



Cultural Bridges

INFORMATION TO HELP FAMILIES NAVIGATE THE ISSAQAH SCHOOL DISTRICT

ENGLISH



National Junior
Honor Society

Pg 9

What kind
of children
will we leave
this world?

Pg 11

Embrace your
culture!

Pg 21

Dear Readers,

Fall has always been my favorite time of the year. I always get excited when the leaves begin to change colors, the air turns crisp, and the magical anticipation of the winter holidays starts. But since my kids started going to school, fall is also the perfect time to embark on new traditions as a family.

I hope your children had a wonderful first month of school. And now that they are set in their new classrooms, know their new teachers, and are forming new friendships, I invite you to think as a family about at least one goal you would like to achieve.

In this issue, we offer you some suggestions: Attend a Cultural and Family Partnerships event to be better informed of what is going on in your children's education (**page 2**), encourage your children to participate in the Reflections art program (**page 4**), or improve your children's lives through teaching them the important value of volunteering (**pages 6, 7, 9, 17, 19**).

And to support the wonderful work of the PTSA/PTA, join as a member! This does not require you to attend meetings or commit to volunteering, although with at least one hour a year, you can make a difference in your school. And remember, that all the PTSA/PTA memberships last only one year. So, if you joined last year, you need to renew it this year!

Embrace your new family traditions or resolutions and celebrate your achievements! Happy New School Year!

Alicia Spinner

On the cover: Vivian Spinner, 5th grade student at Grand Ridge Elementary.
Picture by Minal D. Monga.

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Cultural Bridges

Issaquah Schools Foundation

is a program of



CULTURAL BRIDGES MAGAZINE

OCTOBER 2018 | NUMBER 11

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PDF format, email

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Picture by Jenn Sande
Alicia Spinner and Marisol Visser

Outreach to Families

Since Cultural Bridges was created as *Voz de la Comunidad* in 2014, the relationship and collaboration with the Issaquah School District has grown stronger each year.

Once we started helping Spanish-speaking families to navigate the Issaquah School District, we quickly learned that there were many others who needed support. In order to offer help, we often worked and partnered with the District, and together we created a path that families could follow. The years have passed, and our collaboration is now more focused on promoting programs through this magazine and the Family Guide which are translated into six different languages. We also coordinate volunteers for events that enrich our entire school community, always taking into account all the families that are not familiar with the school system.

The outreach and help offered by Cultural Bridges to families on a one- to- one basis is something that has always fulfilled us and led to many great meetings with people who have taught us so much. They make this community what we are: a diverse society formed by families that give the best of themselves so their children can grow, learn and improve day by day to achieve their personal success.

Cultural Bridges is honored to have the opportunity to serve this community, and now we are thrilled that the District has hired three new liaisons or coordinators for the 2018-2019 school year to provide the same one- to- one service and support to families as Cultural Bridges has done for all these years.

The liaisons are under the direction of Lorna Gilmore of the Cultural and Family Partnerships of the District. They are now working at every school for half a day per week. Every liaison assists eight schools. We encourage you to contact them if you have any questions or need help with school information.

Cultural Bridges and the Issaquah Schools Foundation will continue working on cultural outreach and support programs and we will continue to look for new ways to help families navigate the school district. We would love hear from you, please don't hesitate to contact us!

Marisol Visser
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District Family Partnerships Liaisons

Francisca Campos: camposF@issaquah.wednet.edu

Contact Francisca for Issaquah High, Issaquah Middle, Clark, Issaquah Valley, Sunset, Grand Ridge, PCMS or Sunny Hills.

Wenli Mithal: mithalw@issaquah.wednet.edu

Contact Wenli for Skyline, Beaver Lake, Pine Lake Middle, Creekside, Discovery, Challenger, Endeavor or Cascade Ridge.

Ina Ghangurde: ghangurdei@issaquah.wednet.edu

Contact Ina for Gibson Ek, Liberty, Newcastle, Maywood, Maple Hills, Briarwood, Apollo or Cougar Ridge.

Don't Miss the Cultural and Family Partnerships Events!

Monthly meeting at 9:30 a.m. at Issaquah Valley Elementary, Portable 6: **October 15th, November 19th, December 17th, January 14th, February 11th, March 18th, April 22nd, May 20th, and June 17th**. All families are welcome.

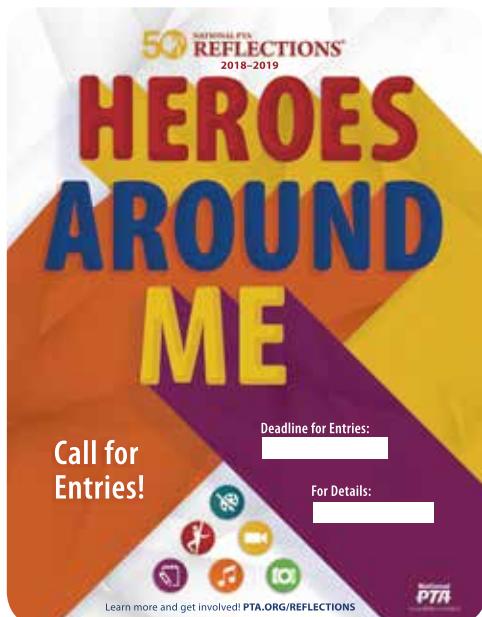
October 3th What Every Parent Wants to know about the ISD, Part 1

To help families understand everything about elementary schools, middle schools and high schools. 6:30 p.m. to 8:30 p.m. at Issaquah Valley Elementary.

November 7th To help families of elementary school students to communicate with teachers. 6:30 p.m. to 8:30 p.m. at Issaquah Valley Elementary.

December 5th What Every Parent Wants to Know about the ISD, Part 2

Topics will include: Special services, role of school counselors, curriculum information and adoption process, how to join district committees, etc. 6:30 p.m. to 8:30 p.m. at Issaquah Valley Elementary.



Reflections Program

All children deserve opportunities to explore and be involved in the arts. The National PTA Reflections program is PTA's cornerstone arts program. It was developed in 1969 by Colorado PTA President Mary Lou Anderson to encourage students to explore their talents and express themselves. Since then, the Reflections Program has inspired millions of students to reflect on a specific theme and create original artwork. Each year, students in Grades Pre-K through 12 are recognized for bringing the theme to life through dance choreography, film production, literature, music composition, photography and visual arts (drawing, painting in tempera, oil, acrylic, watercolor & t-shirt paints, computer generated art, two-dimensional collage, printmaking, needlework & leather tooling).

Participation is organized by student age and grade levels. Student works are critiqued against others in the same grade division. This allows recognition and judging of artworks by appropriate developmental age and skill levels.

The grade divisions are:

Primary: Preschool – Grade 2

Intermediate: Grades 3 – 5

Middle School: Grades 6 – 8

High School: Grades 9 – 12

Entries are judged on creative ability and interpretation of the theme.

The program is structured for PTAs to recognize students at the local, council, state, and national levels.

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The 2018-2019 theme is "Heroes Around Me."

Encourage your child to think about and explore this theme!

It's easy to participate:

1. Reflect on this year's theme: Heroes Around Me.
2. Create an original work inspired by the theme.
3. Celebrate your achievements and win prizes!

The deadline for turning in artwork varies by school and some schools host a reception. For more information, ask your teacher or visit: www.wastatepta.org/events-programs/reflections/.



Dual Language Program Coming to ISD



After two years of development and preparation, Issaquah School District will open its first Dual Language Program/Spanish Immersion in the fall of 2019. Currently we anticipate hosting the program at Clark and Issaquah Valley Elementary Schools beginning at the kindergarten level. The Dual Language Program provides content-based instruction to students in two languages. This allows students, over a number of years of participation in

the program, to become proficient and literate in both languages, achieve high academic standards across subject areas, and develop cross-cultural understanding and skills. The goal is to balance the number of students in each class who are native English speakers with those who are native Spanish speakers. Providing this program is made possible because of strong community support and the approval of the 2018 levy. More information will be coming this year about the Dual Language Program and the enrollment procedure for students who live within the Clark and IVE attendance areas.

First Days of Kindergarten

Their teacher will make sure all the kids know all letters and sounds. But you can help your child by practicing at home. Using magnet letters is a great idea, or you can do cards yourself — one for each letter.

Sight Words

The words that teachers will begin to teach children right away are called sight words. These are short words that appear frequently in most of the text people read, but can't easily be sounded out. When children learn these words, they become more confident readers. Here are some examples:

no	is	can	me	you	and	he	at	a	so
on	in	up	am	we	like	see	I	go	it
do	an	the	my	to					

Using magnetic letters or the handmade cards, you can play with your child and help him/her learn. Some ideas are:

- 1. MAKING WORDS** Have children make as many different words as they can. Each time they make a word have them write it on a sheet of paper. You may want to challenge them to make as many two-, three- and four-letter words as they can.
- 2. NAME GAME** Have the children make names of friends or family. They should make each name, mix the letters, and make it again several times.
- 3. ALPHABETICAL ORDER** Have children put a set of lowercase letters in correct alphabetical order. They can do the same with uppercase letters.
- 4. MAGAZINE MATCH** Have children find and cut out large print words they can read and understand from magazines or newspapers. Glue them on a sheet of paper with plenty of space below and make each word with magnetic letters.
- 5. MAKING NEW WORDS** Build several words and show the children how to change, add, or take away a letter or letters to make a new word. Examples are: cat, can, man, men, met, tap, clap, claps, flaps, flips, flipped, slipped.
- 6. RHYMING PAIRS** Use a magnetic cookie sheet. With magnetic letters, make a word such as cut. Say the word and have the child say a rhyming word and make it with magnetic letters below it. Sometimes rhyming words will be spelled differently so you may need to show the child the new spellings (new, blue, hope, soap).
- 7. CROSSWORD LETTERS** You make a word and then the child adds a word that starts from one of the letters. The word can go across or down.
- 8. CHANGING VOWELS** Make a sample three-letter word. Ask the child to change the vowel to make a new word (for example, cat, cut, cot; hop, hip; hat, hit, hot, hut).

*Text from 25 Ways to Use Magnetic Letters at Home @2003 by Gay Su Pinnell and Irene C. Fountas from Phonics Lessons. Portsmouth, NH: Heinemann.

Handwriting

Children who master handwriting are more creative writers. The earlier children learn how to master handwriting, the more likely they are to succeed in school. Ask your child's teacher about the program Handwriting Without Tears and how can you help your child to improve his/her handwriting.



Art

Did you know that the Issaquah School District doesn't fund art classes for elementary students? Fortunately, the PTSA at each school fills the gap between what State and District funding provides and what our kids require. More than 550 PTSA Art Docents volunteer their time to provide over 8,500 hours of art instruction each year at the elementary schools in our District!



These volunteer Art Docents introduce the elements and principles of art, art vocabulary, safety, art criticism, art history and art's intersection with culture. Students gain essential experience being creative in an open-ended environment.

The program varies slightly depending on the school but PTSA volunteer Art Docents teach four to eight hands-on 60-minute art lessons in each elementary classroom per year. The PTSA at each elementary school funds their program and defines their individual approach to their community.

In addition, the Artistic Support program funded by the Issaquah Schools Foundation, provides lessons plans and training to all our Art Docents:

-Training: Monthly art docent training sessions with professional instructors /artists expose our docents to multiple mediums and provide the opportunity to work

through a lesson they can then take back to school and teach.

-Annual Artistic Support Conference: a daylong event where docents can learn new mediums, create examples of lessons, get to know other docents and develop a network of support throughout the District. (Save the date for October 13, 2018 and visit the Issaquah Schools Foundation website www.isfdn.org for more information if you are interested in attending!)

-Creativity Talks about our need for arts education and how creative opportunities in the classroom can enhance a quality education.

-Art Docent program support through District level and business partnerships.

-Various art projects that affect our students District-wide.

If you are looking for a way to get involved in the education of your children and to volunteer, ask his/her teacher about the opportunity to be an Art Docent or to assist one. You don't need be an artist. Many resources are available to help you plan and teach the lessons. Kids love to do art and they always receive the Art Docents with big smiles!

And remember, every time your children brings home an art project, it's thanks to the support of the PTSA of your school, and the Issaquah Schools Foundation. Please support these two important partners in the education of your children!

Volunteering

In many countries, parents don't have the opportunity to volunteer at their children's schools. But all the schools in our District give us the privilege to contribute with different tasks. Even with a busy schedule, you can help because it takes just one hour a week to make a difference. And in many cases, teachers need help to prepare material that can be done outside school. Contact the PTSA, the school office or your child's teacher. You don't need to speak English to help!

There are many ways to help, here are some examples:

- Assist in the Library.
- Chaperone field trips, dances, etc.
- Help children by reviewing skills, concepts taught (vocabulary flash card drills, review mathematic facts, letter formation/ handwriting skills).
- Assist teachers in preparation of bulletin boards and/or duplicating instructional materials for classroom use.
- Be or assist an Art Docent.
- Help with clerical needs in the school office.
- Assist in the computer lab.
- Assist in the lunchroom and/or on the playground.
- Prepare materials for teachers.



Volunteering Can Improve Your Child's Life

Volunteering looks different around the world. In America, 25 percent of the population takes the time to volunteer.

This is an important value that is taught to kids beginning in elementary school and all of the schools in our District offer opportunities for kids to volunteer. Some examples of these activities are safety patrol, waste watchers and the student council. There are also some programs that kids can join such as the Kiwanis K-Kids offered at Discovery and Grand Ridge. And groups outside of school, like Girls Scouts and Boys Scouts, that teach kids to act as agents of change in their communities.

When children volunteer, they realize that there is something bigger than themselves. They experience a sense of fulfillment and learn the ability to be selfless, developing empathy towards others. They understand that ordinary people can make a difference, even at young age.

Children who volunteer are also more likely to do better in school, avoid engaging in risky behavior, and can even list their volunteer work on college applications! As you can read in page 9, students as young as middle school will be asked about volunteer hours in order to be recognized with honors.

As a parent, you are leading the next generation of volunteers. The best way to start teaching is by example. If your kids see that you value the opportunities that our communities give us to volunteer, they eventually will do it too!

Giving Back to Others

By BRANDY FALK
Dean of Students at Challenger Elementary

Three years ago, my family relocated to Issaquah from Alexandria, VA. We loved Virginia for many reasons, one of which was the dozens of community outreach programs available in the DC area to teach our daughters, Ryan and Kate, about giving back to our community.



You see, I grew up in a family that believed serving others was an important part of living in a community. My mom and dad lived paycheck to paycheck. There wasn't "extra" money, but we always found a way to help others. My mom always said, "Keep what you need, then give to others," and she always led by example. My family dressed up as elves on Christmas Eve and hand-delivered gifts to those in the poorest of neighborhoods. We went to schools in impoverished neighborhoods and traced the feet of children who didn't have shoes to wear, taking those tracings to the store to buy pairs of shoes. I never remember a time when we weren't going somewhere or being exposed to those less fortunate. Now, as a mom with my own children, I know one of the greatest values my parents instilled in me was to give unconditionally to others.

Shortly after moving to the Issaquah, I searched for organizations that would allow children to volunteer. For such a small city, I was shocked with the outreach we could do so close to home. From volunteering at a retirement center like Providence Marionwood to helping collect food for families through the Issaquah Food and Clothing Bank, we quickly got involved in giving back. There are many other organizations that you and your family can volunteer with: YWCA, Issaquah Fire Department, Northwest Harvest, Tent City, Washington Trails Association, RASKC, etc.

If we all take a moment and look around these beautiful communities we live in and how blessed we are, I think we can realize the impact just a small act of kindness, a small donation, or a few hours of our time can change the world we live in. I work every day to teach children the valuable lesson my parents taught me and I am honored to be a part of a community that can truly make a difference.

How Do Students Manage Stress?

The middle schools in our District have stress plans for students to make their school workload and life more manageable. Many of the tools they use could be helpful at home. Here are some ideas to help reduce stress for everyone in your family:

- Ask your children to make a list of his/her problems and pick one manageable piece to work on.
- Assure them that everybody gets stress out, but there are certain people and things that bring us down. It's very important to identify these and to try to avoid them.
- Strong bodies help people deal better with stress and a great way to reduce your stressed level is to exercise every day.
- Some things that will help relax their bodies are: deep breathing, yoga, getting fresh air, taking a warm shower or bath, imagining a peaceful place, taking a short walk, spending time with a pet.
- Good nutrition can make a big difference in how people deal with stress. It's very important to eat a good breakfast, skip fewer meals, drink fewer sodas or sugary drinks, drink more water, eat less greasy foods and eat more fruits and vegetables.
- People who get enough sleep deal better with stress in school and at home. Ask your student to only use their bed for sleeping. Watching TV, doing homework, talking to friends on the phone and other online activities should be done outside their bedroom at night, so they can have a good night's sleep.
- Ask them to take an instant vacation. They can try to listen to music, read, work on a hobby, play music, play a non-violent video game, or hang out with a family member or with a friend.
- To help let go of some of their worries, ask them to talk to trusted people, write their thoughts in a journal, and let themselves cry or laugh.
- Shifting their focus to making the world a better place can help them feel better as well. They could help with a local organization doing community service.

And remember, the counselors at your school are available to help you and your student! Feel free to contact them. Look for their information on their school's website.

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Resources for Parents

Our District vision for Positive Behavior Social Emotional Support (PBSES) is to promote respect, positive relationships, and predictable, proactive learning environments so that students can lead socially and emotionally safe and healthy lives.

In the District's website, there is a list of documents and videos available for parents to work together with the schools to build students' social, emotional, and academic skills. If parents and schools work as a team, they will be able to accomplish far more than either group working along. After all, and as author Daniel Goleman states, "Family life is our first school for emotional learning."

<https://www.issaquah.wednet.edu/academics/programs/pbses/resources-for-parents>

Are you a PTSA member?



It is a proven fact that the more involved parents are in their children's education, the more successful those children are in both school and later in life. The PTSA of your school provides great opportunities for you to get involved. And contrary to popular belief, your middle school kids still love, and need to see parents at school. As Claudia Spencer, a mom from our District explains on page 11, there are fewer opportunities to be involved after middle school. It is very important that our kids know we are still active participants in their daily life even during this challenging phase!

National Junior Honor Society

The National Junior Honor Society (NJHS) is an organization that recognizes and encourages academic achievement while also developing other characteristics essential to citizens in a democracy. NJHS membership reflects outstanding accomplishment in the areas of scholarship, character, leadership, citizenship, and service.

In order to join their school chapter, students are requested to have a certain accumulative grade point average (GPA) after the first trimester of 7th or 8th grade. Students who meet all of the requirements will be inducted into the national organization in May.

The invitation to join will be sent to students' homes in December, and the acceptance forms will be due just after

winter break. In some of the schools, students who are interested will also have the opportunity to run for an executive council position.

There is an expectation that students will not have a suspension, expulsion or final "F" grade in class due to cheating or plagiarizing.

To maintain membership, students will have to attend meetings and complete eight hours of community service. Members will have the option of doing this activity until High School when it's called National Honor Society.

Where Can Students Volunteer?

All elementary schools in our District

They all are in need of volunteers to help preparing materials for teachers, supporting the school offices, or helping with events. The PTSA of all the schools have websites where parents and students can find information about different volunteer opportunities.

City of Sammamish

They have opportunities in a variety of events and programs as park projects that include native plantings and trail building.
<https://www.sammamish.us/community-involvement/volunteer/>

City of Issaquah

Some of the volunteer opportunities offered are helping with Issaquah's parks and natural areas or at the senior center, at the many community events or assisting a soccer or basketball coach. <https://issaquahwa.gov/index.aspx?NID=920>

Issaquah Food and Clothing Bank

Family weekends are held on the first Saturday of every month and are opportunities designed for teens (13-15 years old) to volunteer with their families (parents, guardians, grandparents, cool aunt/uncle, etc.). They request that families register each family member, and sign-up for Family Weekends using their volunteer dashboard. <https://issaquahfoodbank.org/volunteer/>

PCC Food Bank Program

Every other month PCC Natural Market purchases bulk food at wholesale prices and with the help of volunteers, packages food into family-sized portions for distribution at partner food banks. This is a great volunteer project for families and there is no minimum age to help.

<https://www.pccmarkets.com/sustainability/food-bank-program/>

Eastside Baby Corner (EBC)

Students seven years old and up are encouraged to volunteer at Eastside Baby Corner. The work done at EBC directly benefits families who shop in their clothing bank. Volunteers under age 14 must be accompanied by an adult during their entire shift.
<https://babycorner.org/how-to-volunteer/>

Holiday Gift Barn

Select shifts will be open to volunteers 12 years old and up. Teens under 16 must be accompanied by an adult. The Holiday Gift Barn is traditionally held during the first full week in December. Volunteer sign up opens on November 1st.
<https://issaquahfoodbank.org/holiday-gift-barn>

Remember that your student doesn't need to be part of the honor society to participate; giving back to our communities is something we can all do!

"Becoming a member of the National Junior Honor Society (NJHS) has been a proud moment for my middle schooler. It has helped him to understand that good grades and giving back to his community are important. NJHS promotes volunteering to help others, which will allow my son to be an overall better human being. The values that NJHS emphasizes are great for our youth to emulate." Maria Elena Graham, Mom of Nicholas Graham, PCMS student



Issaquah Tip – See Something, Say Something

Issaquah Tip is an online support system that allows students to communicate with school administrators, anonymously if they wish.

Tips are sent using a form available online. When sending a tip, submitters select from a drop-down list of common issues they may be facing, such as bullying, fighting, threatening behavior, drug or alcohol abuse, and schoolwork concerns, etc., and then enter the tip message. Administrators in the district office receive the tips and forward them to the school to investigate or take action, as appropriate.

Students will have access to Issaquah Tip 24 hours a day, seven days a week at <http://www.issaquah.wednet.edu/tip>. School administrators will respond to messages during the regular school day (8 a.m.-4 p.m.). Messages sent during non-school hours in most cases will be responded to the next school day.

It's helpful to share specific information such as a detailed description of the concern or incident, names and grade levels of those involved, location of concern, names of any potential witnesses, and any supporting evidence. It's important that reporters submit thorough and accurate information. False reporting is subject to disciplinary action.

Issaquah Tip is available to all Issaquah School District students. Parents, and other adults wishing to express a concern or share information, are encouraged to continue doing so by calling the schools directly and speaking with the appropriate personnel.

It's important to note that this is not a crisis line. In cases of emergency, students should call 911.

Talk about this service with your student, make sure he/she knows it is available to him/her!

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New Families Entering Issaquah High School

Transitioning to a new school and community can be overwhelming for parents and students, alike. The Issaquah High School PTSA has a program to ease your family's transition by matching your family with an experienced IHS parent Ambassador to answer questions and offer suggestions.

To be paired with a New Family Ambassador, they will ask you to share general information about your family. All shared information will be completely confidential, and only used for matching your family with an experienced IHS family. Questions? Feel free to send an email to ihsnewfamily@gmail.com. They will be happy to contact you.

Great Careers 2018, Bellevue College

December 13th from 9 a.m. to 2 p.m.

This event is organized by the Greater Issaquah Chamber of Commerce Education Committee, and all the Issaquah high school students are invited. The goal is to educate 9th-12th grade students about careers they can pursue through certificate and two-year degree programs.

The day is filled with speakers in student selected career choices. Some examples are: Aerospace Engineering Technician, Air Traffic Controller, Construction Trades, Law Enforcement, Fashion, Interior Design, Culinary Arts, Hospitality, Cosmetology, Preschool Teacher, Radiation Therapist, Veterinary Technician, Game Programmer, Website Designer and many more.

Lunch and transportation are supported by the District, this is a free event. To register and download permission sheet, visit the websites of the College & Career Center of your school.

What Kind of Children Will We Leave This World?

By CLAUDIA SPENCER

I felt very sad the day my son started high school, as I thought that the school experience we lived through together had come to an end. I remembered each grade, each classroom and each event. Since my son entered kindergarten, we felt welcomed and encouraged to get involved in school activities, both the ones that took place in the classroom as well as the ones organized by the PTSA. It was then that I understood the great opportunity I had been given to be part of my son's world.

In middle school, volunteer opportunities were more limited. The teachers did not need so much help and it was not cool for the young students to see their parents in the corridors of the school. But still, I was given some opportunities that I happily took advantage of.

But in high school, everything looked much more complicated. The number of students is much higher, so the system is less personalized. And for me as an immigrant mom, I thought it would be much harder to participate in a meaningful way in my son's education.

My motivation was always him. I knew that to support and guide him, I had to enter his world. I spent a few months without knowing what to do, until finally the opportunity came to hand.

I registered as a mentor to a couple of students who attend my son's high school. The VOICE mentor program of the Issaquah Schools Foundation is always looking for volunteers who can spend an hour a week to guide students who are at risk of dropping out or who are having social or academic problems.

Being a mentor of these young people who struggle and helping them to rediscover their path has marked me in deep and permanent ways. Thanks to them, I have learned a lot, because through their eyes and life experiences I have understood how complicated and frustrating it is for young people to navigate in the sea of adolescence, always fighting not to be shipwrecked among the complicated social schemes.

Soon after, my motivation multiplied when I saw the impact that my work as a mentor was having on the unity of my own family. It opened our eyes to the blessings we have, like the simple fact that in our family we always have each other, and we give ourselves unconditional love. This experience reinforced my belief in the importance of having parents who, with a firm but respectful and loving hand, guide us day by day and motivate us to be the best version of ourselves.

In my work as a mentor and as a mom I emphasized the importance of good manners, such as saying please and thank you. It is often the simple things, like limits and rules that will prepare young people to navigate in the society in which they live. It is more important than ever to look up and see beyond electronic devices! We must all understand that the real world is worth living and enjoying more than the virtual world offered by our screens.

This life lesson motivated me to continue pulling the reins of my children's lives with a gentle but firm hand and with the conviction that it is the responsibility of all of us parents to educate and train the young people of today, who will be the adults of tomorrow. Even when our children are already in high school!

I recommend that you take all the opportunities that are given to you to get involved in the activities of your children's schools. The more involved you are, the better you will understand their world and will be able to help them. For me, the big question is not what planet we will leave to our children, but what children we will leave this world.



ELEMENTARY SCHOOLS

ALL ELEMENTARY SCHOOLS

Oct. 8: Teacher Work Day, No School
 Nov. 12: Veterans Day Observance, No School
 Nov. 22-23: Thanksgiving holiday, No School
 Dec 5-6: Elementary parent-teacher conferences (meetings)
 Dec 20-Jan 1: First Winter Break, No School

Apollo

Oct. 10, 9:30a.m.: PTSA Volunteer Open House
 Oct. 25: Vision and Hearing Testing
 Oct. 29: Reflections Entries Due
 Nov. 16: Reflections Reception
 Nov. 19 - 30: Holiday Gift Drive
 Dec 1: Math in Action Tournament
 Dec 7: Family Dinner & Bingo Powered by Dads
 Dec 7-14: Scholastic Book Fair

Briarwood

Oct. 12: Movie Night
 Nov. 5-9: Book Fair
 Nov. 9: Pizza Bingo
 Nov. 9: Reflections Viewing
 Dec. 14: Book Swap

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Cascade Ridge

Oct. 12, 6:30p.m.: Family Movie Night
 Nov. 5-9: Kindness Week
 Nov. 6-8: Book Fair
 Nov. 26-30: Holiday Gift Barn Collection

Challenger

Oct. 19: Bingo Night
 Nov. 7: Reflections
 Nov. 9: Festival of Cultures

Clark

Please visit the website: <http://clarkpta.org/Event/MonthCalendar/2018/10>

Cougar Ridge

Oct. 18: Fall Fitness Night
 Oct. 26: Spooky Spaghetti Night
 Nov. 5-9: Book Fair
 Nov. 6: Family Movie Night
 Nov. 29: Art Fair
 Dec. 4: Family Pizza and Bingo Night

Creekside

Oct. 26: Halloween Bash
 Dec 3-7: Winter Book Fair

Discovery

Oct. 1-5: School Spirit Week
 Oct. 23: Individual Picture Retakes
 Nov. 13: Hearing and Vision Screenings

Endeavor

Oct. 5: Jag-A-Thon
 Oct. 24: Spooky Spaghetti
 Oct. 4-6: Book Fair

Grand Ridge

Oct. 5: Popcorn Friday
 Oct. 17: Orange Ruler Fun Run
 Oct. 17: After School Movie
 Oct. 24: Falloween
 Nov. 2: Popcorn Friday
 Nov. 5-6: Vision & Hearing Screening
 Nov. 7: After School Movie
 Nov. 20: PTSA Open Meeting & Coffee
 Nov. 28: After School Movie
 Dec 4-7: Scholastic Book Fair
 Dec. 7: Popcorn Friday
 Dec. 12: After School Movie

Issaquah Valley

Oct. 5: Trunk or Treat
 Nov. 3: Goodwill Fill the Truck
 Nov. 5-9: Fall Book Fair
 Nov. 7: Book Fair Family Night
 Nov. 9: Veterans Day Assembly
 Nov. 13-14: Vision and Hearing Screening
 Nov. 15: Reflections/Hands on Art Event
 Nov. 30: Family Movie Night
 Dec. 13: PTSA Holiday Choir/IVE
 Cougar Choir

Maple Hills

Oct. 5 Free Popcorn Day
 Oct. 5, 8:30 a.m.: WatchDOGS Donuts with Dad
 Oct. 12: Fall Dance
 Oct 19: Popcorn Friday
 Nov 2: Popcorn Friday
 Nov. 9: Veteran's Day Assembly
 Nov. 15: Eagle Reader Clubhouse
 Nov. 16: Popcorn Friday
 Nov. 26-30: Holiday Book Fair
 Dec. 13: Eagle Reader Clubhouse
 Dec. 14: Popcorn Friday
 Dec. 19: Holiday Sing-Along

Newcastle

Please visit the website:
<http://newcastleppta.org/Event/MonthCalendar/2018/10>

Sunny Hills

Oct. 5: Orange Ruler Fun Run
 Oct 9: Picture Day
 Oct 9-19: Box Tops Fundraiser
 Oct. 10: Parent's Night Out
 Oct. 11: Vision & Hearing Screenings
 Oct 15-19: Fall Book Fair
 Oct 16: Family Night at the Book Fair
 Oct. 24: After School Movie
 Oct. 24: Reflections art entries due
 Oct. 25: Spooky Spaghetti
 Oct. 31-Nov. 14: Thanksgiving Food Drive
 Nov. 16-30: Holiday Gift Program
 Nov. 21: Yearbook Cover Contest Deadline
 Dec. 12: Ellipsis Math Competition
 Dec 13: Choir Concert

Sunset

Oct. 1: Eager Reader Begins
 Oct. 2-5: Book Fair
 Oct. 5: Parents at Recess
 Oct. 26: Reflection Projects Due
 Oct. 26: Spooky Celebration
 Oct. 31: Eager Reader Tally Due
 Nov. 2: Parents at Recess
 Nov. 6: Reflections Reception
 Nov. 9: Veterans Day Assembly
 Nov. 30: Eager Reader Tally Due
 Dec. 31: Eager Reader Tally Due

MIDDLE AND HIGH SCHOOLS

ALL MIDDLE AND HIGH SCHOOLS

Oct. 8: Teacher Work Day, No School
 Nov. 12: Veterans Day Observance, No School
 Nov. 22-23: Thanksgiving holiday, No School
 Dec 20-Jan 1: First Winter Break, No School

Beaver Lake Middle School

Nov. 7: Fall Orchestra Concert
 Nov. 9: Veterans Day Assembly
 Nov. 14: Fall Band Concert
 Dec. 3: End of Trimester 1
 Dec 5: Winter Choir Concert
 Dec 7: Early Release, Grading Day
 Dec 14: Winter Concert Assembly

Issaquah Middle School

Oct. 5: Logo wear Ordering Closes
 Oct. 6-7: Salmon Days Parking Fundraiser
 Nov. 1: Reflections Submissions Due

Maywood Middle School

Oct. 19: 7th Grade Skate Night Social
 Nov. 2: Reflections Entries Due
 Nov. 13-16: Fall Book Fair

Pacific Cascade Middle School

Oct. 29: Reflections Entries Due
 Nov. 2: Vision and Hearing Screenings
 Nov. 14: Reflections Reception
 Nov. 26-Dec. 3: Holiday Gift Barn Collection

Pine Lake Middle School

Please visit the website:
<http://pinelakeptsa.org/Event/MonthCalendar/2018/10>

Skyline High School

Oct. 19, 7:00 p.m.: Homecoming Football Game
 Oct. 20, 8:00 p.m.: Homecoming Dance

Issaquah High School

Oct. 2: College and Career Night
 Nov. 1: Reflections Submissions Due
 Nov. 5, 7:00 p.m.: College Planning 101, Sally Founche
 Nov. 17: ACT or SAT Practice Test

Liberty High School

Oct. 5: Homecoming Football Game
 Oct 6.: Homecoming Dance
 Oct. 12: Liberty & Maywood Bands play at Football Game
 Oct. 12, 7:00 p.m.: Football Game, Home vs. Bellevue
 Oct. 19, 7:00 p.m.: Away Football Game, Patriots at Mercer Island

Gibson Ek High School

Oct. 25, 7:00 p.m.: PTA General Membership Meeting

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A Teen Café Holding Grand Opening In Issaquah



After nearly three years of planning and preparation, The Garage, A Teen Café, located at 235 First Avenue SE, in Issaquah, will be open to the public this fall.

"Our community has made this opening possible," says Garage Executive Director KayLee Jaech, "so we want to show our community what the space looks like and how we intend to use it in the near future. It's amazing that we've turned this dream into a reality in a relatively short period of time, but we've had tremendous support from students, parents, and community organizations. We are thrilled to open our doors this fall."

With a focus on providing a safe place for teens to hang out with friends after school, The Garage will feature a café and living room setting in one part of the building, and another room for crafts, activities, projects and music. The rest of the building features a staff room, a private room for a Friends of Youth drop-in counselor, and a small meeting room for planning and study. In addition to the Director, The Garage will be staffed by a Business Manager and four or five Program Coordinators who can assist students with homework, help plan student-led activities, and generally supervise day-to-day operations.

The Garage welcomes youth ages 13 to 18 (up to age 21 for people with disabilities) with proof of age, such as a school ASB card, driver's license or State of Washington ID card. Students from other school districts, private schools and home schools are welcome as well.

Joana Figueiredo, a PTA Co-President

Cultural Bridges (CB): Tell us a little about your position and the work you do on a day-to-day basis.

Joana Figueiredo (JF): Our PTA's goal is to make the children's school experience the best it can be! If kids have a great elementary experience that will make them like school and set them up for success. That means we do our best to support the teachers and staff in any way we can and try to have some fun programs too. We have monthly meetings with our Principal, board of directors and PTSA Council to keep everything going.

CB: Why did you choose to be a PTA Co-President?

JF: My friend was asked to be President of our PTA and invited me to go on this adventure with her. None of us had previous PTA experience or grew up in the USA, so having a friend to share the "job" made it easier.

CB: What advice would you give to a parent who has a student in the Issaquah School District?

JF: Get involved! There is no better way to learn how things work than to be involved. I love volunteering in my kids' classrooms, so I can know how their teachers work and get to know their friends in the classroom environment. Getting involved with PTA gave me a way of learning how things work at school and also a District level. For someone that comes from a different culture, everything is new, and it sometimes a little overwhelming but I knew I had to step out of my comfort zone in order to be involved in my children's education. I know that some parents can't volunteer during the day because they work, but there are many options if you are willing to try!

CB: Tell us a little bit about yourself outside school.

JF: We have 3 kids in the Issaquah School District, twin girls at Sunny Hills Elementary and a son at Pacific Cascade Middle School. Both my husband and I are originally from Portugal. We moved to the USA because of his job. We lived in Texas for 2 years, and then moved to Washington State. We absolutely love it here!

We are still learning about the American educational system but trying to do our share of volunteering whenever we can!

This school year, the PTAs and the Issaquah Schools Foundation were no longer a mandatory click in the online back to school process and were listed on another page for those who were interested in signing up for membership and/or making donations. If you missed your chance to support these organizations, please read the message that the District sent to all parents at the beginning of the school year:

Hello, I'm Ron Thiele, Superintendent of the Issaquah School District. I'm here to encourage you to become a PTA member and to support the Issaquah Schools Foundation. The PTA builds strong community relationships and responds to classroom and school needs with resources for programs, grants, and events beyond what schools are able to provide. The Issaquah Schools Foundation channels resources into our District to fund vital programs that supports all learners in building strong academic foundations and exploring their passions as they learn, grow, and prepare for their futures. So please, get involved! Join and contribute to the PTSA and donate to the Issaquah Schools Foundation. Together we can ensure every child succeeds and thrives.

Family Fun Nights at the Pool

Join us for fun events for the whole family on the first Friday of each month at Julius Boehm Pool, 50 S.E. Clark St. Movies and games, and something new and different each time! A drop-in fee or pass is required to participate. Check issaquahwa.gov/parks, or call the pool at 425-837-3350, for a current schedule.

Fall Fun Fest

October 26

For children six and under, wear your costumes and come on down to enjoy activity booths, Toddler Time toys, face painting and prizes from 5:30-7:30 p.m. Oct. 26 at Issaquah Middle School, 600 Second Ave. S.E. This event is completely planned and run by youth, grades 6-12. The donation is \$2 at the door.



Issaquah Turkey Trot

November 22

For all ages, the Issaquah Turkey Trot is a fun and casual 5K on Thanksgiving morning that you can walk, jog or run at 9 a.m. Nov. 22 at the Community Center, 301 Rainier Blvd. S. The purpose is to come together as families and as a community during the Thanksgiving holiday and help those in need. All proceeds from the event go to the Issaquah Food & Clothing Bank. Visit issaquahturkeytrot.org to register or sign up to volunteer. The fee is \$30 per adult and \$15 per child (10 and younger).



Citywide Strategic Plan: Thank You for Your Input!

While our region is experiencing tremendous growth and economic prosperity, Issaquah is in a desirable and challenging position. Our developing urbanism will bring us more opportunities for jobs, entertainment, recreation and services. However, we also face issues of access, affordability, mobility and stewardship.

To ensure our community's values and vision are reflected in future decision making, the City is creating a citywide strategic plan.

Thanks to lots of input from across the community, the City recently identified six priority areas for the plan:

- Growth and Development
- Social and Economic Vitality
- Core Infrastructure
- Mobility
- Environmental Stewardship
- City Leadership and Services

These priority areas are a direct result of the community's input, and will help in developing actions later this year, as well as a five-year roadmap for implementation.

As we proceed to identify goals and actions in the coming months, we will be seeking your feedback to ensure we're on the right track. You can learn more and sign up for updates at issaquahwa.gov/ourissaquah.

You're Invited: SchoolPool

Join Issaquah's SchoolPool! This program encourages students and families to find options to get to and from school that don't involve driving alone.

This program is a partnership with the City of Issaquah, the Issaquah School District and King County Metro.

Driving students alone to school causes neighborhood traffic congestion and local air pollution. About 14 percent of morning traffic is parents driving students to school.

We help student teams, administrators and parents look for ways to encourage walking, biking, riding a scooter, skating, carpooling with other families or riding the bus, which are all great alternatives to driving alone.

To get involved, email salmonfriendlytrips@issaquahwa.gov.

Halloween Happening

Wednesday, October 31
3:00 p.m. – 4:30 p.m.
Sammamish City Hall
801 228th Avenue SE, 98075

Trek through Sammamish City Hall during this enjoyable, safe and dry trick-or-treat adventure. This event was created as a great option for families with younger children. The decorations, costumes and treats are geared towards being fun and friendly.

Very Merry Sammamish

Friday, December 7
5:00 p.m. – 7:30 p.m.
Sammamish City Hall & Plaza
801 228th Avenue SE, 98075

Kick off your holiday season at the City's annual holiday lighting event. This indoor and outdoor event includes festive lights, musical performances, a petting zoo, kids' activities, vendors and food. Special guests vary but usually include the Mayor, Santa and princesses.

Sammamish Library

Study Zone

Every Monday from 6 p.m. to 8 p.m.
Grades K-12
Drop in for free homework help from
trained volunteer tutors.

Talk Time Class

Every Monday from 1 p.m. to 2:30 p.m.
Practice speaking English with other English language learners. Learn about American culture and meet people from around the world. Classes are free; join anytime!



College Essay Critique

Renton Highlands Library: **October 11.**
Renton Library: **7 p.m. to 8 p.m. October 16.**
This event is free.
Renton Highlands Library: October 11
Renton Library: October 16

Calling all seniors! Are you overwhelmed with college applications? Not sure if your essay appeals to admissions officers? Come meet with a certified college counselor from C2 Education, who will work one-on-one with you on your draft and provide insight!

Time slots must be reserved in advance and will take place between 7 p.m.-8 p.m. Call or email Jennifer: (425) 277-1831, jwooten@kcls.org.

Tales that Go Bump in the Night

Renton History Museum
October 27th from 11 a.m. to 12 p.m.



Join storytellers Anne Rutherford and Norm Brecke for these family-friendly spine-tingling tales of ghosts and goblins and things that go bump in the night. Always a favorite at the Renton History Museum! We'll get you out in time to go to the Olde-Fashioned Halloween Faire in Downtown Renton.

Shake Out!

October 18th from 6p.m. to 7p.m.
Renton Technical College, 3000 NE 4th St, Renton, Room C111.

October 18th is the Great ShakeOut Earthquake Drill! Millions of people worldwide will practice Drop, Cover and Hold On to be safe in an earthquake.

Come learn all about our seismic risk in Renton, actions you can take to keep yourself safe, and debunk some common myths around earthquakes. And yes, we will practice our best Drop, Cover and Hold On!

The class is free but registration is required. Use code 62262 online, call 425-430-6700, or stop by the Renton Community Center to sign up.

Friends & Family CPR Training

December 11, 6 p.m. to 8 p.m.

This class is offered by the Renton Regional Fire Authority for people who want to learn CPR, but do not need a CPR course certification card to meet a job requirement. This course is ideal for community groups, parents, grandparents, and others interested in learning how to save a life.

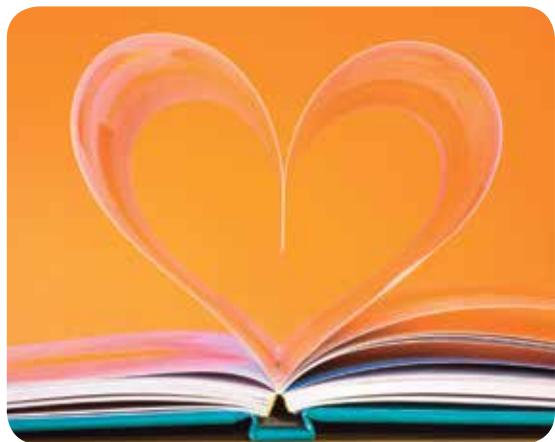
Friends & Family CPR class covers infant, child, and adult CPR and includes an AED demonstration at the end.

The classes will be offered at two Fire Stations. For more information, visit rentonrfa.com/cpr or call 425-430-7000.

My Most Meaningful Volunteer Experience

By MARGARITA GONZALEZ

I have the fortune to be an active volunteer for our community and our school. I spend around twenty hours a week volunteering for different organizations. Serving is one of my life goals. But since I have a job, and a family to take care of, I try to spend my time meaningfully. And, I thought I was doing pretty well until I met one little boy, two years ago.



School had recently started, and I was visiting my daughter during her lunchtime at the elementary she attends. All the second graders were sitting in the cafeteria chatting, eating and goofing off, while one little boy stood far from the others. He was looking at everybody else's food and asking if they were going to eat it or if he could take it. He had already eaten all of his food, and he was collecting leftovers. He was trying to make it look like a game, so other kids won't make fun of him. But I knew it was not a joke, he didn't need to say a word, I could see hunger through his eyes. I stood up next to him, and making sure everybody around was listening, I thanked him for all the food he had collected for the sharing tray. That's the place where kids put untouched food that otherwise will go to waste. He looked at me very surprised, but then I whispered in his ear: "I will put all of this in your backpack. Don't worry." He smiled at me, confused. I could see it was not easy for him to trust me.

I waited until all the kids had left, and I went to the sharing tray. I did not leave the food he had collected there; instead I took all the items that the other kids had put there. Holding my big treasure, I went later to his class and talked to his teacher. We put everything on his backpack and since that day I am making sure he enjoys lunchtime as everybody else and that his eyes only reflect happiness. It has been a process.

That same week, and with the help of the VOICE program of the Issaquah Schools Foundation, I started mentoring this young man and his three siblings. Shortly after that, I met their mom and I understood how much they needed a friendly hand to guide them through uncertain terrain: a new house, a new community, and a new school. It took the kids a while to warm up to me, especially the older one, but with time we have built a close relationship that has been richly rewarding for all of us. The kids are honest with me and when I visit them at school every week, we talk about their schoolwork, and also about their feelings and fears.

Almost every week, I also meet with their mom at the school, there is always something to talk about related to the kids: a form to sign for a field trip or some other activity that the kids are doing at school. I have put her in contact with the food bank, food for the break and many other organizations that can provide resources and care for her family. I helped her make a resume and draft paperwork for her immigration process. Their life has changed for the better. And the little part I played has been possible thanks to the amazing VOICE program of the Issaquah Schools Foundation.

Last week, while I was saying good-bye to one of the little ones he gave me a very unexpected, "I love you." I was shocked and told him how special he made me feel. And with a big smile in his face he said, "And how do you think you make me feel coming to see me every week?" These are, without a doubt, the most mindful hours of the time I give back to my community.

If you are considering joining the program, please do it soon. There are many other families in need. Your life will change for the better too!

Volunteers of Issaquah Changing Education (VOICE) is an in-school volunteer mentoring program that pairs caring community members with Issaquah School District students. VOICE volunteers work with students as one-to-one mentors one hour per week throughout the school year. Volunteers may choose to work as mentors supporting social skills and setting positive goals or as academic mentors with students on specific subject matter. All students benefit from your commitment.

For more information, visit <http://isfdn.org/our-purpose/advancing-academic-achievements5/voice-mentors/>

Positive Discipline at Home



In our community we are lucky to have a certificated leader in Positive Discipline that is dedicated to the development of the migrant community. Lupita Zamora offers consulting, education, advisory and outreach. She is convinced that the Positive Discipline method helps to create a connection between parents and their children, as well as improving communication between couples. All of this, so children have a strong sense of belonging as a family. Research tells us that children are hardwired from birth to connect with others, and that children who feel a sense of connection to their family, community, and school are less likely to misbehave.

Most of the people who emigrate go through a cultural shock. During the adaptation process to their new home country, parents look for the most effective way to achieve having a family where kids feel loved and respected. However, in many cases parents struggle to help their children to become responsible, respectful and resourceful members of their communities, and in general, to obtain skills that allow them to create solutions when facing difficulties.

Positive Discipline is a program developed by Dr. Jane Nelsen and is based on five criteria:

1. Is kind and firm at the same time. (Respectful and encouraging)
2. Helps children feel a sense of belonging and significance. (Connection)
3. Is effective long-term. (Punishment works short term, but has negative long-term results.)
4. Teaches valuable social and life skills for good character. (Respect, concern for others, problem-solving, accountability, contribution, cooperation)
5. Invites children to discover how capable they are and to use their personal power in constructive ways.

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To learn more about Positive Discipline, visit the website: <https://www.positivediscipline.com/> or look for upcoming workshops by Lupita Zamora in our community: <https://www.lupitaconsulting.com/>.

Pets

Do you know that the King County pet licenses are required for all dogs and cats eight weeks of age or older?

A pet license identifies and protects your dog or cat in case they get lost. Also, pet licenses offer lots of other great benefits as well, including the Free Ride Home program. Even indoor-only cats or pets confined to fenced yards get loose and their licenses help assure you can be reunited with them. Licenses are inexpensive identification and are for your pet's protection and safety. Find out more at <https://www.kingcounty.gov/depts/regional-animal-services/license-your-pet/purchase-renew-license.aspx>.

Wild Animals

Our communities' proximity to natural areas means that encounters with wild animals such as coyotes, bobcats, raccoons, bats, deer and even black bears are common. In many instances, these animals are doing what they need to do to survive within the environment we share with them and are not a cause for alarm. At times any species of animal, including common squirrels, can cause a conflict with humans. Many times these conflicts can be prevented, but in some instances problem animals may need to be managed or removed by contacting private companies or individuals. Cities don't provide these services, and the Washington Department of Fish and Wildlife (WDFW) responds only to situations where the animal is posing an urgent human safety concern. Contact WDFW at 1-877-933-9847 to provide a non-emergency dangerous wildlife complaint. Call 911 immediately for an emergency wildlife situation.

In-depth information about wildlife and interactions with animals can be found on WDFW's Living with Wildlife web page: <https://wdfw.wa.gov/living/>.

Issaquah Food and Clothing Bank

By ERIKA TAYLOR

As a parent to two boys, it's a constant challenge to help them find balance and meaning in the world outside of their own interests: friends, school, sports, video games, social media. While charitable donations and occasional volunteering have always been a part of our family's values, last year we decided to make it a more regular part of life. After a family discussion, we agreed on the Issaquah Food and Clothing Bank (IFCB) because we wanted to focus on giving back locally and helping other families in our community.

My older son and I started by volunteering weekly in the Groceries 2 Go program at the IFCB. Each week, we would "shop" for customers from a list of their requested items, then bag and label the groceries for delivery. The Groceries 2 Go program supports Food Bank customers who can't make it to the Food Bank store, due to health concerns, lack of transportation, or other reasons. After a few weeks we got to know each client, at least on paper. We knew their likes, dislikes and preferences. Some tended to request bland or kid-friendly foods, while others were hobby chefs and we would delight in trying to find them fresh veggies and herbs for cooking.

Soon enough my younger son was asking to volunteer at the IFCB as well. We started off simply, helping at the PCC Packing Parties by bagging dried fruits into individual portions to be stocked for customers. However, this summer he asked to volunteer even more, so we began coming weekly to support the Summer Lunch Program.

The Summer Lunch Program provides a grocery bag filled with breakfast and lunch items to kids in grades Kindergarten to 12 in the Issaquah School District. Since starting, he's recruited a friend from school (and their family) and it's become our regular Thursday morning activity to volunteer as a group.

I still help with the Groceries 2 Go program each week, even after the kids are back in school. While I enjoy being a volunteer at the IFCB, I particularly cherish the days I get to work with my kids. Volunteering together has provided opportunities to spend time with them both individually and together as a family. It's opened up conversations, not only about the challenges that others may face and how each of us can make an impact, but also gives us time to catch up on simple things like what their new favorite game is, how school is going, or even their hopes and dreams for the future. At a stage when everyone is going in so many different directions, it's a chance to pause for a moment, reconnect, and focus on what really is important.



Kelsey Osburn, Cole Taylor and Nicholas Graham are all students at Pacific Cascade Middle School.

About the Issaquah Food and Clothing Bank

The Issaquah Food and Clothing Bank is committed to providing quality food, clothing and other items to the hundreds of families they support each week. They place a special emphasis on healthy foods, working hard to get fresh, local produce into the home of every customer. In addition to general volunteering opportunities, the other programs in need of support are the Holiday Gift Barn, Summer Lunch/Lunch for the Break, Tools for Schools, Issaquah Power Packs and Tuxes and Tiaras. If you are interested in learning more about IFCB's programs or in becoming a volunteer, please visit their website at www.issaquahfoodbank.org.

Back to School ... and to Making Lunches!

By MARISOL VISSER

Back to school season can be full of joy and excitement, but can also bring some mixed feelings, since we must begin to prepare for waking up earlier and plan for the clothes our kids will be wearing and the school supplies they will need... and of course, making them lunches!

For many parents from other cultures, the lunch to take to school often represents a bit of a headache, since we are not all used to eating cold food for lunch. There are some good containers that keep food warm, but there are also many great healthy options for cold lunches.

The perfect lunch is the one that nourishes us and provides us with enough energy to have a productive day at school. In addition, it should promote proper growth and development in children without promoting weight gain.

Here are some tips to get a perfect lunch:

1. The lunch boxes should be attractive and with a variety of foods: it is very important that you send foods that are natural and colorful. From this, you can introduce, little by little, more and unknown products that your kids can enjoy and like! Avoid sending the same food many times as it could cause rejection or boredom.
2. Include fruit: the sweet taste of fruits relieves the children's sense of anxiety. In addition, it provides them with immediate energy.
3. Plan ahead for filling lunch boxes, make a weekly plan.
4. Invite your children to participate in the preparation of their lunch or meal plan. This will also help you to know their tastes, and will give them the ability to collaborate and create family ties.
5. Avoid foods with high levels of sugars and fats: avoid packages with dyes and preservatives. Always remember that the less ingredients the food has, the better!

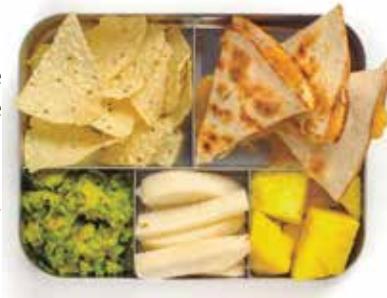
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These are some of my family's favorite cold lunchboxes:

Quesadillas

Quesadillas don't need to be hot to be delicious. And they are easy to make and can be filled with a wide variety of combinations: beans, lentils, deli meat, and veggies, to name a few. They can even be gluten-free if you use corn tortillas.

Pack with: Avocado slices or guacamole, jicama sticks, pineapple chunks, pumpkin seeds, or tortilla chips.



Spring Rolls

Rice paper wrappers or large lettuce leaves make great rolled-up meals that are fun to eat. Fill them with tofu, pork, or shrimp or let your kids branch out using their own ideas.

Pack with: Cubed meat or cheese, sliced red bell peppers, blueberries, and a chocolate square.



Vegetable Sushi or Onigiri

Using leftover rice and cooked fish from a previous meal, packing sushi for the family can be as easy as making sandwiches — especially if the kids feel like helping.

Pack with: Sushi condiments, edamame, raspberries, and a cookie.

Embrace your Culture!

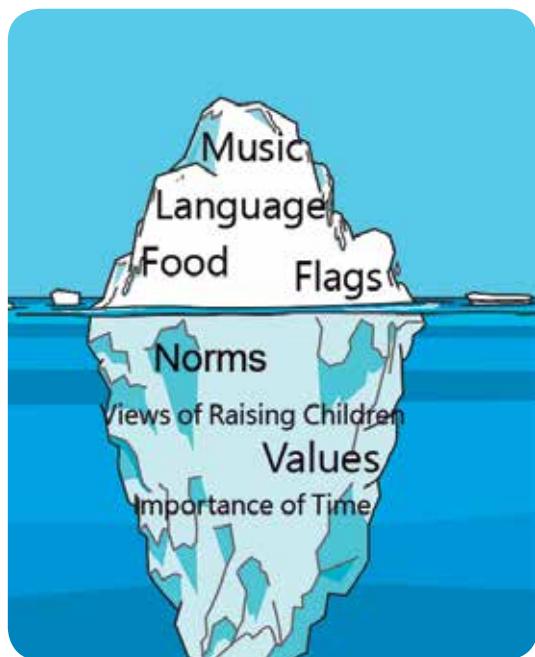
By KIM DE BOOIJ

What a privilege it is to live in such a diverse community! With so many people living here with roots from all over the world, we have the unique opportunity to give our children a very rich cultural experience.

It is not about a person's skin color, or the language that a person speaks, or the religion that he or she follows. We are all human beings, one not better than the other, with the same universal needs of love, contact with others and affection.

I am from the Netherlands, and I have been living with my family in Issaquah for one year now. We moved as many others did, because of a job opportunity. And to our delight we were welcomed with open arms. During this first year here, the term "culture" has been on my mind, so I have been reading books and online articles about it. While culture is not something that is always easy to understand, it can have a big impact on you and your family. I would like to share here some of the information that I came across with.

The Cultural Iceberg analogy developed by the American anthropologist Edward T. Hall is a quick and simple way of explaining the term culture that works well with children. I think that it is important for them to recognize both their own culture and the ones of their friends, in order to respect and learn from them.



Hall reasoned that if culture is an iceberg, there are some aspects that are visible and can be seen. These are above the water. But there are other aspects, which are hidden beneath the surface.

The external part of culture is what we can physically see (i.e. the tip of the iceberg), such as architecture, food, art, music, dance, religious practices, types of dress, language or greetings and more. These parts are often encountered when you immerse yourself into a new country or culture. This also includes behaviors that you can see such as people kissing as they greet others, shaking hands, queuing (standing in lines), holding eye contact or hand/facial gestures.

The internal part of culture is beneath the surface of what we can see (i.e. below the water line). These parts are often related to or actually drive the parts of culture that you can see. Internal aspects of culture include such things as beliefs, values, motivations, world views, gender roles, etiquette, social or familial rules, importance of time, concepts of self and many more.

In our communities, we don't even need to travel to immerse ourselves in a culture. We only need to meet our neighbors! I can see the food that they like to eat or the language that they prefer to use while speaking to their children. But in order for me to really get to know them, I need to recognize, respect and understand the aspects of their culture that are beneath the surface. And the most fascinating part to me is that in many cases we are more alike than different.

We are so lucky to live in a community that not only respects but also celebrates cultures! If your school is organizing a Cultural Fair or International Night, please participate and celebrate all the aspects of your culture and the ones from your neighbors!

Fulgencio Lazo

We had the opportunity to talk to one of the most well-known Mexican artists in the Pacific Northwest, Fulgencio Lazo. Just this summer, he was one of five recipients of the Mayor's Arts Awards, and he has completed a public art installation on the east side of the Fisher Pavilion at Seattle Center.

Lazo arrived in Seattle after receiving a scholarship to study at the Cornish College of the Arts in 1990, and became a recognized artist who has had over 40 solo shows throughout the US, Mexico, Japan and France, and numerous pieces in public collections. However his most important gift is not related to art, but to public service. Lazo is a remarkable example of a leader who gives back to his community.



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In addition to his participation in a traditional dance group and the Guelaguetza summer event, he has designed Day of the Dead sand paintings called *tapetes* every November for over 20 years in the Seattle Art Museum, schools and community centers throughout our state.

Lazo works passionately to erase the barrier that exists between art and people. He believes that art should not be elitist, and that everyone in the community should have access to it. He sells most of his art pieces in galleries in Mexico, and since he recognizes the relationship that art and culture have, the work that he does locally is merely to benefit the community with cultural activities.

It is very important to him not to profit from cultural events. Lazo preaches that culture belongs to everyone and that this should be part of everyday life for people of all backgrounds. This is why he likes to work with the Mexican Consulate and other institutions to make these art installations open to the public.

He also understands how much bicultural kids benefit when they have access to their family's cultural traditions and to the ones of their classmates and neighbors. Lazo recommends that all parents take their kids to the cultural events that the cities, libraries and community centers have to offer.

Don't miss his art installation at the beginning of November at the Seattle Art Museum. You will have the opportunity to hear traditional songs, enjoy fresh food, and participate in art-making activities. This activity is for everybody, enjoy it with your family!

Fulgencio also organizes events for families in his studio, and he is always open to other ideas to promote art among the community. Feel free to contact him at fulgenciolazo.blogspot.com or fulgenciolazoart.com.

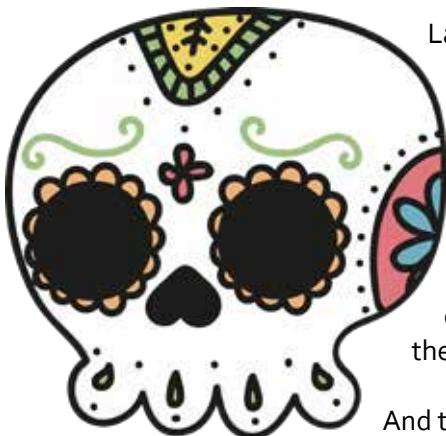
Day of the Dead Celebration

By ALICIA SPINNER

The Day of the Dead celebration at Blakely Hall is now an Issaquah tradition. My family moved to the community in 2009 with a storage box filled of sugar skulls, candles, and many other decorations that we use to observe this holiday. We were moving from a small town in Virginia with limited diversity, where my husband and I used to celebrate this Mexican tradition at home, only with our two little ones.

Every November 2nd, we got some sweet bread that we had to order from an online Mexican grocery store, and as a family we would set up a little altar with the picture of my grandma and all the decorations that we very carefully took out from a small box that we stored in our garage.

The first year in the Issaquah Highlands, we did the same. But to our surprise, our neighbors were curious about it. The next time, one of my Issaquah friends who is also originally from Mexico invited us to her house to celebrate. And that night, we decided that the following year we were going to set up only one altar using all our decorations. For a couple years, we took turns hosting, but the group of people interested in attending grew so much that very soon it was not possible to have it at our houses. That was when we contacted Blakely Hall and we started to make this celebration as a part of the Latino Club of Issaquah Highlands. It made sense, since the community was so interested to learn more about this tradition and it was as important for us to celebrate it as it was to share it. And it has been an amazing experience since people here have a real desire to learn about other cultures.



Last year, we invited everybody not only to celebrate, but also to honor their loved ones, community leaders, and even pets that have passed away. We asked people to bring a picture, a note or an offering to add to the ever-growing community altar. It was beautiful to see so many pictures on display. One of my neighbors across the street took her two little kids and they brought a photo of their grandma who had recently passed away. I was able to share the stories of my grandma with them and explained to them that this holiday is not about sadness, but rather it is about celebrating the lives of our loved ones who have died and a day dedicated to remember them. I know they were missing her, but I hope this event helped them cope with her absence.

And to prove that this is a day to be cheerful, we had a big piñata, sugar skulls to be decorated and many other crafts and activities for children such as face painting and tattoos. During the evening, we were also fortunate enough to have local artist Leslie Stein Moon with us. She very generously gave her time teaching kids and adults the art of printmaking.

Another special new feature was that we had the opportunity to leave the altar for three days on display. Students from different schools went to learn and to write reports about it. We also had the pleasure of explaining to them the meaning of the elements that every altar should have, like the candles to light the dead's path to the afterlife, the *cempasúchil* flowers that with their strong scent to attract the spirits of the dead, and the bread and food to feed the dead during their long journey.

When we were taking out the altar I could not stop thinking about the days when I had only a small box to store in my garage. In contrast, now we need many boxes to pack all the sugar skulls, candles, paper flowers, tablecloths, and other decorations that have been collected through the years. I feel so lucky to be part of this group and of this community. Every time you turn around, there is some wonderful new festivity you can take part in. It's a heartening experience to be able to share them, inspire joy and create connections that we are sure will make a difference in our kids' lives.

Join us this year on November 3rd, from 5:00 p.m. to 8:00 p.m. at Blakely Hall: 2550 NE Park Drive Issaquah, WA 98029.

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The Issaquah Schools Foundation is a not-for-profit organization that raises money to support students in the Issaquah School District in Issaquah, Sammamish, Bellevue, Newcastle and Renton. We work together with community members, donors, educators, volunteers and PTAs to fund programs that help students find their “spark”—a love of learning that keeps them excited about school and connected to their education.



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