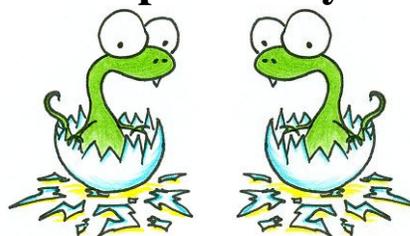
Event: Family Literacy Night

Date: Thursday, March 5, 2009

Time: 6:30pm – 8:00pm

Location: Multi-Purpose Room

We hope to see you there!



Newsletter Dates and Deadlines

Hello all, the following are the dates for the future newsletters. If you would like to submit an article please email me at nanteshome2@hotmail.com

Deadline	Issue
2-23-09	3-2-09
3-27-09	4-6-09
4-27-09	5-4-09
5-22-09	6-1-09