



# FCES PTSA Headline News

Jan. 22, 2010

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## Order Your Yearbook - Deadline is March 1st !



(Below is example only!)

The FCES PTSA is proud to be increasing the size of our full color yearbook. This year's yearbook cover will be designated by a **fifth grade student through an art contest!**

**The cost of each book will be \$20.00**

## Put H&R Block to work for you with these special offers:



Raising money can be hard, so put H&R Block to work for you.

H&R Block's new Schoolhouse™ Program provides special tax preparation pricing to your school's staff, parents and students.

- For every parent who completes their tax

**The deadline to order your yearbook is March 1st.**

Click here to view the order form which can be printed out and returned with payment to your child's teacher: [Yearbook Order Form](#) . Forms can also be picked up at school in the entryway and will be sent home in Friday Folders. Checks can be made out to: FCES PTSA

Thank you! [Cynthia Thomsen](#), Yearbook Chair

[FCES PTSA 2009-10 Yearbook](#)

## Parent Education

CVES PTSA, in partnership with PTSA's throughout the

return with us, H&R Block will give \$25 back to the school organization.

- Faculty and staff get a special, flat rate price of \$169 for their H&R Block-prepared tax return.
- All High School students get a FREE H&R Block-prepared tax return.

And the H&R Block Guarantee is always included -- meaning that your satisfaction is guaranteed, you'll get the maximum refund you're entitled to, we'll pay penalties and interest if we make a mistake and we'll be there to assist you if you are audited.

\*Offers valid from Jan. 1st - April 15th, 2010

Visit:

[www.hrblock.com/schoolhouse](http://www.hrblock.com/schoolhouse)  
e  
for more information.

**Looking for a Few Good People to help Lead the PTSA at FCES!**

**Have ideas of your own?**

**Crave a rewarding outlet?**

**Born a leader?**

**Not afraid to "shake it up?"**

**If you answered "yes" to any of the above, you**

Snoqualmie Valley School District, invite you to a series of parenting lectures with:

Julie Giesy Metzger, RN, MN



Session 1

### How Big is A Hormone?

The Art and Science of Parenting an Adolescent

**Monday, February 8th , 2010**

7:00- 8:30 p.m.

Mt. Si High School Auditorium

A presentation of the latest research on the changes of pre-teens' and teens' bodies and brains, explore what is on the minds of adolescents, and provide communication skills for families to work together in a partnership of trust and respect as they encounter new experiences.(most applicable for parents of 3rd-8th graders-but all are welcome)

Session 2

### The Young and the Restless

The Social Lives of our Children

**Thursday, March 18th, 2010**

7:00- 8:30 p.m.

Cascade View Elementary School-Multipurpose Room

An exploration of the social/emotional lives of children who are navigating friendships and conflict while building their communication and relationship skills. Julie will share emotion coaching techniques that support conversations at home around social challenges of children.(applicable for parents of K through 8th)

Julie Metzger, RN MN is a popular speaker on pre-teen, teen, and parenting adolescents. She has developed and taught classes on puberty, sexuality and decision making for pre-teens and families for 20 years and has worked with tens of thousands of families in Seattle, Pittsburgh, Palo Alto, and throughout the Puget sound region. In addition, she has developed health curricula for middle school students on decision making. Julie is a Nurse Consultant at Children's Hospital and a parent to three adolescents. She and her colleague Rob

**may be the next  
PTSA President, VP, or  
Secretary!**

Are you looking for a way to make a bigger difference at FCES? The PTSA Board is now accepting nominations for the following positions: Co-President, Co-Vice President (2) and Secretary. If you are interested or would like to nominate someone for any of these positions, please contact Nina Ramsey at [NinaQR@centurytel.net](mailto:NinaQR@centurytel.net) or 425-246-3689. Deadline for nominee submissions is January 22. Get on board!

**Parent To Do  
Checklist**



- Order your Yearbook by March 1st!
- CKMS Winter carnival - Jan. 22nd at Chief Kanim, 6:00-8:00pm
- Open House/Ice Cream Social - Feb. 4th, 5:30-8:30pm
- Get on board with the No Effort Fundraising options.
- Sahara Pizza Night - Wed., Feb. 10th
- Mid-Winter Break: Week of Feb. 15th
- Science Fair - March 4th

Lehman MD have a website reflecting their work with families - [www.greatconversations.com](http://www.greatconversations.com)

This event is free and open to the community. Please email [president@cvesptsa.org](mailto:president@cvesptsa.org), Lorraine Thurston, with any questions.

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**5 Ways to Help Your School! Get On Board!**

If you have not taken the opportunity to join one of the No Effort Fundraising programs to benefit our school, check out the following links. For more information or questions please email [Bess Carter](mailto:Bess.Carter@seattledistrictschools.org) or [Tracy Pascoe](mailto:Tracy.Pascoe@seattledistrictschools.org).

1. OneCause - Shopping Online([www.onecause.com](http://www.onecause.com)) Register and Install the OneCause toolbar
2. eSCRIP ([www.escrip.com](http://www.escrip.com)) Register your Safeway card and Install Auto Earn
3. Target-Take Charge of Education ([www.target.com/tcoe](http://www.target.com/tcoe)) Just visit target.com/tcoe, or call 1-800-316-6142 to designate our school. Both credit and debit Target cards will work.
4. Campbell's ([www.elabelsforeducation.com](http://www.elabelsforeducation.com)) Register QFC and Fred Meyer Cards. Many food items fall beneath the Campbell's company.
5. Celebrated Chefs ([www.celebratedchefs.com](http://www.celebratedchefs.com)) Local Seattle and Eastside Area Restaurants Register Credit Cards and receive a free cookbook. Great if your business entertains clients!

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**Legislative Corner**

**Levy Propositions:**

**Snoqualmie Valley School District  
February 2010 School Levy Propositions**

## Music Calendar

**Jan. 21 @6:30 PM, FCES**

**Gym:**

3rd Grade Concert

**Feb. 10th (7:00-8:00pm):**  
5th Grade Musical "**Rise to the Revolution**"

The exciting events of the Boston Tea Party are told through singing, dancing and drama as our 5th graders portray characters from that pivotal time in American history. This is a one-hour show appropriate for all ages - performed at CKMS.

**March 31st @ 6:30 PM, FCES Gym:**

2nd Grade Concert

**April 20th @ 6:30 PM, FCES Gym:**

1st Grade Concert

**May 13, 14, and 15th:CKMS Willy Wonka:**

Come and experience the exciting world of Pure Imagination! CKMS Drama presents Willy Wonka, Jr., a one hour musical that will appeal to all ages. Features CKMS students, directed by Laurie Hancock and Haley Franzwa. Show runs May 6-8 at 7:00 pm; one matinee on May 8 at 3:00 p.m.

**June 1st @ 6:30 PM , FCES Gym:**

Kindergarten Concert and Social

Your ballot probably came today...please quickly vote so it does not get lost in the shuffle of your household!

The school district has two levies on the ballot this time, the **Maintenance & Operations** levy (M&O), and a **Technology** levy. The ballot is two-sided with one levy on the front, one on the back. **Please remember to vote and vote YES on both sides!**

Did you know?

State and Federal dollars only fund 3/4 of our existing school programs and teacher salaries. State and Federal dollars fund none of the technology in our schools. Our kids rely on the local school levies to fund the rest.

The School District budget was cut by 7% this year and will be cut again next year. Imagine what would happen if the levies are not renewed? How could we afford an additional cut of 20% to our kid's education?

Go to [www.svsd410.org](http://www.svsd410.org) for the facts. Thank you!

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## Update on Fall City Parks District

The Fall City Parks District wants to know what you think. The Fall City Metropolitan Park District recently completed its vision, mission, and goals. We are now seeking additional input with six short survey questions primarily regarding activities at Fall City Park. Please take a few minutes to answer the questions. Your comments are important to us ! Click here to access the survey:

<http://www.surveymonkey.com/s/WPM8R2L>

Please stay tuned for the next survey which will which will deal with the future of the Parks system in Fall City. For a more information about the Fall City Metropolitan Park District visit: <http://www.fallcityparks.org/>

Thank You!

The Fall City Metropolitan Park District Commissioners

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## Quick Links

**Lunch Menu**

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**Fall City Elementary School**

**Snoqualmie Valley School District**

**District E Calendar**

**Skyward Family Access**

**Snoqualmie Valley PTSA Council**

**National PTA**

**Chief Kanim Middle School**

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PTSA Executive Board Members

Co-Presidents: [Amy Click](#) and [Sophie Harris](#)

Co-Vice Presidents: [Lori Cobb](#) and [Fran Ellul](#) Secretary: [Connie Rosenberger](#)

Treasurer: [Bess Carter](#)