



ORCA

WEEKLY BULLETIN

February 2, 2010

Phone: 252-6900

Fax: 252-6901

Website: www.orcapta.org

February

03 – Professional Development

03 – Writer's Workshop Training

04 – Elementary Open House

09 – Special Election Day

11 – Field Trip/SCT

11 – PTA General Mtg.

12 – K-5 & Special Ed Skate

15-19 – President's Day/Mid Winter Break

22 – Leadership Council Mtg

25 – Environmental Science Night

27 – Garden Work Party

March

01 – Leadership Council Mtg

03 – Professional Development

03 – General PTSA Mtg

11 – General PTSA Mtg

18 – Race Forum

19 – Professional Development

12:40pm Early Dismissal

6:30-8:30pm Orca Library

7-8pm

Please Vote!

9:30-Noon

7PM

9:30-2pm, Skate King

NO SCHOOL

3:00pm

6-8pm

10am-2pm

3:00pm

12:40pm Early Dismissal

7:00pm

7:00pm

NO SCHOOL

THOUGHTS FROM Koichi...



As many still hope and pray for snow to come to Seattle, bulbs begin to break through the ground and buds begin to pop. Spring is in the air and both Valentine's and winter break will soon be upon us. I noticed today that permission slips for the Orca Skate event went home today. The Orca Skate is a great Valentine's tradition. Although it is somewhat chaotic and loud, I welcome you all to attend and join in the festivities...at least once.

My main message today is to VOTE, VOTE, VOTE. Please send in those ballots as soon as possible and have your voice heard. You are being asked to consider renewing two expiring levies that provide essential funding for Seattle schools. Proposition 1 - the Capital Levy, funds critical health & safety improvements to schools across our city. Proposition 2 - the Operations Levy, provides 23% of our schools' operating budget, helps keep class sizes down, and pays for everyday classroom materials. Your vote will impact 46,000 kids in Seattle's public schools including ours right here at Orca.

I'd like to take this time to thank all the staff, kids and parents who put the time and energy into the Middle School open houses and informational meetings in the last few weeks. Those of us who attended know that much work and detail went into preparing for these meetings. The meetings were filled with information, energy and enthusiasm. If you or a friend are still looking for information about middle school or K-5, there are more opportunities coming up. Check out the calendar above or the website for more details.

http://www.orcapta.org/announcements/Public_Tours_and_Open_House_schedule.shtml

My last message is a plea to help us identify a PTSA president for next year or two. Yes, my job. Although the job is sometimes time consuming and intricate, it can without a doubt be rewarding. This is a perfect role for a

parent who wants to be an advocate for public education, parents who want more for kids than what Seattle Schools can provide and for parents who want to be better parents. The best part is that you get to work with like minded teachers and parents who seek a high quality learning environment for our kids. We're looking for an innovative parent who will lead us into the next decade with bold energy and be the voice at the Leadership Council table that will help us make the right decisions for our growing school. If you or if you know of somebody who is looking to be part of a community to make a difference, please let myself or Deb Koon know. Is it you? Thank you!!

koichi kitazumi 206.856.0571 kkitazum@starbucks.com "don't swim alone, be herd"



ANNOUNCEMENTS



Last Week to Contribute to the Orca Annual Fund!

To date we have received 233 individual donations from Orca families and friends, totaling \$39,651! We hope that in the years to come our Annual Fund

can become our main fundraiser in an effort to better leverage our volunteer resources and capabilities. We can only continue on this path if we can meet or exceed our annual goal of \$40,000. Please make your gift today!

A donation bin and pledge forms are available at the counter in the Orca office. The 233 donations we've received so far ranged from \$1 to \$2000 - **no donation is too small or too large!** You may give a gift today or pledge a monthly amount on your credit card.

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!

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

You can also mail
your gift to:

Orca Annual Fund
PO BOX 18039
Seattle, WA 98188



It's time to lace up your skates and join in the fun! Time to S-K-A-T-E!

Parents and Chaperones are needed, please check with your child's teacher for more details....

Time: Bus leaves 9:30 and returns at 1:30

Date: Friday, February 12th

Where: Skate King in Bellevue

Who: Grades K-5 and Special Ed

Cost: \$4 skate rental, \$3 bus

Lunch: Please bring a sack lunch



SAVE THE DATE! ORCA PTSA AUCTION IS APRIL 10TH!

It's time to procure donations! Procurement/Donation deadline is Monday, March 15th!

This is the PTSA's biggest fundraiser of the year, and we need your help! The auction raises money for vital school programs such as the garden program/coordinator, music education, full day kindergarten for all, outdoor camp, tutoring and art supplies. We are asking each family to procure or donate at least one item for the auction. A donation form will be sent home with your child. Please complete it and return it to the auction mailbox in the school office or have your child give it to their teacher. Some ideas:

- Host a cooking or baking class
- Donate a home cooked meal, delivered
- Lead a day hike with lunch included
- Are you a musician that can teach? Donate lessons.

Also, be sure to ask for a donation from your favorite store, restaurant, massage therapist, coffee house, etc.

Additional donation forms and a letter with our tax id# are available in the school office under facility mailboxes or via email from Arti Chandra (artipaul@yahoo.com) or Melissa Purcell (mel@blarg.net).

Thanks for all your support. Our kids deserve it!

Melissa Purcell (206-251-8002) and Arti Chandra (206-354-9269) Auction Procurement Co-Chairs



Writer's Workshop is now being used in most classrooms at Orca. If you are interested in volunteering in the classroom, or just in understanding how to support your child's development as a writer, this is the training for you!

NOTE DATE CHANGE!

When: WEDNESDAY FEBRUARY 3rd

Location: Orca Library

Time: 6:30 - 8:30pm
Training taught by Arni Adler

Childcare and refreshments provided
RSVP TO HEIDI RAYKEIL hraykeil@comcast.net

Writing is a process involving many steps: immersion, brainstorming, drafting, revising, editing. Students engaged in process-focused writing excel when the this process is incremental and demystified. Come find out more about how to support your child's development as a writer, while trying out a process approach to writing yourself.



VOLUNTEER COORDINATOR NEWS

Tours and Open Houses are starting; please sign up to help!

We still need many more people to help out with the Open House and Tours!

Please check the schedule below and let me know if you can join in:

Elementary Open House: Thurs. Feb. 4th from 7:00 to 8:00pm

Elementary Tours: February 25 and March 4, 9, 16 and 23 from 9:00 to 10:30am

Middle School Tours: March 11 and 18 from 9:00 to 10:30 am

Stacy Needs Help Hanging Artwork

If you are in the building with time to spare, remember to check in with Stacy, our Art teacher extraordinaire, and help hang up art. Our kids create a lot of fabulous art and it takes a bit of time to get it all posted on the walls! Please stop by and help when you can!

More Playground Supervisors Needed!

Please consider volunteering to help out on the playground. We have many kids and a large playground; we need a few extra eyes and ears! Here's when help is needed:

Middle School: 11:05am to 11:40am

Kindergarten - 2nd Grade: 11:35am to 12:05pm

3rd grade - 5th grade: 12:05pm to 12:35pm

We are also calling on **Middle School parents** to come and hang out with the middle school children from 11:05- 11:40. Please talk to Ms. Vivian, Ms. Patrice or Mr. Sakaue, or email Tanya Vanderwey at tlvanderwey@yahoo.com.

Sign up to help with Environmental Science Night February 25th!

Our Garden crew, Beth and Anthony, are busily preparing for Environmental Science Night. We will need some volunteers; here's how you can help!

Set-up 5-6pm

The following will be in two shifts: 6 to 7pm and 7 to 8pm

- o Welcome and Raffle Table
- o Food Miles Bean Bag Game
- o Water Relay Game
- o Newspaper pot making

Clean-up 8-8:45pm

Can you help? Please contact **Beth at orcagarden@gmail.com**

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



PE News -

What's happening in the **GYM**

2010 started off with a bowling unit and we're now moving into station work with circuit training & heart monitors for the middle grades and cardio activities using pedometers for K-5 grades. I hope to entice the staff to compete in a school wide pedometer competition among students and staff this spring. Later this month, all grades will have a wonderful opportunity to work with a dance residency instructor from the Ewajo Dance Studio for several weeks and ending with a school performance just before Spring break. I will be introducing Fencing in March to grades 6-8th and possibly 4/5.

Harvest Bites from Nutrition Services
"Carrots are the February's Vegetable of the Month. Carrots have Vitamin A which helps your eyes see, especially at night. Choose carrots from the fruit and veggie bar at lunch; it's the next best thing to night vision goggles!"



BASKETBALL / TEAM SPORTS

I'd like to give a big **“WAY TO GO TEAMS”**; the boys & girls **VARSIITY** teams play with nothing less than their best efforts. They ranked in the top 4 of the K-8 league and headed for the play-offs in their first year. The Girls had a 5-3 season and the Boys had a 4-4 season. Both teams stayed in the fight for the first round of play-offs up against top ranked middle school teams, but were eliminated on Monday. Orca should be very **PROUD** of the basketball players and their team spirit they've brought to the game! -**Renee Johnson**



Mr. C is looking for a group of motivated students to help with a service learning project.

Looking for a group of students to form a roundtable to research non-profit organizations for which to donate the \$1,000 collected from Penny Harvest. The roundtable will identify needs of the community, research to find organizations that meet those needs, and then begin a research/interview process to determine to which organizations we want to donate money. The roundtable of students, grades 2-8, will meet Thursdays from 2:45-3:45 in my classroom running up to April 8th. Students need to have an interest in community service/philanthropy, be able to work in groups and be willing to spend an hour a week working on the project. Snacks will be provided, but transportation will not. There exists the potential for a service grant later in the spring. Interested students and parents can contact me by phone at 252-6879, by email at decouture@seattleschools.org, or in person in room 201.



Requests from the Art Studio:

- o Shoe boxes w/lids
- o misc. recycled items/junk such as plastic food containers, corks, etc. for recycled art
- o misc. craft supplies
 - o misc. small plastic toys
 - o origami paper
 - o tracing paper
 - o Styrofoam trays
 - o Wire
 - o Anything else one might want to donate when cleaning out the drawers or closets is much appreciated

Please contact Stacy

(slstark@seattleschools.org) with questions



The Orca Spring Rummage Sale...The Ultimate Recycling Event!

It's time once again to start putting aside items for our Rummage Sale coming up in May. Items we would be happy to accept for donations to this PTSA sponsored event include:

- *Toys and Games in Good Condition
- *Gently Used Clothing
- *Sports Equipment
- *Baby Items

- *Books
- *Household items: dishes, linens, etc.
- *Small furniture items
- *...and More!

For more information and/or to volunteer (all help is welcome!), please contact Christina Morehouse Hidalgo(cesar-christina@clearwire.net) or Sabranie Coyne sabranie@hotmail.com).

More information to follow!



Treehouse Clothing Drive

It's time to clean up for Treehouse!

Treehouse could use your clothes. Ages newborn - 18

(Gently used or new clothes) Bring clothes to Ms.Tanisha's Room (Room 306) or drop in the box by the office! Starts February 1st and ends March 5th!

*Treehouse is an organization that serves children in foster care. Visit www.treehouseforkids.org for more information

Treehouse
Clothing Drive
Feb 1 thru Mar 5!

Mark your calendars – next week is SPIRIT week at ORCA! Show your school spirit!!!

Monday, 2/8 Crazy sock day! Wear your craziest socks and let 'em show!	Tuesday, 2/9 Character Day Dress up as your favorite t.v. personality, super hero, use your imagination!	Wednesday, 2/10 Job Day Show us what you want to be when you grow up!	Thursday, 2/11 Single Color Day Dress in your favorite color	Friday, 2/12 Spirit Day Wear your Orca colors – Blue, Black and White!
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Happy February from Nutrition Servies

Wendy Weyer, R.D.

The new *Harvest of the Month* feature is Carrots. From September through December Nutrition Services sources its carrots from Prosser, Washington. You and the students will find carrots on the fruit and veggie bar throughout this month. Link reading and nutrition by sharing the books listed below with your classrooms. We've also included a delicious Thai Carrot Salad with Peanuts recipe for you to enjoy.
Classroom activities

Month	Fruit or Veggie	Academic Area	<i>Classroom-based activity related to fruit/veggie of the month</i>	
February	Carrots	Writing	Most kids know that eating fruits and vegetables makes you healthy and strong. Research carrots and give specific examples of how carrots are good for your body (i.e. the fiber in carrots acts like a tiny broom that cleans your insides).	In addition to choosing baby carrots at lunch, what are other ways to enjoy carrots? Do you like carrots in salads or cooked? Do a library search for a recipe with carrots that you'd like to try; write the recipe in proper format and explain why it appeals to you.
February	Carrots	Reading	<u>Literature Links—Primary</u> <i>The Carrot Seed</i> by Ruth Kraus (available in Spanish) <i>The Giant Carrot</i> by Jan Peck <i>Tops and Bottoms</i> by Janet Stevens	<u>Literature Links—Intermediate</u> <i>10 Terrific Vegetables and Everything You Need to Grow and Know Them</i> by the National Gardening Association <i>Stinky and Stringy: Stem & Bulb Vegetables</i> by Lerner Publishing Group <i>Encyclopedia of Foods</i> published by Academic Press (2001)

Thai Carrot Salad with Peanuts

- ¼ cup rice vinegar
- 1 tablespoons fresh lime juice
- 2 teaspoons orange zest
- 2 teaspoons fresh orange juice
- 1 tablespoon chopped fresh cilantro
- 2 tablespoons maple syrup or honey
- ¼ teaspoon red chili flakes
- 4 cups grated carrots
- 1 cup chopped peanuts, optional
- Finely chopped fresh mint to taste

To prepare the salad dressing, whisk the first 7 ingredients together in a small mixing bowl, set aside. Wash the carrots with a brush and grate into a large bowl. Add the dressing to the carrots and marinate for 15 to 20 minutes before serving. Garnish with peanuts and mint.

If you would like to add something to Orca's Weekly Bulletin, please send an email and/or attachment to: announcements@orcapti.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!

First B.A.S.E. Pre-Kindergarten

The First B.A.S.E. Pre-Kindergarten program will soon begin enrolling for the 2010-2011 school year. This program is open to all children who will be four years of age by August 31, 2010.

Important dates to remember:

- Tour and Observation Dates: Feb. 8, Feb. 22 by appt. Call Melodie Rogers @ 206-722-3658 to set up an appt.
- Open House – February 25, 2010 @ 6:30 PM in room 106. All interested parents are invited to attend
- Registration opens March 5, 2010 @ 8:30 AM in room 106. Registration will remain open until all sixteen slots have been filled.

For further information, please contact: Melodie Rogers, Director, First B.A.S.E. Enrichment and Pre-Kindergarten 206-722-3658
firstbase@clearwire.net

Please note: Enrollment in the first B.A.S.E Pre-Kindergarten program does not guarantee placement in the Orca kindergarten the following year. First B.A.S.E. is a non-profit organization and is not operated by the Seattle Public Schools.