



Heatherwood Middle School
1419 Trillium Boulevard
Mill Creek, WA 98012

Heatherwood Hawk

PRESIDENTS' MESSAGE

The blustery weather has arrived but the spirit of the people contributing to the PTA has not been dampened. We extend heartfelt thanks to everyone for the fabulous start of the school year, from the great turn out on Curriculum Night to the Heatherwood families who purchased magazines or other items during our fall fundraiser.

Our annual fall fundraiser, the magazine drive, was a great success and ensures that we are able to bring great programs and staff grants to Heatherwood this year. We appreciate everyone's time and support. A special thanks to **Mary Forsberg**, Vice President Ways and Means, for the considerable amount of time and effort she contributed in overseeing the magazine drive.

Our fall granting period is upon us and we are so pleased that we can help the school during these tough economic times. Such grants are made possible not only by our fundraisers, but also by a strong PTA membership and donations. Simply by joining the PTA, you contribute funds that help ensure our students have an enriching educational experience at Heatherwood. HMS PTA membership forms are available in the office and will be available on-line at our website in the very near future. **Remember, it is never too late to join!**

Please remember that when you join the PTA, you are not obligated to do anything more. Naturally, we would love to see everyone at our meetings for they are all general membership meetings. If you are unable to commit the time needed to serve on a PTA committee, you can always help out on a one-off basis, such as helping out for a few hours on field day or contributing a salad for the staff appreciation lunches. Even a small monetary donation goes a long way in helping the PTA support Heatherwood.

We end our message by apologizing for the delay in getting our website, www.heatherwoodpta.org, up and running. Please continue to check it as we anticipate it will be fully functional within the next 30 days. In the meantime, if you need information or have a comment, please contact either Becky Hitchcock at becky@hitchcockonthe.net or Tay Sadjadpour at tsadjadpour@hotmail.com. Enjoy the fall weather.

Tay Sadjadpour and Becky Hitchcock
Heatherwood PTA Co-Presidents

Heatherwood PTA
Charter 7.3.71
Newsletter

Hawk Highlights

- > Reflections
- > Spride Week is October 26 through October 30
- > Next PTA Meeting is November 9 at 7:00 pm in the school library

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Principally Speaking....



How great it was to see so many of you at Curriculum Night recently.

Even though teachers were only able to provide a glimpse at the year in the short time available, it was a nice way to connect and share. Thank you for attending.

Students and teachers are now in the midst of preparing for goal-setting conferences, which will

take place during the week of October 26th. During this process, which helps set the stage for aspects of high school graduation projects, students set personal goals in content and other areas,

gather evidence of their learning, chart their on-time graduation trajectory, and rehearse for their

conferences. In June, this process concludes with student-led conferences during which the student

Takes the full lead in sharing progress. We trust that you will be impressed with your child's ownership

of learning as the portfolio is shared and reviewed with you.

Janet Gillingham

Subject: Legislative Advocacy

by Patti Betz

The 2009 PTA Legislative Assembly of 275 PTA delegates met Oct. 2-3 to vote on key issues affecting our children's education in order to present them to our lawmakers.

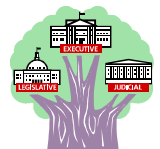
Basic Education Funding (HB 2261) continues as the top legislative priority of the WA State PTA.

What does this mean?

This bill (HB 2261) is intended to ensure the state re-defines and fully funds public education. In addition to Basic Education Funding, the other issues now on the platform are: strengthening Math and Science education, improving the state assessment test (previously the 'WASL'), ensuring Core 24 (that high school students get 24 credits needed for college entrance), and rational approaches to teacher compensation.

In addition to these five key issues, two amendments were approved: 1) include music and art education in the definition of Basic Ed, and (2) increase funding for highly capable programs.

To learn more about the Assembly's work, go to the WSPTA website at www.wastatepta.org/advocacy/headlines.





November 2009

FP=fast pitch/FB=football/XC=cross country/BB=Basketball/VB=Volleyball

Did you know?

- ♣ The population of HWD this year is 890, up 35 from last year.
- ♣ HWD is collecting box tops and Campbell's (UPC symbols) labels. There is a drop

Please continue to check the calendar on our school website for upcoming school events:
<http://cms.everett>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Standard time begins</i>	2	3	4	5 <i>Instructional Connections All Day</i>	6	7
8	9 <i>Pta 7pm</i>	10 Veterans' Day Assembly AM	11 no school Veterans' Day	12	13	14
15	16	17 School board mtng	18	19 Boy's BB @ HW 3:45	20	21
22	23 Boy's BB @HW 3:45	24 VB@HW 3:45	25 EARLY RELEASE	26 no school Thanksgiving Day Holiday	27 no school Thanksgiving Day break	28
29	30					

Staff Appreciation

We would like to first THANK those who have already signed up to help with Staff Appreciation this year at Heatherwood.

Each month's lunch or breakfast will have a different theme and menu, and it is our special way to show our awesome Heatherwood staff how much we appreciate their hard work with our kids.

We invite as many as possible to join our volunteer group. Volunteers are needed to provide food donations and with set up the day of Staff Appreciation. The more help we have, the lighter work there will be because the same people won't have to help every month. We would love it if you signed up to help with this once—a—month project.

Thursday, November 19th.

We will be providing a Harvest luncheon dishing up soup, salads, and desserts.

Are you able to help provide one of the following?

12 soups

16 salads

10 desserts

4 flats of water

6 bags of ice

We will be at school that Thursday morning to receive your items, or if you need to drop them off at one of our houses the night before, please let us know.

First lunch starts at 10:40 am.

THANK YOU again for all of your help!

Lori Taylor the.mzfans@verizon.net

Kathryn Lee honorzone@yahoo.com



Next General Membership PTA Meeting
is
November 9 at 7:00 pm
in the School Library



On behalf of Heatherwood's PTA we send out a great big **THANK YOU** to all students, parents, friends and family members who helped make this years *magazine fund raiser* a **huge success**. Many of the activities and events that support our students are funded through the PTA and it's wonderful to see the students get involved in a fundraiser that benefits themselves. I'd also like to take this time to say **THANK YOU** to everyone who volunteered their precious time to help with making sure everything balanced by the end of the day (or days). I truly could not have done this without assistance. I believe the decision we made to work with the company '**YES**' was a great decision. Their staff made this a very enjoyable experience. So, once again, **THANK YOU...HEATHERWOOD ROCKS!**

Mary Forsberg, VP Ways and Means



CLUBS OFFERED AT HMS

Studies show that students involved in their school are more open to learning within that school. This can be accomplished by being on a sport team, or it can take place when a student joins an extra-curricular club. Heatherwood is pleased to offer several varying clubs. Please look over the list below with your student in the chance he or she has an interest in a particular club.

HONOR (a service based club)

Robotics

Homework

Art

Music—Jazz Band, Vocal Ensemble

Yearbook



What Families Can do to Prepare for Flu Season

The following information is based upon recommendations of Snohomish County Health District and Centers for Disease Control as of September 8, 2009.

Plan for child care at home if your child gets sick or their school is dismissed. Depending upon the severity of the flu, that stay-at-home time could be a minimum of five school days.

Plan to monitor the health of every family member by checking for fever and other symptoms of the flu.

Update your emergency contact lists. It is especially important that your school contact information is complete and up to date. This is how schools will notify you when a child is sick and/or about what is happening with the flu in your school neighborhood. Sign up for the district's *InTouch* email subscription system from the website at www.everett.k12.wa.us.

Identify a separate room in the house for care of sick family members. Consider designating one person as the main caregiver for anyone who gets sick.

Gather games, books, DVDs and other items to keep your whole family entertained while at home.

Get everyone on your family vaccinated for seasonal flu and for 2009 H1N1 flu when vaccines are available.

There are three simple steps everyone can take to help prevent illness of all kinds:

1. Wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners with at least 60% alcohol are also effective.
2. Cover your mouth and nose when you cough. Cough into a tissue or into the crook of your arm if a tissue is not available. Do not cough into your hands as that may spread germs and viruses to everything you touch.
3. Stay at home when sick. Staying home means viruses do not spread to as many people as they would at school or work. Parents should plan for alternate child care in preparation for ill students being sent home from school.

Flu is not a private health issue; it is a public one. Therefore, we each have a responsibility for taking these simple steps to safeguard the health and well-being of ourselves, our families and those we encounter each day.

Health experts are providing school districts with information and updates as available. The district will continue to add that information to its website at www.everett.k12.wa.us.

Parents may also choose to check the following websites for information:

Snohomish Health District, www.snohd.org

Washington State Department of Health, www.doh.wa.gov

Centers for Disease Control, www.cdc.gov/h1n1flu/



H1N1 (SWINE FLU) UPDATE

Staff representatives from Washington State PTA attended a summit convened by the Governor and the Department of Health to discuss preparations for the upcoming flu season. Leaders from education, business and public health attended. We were told that we will need to prepare for two flu seasons this year: the typical seasonal flu and the H1N1 flu, and that many more people are expected to become ill than during a typical year. The Office of the Superintendent of Public Instruction has recently provided school districts with toolkits for addressing flu issues, including a letter for parents. All of this information is available on the Office of Superintendent of Public Instruction website, as listed below. We are also providing the websites to the WA State Department of Health website and the National website. They are updating their information frequently

Resources for parents that are available on the WA Office of the Superintendent of Public Instruction website: [About H1N1](#), Answers for parents and school personnel about the H1N1 (swine) flu; [Help Prevent H1N1 Swine Flu](#) (PDF), a letter to parents from State Superintendent Randy Dorn and State Secretary of Health Mary Selecky. Also available in [Spanish](#), [Chinese](#), [Korean](#), [Russian](#), [Taglog](#), [Ukrainian](#), and [Vietnamese](#).

Washington State Department of Health www.doh.wa.gov.

U.S. Government H1N1, Avian and Pandemic flu information www.flu.gov.



Remind your student that washing their hands before eating or touching their face is the first step in preventing catching the flu!

Estudiantes se benefician cuando sus padres se unen a la Asociación de Padres y Maestros

Cuando los padres participan en la educación de sus hijos, los estudiantes suelen tener mejores calificaciones en la escuela, graduarse, estudiar a nivel universitario, estar más motivados y tener mejor autoestima. La Asociación de Padres y Maestros (PTA, por sus siglas en inglés) les da a los padres de familia una oportunidad de participar en la educación de sus hijos.

Para más información y el artículo completo, en español, con respecto al PTA,

visite por favor: <http://www.nuestronoroeste.com/article/20091016/HOG01/710169946>.



We're on the web!
www.heatherwoodpta.org

**Heatherwood
PTA Charter
7.3.71**

Heatherwood Hawk is electronically published monthly by the Heatherwood Middle School PTA. Please note: names of students whose parents did not consent to having them published have been omitted from *Heatherwood Hawk*.

The Everett School District complies with all federal and state rules and regulations and does not discriminate on the basis of race, creed, color, national origin, sex, sexual orientation, marital status, age, veteran status, or disability. This holds true for all students who are interested in participating in educational programs and/or extracurricular school activities. Inquiries regarding compliance and/or grievance procedures may be directed to the school district's Affirmative Action Officer, Title IX Officer, ADA Coordinator, or Section 504 Coordinator.

Affirmative Action Officer:	Carol Stolz	3715 Oakes, Everett WA 98201	385.4106
Title IX Officer:	Randi Seaberg	3715 Oakes, Everett WA 98201	385.4104
ADA Coordinator:	Kristine McDowell	202 Alder, Everett, WA 98203	385.5250
Section 504 Coordinator	Becky Ballbach	4730 Colby, Everett, WA 98203	385.4086



Janet Gillingham
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