



ORCA

WEEKLY BULLETIN

October 6, 2009

Phone: 252-6900

Fax: 252-6901

Website: www.orcapta.org

October

5-9 – 6th Grade OPI

9 – Professional Development

15 – PTSA General Mtg.

28 – 2 hour Early Dismissal

29 – Harvest Festival

No School

7-8:30PM Topic: Race Forum

12:40PM

Orca

November

2 – Leadership Council

2 – Open Mic Night/Starbucks

3 – Picture Day Make Up

5 – Board Mtg.

3:30-4:30PM

6PM

TBA

7PM

THOUGHTS FROM SIMONE. ...



Hi fellow Orcans,

My name is Simone Davis. I'm entering my 2nd term as the K-2 PTSA V.P. When defining the word balance, one's mind may flash to a scale that is weighted equally on both sides. However, when it comes to our lives, balance becomes a trickier word to define – no equal parts here. Daily, we “balance” our schedules – from spouses/partners to kids to work to errands to extracurricular activities to meal preparation to volunteering to fixing the sink to friends and family and maybe, on a good day, to ourselves. It can be overwhelming to say the least. The good news is that we want to do everything we can to enhance our family life and the lives of others. The not so good news is that we simply cannot do it all and achieve a balanced life.

American Heritage Dictionary offers two extremely relevant “life-centered” definitions for the word balance:

bal•ance

Pronunciation: \ˈbɑ-lən(t)s\

Function: noun

1. The power or means to decide.
2. A stable mental or psychological state; emotional stability

Apply these definitions. Use your “power to decide” to make balance happen for your life and in return, restore your mental, psychological and emotional state to stable. Can we give something up without feeling guilty? Can we substitute in something of lasting value, such as a walk in the park or a game of cards with the kids, instead of that last load of laundry (which, maybe, at the time could have actual value)? You get to decide what is important and act on it.

As we go further into the school year we will be called upon to volunteer our time. This is important for not only our kids but for our community at large. Fortunately for us parents, these opportunities come

in various forms and, for the most part, can be tailored to fit your schedule. Take the time to listen to your needs and decide where you can lend a hand. What is important to you and your family? Are there others that could support the cause? Perhaps it is easier to focus on how much time you can give versus what you cannot give and state that clearly. At the risk of sounding too cliché, every little bit does count.

Time is valuable. Time with kids is perhaps even more so. It is important that we fully realize what we do in our day-to-day lives. Think of each direction you are being pulled. Having realistic ideas about what we can and cannot commit to is critical. And, even more importantly, communicate your decisions with others. It is ok to say "no, not today," to a request if that means bringing stability – in any form – back in to your routine. By creating a true "balance" in your own life you give back and nourish yourself, creating a stronger you. And, when we are filled up, it is then we can truly give the best of ourselves to others.

Thank You
Simone Davis
Orca PTSA v.p. sdjp@aol.com

ANNOUNCEMENTS

PTSA General Meeting

Please join us on Thursday October 15th at 7:00 pm for our monthly PTSA general membership meeting. This year we have increased the number of our monthly meetings to provide an opportunity for the community to gather and engage in some back/forth dialogue and share ideas. This month's meeting will provide a launch platform for the Race Forum (RF) which gives us all an opportunity to share our thoughts and experiences. The RF meeting is typically separate from the General Meeting, but we have dedicated this meeting to the RF to show our support and commitment for this very important effort. I personally believe that RF is the most important thing we do in the community. Below is the agenda:

7:00 Ben's Poem
7:05 2010/2011 Seattle School District Assignment Plan review- Ben
7:30 Race Forum introduction - RF committee
8:25 wrap up
8:30 end

Child care is provided in the library. The agenda is packed. So please be on time so that we can end as scheduled

Thank you!!
koichi kitazumi 206.856.0571
"don't swim alone, be herd"

Snack Update

Just a short update and some clarification on snack for this year. This year snack will go to all grades including middle school. Now with the earlier school start time some kids will go as long as 5 hours without eating, so snack plays a more crucial role in making sure kids are refueled and feeling energized till lunch and through the day. To be successful in our efforts, the snack committee is targeting snacks to be daily (everyday), nutritious and as organic and local as possible. To make this happen, we are budgeting approximately 20 cents per student per day or ~\$50 per year. So more than ever, your donation of \$50 or whatever you can contribute is needed in order to make the program sustainable and to take advantage of the volume discounts available when we can buy in bulk.

On the first day, your child should have come home with a packet of information. Attached to the front was a yellow PTSA form. On the back of the form was information regarding the snack and snack donation. We are now realizing that a number of you skipped the back side of the form which was easy to do. If this was the case, we are in the midst of returning the form back to you. Please return the yellow form along with your donation to your teacher.

Thanks to the efforts of Parents like Kate Malkin and Michelle Perkins with support from the teachers, snack is looked forward to and enjoyed by all. And the way we are doing this and the level of nutrition supplied by the snack far exceeds what the district could possibly supply (if they could) and meets all expectations of a healthy diet. I challenge you to find anything comparable. Thank you for your time and donation to keep this program running. It's amazing what we can do for 20¢ a day. Please feel free to call me direct if you have any questions or concerns about the snack program

Columbia City Community Choir

Looking for a way to connect with your neighbors, have fun and make a joyful noise? Come help launch the Columbia City Community Choir, directed by Orca parent Kathleen Tracy (her daughter Kira Maynard is a 2nd grader in Mr. Butler's class).

The Columbia City Community Choir welcomes people of all ages and cultures to come together in a fun, inclusive and spirited singing community. There is no audition, and no singing experience is required, just a desire to sing in harmony with others. No music reading ability is necessary as much of the music is learned in the oral tradition. The repertoire includes a rich variety of songs and chants from many different cultures and singing traditions.

The Columbia City Community Choir's first month of rehearsals take place on Tuesdays 7:30-9p Oct 13, 20, 27 & Nov 3 at Bethlehem Lutheran Church 3818 S Angeline St Seattle, WA 98118. (\$10 suggested donation per rehearsal).

If you have always been a singer you'll love this choir. If you are new to singing or have been told you can't sing ... this is the place for you. See an example of what we'll do at

www.youtube.com/watch?v=hEenHw-GYkc

Kathleen is a singer/songwriter, composer, teacher, workshop presenter and choir director who has lived in Southeast Seattle for the past 25 years. She can be contacted at: kathleentracy@speakeasy.net 206 725.0342

SCHOOL-FAMILY PARTNERSHIPS SCHOOL BOARD POLICY

It is the policy of the Seattle School Board to encourage and support family involvement in education at home, in our schools and communities, and in school governance. The Board recognizes the diversity of family structures, circumstances, and cultural backgrounds and respects families as important decision-makers for their children's education. The Board is committed to the creation and implementation of culturally inclusive and effective school-family partnerships throughout the School District and in each school, and believes these partnerships to be critical to the success of every student.



VOLUNTEER COORDINATOR NEWS.....

THANKS TO EVERYONE WHO IS PITCHING IN! WE ARE SO LUCKY HERE AT ORCA THAT SO MANY PEOPLE ARE WILLING TO SHARE THEIR TIME, ENERGY AND EXPERTISE! HERE ARE A FEW DETAILS ABOUT VOLUNTEERING....

PLEASE GET A VISITOR TAG AND RECORD YOUR VOLUNTEER HOURS. When you volunteer at school, please sign in at the main office and put on your visitor tag. The tags are located in the white notebook. Fill in your name, the date, the amount of time you are volunteering and where or why (garden, classroom, auction etc.).

BACKGROUND CHECKS. If you do not have a current background check on file with me, please complete a background check form, **include a copy of your driver's license**, and return it to the main office. These forms are located inside the visitor sign-in binder. Background checks are valid for two years. If you are not certain whether or not yours is still valid, just contact me and I can check for you.

THE COMMITTEE SHEETS ARE STILL HANGING UP ON THE 2nd FLOOR! I'll be taking down the sign-up sheets after this week. Below is a list of the different committees; let me know if you want

to join the fun and sign up! If you're not ready to make a commitment yet, just keep looking in the bulletin for opportunities and jump in when you can!

ANNUAL FUND, AUCTION (APR), BUDGET AND FINANCE, END OF YEAR CELEBRATION(JUNE), FESTIVAL OF CHILDREN (DEC.), FESTIVAL OF PARENTS (TBD), FUNDRAISING, GARDEN/NUTRITION, GARDEN LIAISONS, GRANT WRITING, JOGATHON (MAR), HANDBOOK, HARVEST FESTIVAL (OCT), LEGISLATIVE, MLK CELEBRATION (JAN), MATH, NEW FAMILY RECRUITMENT, PLAYGROUND SUPERVISION, PTSA MEMBERSHIP, RACE FORUM, RUMMAGE SALE (SPRING), SAFETY, SNACK, SPACE TEAM, TECHNOLOGY, YOUNG AUTHORS FESTIVAL (MAY), YOUNG AUTHORS PROJECT.

Get in touch with me if you have questions!

DEB KOON, VOLUNTEER COORDINATOR debkoon@comcast.net H723-7444/C612-1080

FROM THE AFTER SCHOOL PROGRAMS COORDINATOR

After School Programs begin this week, yeah! We have so many exciting classes being offered this Fall. If you have not had a chance to sign up your student for a class and would like to we still have space in the following classes:

Powerful Schools K-5 Classes:

Mondays at 3:00pm

Felting for K-5 *now open to all k-5 grades
Fun Combinations for 1-2

Mondays at 4:00pm

Fun Combinations for 3-6
Clay Explorations for K-2

Wednesdays at 3:00pm

Math Support for 1-2
Improv for 3-5

Wednesdays at 4:00pm

Basketball for 3-5
Herbal Wisdom for K-2

Out~of~School~Time for Middle School Students:

"Who Am I Anyway?" a personal writing & art class

Tuesdays from 2:40-4:45

Piano Lab

Thursdays 2:40-4:45

Transportation: We do offer transportation for our middle school program. The bus runs on Mondays, Tuesdays and Thursdays. We need up to a week to sign up your student. Please also note that currently the route is running quite lengthy.

PICK UP AND DROP OFF

Powerful Schools: if your child is in a 3:00pm Powerful Schools class they will go right to the lunch room when the bell rings. The exception is if they are also enrolled in First Base. They then will need to sign in there first. **All drop off and pick up happens in the lunchroom.** Unless you have given your consent for your child to walk home you must come in the building and sign them out and check in with me.

Out~of~School~Time:

OST classes go right to their classroom when the bell rings. Pick up and drop off happens from your students classroom. If they are riding the after school bus, the bus will depart Orca at 4:45pm.

Thanks! Lily Hotchkiss, After School Programs Coordinator, lihotchkiss@seattleschols.org



Student Messages

Parents, when calling into the office to leave a message for your student, please make every effort to call before 2PM. This will insure that your message gets to your child in a timely manner before the dismissal bell rings at 2:40PM. Please, call 206-252-6900.