

pacific vikings

NEWS

November 2009, just barely
Issue 6



Many thanks to all those who made the first-ever
“Together” auction such a great success.

“Let's have another Auction”

.....and we did...and.....we raised over..... **\$26,000 !!!**
.....and.....we had FUN !!!

Our thanks to all those who attended, assisted and donated to
the “Together” Auction 2009 for Mount Rainier High School
and Pacific Middle School.

Proceeds will be split evenly to grant wishes from the “Wish
Lists” which support students and staff at both schools.

GO RAMS !!!

GO VIKINGS !!!

Mount Rainier High School PTSA
Pacific Middle School PTSA

<http://mrhsptsa.org/> www.hsd401.org/pacific

PTSA Contacts

2009/2010 PTSA Executive Board of Directors

Co-Presidents	Sheri Healey	206 794-1887	dskkhealey@comcast.net
	Kay Duncanson	206 878-8317	kayd@duncansonco.com
Secretary	Valerie Pallagi	206 653-7523	thepallagis@comcast.net
Treasurer	Karen Rencher	206 242-2972	rencher@comcast.net

Calendar

December

- 4** Early Release
Activity Afternoon – see details on last page
Holiday Tree Lighting at Big Catch Plaza – 6 pm – see details on Bulletin Board page
Field House Dance, 7:30 to 10:00 – see details on last page
- 8** Boy's Basketball vs Cascade - 7th grade 3:00 - 8th grade 4:00 **OPENING GAME!!**
- 10** Boy's Basketball vs Sylvester - 7th grade 3:00 - 8th grade 4:00
- 11** Early Dismissal
Activity Afternoon – see details on last page
- 16** Argosy Christmas Ship & Bonfire at Beach Park – see details on last page
- 18** Early Dismissal
Activity Afternoon – see details on last page
- 21** Winter Break begins – through January 3

We're always looking for volunteers! If you have time to help out, please contact Tamela DeRosso at:

derosstd@hsd401.org

or call (206) 431-5619

Tyee Holiday Bazaar

The Tyee Holiday Bazaar is Saturday, December 5, from 9am-4pm on the Tyee Campus. Do your holiday shopping from over 100 booths of hand-made and commercial items. Shoppers can also get their Christmas tree, have their picture taken with Santa, and enjoy breakfast, lunch or a hot fresh espresso beverage. There's even a Kid activity center for the little shoppers. We are also still accepting craft vendors. Contact Alana Vinther at 206.433.2128 or vintheam@hsd401.org for information. All proceed benefit Tyee student activities.

Check out Highline School District's 2009 Report Card at:

<http://www.hsd401.org/ourdistrict/news/HPSreportcard'09.pdf>

PACIFIC'S COUNSELING CORNER

Questions about your student's classes, placement, MAP scores or progress? Feel free to contact our counselors:

- 7th grade Counselor Jeff Ferry at ferryjj@hsd401.org or
- 8th grade Counselor Theresa Lucrisia-Bradley at lucrisbtj@hsd401.org

VOLUNTEER OPPORTUNITY! AVID

Help our students solve problems and think their way through class work. Our amazing students need adults and college students to sit with them in small groups and help guide them through problem solving. **NO SPECIAL CONTENT KNOWLEDGE IS NEEDED.**

Need volunteers every Tuesday and Thursday during 4th (11:25-12:15), 5th (12:55-1:45) and 6th (1:50 -2:40) periods. Please contact Darla Hays, AVID Coordinator at haysdc@hsd401.org

Interested in Attending Aviation High School?

Aviation High School (AHS) is holding a series of evening Information Programs for prospective incoming students. 8th graders and parents who are interested should look into one of these meetings scheduled for the following dates and times:

- December 8 from 6:30-8:30 p.m.
- February 2, 2010 from 6:30-8:30 p.m.

Enrollment is limited to 100 incoming freshmen each year, and admission to Aviation High School requires a completed application and an interview conducted by school personnel and students. If you are interested in attending AHS next year, you should attend one of these sessions to learn more about the application process *and* the unique instructional program. Classes fill quickly, so attending a session *before* the winter break is advised. Assistance is available for application completion and interview preparation. For more information about AHS, please check out their website at www.AviationHS.org or call the school at 206.716.0006 and ask for Ms. Stark

School Report.Org

Subscribe to receive direct notification from your school via e-mail at www.schoolreport.org This site provides a report of school schedule changes due to adverse weather conditions and other emergency situations for the Highline School District. Mobile Alerts: SchoolReport.org can e-mail messages to your text enabled cell phone or pager. Contact your carrier for more information on your phone's e-mail address. <http://www.schoolreport.org/>

From Your School Nurse:

What is the difference between a cold and the flu? Because the cold and flu have similar symptoms, it can be difficult to tell the difference. Flu symptoms include some or all of these symptoms:

- Fever, not everyone will have a fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headaches
- Chills
- Fatigue
- Sometimes diarrhea and vomiting
- Generally, fever, body aches, tiredness and dry cough are more common and intense.

The cold symptoms are milder and people are more likely to have a runny or stuffy nose which do not result in serious health problems such as pneumonia, bacterial infections, or hospitalizations.

What should I do if I get sick?

- Stay home for at least 24 hours after your fever is gone except to get medical care.
- Avoid contact with other people except to get medical care, wear a facemask if you have one, cover coughs and sneezes with a tissue.
- Wash hands often to keep from spreading flu to others.

Most people with H1N1 or seasonal flu have had mild illness and not needed medical care.

It's possible for healthy people to develop severe illness from the flu so anyone concerned about their illness should consult a health care provider. There are emergency warning signs:

In children:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

If you have the emergency warning signs of flu, are at high risk of flu complications or concerned about your illness, call your health care provider for advice. CDC has information on "Taking Care of a Sick Person in Your Home" on its website at http://www.cdc.gov/h1n1flu/guidance_homecare.htm.

Note from a Parent

I thought it unusual that on some days my son would come home, go to his room with the lights out, and put a coldpack on his head. Assuming he was going through a moody teen-aged stage, I didn't assign much importance to it, but I was wrong. He was just diagnosed as having migraine headaches. Although the sources of these headaches are tough to pinpoint, he has complained that several kids in his class wear too much perfume or cologne, and that sets it off for him.

By virtue of being in the flight path, Pacific classrooms are pretty well sealed against noise. My son might also argue that they're sealed against adequate ventilation.

Kids at this age are sensitive to bodily changes, and might believe that dousing themselves with perfume may ward off strange odors, improve their grades and make them attractive to the opposite sex. Please tell them that it won't. Given the products they use every day – soaps, shampoo, conditioner, gels, deodorants, lotions, they are veritable parade floats of conflicting scents, so adding perfume to the mix just makes them more noxious than Agent Orange.

Please ask that they apply it with a lighter hand or, better yet, just let themselves smell like a human being. The air quality of Pacific will improve enormously and my son won't feel as though there's been a sledgehammer planted in his skull. Thanks for considering this.

Congratulations to the boys selected for the 8th grade basketball team (good hustle, you guys!):

Desmond Saelee
James Fay
Jake Gardner
Amani Brown
Matthew Pascua
Adam Badley
Ben Badley
Ben Hunter
Corbin Sylvester
Austin Hardey
Chad Sagmoen
Adrian Davis
A. J. Lenaburg
Tyler Morine
Jeremy Mcnett

These boys have been working very hard. Come watch them play their first game on Tuesday, December 8th against Cascade @ Pacific 4pm.

Sport Schedules can be found [here](#) or on the [Highline School District website](#).



Bulletin Board

LAST DAYS for Wreaths and Entertainment Books!

Wreaths will be delivered *this week!!* Contact me at johnjbeal@comcast.net to pick up some good deals on fresh-cut greenery and avoid that stale junk at local stores.

Entertainment Books are in stores for \$35, but we're still selling them for the *insane price* of \$20. Buy one for the office or a friend, or to always have in your car.

Butterbraid sales conclude on Tuesday, December 1st and will be available for pick-up on Thursday, the 10th.

Thanks again for your support of the Pacific Wind Ensemble and our Music Programs!

Barnes & Noble Bookfair in support of Highline Schools Foundation

As long as you plan on shopping at Barnes & Noble, hold off until:

December 7th – 13th

Give them **Voucher Number 10063154** and a percentage of the sale will go to Highline Schools Foundation for Excellence to support the Excel grants for the district. The voucher is good at any B&N store in the country, but if you go to either of the following locations:

Southcenter Barnes & Noble
300 Andover Park W., #200 - Tukwila

Westwood Village
2600 SW Barton St – Seattle

Your school will be entered to win a Gift Card! Use the voucher number or check your kids' backpacks for the flier that came from the schools. Need information? Contact Holly Moore at 206.248.5196.

Donate a Gift Card!

Let's help some of our Pacific families get through the holidays by donating a gift card for cash or merchandise! Drop off these gift cards at the office and tell Linda they're for Holiday Help – a school district social worker will collect and distribute them to our families in need. Please be generous - let's ease the burden and help our families enjoy the holidays!

Holiday Tree Lighting at the Big Catch Plaza!!

Friday, December 4th at 6:00 pm
Big Catch Plaza (by QFC) in Des Moines

Cookies, Cocoa and Good Cheer
Traditional Holiday Music provided by
Des Moines Elementary Bands
Pacific Middle School Bands
Mount Rainier High School Bands

Santa to drop by around **7:00** – don't be late!! (Thx Ric & Dianne)

6th graders say their fondest memory of elementary school was the week at Waskowitz. Now WE can go!

Waskowitz Holiday Open House FUNd Raiser

Sunday, Dec 6th, 12 - 2:30pm.

For a suggested donation of \$25 per family, come and enjoy festivities of the winter season including hot chocolate, nature crafts, and songs around a roaring camp fire. For a small fee have your picture taken with a *Smokey as Santa*- right before he goes into hibernation.

Two of North Bend's finest Christmas tree farms are helping to sponsor this event with discount coupons of up to 15% off your purchase. Proceeds go to support student participation fees for the residential environmental program.

Location- Historic Camp Waskowitz
45505 SE 150th St.
North Bend, WA 98045

DES MOINES PARKS & RECREATION TEEN ACTIVITIES

ACTIVITY AFTERNOONS

For after school fun on those long Friday afternoons, Pacific Middle School Students can stick around for Activity Afternoons. Create cool craft projects, play sports in the gym, access the web in the computer lab or win prizes with cool contests. *A completed Participation Agreement and one time \$25 participation fee form are due to Des Moines Parks & Recreation before participation. Forms are available in the Pacific Middle School Office, at the Des Moines Field House and with program staff. **

For more information, call Des Moines Parks & Recreation at (206) 870-6527.

Day: Fridays, After School -4:00pm

Upcoming dates: Dec. 4th *December Activities announced shortly!*
Dec. 11th
Dec. 18th

DES MOINES YOUTH COUNCIL *TEENS MAKING A DIFFERENCE IN THE GREATER DES MOINES AREA*

Youth Council meets every other Thursday during the school year to make a difference in our community! Teens learn leadership, social and work skills while having a great time.

Call Nic Lind at (206) 870-6582 to confirm meeting dates and times.

Ages: 6th-9th graders

Meeting Location: Des Moines Field House, 1000 South 220th St.

Time: 6:15-6:45pm*

Upcoming Service Events: **Activity Afternoons** (Dates are Above)
Dec 4th **Field House Dance**
Dec16th **Argosy Christmas Ship**

FIELD HOUSE DANCE PARTIES

Concessions are available to purchase, Student I.D. Card is required for admission. Parent Chaperones are welcome! Call Des Moines Parks and Recreation if you are interested in helping to provide a safe and fun environment for our teens.

Ages: 6th-8th graders

Location: Des Moines Field House - 1000 S. 220th St.

Cost: \$7 and Student I.D. Card

Time: 7:30- 10:00pm

Staff: Recreation Staff & Des Moines Police Dept.

Dec 4th - **Neon Dance/Hot Pinks & Fluorescents welcome!**