

Tiger Tracks

Catharine Blaine K-8 Weekly Newsletter



October 30, 2009

Issue 82

UPCOMING EVENTS CALENDAR

Veteran's Day No School	11/11
Ski Bus Meeting Library 7 p.m.	11/18
Teacher Conferences	11/23- 11/25
Thanksgiving Holiday Break	11/26 and 11/27
Winter Break Early Dismissal 12/18 at 1:30 p.m.	12/21 - 1/1/10
School Resumes	1/4
Martin Luther King, Jr. Holiday No School	1/18

Hello Blaine Families!

My name is Tommy Rose, and I'm happy to be your new Assistant Principal. I was asked to speak at the PTA Meeting on Tuesday October 27th about my new role at Blaine K-8. Transportation, truancy, safety, supervision, and discipline are just a few of the issues I handle at school. Although my job is multi-faceted, I was asked to speak specifically about my philosophy of discipline and behavior policies in general.

In this short article, I would like to highlight some of the main ideas I offered at the meeting. My experience in education spans 17 years in the Seattle School District. I taught Kindergarten, Advanced Placement French, and 2nd Grade before landing my first job as an Assistant Principal in a K-12 school. That's right, K-12. We had all 13 grades, and it was a good preparation for my work at Blaine.

I have always believed that behavior is a way to communicate, and if I can figure out what a person is trying to say through their actions, I can help them learn and grow. I also believe that given enough time, students can figure out their problems on their own. These two beliefs guide me in my work as I deal with discipline issues at school.

In my role as an administrator, I am obligated to maintain a school environment in which teaching and learning can take place without undue inter-

ference. I take pride in helping create an environment of respect for the rights of others in which both children and adults are free from verbal or physical threat to their safety.

Our School Board believes that a positive approach to discipline improves the learning climate of the school, and that the purpose of corrective action is to change behavior, never to coerce or punish a student. I couldn't agree more. Our School Board expects that administrators use the "least coercive action or punishment to modify student behavior before resorting to suspension." I always work hard to be sure that both sides are heard and weighed carefully in any conflict.

The *Student Discipline Manual* clearly explains the guidelines for acceptable behaviors and those for which students may be sanctioned; it is easily accessible on the Seattle Schools website. (Click on **For Families** at the top, scroll down, and click on **Student Discipline**.) Although I believe that the best discipline plan is an excellent lesson plan, clear building-wide guidelines are essential for the non-academic areas, such as the hallways, cafeteria, and playground. Those guidelines are also published in the **Student Planners** under Catharine Blaine House Rules/Expectations. Copies are made available to you in the office. Thank you for welcoming me and making me feel at home here! If you have questions or need assistance, my direct line is (206) 252-1929. Thanks for taking time to read this article. **Tommy Rose**, Asst. Principal

2550 34th Avenue West Seattle, Washington 98199 Office: 252-1920 Attendance: 252-1924

Visit our website: www.seattlechools.org/schools/blaine

Tiger Tracks submissions due Tuesdays by 7:00 pm.

Please email them to Leslie Reynolds at leslie3reynolds@comcast.net

FROM THE OFFICE:

- Please do NOT drop your kids off in the alley behind the playground. This becomes a safety issue when kids are walking along and in between idling cars.
- Please use the drop off on 34th West at the tops of the stairs. Instructional Assistant, Stephan Felak, will be at the top of the stairs every morning from 8 a.m. until the 8:20 a.m. bell rings.
- If you haven't paid your \$10 for Handwriting without Tears, please drop off your check in the office. All K-4 grade families are being asked to support this program.
- If you still have any office forms out, please return them to the office as soon as possible. We need to have your most current information on file.
- Please mark your calendars as there isn't any school for students on November 23rd, 24th and 25th due to Parent/Teacher Conferences.
- If your child is sick with any cold symptoms - please keep your child home. Your child must be fever free for 24 hours without any fever reducing medicine.
- If your child will be late to school or absent that day, please call (206)252-1924 as soon as possible. This number is available 24 hours a day. Additionally, the advance absence form is available on the glass counter in the main hallway and available online at the Blaine website.
- We are still collecting for Lice Barriers (\$3) for all students; Middle School Art Fee (\$15) and Science Fee (\$10); Planners (\$8) and Time for Kids for 6th grade (\$5).



FAMILIES IN NEED: We can always use donations of grocery gift cards, gas gift cards, cash and granola bars. If you have any questions, stop by the office.

MAKE SOME NOISE FROM MAGNOLIA!

There is a computer in the school library for families to use to check on the status of the NEW Student Assignment Plan. Please use it to send comments to the Seattle School Board about the plan. It is important that we let Seattle Public Schools know that Magnolia parents are very happy being assigned to Ballard High School; the closest to our neighborhood. The school assignment plan is a proposal; *it has not been finalized*. Some neighborhoods are opposing the plan, as they would like their children to attend Ballard High School. Seattle School Board members have repeatedly told us that we don't always get what we want because we are a quiet neighborhood. Please help us make some **NOISE** from Magnolia and submit your comments via e-mail to newassign@seattleschools.org or by postal mail to Seattle School Board, P.O. Box 34165, MS 11-010, Seattle, WA 98124.

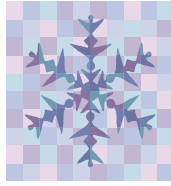
JOIN THE PTA! Forms are available outside the front office on the "PTA NEWS" Bulletin Board. Who doesn't want a say? We vote on issues and if you aren't a member, you can't vote! Memberships are ANNUAL. If you joined last year, you must join again this year. Put all completed forms in the box labeled "PTA Treasurer" in the office. Let your voice be heard!

**POTATO OR POTATOE? TOMATO OR TOMATOE?**

Anyone interested in bringing a Spelling Bee to Blaine? We are proud to announce that we now have a Seattle area sponsor for the **2009-2010 Scripps National Spelling Bee** program! Our kids could compete on the local, state and even national level! All it takes is for someone to volunteer to look into it! Is that you? Please send an email to Portia Gray at tedandportiagrays@comcast.net. Portia is checking her email right now

LET IT SNOW! LET IT SNOW!
LET IT SNOW!

If your Middle School child wants to learn how to Ski or Snowboard or just learn some new tricks, please come to the **Ski Bus Meeting** on **November 18th** at **7pm** in the **Library** to get all of the details for some frolicking in the snow!



HOLIDAY WREATHS AND DECORATIVE GREENS

Our diligent 6th graders are raising money for their Science Camp on November 2nd-4th. Give them a boost and get ready for the holidays all at once! Look for our salespeople in the 6th grade or locate the sign-up sheet on the counter in the office.



SEATTLE KIDS MARATHON

Registration forms can be found on the P.E. Bulletin Board by the main office. If your student is interested in participating, please return your check and registration/waiver form to Ms. Pickens or Ms. Anderson by Friday, November 6th. The event will be held at Seattle Center on Saturday, November 28th at 10:00 AM. The Kids Marathon is a great opportunity for students to experience road racing and many great rewards.

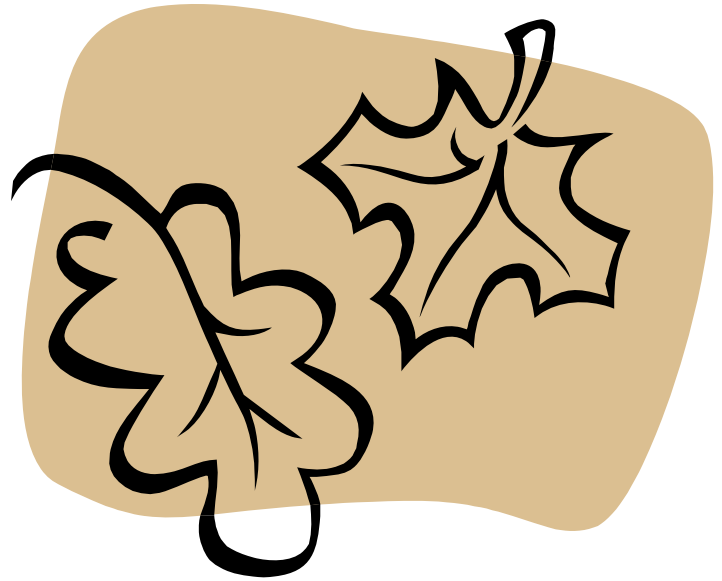
QUEEN ANNE FALL FESTIVAL

Kids ages 3-10 can come dressed up in their favorite costume, play carnival games, enjoy refreshments, and enter a pumpkin coloring contest on Friday, October 30th from 6-8 p.m. at the Queen Anne Community Center (1901- 1st Ave West, Seattle, 98109). The cost is **ONE** can of food for Life-line and 25 cents a ticket or \$1 for five tickets. If you have any questions, please call (206)386-4240.



CONGRATULATIONS TEAM GREEN!

Last week Kellan Craft, Connor Doyle, Easton Doyle, Maximilian Fischer, Sebastian Fischer, Brock Hathaway, Natalie Leighton, Lillian Petersen, Athena Pierce, Charlie Self, Katie Self, Katie Stutz, Connor Stutz and Isabel Swanson made 58 round-trip **green** commutes to school by walking, rolling or biking! That brings the team to 203.5 so far for our goal of 500 by April 22nd. Looks like we'll smash through that goal, feet-first! You can join the team, too - each trip counts. Email seastars@gmail.com by Tuesday each week. Your name goes in Tiger Tracks and your commutes get added to the **Team Green** board outside the office. (Prizes on Earth Day, April 22, 2010). Every **green** commute (averaging a mile round-trip) saves about a pound of carbon emissions! Help the earth, strengthen your body and make friends. Need routes or walking partners? See <http://groups.google.com/group/safe-routes-to-blaine/web/route-map>.



THRIFTWAY AND ALBERTSONS RECEIPTS

Save your grocery receipts and drop them off in the Thriftway drawer in the office. Thriftway and Albertsons are supporting our school by returning 1% of the total money on your receipt to Blaine!

Blaine Tiger Directories are coming soon! A huge thank you to Carol Noel who has put in countless hours putting the Directory together! This is a big undertaking and your patience is appreciated.

FROM SEATTLE PUBLIC SCHOOLS

Dear Parent/Guardian:

This letter is to inform you of the opportunity your student will have to participate in during his/her physical education class this coming school year.

Starting in grade 3 in Physical Education, your child will be doing the Basic Fitness measurements to evaluate his/her current levels in the five components of health related fitness, which include *Cardiorespiratory Endurance, Muscular Strength, Muscular Endurance, Flexibility* and *Body Composition* (height and weight, to calculate Body Mass Index-BMI). This fitness process is supporting the K-12 Physical Education 'FIVE FOR LIFE' articulated physical education curriculum district wide.

You child's fitness levels are compared to minimum health related standards that have been developed for children of the same age and gender.

The basic measurements consist of three phases; baseline, goal setting and post measurement. Phase one is the baseline measurements. Its purpose is to gather information about the students beginning fitness levels. Each item is specifically designed to measure one of the five components of health related fitness. By finding the starting point, students develop an awareness of where they are on a fitness and health continuum. It is important that students do not view this as a competition, but rather a starting point to improve their own personal fitness levels. Height and weight are taken privately and the information is held confidentially by the Physical Education teacher.

In the Seattle Public Schools, we will be conducting height and weight measurements to calculate Body Mass Index (BMI) for individual surveillance purposes only. Body Composition is the combination of fat-free mass and fat mass. Fat-free mass is the combined weight of bones, muscles, organs, blood and water. Fat mass is the total weight of fat stored in the body. Having a healthy body is the correct balance of fat-free mass and fat mass. Measuring a person's height and weight will allow for monitoring the body's natural changes during growth, which in turn helps with understanding body composition and helping each student create a life time fitness plan.

If you do not want your child to participate in the height and weight measurement process, please return this signed form to your student's Physical Education teacher. If you should have any questions or concerns please feel free to contact me.

Sincerely,

Lori S. Dunn, K-12 Physical Education Program Manager Seattle Public Schools

lsdunn@seattleschools.org

Please cut out form and return to your child's P.E. teacher.

I request that my son/daughter be excused from the height and weight (BMI) measurement process in Physical Education during the 2009-2010 school year.

Student(s) _____

School _____

Grade _____ Room # _____

Parent/Guardian Signature _____

Date _____