



WEST SEATTLE HIGH SCHOOL PTSA NEWSLETTER

January 2011

Principals Message

Greetings Families -- It is hard to believe we are almost half way through the year! I love being at WSHS. The students and staff are fantastic. I have spent the first part of this year getting to know students, staff, and the school. The staff and I are working to establish and strengthen systems to ensure a safe and civil school. As a result we have a change, beginning second semester, January 31, 2011 West Seattle High School will begin a new bell schedule.

The *new bell schedule* will have the following changes:

- School will start at 8:10
- There will be no 2nd breakfast.
- All classes will be 55 minutes
- There will be two 30 minute lunches plus 5 minutes for passing

Rationale for the change...

Academics: This schedule starts school as late as possible. Research shows that adolescents perform better when school starts later. Starting school 10 minutes later will allow Metro students to take the later bus and arrive to school on time and have breakfast, decreasing the number of tardies to first period. Learning time will be maximized by lengthening all classes to a uniform 55 minutes.

Safety: By creating two lunches we will decrease overcrowding. Lunch lines will be decreased and students will be served much more quickly. There will be enough seating in the lunchroom to accommodate all students.

I appreciate the support I have received from many of you as we implement these changes. Wishing you all the best in 2011! *Ruth Medsker, Principal*

New Regular Bell Schedule		
Wildcat Time/ Breakfast	7:55 – 8:05 am	
1 st Period	8:10 – 9:05-am	School Start Time
2 nd Period	9:10 am – 10:05 am	
3 rd Period (<i>Homeroom</i>)	10:10 – 11:05 am	
4 th Period	11:10 am – 12:05 pm	2 nd Lunch 12:05-12:35pm <i>Grades 10-12</i>
4 th Period	11:40 am – 12:35 pm	1 st Lunch 11:05 -11:35am <i>Grade 9</i>
5 th Period	12:40 – 1:35 pm	
6 th Period	1:40 – 2:35 pm	

What's Inside...

Staying Connected	Pg. 2
PTSA Message	Pg. 3
WSHS Alumni Auction	Pg. 4
ACT-SAT Testing Info	Pg. 4
West Seattle 5K Run/Walk	Pg. 5
Student Life	Pg. 6-7
FLU Facts & Chinook	Pg. 8
Grad Night & WSHS Tours	Pg. 9
Important Dates	Pg. 10

Stay Connected at Westside...

1. Attend a WSHS PTSA Meeting

General PTSA Meetings now occur **bi-monthly** during the school year. Our new Principal, Ruth Medsker, and her Assistant Principals are providing strong leadership and exciting energy. Your PTSA intends to support them and make West Seattle High School the best school in the district! We urge you to be a part of our school's transformation. Get involved. Volunteer your time and talents – even if it's only a few hours a year!

PTSA meetings are 7:00-8:30 PM in West Seattle High's library.

Future Meeting Dates

January 26 th
March 23 rd
May 25 th
June – No Meeting

2. www.wshsptsa.org is your direct link to what's happening at WSHS, contacts, dates and deadlines, and who's who!

3. Subscribe to West Side Notes

West Side Notes is an email list service provided by the WSHS PTSA to keep faculty/ staff, students, parents and interested community members up-to-date on topics of concern to the West Seattle High School Community. PTSA membership is not required.

To subscribe, send a blank email to: wshsptsa2011@gmail.com

- You will receive a confirmation email from the server.
- Reply to this email as instructed to confirm your desire to subscribe to the service.
- You will receive a welcome email confirming your subscription status. This email will also provide information on how to cancel/change your subscription status.

PTSA Message, From Denise Lathrop and Lisa Clark, Co-Presidents

Greetings Westside families! At the October 2010 PTSA meeting, Lisa Clark and I (Denise Lathrop) were officially voted in as your 2010-2012 PTSA Co-presidents. To let you know a little bit about us, Lisa is the parent of a freshman and brings leadership experience from her tenure as Vice-President for McClure Middle School PTSA. I have a sophomore student and coordinated the PTSA Newsletter during the 2009-10 school year and have served on other boards and commissions.

We would also like to introduce our PTSA Board members: Cheryl Ormsby - Vice President, Lori Menday - Secretary, Catha Elder - Treasurer, Amy Doll - Building Leadership Team (BLT) along with committee members Terese Machmiller - Communications, Jennifer Shaughnessy - Membership and Megan Bentley - Newsletter. If you are interested in being part of our PTSA team, **there are still positions open** for a second BLT representative, a Legislative Liaison and support for the quarterly PTSA newsletter. As always, there are many opportunities to volunteer!

The PTSA is very excited about the new leadership at Westside and the opportunity to partner with them to make West Seattle High School the best in the District! To date, the PTSA has been busy working to identify funding needs for academic programs, improve and update the WSHS and PTSA websites, and plan the "West Seattle 5K Run/Walk" for May 22, 2011.

Here are a few other things we have been working on...

Student Assignment Plan - As we reported last spring, the new student assignment boundaries significantly reduce enrollment at WSHS and Madison Middle School which in turn affects our funding and academic offerings. Lisa Clark, along with PTSA representatives from Madison MS, Chief Sealth High School, Schmitz Park, Sanislo, Alki and Lafayette schools attended a meeting with Seattle School Board Representative Steve Sundquist to talk about the challenges with the assignment boundaries. He had two sets of concerns to bring to the School Board:

1. Capacity issues "current & getting worse" at the 4 elementary schools in the north end of West Seattle.
2. The continuing issue of the middle school/high school swirl, unique to the geographic configuration at West Seattle, with 4 elementary schools going north and 6 south, creating a "looming enrollment decline at Madison and WSHS and over capacity soon at Denny and Chief Sealth."

When addressing the capacity issues with Seattle School Board, Steve indicated that a proposal will be forthcoming from West Seattle, which several PTSA representatives took to mean that "he is counting on us for further, meaningful input, providing potential solutions that we as a community would be amenable to." He also tasked the District with providing the analytical work that will be necessary to properly address this capacity issue. Stay tuned for more on this topic.

Monitoring Academic Achievement - Much concern has been expressed regarding West Seattle High School's ability to serve students and families. Recent test scores published for WSHS, which were low in math and science, also contributed to this concern. Specifically, Madison Middle School feels that this is becoming a factor when families choose a Middle School to send their children to.

On December 8th, WSHS Administration and staff attended the Madison's PTSA meeting to talk about improvements that are underway at WSHS, and to answer questions from parents. West Seattle staff did a nice job of explaining their programs and how the administration is working to make both the teachers and students more accountable for academic success at WSHS.



2010-11 PTSA Board PTSA Unit 6.15.510

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NEXT PTSA MEETING

January 26, 2011
7 - 8:30 PM in WSHS Library

http://www.wshsptsa.org/wshs_ptsa

WSHS Alumni Association Hosts Second Annual Auction

On **February 17, 2011** West Seattle High School Alumni Association will host their Second Annual Auction at The Hall at Fauntleroy in West Seattle to benefit school programs and staff programs at WSHS.

West Seattle is a school built on pride, spirit, and tradition with over 100 years of history!

This auction is a major fundraiser and benefits all the students attending our school. **Your support is critical**; it will provide supplemental funding for many items that the School District, State and Federal budgets no longer provide for. Last year the Auction's "Fund-a-Need" raised \$10,000 for replacement science equipment to bring our students into the current technological arena. This year our urgent needs include tutors, musical instruments, technology, student leadership activities, academics and athletics funding, to name just a few.

Please consider attending the Auction on February 17, 2011. If you cannot attend, please consider donating a service, donating goods and/or donating experiences, such as week-ends away at your cabin, boat trips, time share condo time, gardening days, meals delivered to your home or...whatever you can give. You and your company may also consider underwriting a portion of our event to offset our Auction expenses. Your donations are tax deductible. We're all in this community together and together we will make this a successful event and strengthen our community!

To find out more and/or to donate items, please contact Dick Lee at 206-252-0476 or send an email to rjlee@seattleschools.org. You may also contact WSHS Foundation President Christy Rowe at 206-932-6953.

We rely on your generosity and support. Thank-you in advance for your thoughtful consideration of this request!

ATTENTION WILDCATS

ACT and SAT Standardized Testing and Registration Dates for 2011

ACT Test: Register at www.actstudent.org

Test Date	Registration Deadline	Late Fee Required
February 12	January 7	January 8 – 21
April 9	March 4	March 5 – 18
June 11	May 6	May 7 – 20

SAT & Subject Tests: Register at www.collegeboard.com

Test Date	Registration Deadline	Late Fee Required
January 22	December 23	December 24 – January 7
March 12*	February 11	February 12 - 25
May 7	April 8	April 9 - 22
June 4	May 6	May 7 - 20

*SAT Only – No Subject Tests

Don't forget to use the code for West Seattle High School: 481165

Test Prep Resources: www.actstudent.org, www.kaptest.com/quizbank, www.studentedge.com

Fee Waiver: See your counselor. You must be on free or reduced lunch.



Don't Miss the 3rd Annual West Seattle 5K run/walk

Join us at our annual fundraising event to benefit West Seattle High School PTSA. Last spring, the West Seattle 5K Run/Walk hosted over 1,100 runners and walkers from all corners of Puget Sound and beyond! Participants were drawn by the family fun, the gorgeous scenery, and all the amenities that Alki Beach has to offer. We will build on that success making this year's event even bigger and better!

BE A PART OF THE ACTION! Plan on walking or running the West Seattle 5K.

Enjoy views of Puget Sound and the Seattle skyline on this scenic 5K route along West Seattle's Alki Beach. Afterwards, you can relax at one of Alki's famous eateries, take advantage of ***Celebrate Seattle Summer Streets*** to walk or ride your bike with no car traffic, or enjoy a day of beach combing.

Funds from the 2011 West Seattle 5K will be used to improve math and science programs and communications at WSHS. In addition to fund raising, this year's event promotes healthy eating and active lifestyles for our school community. Walking and running are some of the easiest and least expensive ways to maintain a healthy lifestyle. ***Experts recommend getting 30 minutes of moderate-level physical activity on most days of the week.*** You can divide the time into shorter periods of at least 10 minutes each.

***Planning for our third annual West Seattle 5K Run/Walk is underway...
And we need your help!***

Our next planning meeting is ***January 12, 2011 from 6-8 PM*** at Uptown Espresso in the Junction. This event requires about 75 volunteers to plan the event and run it on race day. Without the support of the PTSA, the WSHS staff, parents and students, and the West Seattle community, this event is simply not possible! Consider helping out with one of the following activities...

SPONSORSHIP PROCUREMENT: Sponsorships are a critical part of our ability to raise money through the event. We are looking for people who can discuss sponsorship opportunities with local businesses. ***Let us know if you or your company might be interested in sponsoring this event!***

GRAPHIC DESIGN and WEB DESIGN: We have an event web site www.westseattle5K.com, an event t-shirt, posters, brochures, postcards, and other marketing materials, that could use a fresh design from a graphic designer.

MARKETING: Provide assistance with printed materials, mailings, advertising, event shirts, and participant bags. Contact Lisa Clark (Lead) at: lisaj.clark@comcast.net

REGISTRATION: We need help with database updates associated with both in-store and mail-in registrations. Contact Mary Rehm (Lead) at: MRehm@casey.org

For more information contact Race Directors: Denise Lathrop at delathrop@comcast.net or Andy Norton at pandrewnorton@comcast.net

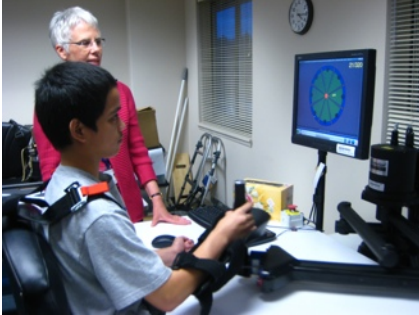


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Student Life and Activities

YMCA Highlights...

Did you know that the YMCA serves more than 200 students per month at West Seattle High School through a variety of enrichment, academic, and community service activities? This fall, YMCA activities included: ***Digital Photography, Freestyle Cooking, Street Yoga, Art Club, Robotics, Music Production, Madison Mentoring Project, Earth Service Corps, and more!*** Here are a few highlights...



In Robotics, 10 students build and program their own Lego Mindstorms robots. On December 1st, the class took a field trip to the V.A. Hospital to see robots in action. These robots, developed at the Massachusetts Institute of Technology (MIT), are used with people who have had a stroke and are trying to regain normal functioning of their arm and hand. The teens took turns on the machines, testing their own skill and experiencing how the robot will support and guide a person who has difficulty completing the task.

In **Freestyle Cooking**, Y-Instructor Roberto Ascalon challenges his students to create their own recipes in the kitchen, using whichever ingredients are provided that day. Students have been learning how to slice and dice, mince, boil, sauté, and other techniques as they make chicken soup, cauliflower-stuffed dumplings, baked acorn squash, and more.

For more information or to get involved, contact Anne Powell, Senior Youth Development Director for the

Host Families Needed for Foreign Exchange Students...

Students will attend WSHS during second semester. Potential host families can choose from the following students:

- A girl from Brazil who loves to play the electric guitar and sing. She participates in English, Spanish and circus classes, in her free time she likes reading and being with her cat;
- A boy from South Korea, who is very motivated. He is an A student and his favorite subjects are English and Math, and has an interest in Biology and Anthropology. He is involved in a volunteer group who helps those who are disabled, he sings in the choir and has wanted to come to the USA since he was in 4th grade;
- A girl from Italy who has a joyful character. She is a generous girl and is always willing to help others, she likes dancing and music, swimming and snow sports, **OR** a girl from Denmark, who is a positive girl who enjoys dancing and staying fit and would love to try cheerleading while she is here. She loves to be with her friends and also likes to spend time alone reading or watching a good movie. She plans to attend business school after High School;
- A boy from Belgium who loves swimming and all water sports. He also likes to play guitar, travel and enjoys sightseeing. He is a motivated student and likes martial arts too, **OR** a girl from Germany who loves biking, hiking, and snow sports, she also likes board games and loves animals.

Students come with good English skills, their own insurance and spending money, and mainly the desire to be a member of an American family. Host families do not need to have teenagers of their own; young families as well as empty nesters are excellent high school student hosts this year.

For more information contact: Jamin Henderson at 360-661-0552 or j.henderson33@hotmail.com.

ASSOCIATED STUDENT BODY (ASB)

ASB students along with the WSHS cheerleaders put on a warm clothing/food drive for the *Orion Center for Street Youth* and the *West Seattle Food Bank*. This was also a class competition which ended on December 17th right before break, so look for results to be posted in the next newsletter! The ASB students and Key Club have also teamed up with the YMCA at our school in adopting a family this holiday season through the Holiday Giving Tree. This is a great way to teach students about caring and community. When parents are doing what they can to pay the bills and put food on the table, there is often no money left for new clothes or toys. The Holiday Giving Tree (and their generosity) gives families the opportunity to meet both the needs and wishes of their kids.



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ASB students, WSHS and YMCA wish you Happy Holidays and Happy New Year!!!

~ Craig Richardson, WSHS Activities Coordinator

PUBLIC RELATION OFFICER UPDATES...

In December, the ASB ran a warm food and clothing drive, raising money to sponsor a family for the holidays. The goal was to raise a few hundred dollars to buy the family new clothes and items on their wish list. Donations from students and the community helped to make this a successful event! On December 16, ASB hosted a holiday movie night open to all students, one of the types of events we put on to include all Westside students, and volunteering at a soup kitchen. *~ Collrane Frivold, ASB Public Relations Officer*

Freshmen - We recently had our freshmen elections; they went very well. Elected into office are, Carrie Weglin and Allen Phan as Co-Presidents, Ann Nguyen and Katie Tieu as Co-Vice Presidents, Sharon Prom as secretary, Megan Antalan as Treasurer, and myself, Gabby Tapuro as Public Relations. We are working to increase our class' spirit and we are also working to raise money. A few ideas for the year are car washes, bake sales and designing class t-shirts. Our goal this year is to raise a lot of money for our class and make the freshman known throughout the school. *~ Gabby Tapuro, Freshmen Class Public Relations Officer*

Sophomores - During the first few months of the school year the sophomore class was busy selling donuts at football games and the school play. Recently, we sold Candy Cane Grams that students could send out to their friends. These were delivered on Friday before winter break. We are in the process of planning a **"Spring Fling"** dance. This will be a special incentive dance for which students have to have a certain grade point average to attend. *~ Lauren Shaughnessy, Sophomore Class Public Relations Officer*

Juniors- I'm Griffen Hagenson, Public Relations, one of the new members to the Junior Class Officers this year along with Emmie Riley, Secretary, and Ryan Fry, Treasurer. The Junior class has been working hard to finish preparations for **"Winterball."** The dance will be held at the Tukwila Community Center on January 15th with the theme of *Beauty and the Geek*. We have confirmed security, asked students to request songs, and discussed advertising and costs for the dance. *~ Griffen Hagenson, Junior Class Public Relations Officer*

Seniors- The Senior class is working on many different things around this time! We are currently underway on stabilizing our deal for Prom at the Safeco field. As a whole class we have voted on the 1950's theme of **"Swinging the Night Away."** Graduation Committee met to take early action on students who plan to perform or speak during graduation. Senior Luncheon Committee is currently making a deal with the Alki Community center to have the luncheon there, and the food and activities are still being decided. Also we are planning a rough schedule for **"Mr. Irresistible"** to ensure the best performance possible next year! That is all for now. *~ Steven Nguyen, Senior Class Public Relations Officer*

“FLU FACTS” to Help WSHS Families Stay Healthy this Season...

The CDC (Center for Disease Control) urges you to take the following actions to protect yourself and others from influenza (the flu):

#1 Take time to get a flu vaccine

- CDC recommends a **yearly flu vaccine for everyone 6 months of age and older** as the first and most important step in protecting against flu viruses.
- The 2010-2011 flu vaccine will protect against an influenza A H3N2 virus, an influenza B virus and the 2009 H1N1 virus that caused so much illness last season.
- About two weeks after vaccination, antibodies develop that protect against influenza virus infection.

#2 Take everyday preventive action to stop the spread of germs

- You may be able to pass on the flu to someone else **before** you know you are sick, as well as while you are sick. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days **after** becoming sick.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- If you are sick with flu-like illness, the CDC recommends that you stay home for at least 24 hours after your fever is gone, except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)

#3 Take flu antiviral drugs if your doctor prescribes them

- If you get the flu, antiviral drugs can treat your illness
- Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid, or an inhaled powder) and are not available over-the-counter.
- Antiviral drugs should be used with the first 2 days of symptoms.
- Antiviral drugs can make illness milder and shorten the time you are sick
- **Flu-like symptoms include:** fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue (feeling very tired). Some people may also have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.



The Chinook, West Seattle High School's student-run newspaper, provides news and commentary on issues relevant to the Westside community. Subscribing is a great way to support student journalism and keep up-to-date with current news at West Seattle High School. In addition to the news, The Chinook offers an in-depth look at the student body with editorials, arts and entertainment, and sports. Our budget is dependent on your contributions, as your

generous donations help us produce on a monthly schedule. You can access the Chinook from the WSHS website: <http://www.seattleschools.org/schools/wshs/>

Subscription forms can be found at:

http://www.seattleschools.org/schools/wshs/content/the_chinook/documents/subscription_form.pdf

Questions, contact Chinook advisor Rebecka McKinney at 206-252-8833 or ramckinney@seattleschools.org

Thank you for supporting The Chinook!



FUN * FUN * FUN! CLASS OF 2011 GRAD NIGHT PARTY

SAFE * SAFE * SAFE!

Believe it or not, **your WSHS senior's graduation is right around the corner!** As in years past, we are thrilled to again partner with Grad Nights to host a wildly fun and memorable all-night party for our graduates.

Grad Nights is a long-established, local company with years of experience throwing highly popular, safe, alcohol-free and drug-free high school graduation parties. It's a spectacular send-off for the kids, and a chance for them to be together as a class one last time.

- * **COST** - \$150.00 per student (early bird special)
- * **SPECIAL OFFER** - Tickets can be purchased at a special price of \$125 for checks postmarked before 12/31/2010!
- * Check with contacts below to explore fundraising opportunities.

Tickets available while supplies last. Every year our attendance increases and we expect a sell-out! Price includes the party venues, food, activities, security, chaperones, transportation, insurance, a great time for the kids and priceless peace of mind for the parents.

When & Where: Meet at the WSHS student parking lot shortly after the graduation ceremony. More specifics to be announced soon...

Transportation: Students will be transported from the WSHS student parking lot to the two SECRET venues (*shhh!!!*), and returned to the school the following morning

Registration is first-come, first-served! Register your student by mailing your \$150 check payable to: **WSHS PTSA Grad Night**, to **WSHS Grad Night Committee**, 3000 California Avenue S.W., Seattle WA 98116.

Contact: Amy Doll (chair) at asdoll@seattleschools.org

WSHS SCHOOL TOURS & INFORMATION NIGHT

School Tours and Information Night provide opportunities to encourage families and potential students to gain more interest in attending WSHS. Parents will be able to ask questions to the students and teachers directly as they explore classroom exhibits, curriculum materials, class syllabi, and brochures.

SCHOOL TOURS		INFORMATION NIGHT	
<i>January 11th & February 10th</i>		<i>January 20th</i>	
<i>8:30 am – 10:00 am</i>		<i>6:30 pm – 8:00 pm</i>	
8:30 – 8:35 am	Introduction and Welcome (Theater)	6:30 – 6:40 pm	Introduction and welcome from WSHS Administration (Theater)
8:35 – 8:40 am	Principal's Message	6:45 - 7:10 pm	Short Performances from WSHS clubs
8:40 – 8:50 am	Counselors (Marcia/Susan)	7:15 – 8:00 pm	Department Exhibits (Commons)
8:55 – 9:05 am	Activities – including Athletics	7:30 – 8:00 pm	Optional School Tours with Leadership Students
9:10–10:00 am	Tours from student leaders for prospective students		

**Food and cookies as well as Catering will be provided by Pro-Start students.*

**BRING A FRIEND TO THE NEXT PTSA MEETING
 JANUARY 26TH FROM 7-8:30 PM
 WSHS LIBRARY**

Network with other parents and learn what's happening at school from both the student and administrative perspective and provide your input.

Be sure to bring a friend as we are looking for fresh ideas and new leadership. Everybody is welcome - membership is not required. The PTSA's mission is to support academics at West Seattle High School.

To access the library, enter the building through the side door in front of the visitor parking stalls.

IMPORTANT DATES	
Jan 17, 2011	Martin Luther King Jr. Day Holiday (no school)
Jan 27, 2011	Last Day of Semester
Jan 28, 2011	Day between semesters (no classes)
Feb 2, 2011	Professional Development Block Time (2 hour early dismissal)
Feb 21, 2011	Presidents Day Holiday (no school)
Mar 2, 2011	Mid-Winter Break (no school)
Mar 18, 2011	Professional Development Block Time (2 hour early dismissal)



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Addressee Name