



# Interlake High School P.T.S.A.

SAINTS NEWS July 10, 2009

## CALENDAR OF UPCOMING EVENTS

- August 10** Interlake Main Office Open, 8am – 3:00pm
- August 13-24** Athletic Office accepting fall sports paperwork, 9 am – 1pm
- August 17-21** Band Camp/Early Week at IHS (9am-3pm daily)
- August 19** 1<sup>st</sup> day of football practice
- August 21** Link crew 9<sup>th</sup> Grade orientation, 8am – 12:30pm  
9<sup>th</sup> Grade parent information meeting, 8am – 10am in theater
- August 24** 1<sup>st</sup> day of all other Fall sports  
Student Orientation (schedules, fees, etc.) 9<sup>th</sup> – 12<sup>th</sup> Grade
- August 27** Fall sports parent meeting, 7pm in the commons
- August 31** First Day of School
- Sept 15** Picture Day

## PTSA INFORMATION

**NEXT SAINTS NEWS:** The next Saints News will be distributed on August 7th. All items need to be sent to the editor at [SaintsNews@Comcast.net](mailto:SaintsNews@Comcast.net) by noon August 5th. **To increase the accuracy of information published in the Saints News, we will be formally editing each edition before sending. Except in rare cases, we will not be able to include late submissions. Thank you.**

### WHY VOLUNTEER?

**Involved and supportive parents are the key to:** more effective schools; higher grades & test scores; long-term academic achievement; positive student attitudes & behavior; more successful school programs

**Other reasons to volunteer:** someone you love benefits; set a positive example; you were asked; meet other parents; gain new skills & experience; use otherwise unused gifts or skills; concern for others; sense of purpose; develop leadership skills

Interlake thanks all those who have generously given of your time this year & to those that have already stepped forward to volunteer next year. You are appreciated. We still have some important positions that need to be filled.

**Auction Chair or Co-Chairs:** The Auction is an **ALL SCHOOL** event, that supports PTSA, Booster Club, and Music programs; EVERY student benefits! With the upcoming budget cuts next year, it will be even more important to support student programs and fill in the gaps. Please consider volunteering for this important position. Contact **Mike Mueller** at [michael.mueller@affiliatedfm.com](mailto:michael.mueller@affiliatedfm.com) with questions or to let him know you are interested.

**Please contact Kim Gunnerson** at [gunnerso@mindspring.com](mailto:gunnerso@mindspring.com) with interest in any of the positions below:

**PTSA Executive Committee Positions:**

**Treasurer** - keeps accurate financial records of all funds received & disbursed. Submits a written monthly report at each PTSA meeting. Deposits funds received promptly into the PTSA bank account. Plays a major role in planning future year's budget and monitors use of current budget funds.

**VP Funding** – act as a liaison between the PTSA Executive Committee and various PTSA fundraisers

***PTSA Board Positions:***

**Class of 2011 Parent Representative(s)** - one or two people to oversee fundraising efforts for graduation night party; this year will involve researching event planners

**Class of 2013 Parent Representative(s)** - one or two people to coordinate fundraising efforts for graduation night party

**Auction Liaison** - coordinate PTSA side of auction with Booster Club

**Staff Appreciation 2013 Co-Chair** - one more person needed to coordinate the freshman parent-sponsored staff luncheon in the spring and help with others throughout the year

**Senior Baccalaureate chair** - coordinate a non-denominational service for seniors prior to graduation in the spring

**Program Delivery Council Rep** – Program Delivery Council is an advisory group consisting of the Principal and representatives of teachers, certified staff, students, and parents. Its purpose is to address site based issues and concerns that affect student learning.

***A little goes a long way! However much time you can spare to volunteer is enough. Whatever you can do makes a difference. Thank You!***

**College Corps is looking for YOU!** Do you enjoy working with teens who are striving to reach that "next level"? Have you experienced the college application process with your own student and have knowledge to share? Or do you want to gain that valuable experience before it is your turn?

**College Corps** volunteers help our seniors with the **college application process** Mondays, Tuesdays and Thursdays **from 2:30 - 4:00, mid-October through mid-January** in the Career Center. If you want to really impact a student's life and can commit **one day a week** to providing guidance, particularly with the application essay/personal statement, please contact Arlene Scott, College Corps Coordinator at 425.456.7797 or scottar@bsd405.org. Training is provided.

**PTSA Reflections Artistic Expression Contest** The theme for school year 2009-2010 is "Beauty is..." . When the thrill of vacation begins to wear-off challenge your teen to think about what "Beauty is" means to them. Suggest they push the boundaries of "beauty" in any and all directions.

Literature -- works of fiction, nonfiction, poetry, prose, drama, short stories and lyrics.

Music Composition -- original musical composition, with or without words.

Photography -- prints up to 11 x 14 inches in color or black and white, including techniques: photogram, retouched, montage, sandwich and multiple exposure.

Visual Arts -- drawing, painting in tempera, oil, acrylic, watercolor & t-shirt paints, computer generated art, two-dimensional collage, printmaking, needlework & leather tooling.

Film/Video -- original works, with or without sound, of animation, narrative, documentary, experimental or music video/film.

Choreography/Dance -- originally choreographed dance composition (recorded on VHS tape or DVD).

Express yourself and let Interlake High School PTSA showcase your work!

For specific details on deadlines, rules and applications visit Washington PTSA main website: [www.wastatepta.org/programs/reflections/program\\_details.html](http://www.wastatepta.org/programs/reflections/program_details.html)

## **SCHOOL NEWS**

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**To view Dale Garvey's pictures** of the football jamboree, graduation and senior activities, please visit his new website at <http://bethroberts.zenfolio.com/>

**RECOGNITION ASSEMBLY UPDATE** – To view the information and pictures from KIRO's coverage of the year end assembly go to KIRO.com, Click Sports. You will then see the High School Spirit [www.kirotv.com/schoolspirit/index.html](http://www.kirotv.com/schoolspirit/index.html). Go Saints!

## **COUNSELORS' CORNER**

Kristen Patterson A-F  
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425-456-7218

Jennifer Gallison G-K (Tues./Thurs./Fri.)  
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Lorena Epstein, Counseling Secretary  
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425-456-7231

## **VISIT THE IHS COUNSELING CENTER WEBSITE AT**

<http://curriculum.bsd405.org/sites/schools/IHScounselors/default.aspx>

## **COLLEGE & CAREER INFORMATION**

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**Try the King County Library WASL & SAT tutoring service!** Are you stressed about the SAT? Worried about the WASL? Here's some news that may calm your fears: KCLS has partnered with the online tutoring company Brainfuse to offer a service that will help you prepare for either test. Students can take online practice tests and receive their results instantly. In addition, they can receive help on a particular subject or skill by chatting with a qualified tutor. Tutors are available from 1:00 pm to 10:00 pm every day of the week, and tests can be taken anytime. Just remember to have your library card number handy when you login. Log on to [www.kcls.org/teens/](http://www.kcls.org/teens/) and click on the link on the left-hand side of the page under "Events & Programs." Also look for it soon from the databases page: [www.kcls.org/databases](http://www.kcls.org/databases)

## OVATIONS!

**Many thanks** to the Class of 2010 Student and Parent Volunteers who helped with the July 5th Microsoft box lunch fundraiser. Funds raised will help offset Senior Prom ticket prices.

## COMMUNITY SERVICE OPPORTUNITIES

**Volunteer this summer!** Earn community service hours at Kelsey Creek Farm Summer Volunteers. During July and August you can be a week-long volunteer and help with farm animal chores and animal care. Must be willing to learn and be physically active all day. Register through [Myparksandrecreation.com](http://Myparksandrecreation.com) or call 425-452-6885.

## GRADE LEVEL INFORMATION

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### MUSIC

**Attention all Students who are Registered for Band Next Year at Interlake HS** Band Camp, aka "Early Week," is the week of August 17-21. This mandatory camp is held at Interlake High School from 9 a.m.-3 p.m. daily. The week ends with a barbecue on Friday and we finish up around 1 p.m. Please plan your vacations around this week. Students learn their marching band music, learn to march, and get their Band Uniforms fitted.

**Music Parent Meeting, Thursday, September 3<sup>rd</sup>** There will be a meeting for all parents of music students who are in Band, Choir and Orchestra on Thursday, September 3<sup>rd</sup> at 7pm beginning in the Commons. At least one parent per family should attend. The music directors will give an overview of the music program, policies, expectations and events planned for the year.

**Microsoft Lunch box fundraiser – Monday, July 27<sup>th</sup>** Mark your calendars. We are fortunate to receive advance warning about the Microsoft Fund raising opportunity. Please plan to come if you are not away on vacation. Emails will go out via the music news with the details.

**Music News Signups** - If you have a student in music, please be sure to subscribe to the weekly Music News by sending an email to [interlakemusic@gmail.com](mailto:interlakemusic@gmail.com). Please specify: student's name, class year; i.e. class of 2013, parent or guardians names and all the music ensembles that you are in; i.e. Concert Band, Jazz Band, Choir, Orchestra.

**July 27<sup>th</sup> – Microsoft Lunchbox Fundraiser (3:30pm- done!)**  
**Aug. 17<sup>th</sup>-21<sup>st</sup> – Band Camp/Early Week at IHS (9am-3pm daily)**

### IHS SPORTS

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**Interlake Activities Hotline is: 425-456-7333.** It will be updated by Noon if there are any cancellations.

**All sports schedules:** <http://www.kingcoathletics.com>

**IHS Events Calendar:** <http://www.bsd405.org/ihs/eventcal/>

## **BOOSTER CLUB**

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**Booster Club website:** [www.interlakesaints.org](http://www.interlakesaints.org)

**Booster Club website manager:** Joe Sherman, [jmsherman@verizon.net](mailto:jmsherman@verizon.net)

**Booster Club President,** Michael Mueller, [michael.mueller@affiliatedfm.com](mailto:michael.mueller@affiliatedfm.com)

**Parent Rep Chairs,** Kirsten Johnson, 746-1476, [ktuckerj@yahoo.com](mailto:ktuckerj@yahoo.com)

### **BOOSTER CLUB ELECTION RESULTS – Interlake Booster Club is pleased to present the new 2009-2010 Executive Officers**

**President – Mike Mueller**

**VP Communications – Brook Walker**

**VP Fundraising – OPEN**

**Secretary – Michelle Crowell**

**Treasurer – Pandý Stoianoff**

**Membership - Gwen Mwehla & Kris Beatie**

**Parent Rep Coordinator - Kirsten Johnston**

**ATTENTION SPORTS TEAMS** - New regulations require that at least two people have a valid food handler's permit to work in the concession stand. That means each team that works the concession stand must have 2 people with a permit on them the night they work. Here is a link for getting yours:

<http://www.kingcounty.gov/healthservices/health/ehs/foodsafety/FoodWorker.aspx>

All teams should consider getting these permits so they are eligible to work special functions like tailgate parties at football, soccer games, track meets, etc. Permits are good for two years.

We are looking for a volunteer to **sell Spirit Wear**. If you are interested in helping, please contact Mike Mueller at [michael.mueller@affiliatedfm.com](mailto:michael.mueller@affiliatedfm.com)

**ALBERTSON'S SHOPPER?** Anyone who has an Albertson's Community Partners card must re-link their cards at [www.albertsonscp.com](http://www.albertsonscp.com), organization name is: Interlake High School Booster Club, community partners ID is: 49000102833. Thank you for continuing to help raise funds for Booster Club!

## **BELLEVUE SCHOOLS FOUNDATION**

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**Find BSF on Facebook!** We did it - Bellevue Schools Foundation is now on Facebook. If you're a Facebook lover, look us up and join the Cause! Just search for Bellevue Schools Foundation, and join other supporters of excellent schools in Bellevue. Help us spread the word!

THANK YOU to all who attended last week's Spring For Schools luncheon and generously donated. BSF raised a record \$564,150 in donations to assist schools next year. Interlake's own Osbaldo Hernandez, 2008 graduate, gave an incredible presentation

## **WEB LINKS**

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**PTSA Website:** <http://www.interlakeptsa.org>  
**IHS Website:** <http://www.bsd405.org/ihs/homepage/>  
**Interlake Sports:** <http://www.kingcoathletics.com>  
**Interlake Sports Schedules:** [www.viewmyschedule.com](http://www.viewmyschedule.com)  
**Booster Club Website:** <http://www.interlakesaints.org>  
**Interlake Grades Online:** <https://grades.bsd405.org/ihs/piv.exe>  
**BSF Website:** <http://www.bsfdn.org/>  
**BSD 2006-2007 Calendar:** <http://www.bsd405.org/Default.aspx?tabid=270>  
**BSD Library:** <http://weblibr.bsd405.org/>  
**BSD Parent Resources:** <http://www.bsd405.org/Default.aspx?tabid=105>  
**Information for new families in English, Chinese, Japanese, Russian, Korean and Spanish:** <http://www.bsd405.org/Default.aspx?tabid=758>  
**PAYPAMS** (for payments to breakfast/lunch accounts): <http://www.paypams.com>  
**Dale Garvey's website:** <http://www.flickr.com/photos/12794035@N07/collections/>  
**WASL Resource Center:** <http://www.k12.wa.us/assessment/WASL/default.aspx>

*Cut and paste the above internet addresses into your browser. We are not able to provide "hyperlinks" due to security issues.*

## **ABOUT THE SAINTS NEWS**

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**SPREAD THE WORD ABOUT THE SAINTS NEWS!** The Saints News is the Interlake PTSA e-mailed newsletter which is sent weekly on Fridays (except holidays) during the school year. Make sure your friends are receiving it. In addition to the Saints News, periodic important messages from the school and grade leveled news is also sent, so it's important everyone is signed up. To subscribe, send your name, student name and grade level, and e-mail address to: [pkostlund@verizon.net](mailto:pkostlund@verizon.net).

**SUBMISSIONS:** Please submit information for the newsletter to [SaintsNews@comcast.net](mailto:SaintsNews@comcast.net) by Wednesday at noon. Thank you for your articles! Submissions should be in plain text in the body of your email message. Items submitted may be accepted, rejected, or edited at our discretion.

## **Contact Information**

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Submit articles to: [SaintsNews@comcast.net](mailto:SaintsNews@comcast.net) (Nariko Kawashima)  
Subscribe/Update/Unsubscribe: [pkostlund@verizon.net](mailto:pkostlund@verizon.net) (Karla Ostlund)  
Please add [mvrabit@comcast.net](mailto:mvrabit@comcast.net) (Val Rabitoy) to your address book or "list of approved senders" so that the Saints News doesn't get caught in your spam filter or junk folder!  
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Interlake High School | Attn: PTSA | 16245 NE 24th Street | Bellevue | WA | 98008 | 425-456-7200