Mark Your Calendar!

October

Traveling Suitcase Theme: Community
Celebrate Hispanic-Latinx Heritage
22 Raising Mixed-Race Kids Workshop at Greenwood Elementary
22-24 TAG Workshops
24 In-School Flu Shots Available
29-30 TAG Auditions
31 Halloween!!

November

Traveling Suitcase Theme: Perspectives
Celebrate Native American Heritage
7 Harvest Night
5-7 Book Fair
8 Community Circle: Veterans Day
11 No School (Veterans Day)
12 Equity Committee Mtg, LHE, 7:30pm
19 Picture Day Retake
20 Multicultural Family Group’s Spice Night, 6pm, LHE Commons
25-27 No School (Teacher Conferences)
28 No School (Thanksgiving)
29 No School (Native American Heritage Day)

December

Traveling Suitcase Theme: Identity
Celebrate Interfaith Learning/Celebration
6 Community Circle: Interfaith Presentation
20 1-Hour Early Release
23-Jan 3 Winter Break

KUDOS TO ALL MOVE-A-THON ATHLETES AND SUPPORTERS

RAVE to Andrea Gomes Morrison for getting our students moving at Move-A-Thon and leading the event as a successful fundraiser!

RAVE to all of the parents, volunteers, and donors for making Move-A-Thon possible and successful!

For more pictures, including some by Anna Nodolf studios, visit our online edition at https://www.loyalheightspta.org/connect
LEADERSHIP CORNER: PRINCIPAL GG & ASSISTANT PRINCIPAL SANCHEZ

Are you the next STAR? That’s what I heard judges ask a contestant on America’s Got Talent. What does it mean to be a star? I thought all the contestants were very talented stars. In the dictionary, star is defined as: *(n)* heavenly bodies that are self-luminous; *(adj)* celebrated, distinguished. This year at LHE, we get to define **STAR**.

Last school year, a small group of teachers, staff, and administrators formed the PBIS Team (Positive Behavior, Interventions, and Supports) and developed schoolwide common expectations for students and staff to implement and practice this school year. We were part of Seattle Public Schools PBIS Cohort and attended trainings throughout last year. We decided to use STAR as an acronym for **S**afe, **T**houghtful, **A**ccountable, and **R**espectful in setting up our schoolwide expectations. In working with the staff, school community expectations were developed for common spaces and activities such as the hallways, bathrooms, lunchroom, playground, assemblies, buses, school events, and field trips. The PBIS team did a soft launch of the S.T.A.R. expectations with our students near the end of last school year.

This year, the PBIS team, staff, and administrators launched S.T.A.R. with a strong push at our first day assembly.

S.T.A.R. banners and posters were put up explaining the expectation for that common area. If you walk around the building, you’ll see it everywhere. Staff is on the lookout for students practicing **SAFE** behaviors on the playground, **THOUGHTFUL** gestures to each other, **ACCOUNTABLE** actions by following hallway or bathroom rules, and **RESPECTFUL** interaction with adults and peers. In other words, we were looking for Beaver STARS and we found them in no time. During September, classrooms did special class activities if they collectively earned 20 stars. Needless to say, students were excited about this quest and 20 stars were obtained quickly. Every classroom made their 20 stars and celebrated with their class. This month every classroom will set their class goal for the number of STARS they are collectively working towards. Classrooms will be recognized during lunch time and teachers have special activities planned. We want our students to feel safe and happy in their learning environment and our S.T.A.R. expectations will support teacher/student conversations at class circles and at every Community Circle (school-wide assembly) this year.

We all strive to be S.T.A.R. Beavers every day!

—Ms. GG

---

**STUDENT ART**

Ms. Vaagsland’s 4th grade class made these Pinch Pot Bobbleheads!

See more art in the *Beaver Tales* online edition at [https://www.loyalheightspta.org/connect](https://www.loyalheightspta.org/connect), including art from the following classrooms: Schroder, Gayan, Edmonds, and Williams.

Thank you Ms. Cissell!
Wow! Huge round of high fives to all of our little beavers and families that supported Move-A-Thon. Thank you for coming out big in support of our school. We are furiously entering laps and counting the last donations. Donations will be accepted until October 25—help us blow past our goal of raising $45,000!

Move-A-Thon was a really fun day, and that was due in huge part to the over 85 parents that volunteered hundreds of hours to make it happen. We had a TON—and we mean a TON—of parent volunteers pitch in throughout the day. Thank you to everyone who signed up for a shift or three. **An extra special thank you to:** Madeline DeGra-cia, our emcee and very own Oprah; Mykcal Gilge for organizing our t-shirt contest; Ms. Katzen and Ms. Pay-ton for helping us get everything set up; Kajsa Puckett for securing our corporate sponsorship; Michelle Rodelo for making our certificates; Brian Jones for providing our AV and being there all day; Aaron Rehling for putting together our playlist; Jen Clark for leading our wildly delicious and successful Bake Sale; Natalie Ward and Laura Renz for organizing our ice cream parties; and Steve Mooney, Jen Haldimann, Caroline Knaub, Eli Weisz, Jennifer Sullivan, Kate Goldyn, and Stacey York for making hundreds of lap cards.

Thank you to our local business community for sponsoring: The Mailbox Ballard, Orin Rice Sales Recruiting, Kettrick Properties, PSG Films, and Fleet Feet Ballard.

Thank you to these local business for providing prizes, fruit, and our ice cream parties: Smart Foodservice, KA-VU, Grocery Outlet - Crown Hill, Sweet Mickeys, Secret Garden Books, and Fleet Feet Ballard.

**PRIZE HIGHLIGHT**

The class with the highest fundraising participation wins an ice cream party. Currently this race is neck and neck with the top 8 classes within 10% of each other. It’s anyone’s game, and your kid’s class could win a delicious ice cream party. Donate today, any amount counts towards having your child participate in fundraising.

**MATCHING FUNDS**

Don’t forget to submit for matching funds at work. Email Andrea (andrea.g.morrison@gmail.com) with proof that you’ve submitted for a match by October 25th and it will count towards your child’s fundraising.

Finally, we’ll celebrate on November 8 at the upcoming Community Circle. We will screen the 2019 Move-A-Thon video, announce the final numbers, and award all of the prizes.

---

**FROM OUR PTA PRESIDENTS KATRINA HUPP AND STEPHANIE GARDNER**

This is such a busy yet beautiful time of year with leaves falling, kid soccer games, homework, Seahawks, Move-A-Thon, Harvest Night, and all the while the days are growing shorter. The conversations shift from summer memories and getting back to school to what it means to actually be in school. From practicing math facts, to getting to bed on time, to difficulties meeting new friends—these conversations and how our kids feel about them are so important.

Being a parent is one of the most rewarding jobs of all, but it’s a lot of work! So keep at it. Talk about how to safely stand up for someone being treated unkindly, how to give someone you don’t know well a compliment, how to ask for help while at school. It’s not easy to talk about the hard things, but when we do, it makes facing them easier for our kids.

Thank you for being the parents and caregivers that you are and for having these hard conversations and showing your kiddos how to be their best selves. Carry on!

—Katrina & Stephanie
Jordyn Radvany
Focus Teacher, Grades 3-5
Hi! I’ve been teaching special education for six years and am originally from New Jersey. When I’m not teaching, I enjoy reading and traveling. I’m so excited to be a part of the Loyal Heights community!

What is your favorite flavor of ice cream? Being that ice cream is my favorite food, this is an easy question to answer. I love the chocolate gooey brownie flavor from Salt and Straw!

What is the most interesting place you have lived? I’ve been lucky enough to live in Rome. It was amazing! I did half of my student teaching abroad and completely fell in love with the culture and food!

Who was your favorite teacher in elementary school and why? My favorite teacher in elementary school was my third-grade teacher, Mrs. Hoffman. She was incredibly loving and kind. Looking back, she created such a warm and safe environment for students to learn and explore.

Hema Thomas
School Psychologist
I’ve been working as a psychologist in Seattle Public Schools since 2006. I live in Seattle with my spouse, two children, and dog. In my free time I enjoy going on adventures with my kids, baking, and reading.

What is your favorite flavor of ice cream? Cookies and Cream.

What was your favorite Halloween Costume you wore as a child? Strawberry Shortcake.

What college did you attend and what was its mascot? University of Washington, go Dawgs!

Juliana Williams
5th Grade Teacher
I am thrilled to be the new 5th grade teacher at Loyal Heights! I was born and raised in Seattle and live nearby. My background is in biomedical research and I chose to become a teacher because I love working with kids and wanted to be more involved in the community.

What was your favorite book in elementary school? My favorite book in elementary school was “Holes” by Louis Sachar.

What is your favorite flavor of ice cream? My favorite ice cream is coffee or chocolate chip cookie dough.

What college did you go to and what was its mascot? I went to the University of Washington for my undergraduate degree, go Huskies!! I went to Antioch University for my master’s degree in teaching.

When I grow up I want to be a Vet I love anamols. I wilie hilp anamols when they are hert.

Laynie, 1st Grade
Ms. Gayan’s Class
BOOK FAIR AND HARVEST NIGHT—SAVE THESE DATES!

LHE PTA and Phinney Books
Fall Book Fair
November 4-7 in the LHE Library

HOURS:
- Monday, 11/4: Set up and preview (no sales)
- Tuesday, 11/5: 8am-3:25pm (1 hour after school)
- Wednesday, 11/6: 8am-2:10pm (1 hour after school)
- Thursday, 11/7: 8am-2:25pm and at Harvest Night from 6-8pm

Average Prices:
$5.99 (easy readers)
$12.99 (graphic novels)
$17+ (fiction for older kids)
Don’t forget tax!

Teacher Bucks will be for sale this year to help fill out classroom libraries!

We will be collecting donations for our Books For All Program which raises funds to ensure every Loyal Heights student receives new books from the book fair, regardless of means. Your monetary donation will help every child go home with books to keep.

Cash or checks (made out to LHE PTA) will be collected Oct 28–Nov 1. The classroom that collects the most money by Nov 1 will be rewarded with donuts! You can donate at the book fair as well.

If you would like to nominate a student for this program, you may contact your student’s teacher or Kathy Katzen at: kkatzen@seattleschools.org or (206) 252-6000.

Pasta Dinner Menu
Pasta, bread, plus veggies or salad, $6 ticket
Bread plus veggies or salad, $3 ticket
La Croix, $1 ticket

Bake Sale Menu
Homemade desserts
Otter Pops, Red Vines, and more!

Harvest Night is a community gathering held each autumn. We eat. We play. We provide an opportunity to give back. Please join us in this celebration for the whole family.

At Harvest Night, you can support our ‘upperclassmen’ and skip cooking dinner! 5th grade families will serve a pasta dinner and have a bake sale with desserts. Proceeds support the 5th grade trip to Camp Orkila, an adventure students look forward to all year.

Tickets will be sold in advance on the playground, before and after school on Tues and Wed (Nov 5-6). You can also buy tickets at Harvest Night. Cash or check only. Email fifthgradefundraising@loyalheightspta.org for more info.

Entertainment for the evening is provided by our adorable kindergarteners, who never fail to impress with their lively rendition of the chicken dance. There will be games to play and crafts to glue, plus a final chance to shop the Book Fair.

You can also take part in the first HIP packing party! The student council has adopted the Hunger Intervention Project (HIP) for their charitable work. Donated food items will be assembled into packs and students are invited to include a personal note. You can donate food items at Ballard Food Bank bins starting Oct 21. See page 7 for details. We hope to see you at Harvest Night!

Student Art

Just for kids
How can you tell if a mummy has a cold?
He starts coffin.

Oliver in Ms. Dahlin’s class created this masterpiece!
Welcome to a new year at Loyal Heights! My name is Cooper Swart and I am the head writer for the Student Council Newspaper Committee. I am here today to talk about the Student Council program. Although the students in Student Council have already been decided, your child can still participate in the program by providing ideas or suggestions to Student Council.

Here are some things that Student Council does:

- Plans events such as Dress-Up Days, Talent Show, and Spelling Bee.
- Accepts reasonable ideas from all grades to make the school and community a better place.
- Runs different food, blanket, and goods drives for the betterment of the community.

All members in Student Council have a role to play. The following students were elected for the following jobs:

- **President:** Beatrix Holt.
- **Vice President:** Gemma Sipos.
- **Treasurers:** Joey Gibson and Posy Taylor.
- **Public Relations Directors:** Cooper Swart, Emerson Cox, Rory Gilge, Nicola Forbess, Orly Fletcher, Sammy Yamamoto, Della Granger, Connor Bembry, Sophie Schuppisser, Chase Gersack, Harper Cook, Mari Puckett, and Harry Kenney.

In addition, each member is part of a specific committee:

- **Newspaper:** Cooper.
- **Food, book, and goods drive:** Sammy and Gemma.
- **Talent Show:** Orly, Connor, Harry, Sophie, and Posy.
- **Spelling Bee:** Bea, Sammy, and Mari.
- **Student Ideas** (includes idea box): Kyli, Chase, and Della.
- **Community Circle:** Mari, Gemma, Nicola, Emerson, and Rory.

Thank you to our Dress-Up Committee for finalizing its plans for spirit week! Thanks and see you next month!

---

### Just For Kids

**Why was the artist afraid he might go to jail?**

**Because he’d been framed!**
Our school year is well under way and I’ve been busy connecting with families, case-finding, writing health plans, updating medication information in our data system, training, and of course, providing first aid to our amazing students.

Next on my priority list is working on our immunization compliance as there are a few names still on the list. I am proud to say that Loyal Heights School is always one of the top schools for immunization compliance. Vaccination data is now in the Washington State Immunization Information System, a database used by most practitioners. For access, you may create an account for your family at [https://wa.myir.net/register](https://wa.myir.net/register).

Flu season is right around the corner and we want our students and families to be prepared. Influenza vaccination reduces the risk of severe outcomes in children and adults and helps to reduce school and work absences due to illness. October 24th is our annual Flu Clinic provided by Seattle Visiting Nurse Association nurses. They accept most insurance. Forms are available in the main office or email me and I can send you one. The best prevention against the flu is the influenza vaccine.

In October, I will be starting my student health screenings as mandated by state law (WAC 246-760). Near vision, distance vision, and hearing screenings will be done on all students K, 1, 2, 3, and 5. We want our students at their optimal health for learning and these screenings can rule out any vision or hearing barriers that could get in the way of success in the classroom.

A reminder to keep your child home and away from others if ill. Frequent handwashing and covering coughs helps to protect everyone in our school community, including those with fragile immune systems. All students in school are expected to be able to fully participate in the activities of our busy school days when here—keeping your child home if unwell protects us all.

In Good Health,

—“Nurse Julie” Kaloper, BSN RN NCSN

[jkaloper@seattleschools.org](mailto:jkaloper@seattleschools.org)

During Harvest Night on Nov 7, the PTA Equity Committee will host a meal-packing party to benefit Hunger Intervention Program (HIP). The organization will distribute these packs to students in need so they have meals to eat when school is not in session.

To make this happen, we need your help. We are asking for the following items from each grade level so we can fill those food bags. Items can be dropped in the Ballard Food Bank bins located throughout the school.

- **Kindergarten:** Instant oatmeal packs and meal pouches (e.g. Madras Lentils, Thai Vegetable Peanut, Vegetable Tikka Masala, Bombay Lentils).

- **1st Grade:** Whole grain crackers and dried fruit.

- **2nd Grade:** Healthy snacks (e.g. trail mix, granola bars, seaweed, dried chickpeas, popcorn, fruit cups).

- **3rd Grade:** Canned or vacuum-packed proteins (e.g. tuna, salmon, chicken, beans).

- **4th Grade:** Non-perishable milk (8 oz., not chocolate or other flavors, but almond and soy are fine).

- **5th Grade:** Dinner soup/meal pouches (also assigned to Kindergarten).

HIP believes that all children must have access to nutritious food for them to realize their full potential as they grow up to be our future leaders. HIP serves 300 children every week throughout the school year at nine schools in North Seattle and Shoreline. Healthy HIP Packs contain enough food for six meals.

Let’s instill the giving spirit in our children! Add one more thing to your weekly grocery list.

**TAG Technical Theatre**

In response to the desire to continue the technical offering through TAG, we are creating a new program. All LHE 4th and 5th grade students are invited to participate in technical theatre workshops this fall. From that group, the Stage Crew will be chosen based on merit and needs of our production of Alice in Wonderland Jr.

We also need LHE student help to name our new program! For details and to register, visit [https://lhetag.org/tag-technical-theatre](https://lhetag.org/tag-technical-theatre).

Any parents/guardians wishing to help with the program or contribute to the workshops (theatre connections and expertise needed!), please email [lhetag@comcast.net](mailto:lhetag@comcast.net).
YARN REQUEST FROM MS. CISSELL

The art room needs yarn. Do you have yarn lying around that you don’t need?

We would like to create a friendship loom and need some yarn.

Please drop it off to the main office-attention: Ms. CisSELL. Thank you very much.

MUSICAL NOTES FROM MS. CHUTICH

MUSIC MATTERS LICENSE PLATES SUPPORT MUSIC EDUCATION!

Proceeds go toward assisting music education in K-12 public schools. You can even designate LHE as a recipient! For more info: http://wmea.org/Content/C93/FAQ%20Sheet%20Color.pdf

SPICE NIGHT

Multicultural Family Group
Wed, Nov. 20, 6-7:30pm, LHE Commons

As the season of holiday cooking approaches, we are planning to host a SPICE NIGHT. Please bring a spice that is central to your culture’s cuisine, a potluck dish, and a recipe to share.

Note that this is a separate event from the popular Multicultural Night, which is planned for Feb 12. But feel free to use this as a practice run and an extra chance to socialize before the big event! Come join us as we all expand our culinary horizons! Kids are welcome.

Contact: Beth Gardner, elizgardner5@gmail.com

WHERE TO FIND SCHOOL NEWS

✔ EMAILS: LHPTA Weekly Update (Katherine Diers, kdiers@comcast.net); School Messenger from LHE and SPS (Kathy Katzen, kkatzen@seattleschools.org)

✔ MONTHLY LHPTA NEWSLETTER, Beaver Tales: via Kidmail and at www.loyalheightspta.org/connect. Email Katie Kaku (ktkaku@gmail.com) with news, announcements, photos, raves, story ideas.

✔ LHPTA WEBSITE: www.loyalheightspta.org

✔ LHPTA FACEBOOK PAGE: LIKE us and link via www.loyalheightspta.org homepage.

EARTH CORNER:
PLASTICS IN THE OCEAN

Kids: Did you know that 8.8 million tons of plastic trash ends up in our oceans each year? Sea creatures such as turtles can mistake plastic bags for jellyfish and eat them.

What can we do? We can reduce our plastics trash!

♦ Tell your parents you don’t need bottled water at your Halloween party. Bring a reusable water bottle instead or put paper cups by the classroom sink.

♦ Use compostable plates instead of plastic plates.

♦ Pack your lunch in reusable containers instead of Ziploc bags.

♦ Eat ice cream in a cone instead of in a plastic cup.

Have an idea for our next Earth Corner? Email them to Katie Kaku (ktkaku@gmail.com) and we will include them in the next Beaver Tales!

STUDENT WRITING SHOWCASE

When I grow up I wot to be a rocstr. I can sing and pla air gatar.

Myles, 1st Grade
Ms. Gayan’s Class
**Traveling Suitcase Update**

The Safeway Traveling Suitcase Program celebrates heritage and culture at our school. The LHE Staff Race & Equity Team and the PTA Equity Committee have created monthly themes and heritage months to highlight, and the Traveling Suitcase will work in alignment with this calendar. October’s theme is Community and the Traveling Suitcase celebrates Hispanic-Latinx heritage. Interested in sharing stories from your family? Contact Jan Johnson (hejajo@gmail.com).

**Ms. Sanchez Shares Her Family’s Culture**

At the Community Circle on Oct 4, Asst. Principal Sánchez shared her family culture as part of the Traveling Suitcase Program. Ms. Sánchez is both Latinx and a Mixteca from Oaxaca, Mexico; her Native American Mixtec heritage comes from her father’s side. Mixtecs have their own unique dialect and customs. Ms. Sánchez is bilingual and speaks English and Spanish.

Ms. Sánchez showed students where Oaxaca is and how to pronounce Oaxaca (“we’ha’kah”). She also told them about Noche de Rabanos (Night of the Radishes). Radishes are carved into intricate scenes and presented on Dec. 23rd. Ms. Sánchez also brought items specific to Oaxaca including traditional dresses for women and children, black pottery from the area, an alebrije, and woven baskets worn by men and women.

**Upcoming Traveling Suitcases**

Not every month highlights a specific culture; some months are dedicated to culture more broadly. Interfaith learning can include religious celebrations and culture. May has Nordic Heritage since it is a huge celebration in Ballard, but we extend the theme to immigration at large. We welcome families to bring cultural items, games, and stories to place in each month’s traveling suitcase which will be on display in the library.

Ms. Blangy will also display relevant books, so students can read more about a heritage. We welcome you to bring your stories to the Traveling Suitcase Program and/or to your children’s classrooms as a sort of family show-and-tell.

**Traveling Suitcase Calendar**

| October Theme: Community; Celebrate Hispanic-Latinx Heritage; Community Circle: Liz Sanchez/Oaxaca. |
| November Theme: Perspectives; Celebrate Native American Heritage; Community Circle: LHE Staff/Veterans Day. |
| December Theme: Identity; Celebrate Interfaith Learning & Celebration; Community Circle: Equity/Interfaith Presentation. |
| January Theme: Diversity; Celebrate Lunar New Year; Community Circle: LHE Staff/Martin Luther King, Jr. |
| February Theme: Justice and Action; Celebrate African American History and Black Lives Matter; Community Circle: LHE Staff RET/Black Lives Matter. |
| March Theme: Courage and Being An Upstander; Celebrate Women’s History; Community Circle: Equity/Women’s History Presentation. |
| April Theme: Respect; Raise Disability Awareness; Community Circle: Equity/Disability Awareness. |
| May Theme: Determination; Nordic Heritage and Immigration; Community Circle: Spring Concert Practice. |
| June Theme: Pride; Celebrate LGBTQ+ people in our history and community. |
RAVE to Shawnette Ericsen and Sarah Mann for sorting and distributing all the math and curriculum books for the whole school. They spent over 8 hours doing this!!

RAVE to Michelle Rodelo, Tristan Symons, Laura Renz and all other for helping organize the classroom supplies!

RAVE to all those who stepped up to be room parents and to all who work behind the scenes helping teachers and in the office!

RAVE to our Popcorn Dads: Kris Thomas, David Kearns, and Andy Temer.

RAVE to Nurse Julie for going above and beyond... from helping deal with slimy messes, to staying after school hours as needed, to helping with flu shot vaccination day!

RAVE to Cathee Till, Jan Johnson, and Erin Bremly for helping out at the Flu Shot clinic.

RAVE to Morgan Cox for sorting out our after school clubs.

RAVE to the LHPTA Equity Committee for hosting our first Community Dinner.

RAVE to Katrina Hupp for leading the PTA with compassion, integrity, hard work, and professionalism.

RAVE to Liz McCully for helping with Ready, Set, School. Also thank you to the parents and kids who helped us move everything inside when the rain hit. It was a scramble but we had so many extra helpers!

RAVE to Kali Sakai, Rachel Trussel, Natalie Ward, Nelle Waddell, Jenna Olson, Gretchen O’Connell, Hannah Blackbourn and Sarah Mann for helping on Picture Day.

RAVE to Chris Stearns, Michelle Desiree, Nick Stuckart, and Danielle Pace who stepped up as Crossing Guard Supervisors.

RAVE to Jessie Hammer, Kelle Clarke, Jan Johnson, Jessica Nagtalon, Serena Fabela, Adrian Fabela, Sabrina Savarin, Carrie Rees Johnson, Suna Jun, Caroline Knaub, and Stephany Toche for helping at lunch.

RAVE to Whitney Haas for leading the 5th grade Fundraising.

RAVE to Erin Bembry for leading Field Day End of School Celebrations for the past many years!

RAVE to Jen Haldimann, Cathee Till, Denise Khambatta, Tristan Symons, Kristine Kenney, and Melissa Murray for coordinating the October Staff Appreciation letter writing campaign.

We love to share your RAVES! Let us know (no rants accepted).

NEW!! All volunteer opportunities in one place!

Interested in joining the Loyal Heights Laudable List of Volunteers?

Find volunteer opportunities with links to school-wide and classroom signups.

https://www.loyalheightspta.org/volunteer
MORE MOVE A THON PHOTOS BY ANNA NODOLF (ONLINE VERSION ONLY)
MORE MOVE A THON PHOTOS BY ANNA NODOLF (ONLINE VERSION ONLY)
Ms. Williams
5th Grade

Ms. Schroder
2nd grade
Mice using modelling clay

Ms. Gayan
1st grade
Snails using modelling clay

Ms. Edmond
2nd grade
Interpretations of “Ish”