

September 2009

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Welcome Back Newsletter



Burlington-Edison High School

Welcome Back Tigers!

The 2009-2010 school year has gotten off to a great start. Some 70 9th grade students attended this summer's Tiger Success Academy and had a great experience that helped to prepare them for the start of the school year. So far over 75% of our students have purchased ASB cards which allows them to participate in school related activities as well as attend all home events for free. We had 375 students try-out for a fall sport and numerous other students are actively involved in our many clubs and activities. Just some of the things that continue to make B-EHS great.

Over the past several years, 97% of our staff have been involved in some kind of activity out side of the classroom. This includes but is not limited to tutoring students;

advising clubs and activities; coaching; taking tickets; doing lines at volleyball games, chaperoning dances; or running the score clock. B-EHS staff understand the data that shows if a student is positively involved in school, they generally have higher grades, better attendance and a positive attitude towards school and learning. Therefore, our staff understands the importance of role-modeling school involvement to our students. Again, just another thing that makes B-EHS great.

Many of the clubs and activities on campus are busily planning this year's events—here are just a few

October 9th –B-EHS Band will be hosting the UW Husky Marching Band. The UW Husky Marching Band and their cheerleaders will perform the pre-game and half-time

show at the B-EHS versus MVHS football game. That should be an exciting night. The B-EHS ASB students are busy planning this year's Homecoming Activities which are planned for Friday, October 9th with the Royalty Assembly; Homecoming Week, October 12-17; Homecoming Assembly on Thursday, October 15th; Homecoming Game on Friday, October 16th and Homecoming Dance on Saturday, October 17th.

Tiger Wrestling will be featuring a pre-game Salmon BBQ on Friday, October 9th and the B-EHS Cheerleaders will hold their Annual pre-game dinner on October 16th.

AVID 9th graders and their mentors toured the UW campus on Thursday, September 24th and learned how to be successful in college.

Support DEBATE

Georgio Subs at Cook Road and HWY 99 will donate 10% of all sales if you mention B-EHS Debate when purchasing a sub sandwich, salad or drink. Thanks for your support of B-EDebate.

Take the PSAT for FREE—Sophomores and Juniors-October 17th

B-EHS is a recipient of a GEAR UP grant which helps us work with students in preparation for post secondary education and careers. This year, sophomores and juniors have the opportunity to take the

PSAT test for free. The PSAT is a great practice for the SAT. The PSAT will be given on Saturday, October 17th at B-EHS from 8:30am to 12:00pm. Students need to sign up for the test no later than

Monday, October 12th in the Athletic/Activities office. PSAT practice booklets are available. If a student hopes to be a National Merit Scholar, they MUST take the PSAT.

Open Art Studio

The Art Room will be open on the 2nd and 4th Thursday of every month after school. All students are welcome to come and create as well as finish projects or explore the world of art.

Photo Club

The photo club has had a tremendous start to the school year with over thirty active members. Photo Club meets every Thursday at 2:45pm in Mr. Drakes room (1218) where we discuss different styles of photography and help students to express themselves through a camera. Photo Club is for students with a great interest in photography, would like to work beyond Photo Class or for those who couldn't get into the class. This year, we plan to have guest speakers, workshops and multiple field trips including a trip to Seattle. Plan to join us every Thursday!

Faces in the Crowd

Alan Denadel, Annarose Obrien-Wilson and Cody Saben were recently recognized as Commended Scholars for scoring in the top 3% in the nation on the PSAT.

14 current and recent B-EHS students have recently earned AP Scholars Awards in recognition for their achievement on their AP exams. Skye Olson qualified for the AP Scholar with Distinction Award for earning an average score of 3.5 on all AP exams taken and scoring 3 or higher on five or more exams. Alan Denadel, Daniel

Shepler, Jennifer Spink and Connor Wallace qualified for the AP Scholar with Honor Award by earning an average grade of 3.25 on all AP exams taken and scoring 3 or higher on four or more exams taken. Hannah Eger, Ellis Jones, Gabriel Martin, Annarose O'Brien-Wilson, Chasina Ollis, Ryley Pearson, Andrew Terrell, Emily VanDyke and Nicole Young qualified for the AP Scholar Award by completing three or more AP exams and scoring 3 or higher.

Nicolas Brunner and Carson

Thompson recently graduated from the 2009 Washington Aerospace Scholars Summer program. This is a competitive educational program for juniors.

Former students Jen Ratfield and Kirsten Fenske were members of the WSU Solar Splash Club that competed in an international solar-electric boat contest placing third in the endurance event and 7th out of 18 teams overall.

Aaron Bobko recently competed in a dance competition showcasing his hip-hop moves.

Nurse News

Cold and Flu: Help prevent colds and flu by talking to your students about good hand washing (soap and water are still the best protectors against viruses); not sharing food/drink; proper ways to cough (into sleeves/arms); and getting enough sleep, eating healthy and exercising. If a student shows signs of the cold or flu (fever, cough, headache, sore throat and body aches) rest, fluids and Tylenol/Ibuprofen will help. Talk to your physician about the importance of your student having the Seasonal Flu Vaccine as rec-

ommended by the Center for Disease Control, especially those students with diabetes, asthma or immune-compromised conditions.

Asthma: If your child has asthma and needs an inhaler at school, please be sure to have them come to the Athletic/Activities Office to pick up a form for both parent and physician signatures. Even though the student may not use the inhaler often, some students have an asthma attack in school triggered by activity or weather, so it is important that they have one with them at all times.

Medications at school: Any student that needs medication at school must have a Parent/Physician medication form completed and on file in the office. Prescription medication must be brought to the school by parent (s)). Over the counter medications also require the same form to be completed and all medications need to be kept in the Health Room. For more information regarding the health of your student, contact Becky Neff, RN with any questions or concerns at (360) 757-4074 et. 3507 or at

Tutoring

B-EHS offers several tutoring and/or opportunities for students to complete homework throughout the school year. From 7:00am to 7:45am in the B-EHS Library, M-TH, tutoring is available with Mrs. Thurmond. From 2:40pm to 3:20pm in the B-EHS Library, M-TH, tutoring is available with Mrs. Powers. On M-W, on the 3rd floor of the three story building, Math Teachers are available for math specific tutoring. Schedules are posted in the math classrooms.

Traffic Safety Education

The Fall TSE Parent/Student meeting was held Tuesday, September 15th. Classes started the next day. The DOL came to campus prior to the meeting so students could process their Learner's Permit. We are thankful that the DOL is helping each family to save time and gas by not having to go to the DOL. The fall classes will end on or about November 6th. Sign-ups for the two WINTER TSE classes will begin Monday, October 28th through Friday, November 13th. A student/parent meeting will be held on

Tuesday, November 24th from 6:45pm to 8:00pm in the B-EHS Library. Prior to the meeting the DOL will begin the Learner's Permit process from 5:45pm to 6:45pm. This meeting is considered the first class meeting so attendance will be taken. The morning (6:55a-7:45a) class will begin the next day on Wednesday, November 25th. The Monday and Thursday evening (6:00p-8:10p) class will begin Monday, November 30th. This class will not meet over Winter Vacation and will be completed the first week of

February, 2010. The \$375 fee includes both the 30-hour class and the 6-hour behind the wheel instruction. The fees may be paid in two installments. Students must be at least 15 years of age to enroll. A yearly TSE schedule & fact sheet is available in the main office throughout the school year. Students wishing to take an upcoming class will pick-up an enrollment packet in the main office during the sign up period. Call Arnie Robinette @ (360) 770-7918 or at (360) 757-4074 ext. 3280.

B-EHS Cheer

B-EHS Cheer is off to a great start after a successful summer led by captain Taylor Grigsby and co-captains Ariel Peebles and Samm Alex. During the summer months B-EHS Cheer participated in two major community service events. In June they were "cure leaders" in the Susan G. Komen Race for the Cure at Qwest Field in Seattle. In

July they cheered for the first ever Rock N Roll Seattle Marathon and 1/2 marathon by Lake Washington. The squad also cheered and performed a half time routine at a semi-pro football game in Bellingham this August called the Bellingham Blitz. Next up for the cheer squad is a fundraiser for the National Spirit Day where we will be

helping a family in need. The annual Homecoming Chowder Feed is scheduled for Friday, October 16th. This season the squad has six returning cheerleaders and nine new additions. The team has a lot of leadership and spirit and are excited about positively representing B-EHS to students, staff, parents and community members.

Tiger Tub has gone GREEN!

The B-EHS Tiger Tub (student run school store) is going green! In an effort to reduce the amount of plastic used at the high school, we now sell clear 20oz sports bottles that we can refill for our customers. The bottles cost \$2.00, are BPA free, dishwasher safe and ergonomically friendly. Each refill only costs \$1.00 which is a signifi-

cant savings over the previous bottled sports drink. We even allow students to bring any wide mouth bottle that has pre-printed ounce demarcations to refill. Current flavors are Lemon Lime Gatorade, Fruit Punch Gatorade, Sugar Free Tropicana Lemonade, Sugar Free Lipton Peach Tea and Sobe Lean Cran-Grapefruit. Cold water refills

are only \$0.25. We encourage students to write their name on their bottle so it can be returned to them if misplaced. The Tiger Tub is not only trying to go GREEN but always strives to sell healthy foods at reasonable prices in order to fuel our students for success. For more information contact Roger Kinney or Cheri Barnett.

Yearbook News!

Senior Portraits—The deadline for senior portraits for the yearbook is Friday, October 30th. Portraits should be vertical format (tall, not wide), at least 2.25 inches tall by 1.75 inches wide. Digital photos must be at least 300dpi. You are welcome to submit photographs, but please do not submit pictures printed on your printer. Include the student's name, your email address and your address with the photograph if you would like it returned. You may email digital photos to yearbook@be.wednet.edu, mail photographs or disks to B-E Yearbook at B-EHS or place disks or photographs in the Yearbook Photos box in the Athletic Office. We will email you confirmation during the first week of November that we received your student's photo and place it in the yearbook. If you do not hear from us by November 6th please email jbrandenburg@be.wednet.edu. Grad ads are not due until mid-February and we will provide more information in the future about grad ads.

Yearbooks can now be purchased on line with a credit card by going to www.shopjostens.com. You can get \$10 off the regular price of \$60 if you order by December 18th. You now have the opportunity to personalize your student's yearbook by engraving his or her name on the cover and adding cool features like a CD ;of the year's hottest songs. You can make partial payments if you like, plus you can get reward points by using your credit card. Take advantage of this new ordering tool.

We're on the web.
www.be.wednet.edu

**“Opt-out forms are now available on the web—
www.be.wednet.edu. For more information contact Jeff Drayer or Michelle Holbrook.**

O' Ambassadors

Last year, B-EHS students formed an O' Ambassador club, as seen the year before on the Oprah Winfrey show. The purpose of O' Ambassadors club is to help fulfill the four Millennium Development Goals: reducing poverty, increasing health, providing education and creating sustainable development in underdeveloped countries. Our group chose Latin America and worked to raise money to help a village in Ecuador. Our club's President, Geraldine Garcia, proudly presented a check for over \$1000 to Free the Children, the partner organization, to be used to forward the four goals. Congratulations to all of the B-EHS O' Ambassador members for a great founding year. If parents and/or students would like to become involved in O' Ambassadors, contact Jeff Brandenburg at jbrandenburg@be.wednet.edu.

SAT Prep Classes—SAT Prep Classes will be held in November to help prepare students for the SAT test on Saturday, December 5th. Classes are from 5:30pm to 8:00pm on Monday and Wednesday evenings. Students start the course by taking a pre-test, including writing an essay. Then they receive six nights of instruction, three each in Critical Reading/Writing and Mathematics. Registration deadline for the December SAT exam is October 30th. Classes are taught at the high school by SAT Prep trained, certificated B-EHS teachers and are about 1/3 the price of Kaplan and Princeton Review courses. A portion of each registration supports the Band Booster Club. Please go to SATPrep.org to register for the classes. Contact Jeff Brandenburg at jbrandenburg@be.wednet.edu for more information.

B-EHS receives several grants

B-EHS has been the recipient of several grants this year. B-EHS was the only school to receive the Recruiting Washington Teachers Grant to help support its Latino in Action program. The RWT Grant provides training and opportunities to develop and grow our own Bi-lingual “future” teachers. B-EHS also received a Navigation 101 Grant which helps the PAWS program emphasize post secondary planning and preparation. Students will be participating in several NAV 101 activities this year. B-EHS also received a Social Studies grant to help align its curriculum to the new state standards as well as help develop and implement the state's Civic Classroom Based Assessment. Finally, B-EHS received the Gear Up Grant which focuses activities for students in grades 9-11 on post secondary planning and preparation. This grant allows B-EHS to offer tutoring, the AVID program, college fair field trips and more. B-EHS is very fortunate to have these additional funds to help our students succeed.

How to Help Ease Test Anxiety

Tips for taking tests—

Before the test—encourage your student to:

- Complete all assignments and homework leading up to the test.
- Take clear notes in class
- Ask the teacher or another student in class if confused.
- Space out the studying over a few days instead of cramming right before the test.
- Get a good night's sleep
- Have a positive attitude

- Have a good quiet space to study.

The Day of the test—encourage your student to:

- Eat a healthy breakfast
- Try to stay relaxed and take a few deep breaths.
- Ask the teacher if the directions seem unclear.
- Don't worry about how quickly or slowly other students are taking the test.
- Write down important definitions, formulas so they are not forgotten.

- If stuck on a question, skip and come back to it later

- Focus on the question at hand.

- Have a positive attitude.

- Do your best work.

If your student continues to struggle with their test of test anxiety, contact their teacher and/or counselor for help. Additional information on test taking tips can be found at www.testtakingtips.com

Mark Your Calendars

B-EHS staff is very appreciative of the staff training days afforded them throughout the school year. Staff members are focused on providing quality instruction, safe and secure environments and skill development in order for all of our students to be successful in life.

B-EHS has three School Improvement Goals for the 2009-2010 school year. They are

- **Goal One—Curriculum and Assessment (What we teach)** - B-EHS staff will work collaboratively to utilize formative and summative assessment data for instructional planning and decision making in order to improve student achievement in reading, writing and mathematics as evidenced by improved state assessment data.
- **Goal Two—Teaching and Learning (How we teach)** - B-EHS staff will continue to focus on Powerful Teaching and Learning Strategies across all content areas by enhancing the instructional core (teacher knowledge; student engagement and rigorous content) in order to improve student achievement in reading, writing and mathematics as evidenced by improved state assessment data.
- **Goal Three—Learning Environment (Who we teach)** - B-EHS will continue to improve its on-time graduation rates by working with students to take personal responsibility for their education, graduation and post high school plans as supported by staff, parents and community.

B-EHS staff have the following tentatively scheduled activities have been planned on upcoming staff training and late arrival days.

Monday, September 28—ALL day Staff Training Day

B-EHS staff will be involved in several activities that will help them answer two Essential Questions—How can we utilize individual MAP data to inform instruction in order to meet the individual learner? and How can we ensure that our lessons, units and assessments have higher level thinking activities?

Wednesday, October 7th—2 hour Late Start

The B-EHS Math Department and English Department will lead staff in looking at WASL strand data and developing instructional strategies that all teachers can implement in order to help students meet standard on the Reading, Writing and Math WASL (now called HSPE).

Friday, October 16th—ALL day Staff Training Day

ALL District Staff, K-12 will be involved in a half day training on the STAR Protocol as the lens by which we use to look for Powerful Teaching and Learning within our classrooms. Following the training staff will have the opportunity to delve deeper within their own practice.

Wednesday, January 13th—2 hour Late Start

B-EHS will review strategies for “motivating the unmotivated” student.

Monday, January 25th—All day Teacher Planning Day

B-EHS will spend the day grading papers, submitting grades and planning for second semester.

Wednesday, February 24th—2 hour Late Start

B-EHS staff will be involved in planning and implementing Student Led Parent Conferences as well as strategies for developing, forming and enhancing community partnerships for our students.

Monday, March 8th—All day Staff Training Day

B-EHS staff will be off campus conducting Learning Walks at neighboring schools. Participating in Learning Walks allows teachers to watch other teachers teach while focusing on specific Powerful Teaching and Learning Strategies in order to enhance their own practice.

Wednesday, May 12th—2 hour Late Start

The professional development for this day has yet to be determined. It will be based on the needs of the B-EHS staff.

Fall Parent/Teacher Conferences - November 10th
Spring Student-led Conferences - March 25th