



ORCA

WEEKLY BULLETIN

December 1, 2009

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December

3 – Orca Math Night

4 – Field Trip 7th/8th Grade

7 – Leadership Council

9 – Race Forum/Postponed

17 – Festival of Children

18 – Early Dismissal

Dec 21-Jan 1 – No School

7-8:30PM lunchroom

Moore Theatre/9:30-2PM

3:30-4:30PM

CANCELLED

6PM

1:40PM

Winter Break

THOUGHTS FROM BEN.



Welcome back from what I hope was a big deep breath for everyone. It's a wonderful gift to hold family and friends at the center of our lives. Thanksgiving also highlights the contradiction between all we have to be grateful about, and the inequities that surround us. The gulf between our good fortune and other's needs is an opportunity for creative activism.

Something I am continually grateful for is the willingness of Orca families to invest in their school community and support all of our students. At the November PTSA meeting I shared some guidelines for dealing with concerns involving other people's children that I was asked to include in the newsletter. They are pasted below.

We are hosting our annual Math Night on Thursday, 12/3 from 7-8:30pm. Join us for engaging math games and fun (you can also purchase any games you like from Blue Highway Games, who will be present). Also, if for some reason you were not able to connect with your child's teacher for a conference last week, please contact them for a time to get together.

General Guidelines for Dealing with Challenges Involving Other Peoples' Children

- Ask questions:
 - i.e. "What is happening here?" "Can you explain why he is upset?" "What are you supposed to be doing?"
- Make observations:
 - i.e. "You seem sad." "That is very loud." "When you start talking he stops working."
- Use statements and questions that refer to guiding principles:
 - i.e. "At Orca we keep one another safe. Does that seem safe to you?" "At Orca we solve problems together. What solution would work for both of you?" "We help one another learn here. How can you help her with this question?"
- If it involves safety or seems serious, ask for assistance from a staff member.
- Use yourself as a model to make observations in challenging situations:
 - i.e. "Notice how I am facing you and giving you my full attention. That tells you I think you're important." "Notice the tone of voice that I am using. That's how I am showing you respect."

- If it seems like it's escalating rather than getting better, ask for assistance from a staff member.

Thank you all for the many ways in which you contribute to success for all of Orca's children!

🌟 ANNOUNCEMENTS 🏴‍☠️



Math Facts

Orca's Math Game Night: Thursday, December 3!

The wildly popular game night with Blue Highway Games is THIS Thursday, December 3 from 7:00-8:30pm at Orca. No meeting. No show. Just fabulous games, old and new and families playing together.

Blue Highway Games, a local game store, will bring games to teach and share. You can purchase games to take home (holiday shopping?), or learn games from our math curriculum (to take home for free). A percentage of games sold by Blue Highway will be returned to the Orca PTSA. We're glad to welcome Blue Highway back for their fourth annual game night at Orca!

We need volunteers! to set up, clean up, or run games tables (FUN!) in Shift A from 6:30-7:45, or Shift B from 7:30-8:30. The early start and overlap times at the beginning of each shift allow you time to learn the game at the table you'll run. Join us and play!

Contact Julie McCann (julie@softlabour.com) to sign up to help.



Annual Fund Drive Update

To date **we have received 74 individual donations from Orca families and friends, totaling \$10,580!** This is a great start to meeting our \$40,000 goal, but we still have a long way to go. The only way to guarantee Orca's unique programs continue to flourish is through donations from Orca families, friends, alumni and neighbors. The Orca Garden, library books, tutoring, music, and arts all rely on these individual contributions.

Please consider making a donation to Orca! You may give a gift today or pledge a monthly amount on your credit card. There are also pledge forms and a donation bin in the Orca office. The 74 donations we've received ranged from \$5 to \$2000 - **no donation is too small or too large!**

If you turned in your address request form in the First Day packets, you should have received the Annual Fund letter in the mail. If not, you can still have a request sent to your families and friends by emailing their contact information to kingsusanL@gmail.com, or by turning a list in to the Orca office. Please **ask your friends and family to give a gift to Orca in honor of your child!**

With the support of caring Orca families and friends, this year's Annual Fund Drive will be a great success! Contact me with any questions:

Susan King Annual Fund Chair and Tuesday's mom
206.683.8431 / kingsusanL@gmail.com



Thanks to all who participated in the "Trick or Treat for UNICEF" campaign. The total amount Orca raised was \$235.89. Great job!!!



VOLUNTEER COORDINATOR NEWS.....

WE NEED MORE VOLUNTEERS FOR MATH GAME NIGHT THIS THURSDAY NIGHT!

Math Game Night is a fun evening to gather your family and play math games together at Orca!

We need more volunteers to make this evening happen! You can help set up, work a game table shift (really fun!)

or help clean up. Game table shifts are either 6:30 to 7:45 or 7:30 to 8:30. **Please contact Julie McCann at julie@softlabour.com or me if you can help!**

FESTIVAL OF CHILDREN NEEDS YOU!

We still need many more volunteers for the Festival of Children on Thursday December 17th.

Here's some of the ways you can help:

- Assisting at auditions this Thursday the 3rd right after school
- Helping with rehearsals on Wednesday the 16th
- Putting up decorations Thursday the 3rd starting at 2:30pm
- Assisting backstage with various tasks
- Anything else Wendy can think of!

Please contact Wendy at wendy@bentnote.com or me.

STILL LOOKING FOR SOMEONE TO HEAD UP THE MLK CELEBRATION!

Our Martin Luther King Celebration still needs someone to step up and pull it all together! There are plenty of people to help we just need a couple of folks to take the lead. Interested? Let me know!

DEB KOON, VOLUNTEER COORDINATOR debkoon@comcast.net/612-1080/723-7444



“DAY OF CARING” First A.M.E. Church & Mt. Zion Baptist Church Reach out to Families in Need

Warm lunch will be served, along with free gifts for the children. Donated clothing will be available, from the Mt. Zion Helping House. Adults, youth, and children are welcome.

- WHEN: Saturday December 19th
- TIME: 10:00A.M. – 4:00P.M.
- WHERE: MT. ZION BAPTIST CHURCH 1634 – 19TH Ave. Seattle, WA 98122

Greetings Orca Staff and Parents,

Each year winter holidays bring laughter and joy a plenty. Yet for some families it's a time of anxiety, sadness and need. Once again this year we are helping Orca families support one another. We are collecting donations of gift Cards from Safeway, PCC, Fred Meyers, QFC, Saars, Target or Wal-Mart to help families. If you are able to make a donation, please bring a gift card(s) to the office. Thank You

Parent's Night Out is Back!!!

Need a break. want to get some holiday shopping done. want too see a movie in the theater and not on DVD? PNO is for you!

- What: A safe place to drop of your kids) for 4 hours! Dinner. activities. movies. snacks provided.
- When: Dec 4th. 2009 6pm-10pm. *no drop offs after 6:30pm*
- Who: Kids grades K-5
- Why: A way to give you a break. and a way for Middle School to earn money for their class trip.
- How Much: \$20 per child
- Checks made out to: Orca PTA/ Note: MS Class Trip

RSVP: Ms. Tanisha tdfelder@seattleschools.org 252-6863



GARDEN WORK PARTY: Saturday, December, 12th from 12:00-2:00pm

Work party tasks include leveling the gravel pathways to eliminate the large rain puddles, chopping compost and turning compost bins. This is a great opportunity to take pride in the Orca garden and get to know other parents and garden enthusiasts! Light refreshments will be offered! Contact orcagarden@gmail.com for more info or to be put on our email list. Look us up on Facebook too!

NOTES FROM THE NURSE

The human visual system is an amazing and complex design! The (adult) eye is the size of a golf ball; has over 2 million working parts, and is wired directly into 65% of the brain's pathways.

Eyesight is the ability to see clearly, and is also known as acuity. "20/20" is the standard measurement for acuity; it means that an object can be clearly seen by the average person from 20 feet away. A measurement of "20/50" means that someone sees an object clearly from 20 feet away BUT the average person sees it from 50

feet away. A measurement of 20/50 indicates a common acuity problem, near-sightedness, and the need for glasses to see far away. A measurement of "20/16" or below indicates far-sightedness, and possibly, the need for reading glasses. Another common acuity problem is astigmatism, which is a curve on the surface of the eye. For example, the letter "o" may look like a "c" and the letter "v" may look like a "y." Glasses can also correct astigmatism.

Vision is the ability to process, understand and use the information that comes from our eyes. Vision is learned, just like walking and talking. It develops over time, includes 20 different skills and, best of all, can be improved! 80% of all classroom activities depend on good visual skills.

A few of the visual skills that are important to academics are:

Accommodation: an easy shift of visual focus from near to far and back again, such as looking from a book to the chalkboard.

Eye Teaming: the eyes' ability to fuse the pictures each eye receives into a single image that the brain recognizes.

Tracking: the eyes' ability to smoothly follow a moving object, i.e. playing catch.

Saccadic rhythm: the eyes' ability to "jump" and fixate from one point to another, such as reading words on a page.

Eye-Hand Coordination: the ability to be properly oriented on the paper as when writing, coloring and drawing.

Some "clues" that your child may have a vision problem are:

- +Poor posture or head tilt
- +Red, watery, sore eyes; frequent sties
- +Complaints of headaches, blurriness or nausea, especially after reading
- +Covers one eye when reading
- +Frequently loses place, skips lines or omits small words or word endings
- +Fails to recognize the same word in a different line

A thorough exam by a qualified eye doctor is recommended at age three and again before entering school. As always, as a parent, you have valuable input regarding your child. Help your child to be healthy and ready to learn!

Four free H1N1 vaccine clinics for people at highest risk and who can't afford to pay

KING COUNTY, WA - Public Health is opening up four free H1N1 vaccine clinics, beginning Saturday, December 5, and again on Wednesday, December 9, as a way to provide access to people at highest risk for H1N1 influenza (swine flu) who cannot afford to pay. Future clinic dates will be scheduled as more vaccine becomes available. More H1N1 influenza vaccine continues to arrive every week, and most vaccine is still going to local health care providers for at risk patients. Local pharmacies are also receiving limited ongoing allocations.

"As more vaccine comes into the community, we're continuing to allocate limited amounts to people without insurance or who can't afford to pay," said Dr. David Fleming, Director and Health Officer for Public Health - Seattle & King County. "We encourage people to seek H1N1 vaccine through their health care providers or through pharmacies if they can afford the administrative cost or if insurance covers it."

An estimated 280,000 people in King County who are at high-risk for complications have already been vaccinated for H1N1 influenza and an additional 90,000 doses of vaccine is on the ground or in the process of being shipped to vaccine providers in the county. Though flu illness seems to have peaked locally, at least temporarily, H1N1 illness continues in the community, and vaccination is the best way to protect against H1N1 influenza.

The public vaccination clinics will be held at four sites on Saturday, December 5, from 9 a.m. to 5 p.m. and Wednesday, December 9, from noon to 7 p.m.:

- o Columbia Public Health Center (4400 37th Ave S., Seattle)
- o Renton Public Health Center (3001 NE 4th St., Renton)
- o North Public Health Center (10501 Meridian Ave N., Seattle)
- o Federal Way Public Health Center (33431 13th Place S., Federal Way)

On December 5, there will be a total of 4,000 doses of vaccine available across the four sites, and on December 9, there will be 1,000 doses of vaccine. Vaccinations are first come, first served, and

no reservations will be taken. If demand is high, people will be given a time later that day to return for a guaranteed vaccination. Once supply is exhausted, people will be told as soon as they arrive. The ability to pay will be determined on the honor system, and it will be assumed that people getting vaccinated at one of the four clinics cannot afford the administrative cost of H1N1 vaccination. Most of the vaccine arriving to King County continues to be allocated to health care providers so that they can vaccinate patients who are most at risk, including:

- o Pregnant women
- o People who live with or care for children younger than 6 months of age
- o People between the ages of 6 months and 24 years old
- o People between 25 through 64 years of age with chronic health conditions or weakened immune systems
- o Healthcare and emergency workers

People who are recommended to receive H1N1 vaccine should continue to seek it. Vaccine supply is gradually improving each week, and it is expected that eventually there will be enough vaccine in King County for anyone who wants it.

Visit the Public Health H1N1 influenza website at www.kingcounty.gov/health/H1N1 for updates on vaccine availability in the community or call the Flu Hotline at 877-903-KING (5464), which is staffed with operators to answer questions from King County residents about H1N1 influenza. Hours of operation with operators are 9 a.m. to 5 p.m. weekdays, with special 24-hour nurse line service extended over this weekend for people with flu seeking medical care advice. Recorded information is available 24 hours a day.



PE "B"(SPORTS) has just rolled off from a 4 week Roller Skating Unit!! Those Kindergarteners showed great enthusiasm for learning the process involved to get rolling :) Much improvement was shown among all classes. Thanks to the parents who came and helped tie-up all those laces and the middle school students who gave up classroom time too! All PE classes are also learning health concepts required to pass the Health & Fitness CBA's this Spring. A few classes were able to participate in a short bike unit due to the weather. In December, classes will incorporate fitness with pedometers and large group activities. Middle school students will be working on circuit training and wave board activities. January we'll have a bowling unit.

ATHLETICS: Basketball season has begun! The boys & girls teams are practicing hard for their first game of the season against TOPS K-8 this Thursday. Come join us to cheer our ORCA teams at the Rainer Beach Comm. Ctr. @ 2:45pm. All athletes need to get their registration forms into Ms. J. ASAP. Students must be picked up after games either at the game location or upon return to Orca at 5:45pm.

Ms. J

MIDDLE SCHOOL DANCE TEAM

Middle School Dance Team! Come sign up in the main office or on the 3rd floor by Ms. Luster's office. Practices will be Monday, Thursday and Fridays during lunch in room 301. **TURN IN YOUR PERMISSION SLIPS IN THE MAIN OFFICE.** If you have questions please ask Ms. Patrice



If you would like to add something to Orca's Weekly Bulletin, please send an email and/or attachment to: announcements@orcapta.org. The deadline is the end of day Friday each week for the following week's publication. Please add any pertinent information or notes with as much detail as possible. If you miss the deadline, your message can be saved for the following week. Thank you!