Mark Your Calendar

March 2 . . . . Last day to donate wine for auction
March 2 . . . . Classroom kid art auction pieces due
March 8 . . . . PTA board meeting
6:30pm Westside Church
March 9 . . . . Online auction registration begins
March 16 . . . . Spelling Bee TBD @ LH/JM
March 16-19 . . . Online auction bidding open
March 20 . . . . Kid Art Preview @ the Dane
March 22 . . . . LH Equity Meeting
7:30pm @ Northminster Church
March 24 . . . . LHPTA Auction
5pm @ Fisher Pavilion
April 2 . . . . Class Picture Day
April 4 . . . . PTA board meeting
6:30pm Westside Church
April 5 . . . . Spring Music concert
7:00pm @ LH/JM
April 9-13 . . . . No School
Spring Break

Beaver Tales March
iPods Needed for Special Ed Classes

Charlie Hill, one of our fabulous Special Education teachers, is requesting gently used iPods for his class. They will be used in stressful situations to help calm students down. If you have an iPod you could donate, please email Charlie at cphill@seattleschools.org

Spirit Wear is Back!

Did your kid recently have a growth spurt? Looking for something new to wear this spring? Well, it's your lucky day because Beaver Spirit Wear is BACK! For a limited time, check out our selection of baseball tees, sweatshirts, raglans and more, in a variety of new and exciting styles and colors. Order your gear today. www.customink.com/fundraising/beavers

Interested in Photography?

We need you! TAG is looking for a photographer to take group shots of the kids in costume on Saturday, March 17th. For more information contact Gretchen O’Connell at lhetagvc@gmail.com.

Staff Spotlight

Nicole Silver, LHE Assistant Principal

Loyal Heights Families & Friends,

I am so glad to be part of such a wonderful school and am proud to be a Loyal Heights Beaver! Before this year, I was a teacher in Seattle Public Schools for 20 years and taught 2nd-5th grades, as well as English Language Learners (ELL). Prior to that I was a social worker in Spanish-speaking migrant communities. I was ready to make the transition to school leadership and am now an assistant principal, but I still think of myself as a teacher. I do love being in classrooms, problem solving, and supporting our amazing teachers. I have two daughters, a 6th grader at Eckstein and a senior at Roosevelt. When I’m not working or driving kids around, I love to read, travel, hike and watch movies. I believe that all students can be successful with the right environment, positive relationships, high expectations and support.

Thank you for welcoming me to your community.

Nicole Silver

Remember

Use last year’s auction gift cards before they expire
PTA Membership

**Question:** Have you wondered how to make a contribution to the LHPTA with hardly any effort?

**Answer:** If you shop at Ballard Market, deposit your receipts in the bucket on the table outside the LH office!

Ballard Market has a Community Donation Program in which they return 1% of receipt totals to participating organizations. Loyal Heights Elementary is a participating organization. Last school year, receipts turned in to Ballard Market totaled $172,627.22! That’s a lot of groceries!! And a good amount of revenue to the school.

Two good things to know:

- No receipt is too small to turn in. The smallest amount submitted was $.27 for a bulk spice item.

- No receipt is too old to turn in. Receipts from 2012 and 2013 occasionally show up; as long as LH was participating in the program, the receipt is good. So if you find an older receipt while clearing out drawers, please don’t hesitate to turn it in.

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Auction 2018 News

Good news if you haven’t bought your ticket yet! We’ve extended ticket sales through **Saturday March 3.** So go online and make it happen — we’d hate for you to miss the party! [lhes.ejoinme.org/ticketsales](lhes.ejoinme.org/ticketsales)

Still not sure where to sit? That’s the least of your worries! The sit-down dinner portion of the evening is condensed this year. There’s much fun to be had before we dine and plenty of time to mingle with your LHE friends — and meet new ones! So get your ticket and our amazing Tickets and Tables Team will pair you with others in your grade. A guaranteed good time! [lhes.ejoinme.org/ticketsales](lhes.ejoinme.org/ticketsales)

Still undecided? Don’t miss out on all the Monte Carlo fun! Volunteer at the event this year! You’ll still get a bid card and you’ll be helping us reach our goal of 100% participation in this year’s auction. [lhes.ejoinme.org/volunteer](lhes.ejoinme.org/volunteer)

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A huge Thank You to everyone who has contributed to auction so far!

Whether your contribution was a sponsorship, an item, experience, staff ticket or your time — a huge thanks to you all, especially our amazing procurement team! And a special *merci beaucoup* to those who’ve donated so much time the past two months:

- Whitney Haas Otto, Sara Adelman, Jess Munns, Jen Waldron, Katharine Brennecke, Melissa Murray, Amber Kolln, Michelle Desiree, Karen Stockton, Katherine Diers, Jessica Fuller, Lisa Sand, Scott Levy, Brian Jones, Terri Yoder, Thia Maris, Lydia Van Schepen, Kajsa Puckett, Molly Sousley and Wendy Gaylord. Thank you [Jen Clark](lhes.ejoinme.org/volunteer) for putting these Beaver Tales together. And finally, thank you [Dave Kearns](lhes.ejoinme.org/volunteer) and Charlie Wilcox for stocking our bar for a fabulous Night in Monte Carlo!
The Power of YES!

Did you know that without your PTA dollars, we wouldn’t have a full-time counselor, full-time librarian and some of our amazing support staff? We wouldn’t have organisms for the organism unit in science. Or our security buzzer at the front door. Or even recess supervision. Or professional development, math support, and many of our books. Or instrumental music. Or TAG, art docents, science fair and Camp Orkila. Or multi-cultural night. Or field day. Or literacy tutors. What would it be like without those things?

Not only do your PTA dollars help pay for some of education’s essentials -- but also give our children the security, enrichment and opportunity to learn, grow and love their school. So thank you for squeezing the auction into your family budget, for learning more and for helping us keep the POWER alive.

Beaver Behaviors

**Generosity**, the Beaver Behavior for December, means sharing what you have with others freely, without expecting something in return.

“No one has ever become poor by giving.”

- *Anne Frank*

“If you can’t feed a hundred people, then just feed one.”

- *Mother Theresa*

Generosity is doing something kind for someone anonymously. Paying it forward is a way to show true generosity. At school, we can be generous by sharing our supplies, by letting others go first, and by taking turns. Students recognized for showing generosity in December are:


**Responsibility** means doing what you are supposed to do even when nobody is watching. We are responsible for ourselves and our actions. Winston Churchill said: “The price of greatness is responsibility.” We show responsibility at school by bringing in a ball from the playground, turning in our homework on time, doing our part in group assignments, and returning things we borrow. How we show responsibility at home would be a good discussion. What are you responsible for at home? Beavers spotted showing responsibility in January are:

Save the Date for Auction Kid Art

Join us at the annual Kid Art Gallery on Tuesday, March 20 at The Dane. This is a chance to marvel at all the hard work and creativity that has gone into creating some of the most profitable items we offer during our live auction. Stay tuned to facebook (@LHPTAuction) and weekly Auction News for more details. Many thanks to our awesome Kid Art Leads Amber Kolln, Michelle Desiree and Karen Stockton and to all of our Classroom Auction Art Coordinators. They’ve helped our kids make wall-worthy masterpieces, so get your bid card ready!

Catalogs & online bidding coming soon

We’ll be launching our inaugural online bidding for those who can’t (and even those who can) make it to the auction this year. Hand selected items from our silent auction will be made available to bid on a week before we all gather in Monte Carlo. You must register before bidding begins. All those who bought auction tickets will receive an email invitation to pre-register and access to the online preview of items. You’re welcome to share this with grandparents, family and community members. If you aren’t planning on joining us in Monte Carlo, but don’t want to miss all the fun, stay tuned to Facebook (@LHPTAuction) and our weekly Auction News for instructions on how to register. Thank you to our brilliant Silent Auction Lead Whitney Haas Otto for spearheading this endeavor!

We’re working diligently on both our online and print catalogs that will be ready for distribution in a few weeks. Many thanks to our talented catalog designers Kate & Kevin Goldyn who’ll be working their magic on the print catalog! If you’ve purchased a ticket to the auction, you’ll receive your print catalog in Kid Mail the week of the auction. Please bring it with you on March 24! The online version of the catalog will be available on our auction website for all to catch a sneak peek of the amazing stuff you can make yours at the auction (this is different than online bidding). Thanks to our outstanding procurement team and very generous donors, we’re pleased to present a truly fabulous lineup of vacation getaways, surprise ticket package to world renowned hip-hop/rapper concert, sports tickets, one-of-a-kind experiences, and of course, some very special Kid Art, among hundreds of other offerings!

Notes from Nurse Julie

March is National Nutrition Month with the focus on exercising regularly and learning to make good food choices.

The first meal of the day is a very important one as our bodies need nutrition-packed foods in order to work their best. Proper “fuel” put into our bodies will help it to function at its optimal level. Morning foods that are protein-packed will help keep your child’s glucose levels steady and help to prevent those energy dips during the school day.

Why not try an egg or egg-white breakfast burrito packed with some cheese or veggies? How about an almond butter sandwich with turkey bacon? Or a smoothie with low fat milk, yogurt, fax seeds, protein powder and fruit? How about a waffle with melted cheese and ham?

Mornings can be very busy so try making breakfast the night before. Oatmeal can be made ahead and then some fruit and almond butter added to it. Or hard boil some eggs ahead of time for a fast “grab-n-go”.

High protein meals boost focus, attention and mood all day long. Be your best self and begin your school day with foods that help your body and brain. And remember to keep that body moving! Get at least 30 minutes of activity each and every day.

March is also:
National Colorectal Awareness Month
National Celery Month
National Caffeine Awareness Month
National Flour Month
National Umbrella Month
LHE TAG Updates & Thanks

Mark your calendars! The Loyal Heights production of *Beauty and the Beast Jr.* will have four performances. Dates and performance times are **Friday, April 20th at 6 pm (Blue Cast)**, **Saturday, April 21st at 11 am (Gold Cast)** and **6 pm (Blue Cast)** and **Sunday, April 22nd at 11 am (Gold Cast)**. All performances will be at the Ballard High School Performing Arts Center.

*Merci mille fois* to our amazing volunteers. **Ketra Konnick** and **Rachel Nichols** for helping with music rehearsals, **Heather Muwero, Tristan Symons, Madalyn Getman, Natalie Ward, Kate Donnelly, Gretchen O'Connell** and **Taryn Coe** for helping at rehearsals and meeting the buses at the Community Center. Thank you also to the **NKS Team** and **Kathy Katzen** for their constant support and cooperation. TAG is lucky to have such wonderful volunteers and such a supportive community to help these students learn about and explore drama, music and dance. Thank you to everyone who has helped.

Music Notes

**N.O.I.S.E. is coming back to Loyal Heights**

N.O.I.S.E., (Northwest Opera In Schools, Etc.) is a professional opera company dedicated to making opera fun and fascinating for kids. They were a real hit last year with “The Doll Act” from *Tales of Hoffmann*, and this year’s performance is a well-known tale: a fully-staged adaptation of *Hansel and Gretel*. Time to bring out your books and puppets and remind your kiddos of this classic story. Showtime is **Friday, March 16th at 1:45pm**.

**Washington Music Matters license plates** help fund music education. Funds are earmarked for assisting music departments and students in K-12 public schools. The majority of money is distributed via grants to schools where the music programs are in dire need of additional funding. [More info]

**LHE Spring Concert - Save the Date**

Thursday, April 5th at 7:00pm will be our all school Spring Concert and PTA Awards Night. It's an important celebration for the school, bringing students, staff and parents together to acknowledge all that we do to make Loyal Heights such a great place to be. We're looking forward to seeing you there!
$2 Raffle Tickets
Every student can make a difference!

Don’t miss out on the chance to win $1,000! Raffle sales started this week (see kidmail) and are open until March 23. The winning ticket holder gets $1,000. Weekly prizes are awarded every Friday. The three top-selling students earn a coveted spot at the School Sleepover, and the top-selling class earns a pizza party! The $2 Raffle typically brings $7,000 - $12,000 for the auction. Let’s see if we can make 2018 a record breaking year! Remember, that winning $2 Raffle Ticket is worth $1,000! So start selling! Contact our terrific Raffle Ticket Lead, Thia Maris, for more info at stmaris@msn.com.

Volunteers needed in Monte Carlo

The party of the year is coming up fast, and we’re still in need of several volunteers to help with day-of tasks. Working at the auction is a great way to get in on the action; volunteers who work the evening event are provided a pizza dinner and a bid card. There are tons of behind-the-scenes jobs that need your help, so visit our Sign-Up Genius today -- it’s easy and quick! Questions? Contact our amazing Volunteer Coordinator Melissa Fuller at auctionhelp@loyalheightspta.org

https://lhes.ejoinme.org/volunteer

Featured Live Auction item - Luxury vacation to Mexico for 8 people!

Escape to the lap of luxury at Vidanta in Nuevo Vallarta, just outside of Puerto Vallarta. This Five Diamond resort is the ultimate getaway full of options to relax, explore and make memories of a lifetime! Resort community includes:

- Over 40 restaurants
- 3 golf courses (Greg Norman designed)
- Golf academy
- Two spas
- Private beaches
- Countless pools and water slides
- Shopping plaza

Enjoy your two-bedroom Grand Mayan Master Suite featuring a kitchen, living room, private terrace with a plunge pool, king-size beds, two bathrooms and a Jacuzzi tub. Occupancy for up to six adults and two kids. Suite is valued at $1110 per night or $7770 per week. This luxury vacation package also includes $100,000+ miles on Alaska Airlines.

https://www.vidanta.com/web/nuevo-vallarta/the-grand-mayan-two-bedroom-suite2
Need auction outfit inspiration?
There are so many ways you can spend A Night in Monte Carlo. So keep it simple, or go all out. Just remember to have fun! And of course check out @LHPTAuction on Facebook for outfit inspiration.

More information online
Like us on Facebook (@LHPTAuction) for up-to-date information, a preview of our auction goodies, pictures and other behind-the-scenes bon mots.

lhes.ejoinme.org/anightinmontecarlo

Q: What do you get when you cross a four-leaf clover with poison ivy?
A: a rash of good luck

Q: What type of bow cannot be tied?
A: a rainbow

Q: What do you call a fake Irish stone?
A: a shamrock

BEAVER RAVES for a job well done!

RAVES to Betsy Swart, Lisa Sand, Jayne Noland, Shelley Bolser, and Jenny Iacobucci for volunteering at the Winter Family Dance. Double shouts go out to Mieko Van Doorn and Jenny Thacker who pulled double shifts when they saw that no one had signed up. Many thanks to Sarah Mann, Natalie Ward, Lisa & Brad Sand, Liz Fortunato and Mykcal Gilge for the clean-up help! So much gratitude to Kelly Germann for chairing the dance! Thanks finally to Dante’s Inferno Dogs for cooking dinner for us, agreeing to let the 5th graders sell all the beverages, and for donating 5% of the sales that night to the 5th grade class!

LOYAL HEIGHTS ELEMENTARY

Beaver Tales is a PTA publication available online at www.loyalheightspta.org

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Tips for discussing race & racism with your child

from the Loyal Heights Elementary Equity Committee

The purpose of the Equity Committee* is to work toward creating an environment at Loyal Heights Elementary wherein all students feel safe, aware, welcome, and empowered to be their best selves. As you might be aware, recently racial slur incidents have occurred between students at the school. In light of this, we have asked ourselves how we might discuss these topics with our children, and have compiled some tips and tools to help parents discuss issues of race and racism in our community so that all children feel safe and welcome at school.

Although talking with kids about a topic as complex as racism can feel daunting and nebulous, that makes it even more important. Parents can approach it by starting to examine their own experiences with racism, and then consider the values of fairness and social justice.

Here are some steps you might consider in talking to your child about race and racism:

♦ Start an on-going dialogue about race. Be honest with your child. To help start the conversation, some language you might consider is: “Ms. GG sent home a paper telling me about incidents at Loyal Heights in which someone used a mean word to describe another kid. The word they used has been used for many, many years to hurt African-Americans and we NEVER use that word.”

♦ Help your child empathize with children who have encountered discrimination or racism by bringing up situations in which they’ve felt excluded or demeaned by other children, and talk about how it made your child feel. Ask if anything helped your child feel better in those situations; perhaps a teacher or friend coming to help.

♦ Teach your child to speak up in the face of racism. It is not enough to teach our children to be tolerant and not to use racial slurs or discriminate— they are expected to be up-standers at Loyal Heights. Some options are:

  - Tell a teacher, Ms. Rountree, or Ms. GG. Emphasize that telling a teacher about racial epithets is NOT tattling and they would be praised, not punished, for bringing it to a teacher’s attention.

  - Give your child specific words and actions they could use if they ever see or hear someone being bullied (whether the bullying stems from racism or any other reason!). Practice at home and role-play. It is very important to be direct with our children about what to do in these difficult situations and give them opportunities to practice.

    “We don’t say that here!”
    “Dude, that’s not cool and is really offensive. We don’t do that here.”
    “That’s not OK! We need to be lifting each other up, not tearing each other down.”

  - Ask children who’ve been bullied to join in your children’s play.

  - Above all, teach your child that they should not ignore the behavior.

*continued on reverse side*
(race & racism continued)

♦ Ask if your child has any questions. This invites a conversation and lets your child know you are interested in their thoughts and perceptions.

**Everyone makes mistakes when having these conversations, but that’s better than not having them at all.** While these talks are difficult, they are extremely important. Even if you don’t say everything perfectly, your child will still benefit from the conversation. Helping your child understand these complicated issues is a work in progress and you can create future opportunities for questions and conversation.

*We want you to join a Loyal Heights Elementary community conversation about race and equity. Please join us at our next meeting on **Thursday March 22nd from 7:30-8:30 PM** at the Northminster Presbyterian Church (7706 25th Ave NW 98117). For more information, please email equity@loyalheightspta.org.*