



# Cultural Bridges

INFORMATION TO HELP FAMILIES NAVIGATE THE ISSAQUAH SCHOOL DISTRICT ENGLISH



10 Rumors About  
Middle School

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What are Your  
Identity Frames?

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Dear Readers,

After our snowy winter, spring promises to bring longer days and sun breaks. I have to say that I enjoyed the unexpected vacation with my kids playing many board games and building snowmen. It was also a good time for me to reflect on the ways in which I view the world differently through my various "identity frames." I'm very aware of how important is to share this concept with my kids.

At one of the ParentWiser events earlier this year, Rosetta Lee invited us to explore the effects of our identity frames with the ultimate goal of creating inclusive communities that support everyone's success.

In my case: I am a forty-four year old woman, a proud mom of two beautiful children, the wife of an American entrepreneur, the only child of a single mom, a granddaughter of a woman who was in bed for seventeen years (most of which was under my care and despite her ailments, she never complained), community volunteer, mentor, scoliosis and chronic pain patient, fishetarian, former Catholic, Mexican, Latina, Hispanic, American, Issaquah citizen...

I see the world through all those lenses. How about you? I invite you to read about this interesting Parent Ed event on **page 18**.

Also, because this is the time when many 5th grade students are wondering (and some even dreading) the promotions to their new schools, we asked six Issaquah Middle School students about the 10 most common rumors about their schools. Go to **page 7** to read what they had to say. We were surprised, by how profound their answers were!

Finally, don't miss reading our Cultural Connections section, where we are sharing the experience of three Muslim families with kids in Issaquah schools. Let's keep learning from our differences and celebrating one another!

Happy reading, hopefully in the sunshine!

*Alicia Spinner*  
Magazine Editor

On the cover: Issaquah Valley student, Roha Hasaan, Issaquah Middle students, Rakiya Hassan and Arfa Hassan, and parents Hassan Malik and Quratulain Hassan. Picture by Minal D. Monga.

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Picture by Jenn Sande  
Alicia Spinner and Marisol Visser

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## Issaquah Robotics Teams

By BRYAN LIM  
Issaquah High School alumni



I recently came back from the robotics championship in Houston, where my robotics team has participated five years in a row. Last year, we had the honor of becoming the first Washington team to captain and win one of six world championship subdivisions, and this year I'm pleased to announce that our sister team

from Skyline High School won the world championship. I'm proud to say that Issaquah teams are well-represented on the world championship field, facing teams from China to Mexico to Israel, and that's no doubt thanks to how well-supported our robotics programs are here in the Issaquah School District.

**In the robotics program, which is funded in part by the Issaquah Schools Foundation, I've had the chance to not only learn about all the different areas of robotics but also get hands-on experience in them.**

I believe that this gives us robotics student's skills applicable in the real world. We try to use what we learn for the good of others, like when we held robotics workshops at a local library. I think that a lot of people have an impression that robotics is anti-social, but it's quite collaborative, and with a team of 70-some kids this year, it really shows at our meetings. As captain, I've gained leadership skills by managing all these kids. We have different sub-teams for the different areas including business, design, electrical, mechanical, and programming, and I'd manage the sub-team leads to make sure their projects were on-track. I'd also make sure we were accomplishing overall team objectives, such as holding those library workshops, mentoring middle school robotics teams, or providing other teams with supplies like extra laptops and batteries. Personally, however, I've had some crazy experiences with robotics and helping others.

There was one time a teacher at Issaquah High School came to me and asked, "Bryan, you're in robotics and all, can you help me with a problem of mine?" and I, of course, without even knowing what the problem was, said yes. You see, her neighbors were regularly launching fireworks, making this huge ruckus, and they spared no mercy, launching them off left and right and late into the night. I recall the teacher said that she was having trouble sleeping because of it, and she might've even called the cops, but whatever she was doing, it wasn't working.

Now I thought that this was a weird problem, so I got a friend of mine also in robotics and we dug into our rooms and pulled out a microcontroller, power relay, breadboard, wires, microphone, and a large battery to start a new project. You see, that's how we robotics kids like to solve problems. The teacher happened to own a rather large siren, so the solution that we came up with was to build a firework-activated siren that, after detecting the sound of fireworks, would blast the noise right back at her neighbors! I spent a night coding a program to detect fireworks from the microphone and trigger the siren. My friend and I came together with all our parts to wire our contraption up, and the teacher had her problem solved within a week.

Building multiple 120-pound robots each year for different challenges isn't easy, but it's not the building part that's hard (that's what kids in our robotics programs are there to figure out). The hard part is getting enough funds to pay for robot parts and to cover the cost of travelling to places from Portland to Houston. I know we couldn't do it without the Issaquah Schools Foundation.

**Your donations enable students like me to join world-class robotics teams that teach students real-world skills that are in-turn helping our communities one firework-actuated siren at a time.**

Visit the Foundation page and learn how you can donate:  
<http://isfdn.org/donate/>

*Text taken from the speech of Bryan Lim given at the Nourish Every Mind 20th Annual Luncheon, May 2018.*

*Text taken from the speech of Bryan Lim given at the Nourish Every Mind 20th Annual Luncheon, May 2018.*

**SAVE the DATE**

Issaquah Schools Foundation

**NOURISH**  
EVERY MIND

**21st Annual Luncheon**  
Friday, May 3, 2019  
Meydenbauer Center, Bellevue

**6th Annual Breakfast**  
Tuesday, May 14, 2019  
Eastridge Church, Issaquah



# At home in the community.

It's more than hospitals and clinics. It's knowing what your family needs.  
And your first name. It's getting kids to be active, and young adults through college.  
Making it easier to live well. It's creating healthier communities, together.

## **SWEDISH ISSAQUAH**

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425-313-4000

[www.swedish.org/issaquah-kids](http://www.swedish.org/issaquah-kids)



**SWEDISH**

Issaquah

## Are We Too Quick to Cry “Bully”?

Although this seems to be a problem related to adolescent years, we are increasingly seeing students calling kids “bullies” even as early as kindergarten. Are we too quick to cry “bully?” Do kids understand what bullying is?

The Issaquah School District defines that teasing is different from bullying, at least from the perspective of the perpetrator. From the perspective of the victim, this distinction may be unimportant. Teasing can also turn into bullying. But the distinction between bullying and teasing is important, because the way teasing and the way bullying work socially are very different. To address peer-on-peer conflict, it’s important to keep that distinction clear. Teasing is an ambiguous social exchange that can be friendly, neutral, or negative.

Bullying involves an intentional, repeated, negative act where a power differential often exists between the victim and the aggressor(s), and the behavior hurts or harms another person physically or emotionally.

Sometimes teasing will disappear as quickly as it starts. Other times, teasing will become bullying when it’s repetitive or when there’s a conscious intent to hurt. Help your child recognize the signs and differences between teasing and bullying. When a child is angry or being thoughtless, he or she is not necessarily being a bully. Calling and labeling a child as a “bully” can have a seriously negative effect on them. And not only in the classroom; remember that the bus is an extension of the classroom so kids must follow all the conduct rules there as well.

If your child feels he/she has been harassed or bullied, the incident(s) should be reported immediately to a teacher, counselor, or principal. Children bullied on the bus may report information to Coleen Xaudaro, Director of Transportation, at 425-837-6324 or xaudaroc@issaquah.wednet.edu. Melissa Evans, Assistant Director of Student Interventions - Compliance, can be contacted at 425-837-7109 or evansm@issaquah.wednet.edu.

### Kindergarten Links

#### Scholastic

Games, Stories and More!  
[www.scholastic.com/parents/play/](http://www.scholastic.com/parents/play/)

#### Ziggity Zoom

Online Interactive Stories  
[www.ziggityzoom.com/stories.php](http://www.ziggityzoom.com/stories.php)

#### Light Up Your Brain

Free Audio Stories for Children  
[lightupyourbrain.com/stories/](http://lightupyourbrain.com/stories/)

#### Children Stories Online

Illustrated Children’s Stories for kids of all ages.  
<http://www.magickeys.com/books/>

#### TumbleBook

Award Winning Story Books  
[www.tumblebooklibrary.com](http://www.tumblebooklibrary.com)

#### IXL

Content for Math, Language Arts, Science and Social Studies.  
[www.ixl.com/](http://www.ixl.com/)

#### Starfall

Reading  
<http://more.starfall.com/?t=254937753&y=1>

#### Teach your Monster to Read

Reading  
<https://www.teachyourmonstertoread.com/>

#### BrainPOP Jr.

Science, Health, reading, writing, math, art, technology and social studies.  
<https://jr.brainpop.com/>

#### Math Playground

A workout for the brain!  
[https://www.mathplayground.com/grade\\_1\\_games.html](https://www.mathplayground.com/grade_1_games.html)

*From the website of Miss. Faddis, Kindergarten teacher at Apollo Elementary.*

## Staff/Teacher Appreciation Week

This year, National Teacher Appreciation Week runs from May 6 to 10. Our teachers influence the lives of million of children every day. Their work expands far beyond the boundaries of the classroom. Take the time to show your appreciation this week to all the staff members of your school. Every school website has a list of their staff.

Don't forget the librarian, counselor, music, and PE teachers. If your child works with some of the specialists, such as the Reading Club, SAGE or the ELL teacher, make sure you let them know you appreciate them too! The Support Staff is also very important to the well-being of your child. Please keep the custodians, the kitchen workers, the technology specialist, and the para professionals in mind as well. And of course, everyone in the office: the principal, assistant principal, secretary, registrar, and the nurse. Ask your child to write thank you cards to them. You will be surprised how many of the staff knows your child by their first name!



Check with the PTA/PTSA at your school because most of them are organizing fun activities for the teachers and they all need donations and helping hands. It's important to raise grateful kids, and this is a great opportunity to teach children to be thankful!

## Safety First!

In our district, Dave Montalvo is the Director of Safety and Security. If you haven't already noticed, he and his team have implemented a few changes to ensure they know who is coming and going into our schools. First, every visitor is required to go into a secure vestibule, and from there everyone is required to go into the main office where one of the administrative assistants checks the visitor in. Once in the main office, visitors are asked to show identification that is scanned. Visitors are then issued a visitor's badge and the office staff member can buzz him or her into to the main building.

## Field Trips

Field trips are defined as travel away from the school premises, under the supervision of a staff member, for the purpose of affording students a direct learning experience not available in the classroom. The district recognizes that field trips, when used for teaching and learning integral to the curriculum, are an educationally sound and important ingredient in the instructional program of the schools. If you have a question about a field trip in particular, talk to your child's teacher. When kids miss field trips, they miss learning opportunities.

## Why Do Elementary Schools Have Counselors?

Issaquah schools provide comprehensive guidance and counseling services in each school K-12, but why?

Elementary school years set the tone for developing the knowledge, attitudes and skills necessary for children to become healthy, competent and confident learners. Through a comprehensive developmental school counseling program, school counselors work as a team with the school staff, parents and the community to create a caring climate and atmosphere. By providing education, prevention, early identification and intervention, school counselors can help all children achieve academic success. The professional elementary school counselor holds a master's degree and required state certification in school counseling. Maintaining certification includes ongoing professional development to stay current with education reform and challenges facing today's students.

*Source: American School Counselor Association*

# 10 Rumors About Middle School

It is rare to hear anyone say that they loved middle school, but there are exceptions. For many kids, it's an awkward time of constant change. These are the most common rumors and the reasons why fifth graders fear the move on to middle school. But are these rumors really true? We asked six students from different Issaquah School District middle schools about their experiences. This is what they had to say:

## 1. School and homework get harder

*This is true, but kids are ready for it. Teachers expect more from their students. Remember not to procrastinate because that will add to your homework load. Most seventh graders spend about one hour per day doing homework but this depends whether they are taking advanced classes. Eighth graders with two advanced classes may need to do 3-4 hour of schoolwork per night.*

*Our advice for choosing classes is that if you really like a subject and you want to push yourself, try an advanced class. The material that they teach in regular classes just builds on previous skills, so it's not too much of a challenge. Your Smarter Balance test scores, or SBAC scores should help you decide which classes are the best fit.*



## 2. Kids miss having one teacher

*Nobody really misses having one teacher. I personally like having six teachers so then the day is always mixed up. It's cool to experience different ways of learning. I got used to this very fast. Another cool thing is that if you don't like one teacher as much, you won't have her or him for every class for an entire year. And if you have questions about school, some good people to talk to are the counselors, the dean of students and the office staff.*

*The only negative aspect of this is that each teacher runs their class in their own unique way, and sometimes this confuses students.*

## 3. There is so much bullying

*Although there is bullying, I feel that it is exaggerated which is a really bad thing. Because when someone is actually being bullied nobody knows who to believe.*

*I think having a good friend group is really important, because they will always support you when you need it. Talking to a counselor, parent, or friend if you're getting bullied can help greatly.*

## 4. Many new kids

*Yes, this is true; there are lots of new kids because multiple elementary schools feed into one middle school. In the sixth grade, kids from each elementary school tend to stick together, but they start to mix with other kids as time goes on. I don't think it was hard to move from one school to another. I feel like it's really cool, because you have the opportunity to make new friends. And if you did not have a good friend in elementary school, you might find one in middle school. In addition to making new friends, past friendships can also grow apart and become distant but it usually works out since there is a whole new group of people to get to know.*

## Reducing Academic Stress without Sacrificing Achievement

Monday, May 6th, 7-8:30 p.m. at Skyline High School

By Challenge Success

For more details, go to: <https://www.parentwiser.org/events>.



## 5. Drugs, smoking and vaping

*At my school, kids don't smoke cigarettes. There is a small group of less than twenty that have done drugs, maybe. Stay away from them and you will be fine. One thing I have noticed is that the older kids, like eighth graders, sometimes vape. If they do, they don't offer it to younger kids or anyone else besides their friends (this doesn't mean that every eighth grader vapes or that they do it all the time, but it does happen on occasion). Just remember that vaping and using other substances isn't cool. Peer pressure isn't cool either.*

*Being smart about who you are friends with and who you associate with will make sure you stay clear from doing any of these. It's also always good to remember that if you find that your friend, or someone else you know is taking drugs, drinking alcohol, or vaping, it's best to encourage them to stop, tell them your opinion, and talk to an adult.*

## 6. You will be pushed to explore new activities: music, sports, clubs, etc.

*Having new activities is awesome. Everybody loves them. But you are not pushed to try new things. In middle school, you are allowed to pick your electives. Some kids pick music, like band, choir and orchestra. Others pick electives like outdoor education, leadership classes, art, etc. All of the school electives are obviously during school time, so you will have a designated period to do what your elective is. Schools also have clubs and sports that are held after school like soccer and basketball.*

*Elective classes are really fun and tend to not give a lot of homework. Some electives like yearbook might be more demanding because they have strict deadlines but it doesn't mean they aren't an awesome experience. Remember to manage your time wisely and don't jam your schedule full of activities. I think that electives and clubs and sports are all great places to make new friends and do something you like to do. When deciding what you want to try, choose what you enjoy, but also be mindful that this is the time to try new things.*

## Teen Vaping The Epidemic Sweeping the Nation?



Smoking is out, but is vaping any different?

Find out why the FDA and American Medical Association is calling vaping / juuling an "urgent public health epidemic"; explore the impact vaping has on our young people and how parents can help.

Jerry Blackburn discusses and explores with parents:

- dramatic impact of nicotine on the brain
- nature of vaping and associated products
- aggressive unregulated marketing to youth
- dangers/concerns of vaping consumption
- how parents can reduce the risk of use for youth



Jerry Blackburn, M.ED., CDP is the Program Manager for Substance Abuse and Prevention Services with Friends of Youth, Issaquah. This is a free event, for parents of students of grades 5-12.

For more details, go to: [www.parentwiser.org/events](http://www.parentwiser.org/events).



## 7. You have to be popular

*There is always a group of kids that are known as being popular. There isn't anything wrong with being popular, but don't make it a motivation. Become friends with people because they share your same interests and are fun to be around. Don't become friends with people just to be popular. I've noticed that in those popular groups, there is a LOT of unnecessary drama. In those groups, there tends to be a lot of gossiping and fake friends and everyone not liking someone because their friends don't like them. The way I see it popularity is a competition where the only winners are... nobody. Even if someone seems that they are popular, deep down they are lonely and have no real friends. If you are going to be popular, be known because you are kind and friendly to everyone, not because you are mean and exclusive.*

## 8. Crushes, you will need to have one all the time!

*No, you don't need to have a crush. Kids will always talk about who likes who, but don't feel pressured to have a crush. If you like someone, it doesn't mean that you have to date them or not be friends with them anymore. Usually, having a crush doesn't really change your relationships with other kids. I don't feel left out when I don't have a crush. I actually like it because I don't get distracted with the side effects of having a crush. Just remember that if you are going to tell your friends that you like someone, ask yourself if you really trust them keeping your secret. If you don't, then don't tell them, because you probably don't want other kids knowing that you like someone. Also, don't date anyone in middle school. It's just not really worth it and everyone is pretty young to have boyfriends or girlfriends.*

## 9. Emotions on steroids

*Middle school is definitely a time of change and everyone starts to have shifts in their moods, because kids are growing up. I often feel angry or annoyed at my friends for no good reason and that's normal. My friends experience it too. My advice is that if you notice something is up with your friend, you can talk with them about it. Or if you notice that they seem annoyed at you or someone else, just remember that it doesn't mean you did something wrong, they could just be taking their anger out on you. If your friend doesn't want to talk, that is OK as well. Just give them a little time so they can figure stuff out by themselves.*

*Remember that feelings are feelings and they will go away eventually. Some feelings, for example jealousy, want to control what you do. Don't let them. It's OK for you to feel them, but if you act on them, they might not give you the outcome you want. Things like depression, crushes, body changes, or anything else will influence dramatic behavior and the way people act towards you. It's always good to think what it's like in their shoes.*

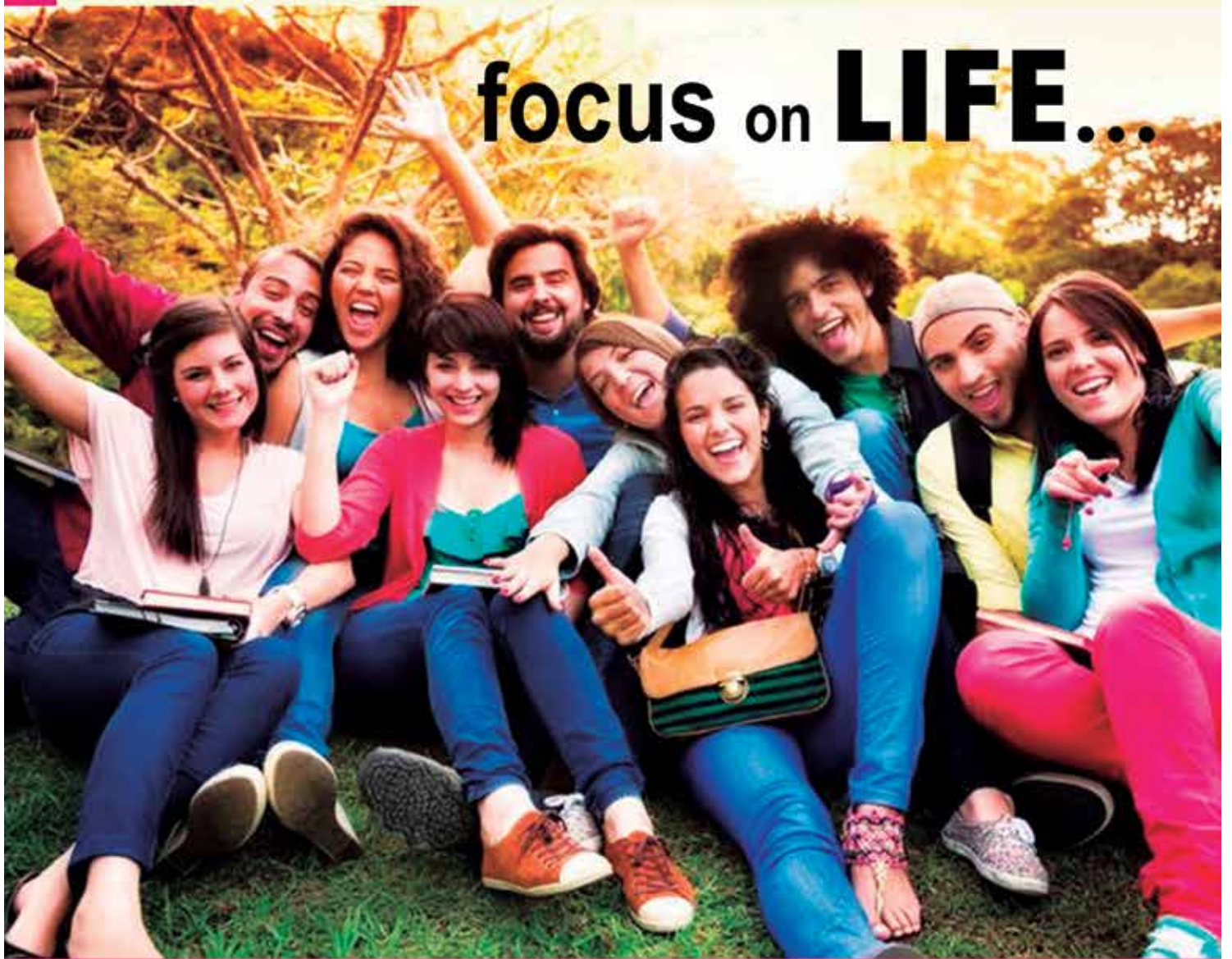


## 10. You need your phone surgically attached to you in order to survive

*You do not need a phone, but most kids have one so they can keep in contact with their friends and family. Most schools have kids keep their phones in their bags, lockers or in pocket charts in their classrooms. At my school, we are allowed to use our phones during school time but the teachers can take them away if they have to. Don't forget to keep your phone on do-not-disturb mode and try to mainly use it (if necessary) during free time like at lunch or passing period.*

*If you need a device for school, classrooms often have iPads or computers, so not having a phone won't affect your learning. Kids do use social media and if you want to use it too, check with your parents first. You don't need to have social media even if it seems like everyone has it. If you do have social media, be kind on the Internet, be responsible on what you are saying and posting on your accounts and keep away from certain parts of the web. Some common social media apps kids have are Snapchat and Instagram. My friends and I like to text, watch videos, look at funny memes and Facetime each other on our phones. If you have a phone, be responsible with it and listen to your school's policy on phones. Because most kids have phones, you may feel like you need to have one. As they are helpful, but believe this: you don't need a phone or certain social media apps to survive or become "cooler."*

focus on **LIFE...**



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all ages 7 and up





# Not Going to a University? That Isn't an Option!

By FRANCISCA KERN

In our family, not going to a university was never an option. In our house, we always talked about great universities. However, when our son began to go to school, it quickly became clear that he wasn't doing well, academically. And in the sixth grade, he was diagnosed with Attention Deficit Disorder. It was a hard battle that my son faced with frustration and anxiety. His school helped us complete Form 504 that enables students to move at their own pace. As high school was coming to an end, my son searched out and applied to a prestigious university. We were all really hopeful that he would be able to study there. However, he was not accepted due to his academic performance.

We were all disheartened, with his plans cut short and we all felt some responsibility for what had happened. As parents, we thought that maybe we didn't push him hard enough. We were saddened to think that he wasn't interested in school, or that we did not use all the resources that were available to us in high school. Then we started to look for other options. My son went on to apply and get accepted to a local college. It is a good school that allows him to later transfer his credits to the university that he so much wanted to attend. To our surprise, we quickly realized that this was the best decision that he could have made.

Today he lives in the school dormitory, has the opportunity to take career level classes like a 4-year university, and he writes for the school newspaper. My son has found happiness as a student and as a person. He is confident in himself, and we are very proud to see him apply himself to his schoolwork day in and day out.

**Through this experience, we learned that every student is different, not just physically but also mentally. Everyone learns in his or her own unique way. Social pressure and competition gets in the way of our ability to pay attention to the real needs of our children.** It is now clear for us that the love and support of the parents is a critical part of the formation of our children, much more than anything else that we can give. My son is happy, stress-free and working hard for his future. What more can we ask of life?

## Does Your Daughter Need a Dress for the Prom?

High School dances can be very stressful for some students, since the cost of cocktail dresses is very high. For most girls, going to prom is all about the dress. This is why the Ruby Room organization helps teenagers in the state of Washington by offering party clothes for school dances. Ruby Room has a selection of formal dresses in all colors and in all sizes. They also have accessories such as shoes and jewelry. And, everything is free!

To qualify for this service, teens must:

- Be currently enrolled in high school and present a valid school ID.
- Be eligible for the free or reduced lunch program, or be referred by a school or community service leader such as a teacher, counselor or social worker.

To make an appointment or if you have any questions, call 425-553-7116 or send a message to [info@rubyroomseattle.org](mailto:info@rubyroomseattle.org).

**Ruby Room**  
827 Bellevue Way NE, Suite 205  
Bellevue, WA 98004  
[www.rubyroomseattle.org](http://www.rubyroomseattle.org)



## The Garage is Open!

235 First Avenue SE  
Downtown Issaquah  
[kaylee@issaquahteencafe.org](mailto:kaylee@issaquahteencafe.org)

Hours: 3:00 to 7:00 p.m.  
Monday through Friday  
9th—12th graders ONLY  
(proof of age required)

- \* find friends \* hang out \* free coffee \*
- \* homework help \* video games \*
- \* board games \* community resources \*
- \* music \* \* clubs \* meeting rooms \*
- \* celebrations \*
- \* what would you like to add to this list? \*

# ELEMENTARY SCHOOLS

## ALL ELEMENTARY SCHOOLS

Apr. 8 – 12: Spring Break, No School  
 May 27: Memorial Day, No School  
 Jun. 19: Last Day of School\*

### \*WEATHER MAKE-UP DAYS

If school is closed during the school year due to inclement weather, June 20 will be the first make up day. Additional school days will be added to the school calendar in June as needed.

### Apollo

Apr. 19: Popcorn Friday  
 Apr. 17: Orange Ruler Fundraiser Kickoff  
 Apr. 26, 6-8 p.m.: Science/STEM Fair  
 Apr. 3: Orange Ruler Fun Run  
 May 6 – 10: Staff Appreciation Week  
 May 13 – 17: Scholastic Book Fair  
 May 17: Spring Family Fun Night  
 May. 17: Popcorn Friday  
 Jun. 12 PTA Annual Meeting  
 Jun. 14: Popcorn Friday

### Briarwood

Apr. 5, 19: Popcorn Fridays  
 Apr. 29 – May 3: Spring Book Fair  
 May 3, 6-8 p.m.: STEM/Science Fair  
 May. 3, 17, 31: Popcorn Fridays  
 May 6 – 10: Staff Appreciation Week  
 Jun. 6: Staff Appreciation 5th grade BBQ  
 Jun. 7: Carnival  
 Jun. 7: Popcorn Friday  
 Jun. 14: Field Day

### Cascade Ridge

Apr. 5: Parent Play Day  
 Apr. 5: Popcorn Friday  
 Apr. 25: Festival of Cultures  
 May 3: Parent Play Day  
 May 3: Popcorn Friday  
 May 6 – 10: Staff Appreciation Week  
 May 16: Art Walk  
 May 20: Kindergarten Info Night  
 Jun. 4: Staff Appreciation Luncheon  
 Jun. 7: Parent Play Day  
 Jun. 7: Popcorn Friday  
 Jun. 7: Donuts with Dads

### Challenger

Apr. 5: Karate West Parents Night Out  
 May 3: Color Run Fundraiser  
 May 3: Karate West Parents Night Out  
 May 6 – 10: Staff Appreciation Week  
 Jun. 7: Karate West Parents Night Out

### Clark

Apr. 5, 19, 26: Popcorn Fridays  
 Apr. 19: Recess with Kids  
 Apr. 22: Staff Appreciation Lunch  
 May 3, 10, 17, 24, 31: Popcorn Fridays  
 May 10: Recess with Kids  
 May 20: Staff Appreciation Lunch  
 May 20: Coffee with Christy  
 Jun 31: Popcorn Friday  
 Jun 7: Recess with Kids

### Cougar Ridge

Apr. 26: Heritage Festival  
 May 6 – 10: Staff Appreciation Week  
 Jun. 7: End of the Year Carnival  
 Jun. 14: Field Trip

### Creekside

Apr. 21, 24: Talent Show Rehearsals  
 Apr. 26: Talent Show  
 May 9: Art Night  
 Jun. 5 - 7: Spring Book Fair  
 Jun 7: End of the Year BBQ

### Discovery

May 6 – 10: Staff Appreciation Week

### Endeavor

Apr. 2: Student Banking Day  
 Apr. 5: Popcorn Friday  
 Apr. 24-26: 5th Grade Camp  
 Apr. 25: Bingo Night  
 Apr. 30: Picture Day  
 May 3: Popcorn Friday  
 May 6 – 10: Staff Appreciation Week  
 May 7: Student Banking Day  
 May 15: Yearbook Pre-Order Sales End  
 May 15: Kind Kids  
 May 15: Art Walk  
 May 29: Field Day  
 May 29: Jaguar Hunt  
 Jun 4: Student Banking Day  
 Jun 7: Popcorn Friday  
 Jun 14: Kindergarten Promotion  
 Jun 17: 5th Grade Party  
 Jun 17: 5th Grade Promotion

### Grand Ridge

Apr. 2, 6:30: 4th Grade Concert  
 Apr. 3: After School Movie  
 Apr. 4: Drama Club Performance  
 Apr. 5: Popcorn Friday  
 Apr. 17: Family Engineering Night  
 Apr. 19: Chorus Concert  
 May 2: 2nd Grade Concert  
 May 3: Popcorn Friday  
 May 6 – 10: Staff Appreciation Week  
 May 14: 3rd Grade Concert  
 May 15: After School Movie  
 May 22: Bear Hunt  
 May 30: 1st Grade Concert  
 May 7: Popcorn Friday  
 Jun. 12: Summerfest

### Issaquah Valley

Apr. 2: Cultural Fair  
 Apr. 24 – 26: Spring Book Fair  
 Apr. 24: Book Fair Family Night  
 Apr. 25: 3rd Grade Music Program  
 May 3: Engineering/STEM Night  
 May 6 – 10: Staff Appreciation Week  
 May 14: Math Adventure Volunteer Training  
 May 17: Math Adventure Event  
 Jun. 7: Ice Cream Social/Year End Party  
 Jun. 7: 5th Grade Camp  
 Jun. 19: Field Trip  
 Jun. 18: 5th Grade Reception

### Maple Hills

Apr. 1 – 5: Spring Book Fair  
 Apr. 5, 19: Popcorn Fridays  
 Apr. 5: Ice Skating Party  
 Apr. 16: Orange Ruler Kickoff Assembly  
 Apr. 18: Eagle Reader Clubhouse  
 Apr. 26: Art Walk/Spring Dessert Night  
 Apr. 29 – May 3: Staff Appreciation Week  
 May 1: Orange Ruler Fun Run  
 May 2: Staff Luncheon  
 May 8: Eagle Reader Clubhouse  
 May 10, 24: Popcorn Fridays  
 Jun. 7: Pizza Bingo  
 Jun. 17: 5th Grade Celebration  
 Jun. 18: Field Day

### Newcastle

Apr. 23: 2nd Grade Concert  
 May 6 – 10: Staff Appreciation Week  
 May 21: 1st Grade Concert  
 Jun. 19: 5th Grade Promotion

### Sunny Hills

Apr. 15 - 26: After School Movie Registration  
 Apr. 18: Choir Concert  
 Apr. 26: Yearbook Order Deadline  
 Apr. 26: 4th Grade Concert  
 Apr. 30: 3rd Grade Concert  
 May 1: After School Movie  
 May 6 – 10: Staff Appreciation Week  
 May 7: 1st Grade Concert  
 May 9: Heritage Night  
 May 20-22: 5th Grade Camp  
 May 21: Kindergarten Music Concert  
 May 22: Dinning for Dollars  
 Jun. 12: 5th Grade Promotion and Party  
 Jun. 14: End of Year Celebration

### Sunset

Apr. 5: Parents at Recess  
 Apr. 25: Art Walk  
 Apr. 30: Eager Reader Tally Due  
 May 1: Flower Sale  
 May 3: Parents at Recess  
 May 6 – 10: Staff Appreciation Week  
 May 8: Staff Appreciation Luncheon  
 May. 31: Eager Reader Party

## Measles in Washington

Families may have heard about a measles outbreak in Clark County / Vancouver, Washington. While there are no reported cases in our District, our school nurses are keeping an eye on the situation and receive frequent updates from the Health Services supervisor at OSPI. If you have any questions, please contact your school nurse.



# MIDDLE AND HIGH SCHOOLS

## Beaver Lake Middle School

Apr. 16: Eastshore Choir Concert  
 Apr. 18: Eastshore Band Concert  
 Apr. 16: Eastshore Orchestra Concert  
 May 6 – 10: Teacher Appreciation Week  
 May 22: NJHS Induction Ceremony  
 Jun. 4: Spring Band Concert  
 Jun. 5: Coexisting with Carnivores  
 Jun. 5: Spring Choir Concert  
 Jun. 14: Career Fair  
 Jun. 14: Spring Fling  
 Jun. 14: 8th Grade Party  
 Jun. 18: Half Day for Grading

## Issaquah Middle School

Apr. 1 – 5: Charitable Giving Week  
 Apr. 22 – 26: We Take Charge Week  
 May 6 – 10: Staff Appreciation Week  
 May 14: NJHS Celebration and Induction Ceremony  
 May 28: Orchestra Concert

May 29: Band Concert  
 May 31: Spirit Day  
 Jun. 4: Chorus Concert  
 Jun. 5: Coexisting with Carnivores  
 Jun. 6: Band/Orchestra Concert – 8th Grade  
 Jun. 7: Spirit Day  
 Jun. 10: 8th Grade Celebration Event  
 Jun. 11: 7th Grade Locker Clean Out  
 Jun. 13: 8th Grade Locker Clean Out  
 Jun. 14: 8th Grade Assembly  
 Jun. 18: Grading Day  
 Jun. 20: Carnival Day

## Maywood Middle School

May 21-23: Spring Book Fair

## Pacific Cascade Middle School

May 6 – 10: Staff Appreciation Week

## Pine Lake Middle School

Jun. 6: Orchestra Spring Concert

## Skyline High School

Apr. 3: Blood Drive  
 May 18: Prom Dance  
 Jun. 13: Class of 2019 Graduation

## Issaquah High School

Apr. 24: Staff Appreciation Breakfast  
 May 6 – 10: Staff Appreciation Week  
 May 18: ACT or SAT Practice Test  
 Jun. 1: Senior Prom  
 Jun. 6: Second Semester 5K Run  
 Jun. 13: Class of 2019 Graduation

## Liberty High School

Apr. 6: Class of 2021 E-Cycle event  
 May 24: Senior Prom  
 Jun. 11: Baccalaureate in Landback Auditorium

## Spring Health

By MARISOL VISSER

As the weather starts to change, we often feel the impulse to clean and replace the old with the new. Spring doesn't just have to be about cleaning and reorganizing – it's also a great time to start healthy new habits and break some of the old.

Here are 5 tips to get a head start on your spring health!

- 1. Start Drinking More Water** – As the weather starts to warm up, drink plenty of water before going outside and have plenty on-hand to stay hydrated. If you aren't a fan of water, try adding something to it, like cucumber or frozen fruits.
- 2. Start an Exercise Routine** – The days are longer and the sun is starting to come, it's a perfect combination to get active outside. The American Heart Association recommends that individuals do moderate exercise for at least 150 minutes per week, or 75 minutes per week of vigorous exercise.
- 3. Redesign Your Diet with Fresh Fruits and Vegetables** – Take advantage of the variety of fresh fruits and vegetables available during this season. A healthy diet should include fresh vegetables and fruit every day. Vegetables like broccoli, green beans, leafy greens, zucchini, cauliflower, cabbage, carrots, and tomatoes are low in calories and high in fiber, vitamins, and minerals. Try to eat about 3 to 5 servings every day. Fruit is also a good source of fiber, vitamins, and minerals. You should try to eat about 2 to 3 servings of fruit each day.
- 4. Time to Visit the Doctor for a Check Up** – This is a great time to get back to the doctor for an annual check-up. A periodic wellness-exam for all ages is not just about good medical care, but it also gives you the opportunity to learn more about beneficial health habits, counseling and community support services as well as an overall view of the best ways to take care of yourself and your family for a lifetime. Your doctor will let you know how often they need to test for high blood pressure, diabetes and other diseases.
- 5. Renew Relationships** – Get out of the house and visit with your friends and family. Research has shown that good, strong relationships benefit your overall health and happiness. Spend the day with people you love, and schedule regular outings to enjoy the great spring weather.

## Kathy Keegan, Assistant Principal of Creekside



**Cultural Bridges (CB): Tell me a little about your position and the work you do on a day-to-day basis.**

**Kathy Keegan (KK):** As an Assistant Principal my day is busy working closely with students, families, and teachers to make sure all students are safe and happy at school. I greet students outside when they arrive to school, spend time in classrooms, in the lunchroom, and at recess getting to know the students and build positive relationships with them. I attend meetings with families to support their students and help partner with them to solve problems when needed.

**CB: Why did you choose to be an Assistant Principal?**

**KK:** As an Assistant Principal I have the opportunity to work with students and families each day and this is one of my favorite things to do! I get to support our Principal to ensure students are receiving the best learning opportunities available in the classroom. I love spending time in the classroom where I get to see children learning from our amazing teachers.

**CB: What advice would you give to a parent who has a student in the Issaquah School District?**

**KK:** The best advice I can give to any parent is to look for Parent Trainings offered by the Issaquah School District to help them learn about our schools and support systems available to our families. I would also encourage them to participate in school events, including Back to School Night, Parent Teacher

Conferences, PTSA family events after school, and any event that will help them make a connection to their school and our amazing school district.

**CB: What is your favorite part of this job?**

**KK:** One of the best parts of my job is getting to know our students and their families. I always welcome families to come into the school to get to know them and help me better support their students. Through these experiences I have learned a lot about our diverse student population, the cultures that are represented in our schools, and have heard so many wonderful stories about our students and families that help me better understand our children and work with them.

**CB: Tell me a little bit about yourself outside school.**

**KK:** My husband and I live in Newcastle with our three amazing daughters that attend Issaquah schools. You may run into me on the weekends at community events, shopping at our local stores, or eating out with my family. I love working and living in our wonderful Issaquah School District community!

**Number of years in Education:** 15

**Number of years with ISD:** 9

**What is your favorite book?** Little House on the Prairie

**What is your favorite food?** Mexican

**What was your first job?** Penguins Frozen Yogurt

**Who was your childhood role model?** Princess Diana

**Where is your favorite place to go on vacation?** Hawaii

**Give us a Random Fun Fact about you:** I have five brothers and no sisters.

# The Warmth of the Art of Teaching

By GARY ARTHUR  
*Issaquah Education Association President*

This has probably happened to you: you're volunteering in your children's school and you come across a teacher's coffee cup with a cartoonish chalkboard on it, that says: "My three favorite things about teaching: June, July, and August." I know you can picture this mug: stains are etched onto the inside; it rests on a shelf in the staff room next to chipped, mismatched bowls and maybe its partner, the equally stained mug that says "Being a teacher is easy, it's like riding a bike, except that the bike is on fire, you're on fire, everything's on fire."

These mugs are somewhat dishonest. Take the one about June, July, and August for example. Aside from the fact that we typically have school until the third week of June and are back in our classrooms in mid-August setting stuff up and going to professional development, the cold months are the good ones. As a classroom teacher, the cold months have a lot going for them. By mid-January, most teachers and students have moved beyond that awkward "getting to know each other" phase. Our work time feels more productive. All the classroom routines have become normalized and we're more about the business of learning the subjects than getting the hang of how to rotate through math groups or when it's okay to get up and sharpen your pencil.

Our wintry weather got me thinking about---obviously---warmth. Holding one of those weird, only-a-teacher-would-own-one-of-these sorts of mugs (with the coffee gone cold a few hours ago because you were too busy to finish it) you think about the heat that provides relief---even the heat that forged this mug from clay in some factory's kiln somewhere. And what warmer place is there in a school than the art room? Not just the warmth of loving the process of making art, but also the physical heat.

One of IEA's members is Mr. Mark Moody, who teaches AP Ceramics at Issaquah High School. Mark has been a teacher since 1995 and explains that teaching AP Ceramics at Issaquah is the best job in the world. I have seen some of his students' work in the display case by his studio tucked behind the second story of the theater. Let's just say, there are no teacher mugs with corny sayings on them in that display case. There is amazing art work: vessels and sculptures of all sorts.

Mr. Moody was talking about his students' art and happened to mention something: two of his kilns were purchased by an Issaquah Schools Foundation grant and his school's PTSA generously provided the program with another two, along with something charmingly described as "kiln furniture and posts." I picture little sofas and plush chairs, but he dashed my image by telling me "That's the art teacher term for the shelves you put the clay on."

He has four kilns that are available to his students. He explained that having resources like this enables him to go really deep: students are able to explore the science within the art; to experimenting with firing temperatures along with the other variables that influence the art.

One of Mr. Moody's students last year won a "judges' choice award" for a piece that combines fabric and ceramics. The blues and whites in the fabric resemble waves, with green strands of fabric like kelp, among which six blue and gray ceramic fish appear to be swimming carelessly. It is a stunner!

He told me his student has gone on to pursue a degree in environmental science and art. I find this so inspiring---through resources and the commitment of teachers like Mr. Moody and the many parents who contributed to the school's ability to purchase these kilns, we raise children who can produce art that makes us look at the world in unique and thoughtful ways. While the literal warmth of a kiln was used to express beauty and wonder, the PTSA's ability to bring these resources to teachers like Mark Moody is itself so heartwarming. And while I will never say educators don't also love the warmth of a July afternoon when they're working a crossword puzzle or hiking with loved ones, there is a lot to be said for the warmth of the art of teaching in these freezing cold but very productive weeks.

So from a teacher to you, please know that we appreciate the resources, like kilns and kiln furniture, our community enables us to acquire. These resources enable great things to happen in our classrooms.

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**Cultural Bridges** serves Issaquah School District families to increase parent engagement and lead to greater student success.

We provide navigation support, host parent/student events and publish quarterly magazines translated in six languages.



**ISSAQUAH  
SCHOOLS  
FOUNDATION**



**Cultural Bridges**  
Issaquah Schools Foundation



## Sammamish

### Ukelele Jam

Saturdays April 6 and May 4 [3:00 p.m. to 4:15 p.m.]

This is a program for ages 8 to 108! (Kids 8 to 12 need to have an adult with them.) Learn and play songs together on the ukulele! Bring your own ukulele, and just show up at the Sammamish Library (825 228th Ave SE). Sheet music will be provided. If you need a loaner instrument, register online one month in advance. Contact Sara Jensen for any questions: sjensen@kcls.org.

## Renton

### The Bunny Hop

Friday, April 19 [6:00 p.m. – 8:00 p.m.]

Calling all families who want to hit the dance floor! It's time to hit the dance floor! It's time for the "Bunny Hop!"

Spring is in the air let's cut footloose at the Bunny Hop! Enjoy an array of music, dances led by some bright-eyed bunnies, a trail-mix bar and light refreshments at the Renton Library (100 Mill Ave South). Bring your camera for pictures with the spring bunny. It's sure to be a "hip-hopping" good time. For families who live in Renton \$12, and for all families who don't live in Renton: \$14. Registration deadline is April 12, or until event is full.

## Create a Jeweled Dragon Egg

Tuesday, May 7 [4:30 p.m. – 5:30 p.m.]

This event is for kids 5 to 18 years old at the Renton Library (100 Mill Ave South). Legend says that dragons are birthed from eggs! Create a beautiful, one-of-a-kind piece of textured sculpture of an egg, (possibly one that comes from a dragon). First come, first served. Presented by Johannes Quilitz.

## The Dogs in Space Show

Tuesday, June 25 [5:30 p.m. – 6:15 p.m.]

Family program at the Piazza of the Renton Farmer's Market (233 Burnett Ave South), all ages welcome. Did you know that dogs and animals were the first to travel to space? Explore the galaxy as you listen to some spaces-out tune. Presented by Eric Herman and the Puppy Dogs.

## Issaquah

### Coexisting with Carnivores

Saturday, April 20 [2:00 p.m. - 4:00 p.m.]

Come join us at the Issaquah Library (10 W Sunset Way) and take part in an event that is targeted at families, in which children and their families can come learn about local carnivores and the close relationship we share with them in the City of Issaquah. Free event.

## Summer Reading Kick-Off

Thursday, June 20 [3:00 p.m. – 5:00 p.m.]

Join us at the Issaquah Library (10 W Sunset Way), sign up for summer reading and enjoy the festivities. Let's celebrate! This is an event for all ages.

## Newcastle

### Ponte El Ritmo: The Big Bang Show

Wednesday, June 26 [11:00 p.m. – 12:00 p.m.]

Family program at the Newcastle Library (12901 Newcastle Way), all ages welcome. People around the world celebrate the moon, sun and stars with music. Learn simple tunes in Spanish and Portuguese and clap, play and dance along. Presented by Elspeth Savani and Jeff Busch.

## English as a Second Language Classes for Adults

Learn English grammar, reading, writing and conversation skills with an experienced instructor at the libraries of the King County Library System. Classes are free.

### -Issaquah Library

10 West Sunset Way Issaquah WA 98027  
Thursdays from 6:30 p.m. to 8:30 p.m.

### -Newcastle Library

12901 Newcastle Way, Newcastle WA 98027  
Tuesdays from 7:00 p.m. to 8:30 p.m.

### -Renton Library

100 Mill Avenue South Renton WA 98057  
Tuesdays from 12 p.m. to 3 p.m.

### -Sammamish Library

825 228th Avenue SE Sammamish WA 98075  
Mondays from 10:30 a.m. a 12:30 p.m.

These are other places that offer free ESL classes.

### -Jubilee Reach ESL Program at Sammamish Presbyterian Church

22522 NE Inglewood Hill Road, Sammamish, WA 98074

Free to the community, offering three levels of ESL, as well as talk time. Mondays and Thursdays from 9:30 a.m. to 11 a.m. For more information, call 425-868-5186.

### -Renton Technical College

3000 NE Fourth St, Renton, WA 98056

On-campus classes are offered in the mornings (8 a.m. to 11 a.m.), afternoons, (11:30 a.m. to 2:30 p.m.) and evenings (6 p.m. to 9 p.m.). They also offer classes in other locations such as the Bellevue Library and El Centro Rendu or RTC Downtown Center in Renton. For more information, contact Debbie Tully at dtully@rtc.edu or 206-880-1704.

# What are Your Identify Frames?

By ALICIA SPINNER

**In my case: I am a forty four year old woman, a proud mom of two beautiful children, a wife of an American entrepreneur, the only child of a single mom, a granddaughter of a woman who was in bed for seventeen years (most of which was under my care), community volunteer, mentor, scoliosis and chronic pain patient, fishetarian, former Catholic, Mexican, Latina, Hispanic, American, Issaquah citizen...**

**I see the world through all of these lenses. How about you?**

Rosetta Lee grew up in a small village in South Korea and is now a highly regarded, local and national expert in diversity, inclusion and equity. Parenting with Identity in Mind is the name of the talk that she offered through ParentWiser last January.

Ms. Lee talked about the dimensions of identify and culture, and labeled internal identities as: race, age, religion, sexual orientation, gender, ability, ethnicity, socioeconomic status, etc. As external identities she listed: where we live, where we are from, language, appearance, etc.

Even though there are things that I believe are no longer a part of who I am, they are. Everything that we experience leaves a trace on us. Even if I am not a practicing Catholic, and I don't agree with most of their rules, it is safe to say that some of the values based in this faith that I was taught as a little girl are still in me today.

**Identity frames are like picture frames or lenses. I can have a whole vista, but as soon as I have a certain frame around it, I see some things but not others.**

Lee explained how we live in a world that constantly reteaches us that if we see things differently, it's our job to argue until we find out which of those truths is right. And she believes that all of those truths are valid, and it is important to interact across these differences to see the whole picture and the real truth.

Lee asks parents to encourage young people to understand how our identities can block us in our ability to see the whole picture. Our identity frames can make us believe that we can't or shouldn't pursue something that we really want. There is a belief that when you are member of a group, you should act accordingly. And when our actions don't correspond to our group values, we feel bad. If you happen to be a Latina woman, for example, you should not feel that you have to have a big family or know how to dance!

Lee talked about how all parts of our identity is exactly who we are, and as soon as we embody them authentically, we will be psychologically and personally so much happier. This is exactly why we need to instill a positive and firm sense of identity in young people. And how it is just as essential to teach our children that they can develop a positive self-identity in others. How do they do that? By noticing the identity frames of others and making positive remarks.

Teach your kids that it is not only OK to simply notice the identity frames of others, but it is important to celebrate them. Like the elementary school kid who sees her friend eating sushi in the cafeteria and comments how lucky she is to have a mom who knows how to prepare that kind of food. Or the middle school student who expresses how much he would like to be bilingual like his friend. Or the high school teenager who asks to be invited to the special Holiday celebration that her friend enjoys every year.

And this is how Lee advises us to create positive self-identity in our children and how to teach them to be a positive influence on others. The ultimate goal is to create inclusive communities, which support everyone's success.

If you have questions or would like to read more about Lee's work visit: <https://www.slideshare.net/leerosetta>.

# Influence the Choice

## How Can I Help Prevent Drug Abuse In My Community?

The United States is facing a prescription drug opioid and heroin epidemic. In Washington, nearly 1,000 people die from opioid or heroin overdoses each year. Many more experience addiction, dependence or opioid use disorder.

In Washington State:

- Over 80% of current heroin users started with prescription drug opioids, either through a doctor's prescription for a sport or accidental injury, or by accessing drugs in a family or friend's medicine cabinet.
- Drug overdoses are the highest cause of accidental death, surpassing car accidents and homicides.
- About 12% of teens are prescription drug abusers. Thankfully, those figures are much lower among youths in the Issaquah School District.
- The fastest growing group of accidental overdose victims are people 50 years old or older.

## Safely Store Drugs

Many senior citizens use opioid drugs for legitimate reasons such as chronic long-term pain or other conditions. To protect younger members of your family from accidental poisoning, and to protect yourself from theft or deliberate abuse by outsiders, police and health officials recommend that opioid drugs be kept in a secure lock box. There are literally dozens of lockbox models available through local pharmacies, Amazon.com, and other commercial outlets. Prices start around \$25.



## Safely Dispose of Drugs

It's easy to dispose of your expired, unneeded or unwanted prescription drugs! Drop boxes are located at the Issaquah, Sammamish and Newcastle police stations, and at the Issaquah and Sammamish QFCs. In addition, you can now obtain mail-back envelopes at the Sammamish, Issaquah and Newcastle public libraries. Put unneeded medicines in the envelope, seal and drop in any available mailbox. All drop boxes and mail-back envelopes are provided free of charge. For the latest updates on safe medicine disposal, go to <https://kingcountysecuremedicinereturn.org/>.

An aerial photograph of a city skyline at sunset. The sky is a mix of blue and orange. In the foreground, there is a large body of water reflecting the sky. The city skyline features several tall buildings, some with glass facades, and a construction crane. The background shows a range of mountains under a clear sky.

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# My Life in Color

By NADA ALWARID



I was born and raised in Baghdad, Iraq. One night in elementary school, I had an odd dream. In it, I was giving a speech to a large audience — in English! I woke up surprised but happy and wished I could speak English fluently. The dream has stayed with me ever since. At the time, I would daydream about it. Little did I know, but my dream would soon become a reality when we left our home after the first Gulf War, in 1990.

We chose Canada because my uncle had lived there since he was a teenager, and he sponsored our visas. I finished high school and university in Vancouver BC, then moved to the Seattle in 2001, when I was recruited by Microsoft.

In Iraq, I only knew homogenous people like me — Iraqis. In Canada and the US, I have met and made so many good friends from all sorts of backgrounds and ethnicities. I feel so blessed to have such a diverse circle of neighbors, friends, and community members. I am so grateful for this beautiful reality!

In the Qur'an, there is a beautiful verse that talks about the reality I am now living: "O mankind, indeed. We have created you from male and female and made you peoples and tribes that you may know one another. Indeed, the most noble of you in the sight of God is the most righteous of you. [Chapter 49: verse 13]"

I am a Muslim woman. Muslims are of different races and ethnicities. I happen to be ethnically Arab. I live by the untarnished tenets of my faith (untarnished by ignorance, politics, or despots masquerading as the "faithful and protectors" of faith). My faith instructs me to question things and seek answers, not to blindly follow others. This tradition teaches us that all human beings are created equal, and all have free will.

Personally, I think having faith in something is a blessing. It is a way for a human being to become grounded and centered. However, I don't usually talk about religion unless I'm specifically asked. Unfortunately, in today's world, the word "religion" carries negative connotations. Yet, Islam is core to my being. I love and live by its tenets of a clean, upstanding, and respectful way of life. In our Prophetic tradition, there is a great saying that embodies how we should conduct ourselves. It reads: "Spread Peace, feed people, and pray."

The Muslim tradition centers on building community. Therefore, conducting oneself needs to take into consideration the ramifications of your choices on those around you. Your guiding principles need to always be: how will this affect my community and those around me? Will it help or hurt others?

I respect, appreciate, and am always eager to learn about others' belief systems. **The beauty of our world centers on the fact that we are a mosaic of different convictions. We are different, yet so similar in calling for the same basic tenets of: life, liberty, and the pursuit of happiness. We just happen to take different colorful roads to the same destination!**

## Meet your Muslim Neighbors

Join the community conversation to learn from each other and build relationships across cultures. Through informal and face-to-face conversations, participants will leave with a better understanding of the experiences of Muslims from all walks of life, engage as neighbors and get to know Muslims directly, beyond what is presented in the media or the internet.

King Country Library System organizes this program in partnership with the Muslim Community Neighborhood Association. First Saturday of the month, from 1:00 p.m. to 2:30 p.m. Bellevue Library, Room 1: 1111 110th Ave NE, Bellevue

Topics of Conversation: April 7: Women in Islam; May 5: What is Ramadan?; and June 2: Islam phobia.

## Arab Festival

**Saturday, August 10 and 11**  
[9:00 a.m. – 3:00 p.m.]



Free event held at Seattle Center (305 Harrison St).

The festival will include music, food, children activities, exhibits, story telling, fashion show, and more!

# A Pakistani-Canadian and Muslim Family Experience

By NOREEN AWAN  
PTSA President at Discovery Elementary

My husband, two children and I moved to Washington about 7 years ago from Canada. Shortly after our move, we chose Sammamish to raise our young family. Sammamish and its surrounding area provide a sense of community, appreciation for family and gratitude for the great outdoors. In our short time here, we have felt welcome.

As first-generation Pakistani-Canadians and Muslims, we honor and respect our heritage and faith. It is important for me personally, to develop friendships and connections within the community; to reach out and build bridges based on mutual respect, understanding and kindness. Now serving my second year as PTSA President at Discovery Elementary, I have had many opportunities to share my culture and faith, and learn about others' as well.



Last year, a group of Muslim families came together to provide a lunch for staff, to celebrate the start of Ramadan, a holy month of fasting, prayer and charity. We shared foods from around the world and provided information on what Ramadan means and what a typical day might look like for a Muslim family celebrating this holiday. We felt it was an opportunity to give some insight on Ramadan and answer any questions. It was an event that was welcoming and well received by everyone. When my son chose to fast half-days he was invited into the office during lunch and recess if in need of a break, with books and games made available to him. It was an incredibly gracious and kind gesture.

The PTSA's Annual Multicultural Night is another snapshot where hundreds of families attend a night of food and cultural fare. It is a wonderful opportunity for staff and families to see children share another aspect of their lives, and we all help them celebrate it.

Sadly, for all the good things we are able to share and connections that we have made, there have been some disheartening moments. We have had to have frank conversations with our children when, for example, my son was told that we might be sent back to Canada or worse, "kicked-out." These are conversations that I'm sure most parents don't need to have with their children, but they are a stark reminder of underlying fears, questions, and doubts held by some.

However disappointing these instances may be, they are far outnumbered by acts of compassion and understanding. Discovery's Principal, Ms. Marti Shefveland, and her staff fully understand the multicultural fabric of our school, and succeed in their efforts to create a school spirit that is based on respect, inclusivity and kindness amongst students, staff and parents. In fact, last year, the administration created a parent panel to help staff develop skills in cultural competency to better support teaching and learning for all students at Discovery.

My family and I will continue to be active members of the community in every aspect, engaging in healthy dialogue that respects diversity and helps transform misunderstanding. Discovery Elementary, and this community are a wonderful example in multiculturalism; where diverse languages, cultures, and religions not only coexist, they thrive.

# Muslim Faith and Hijabs

By ANNIE HASSAN

In October of 2016, we moved to Issaquah from central New Jersey with our three wonderful daughters Rakiya, Arfa, and Roha, excited to start a new life on the West Coast. **Combine a Pakistani background with Muslim faith and hijabs (an Islamic headscarf for women), and we certainly do stand out in a crowd.** Nevertheless, the relentless support from the new friends we have made here (many of which, at first, didn't know much about Pakistan or Islam) has made us feel very welcome and safe, despite the political situation of our country.

Soon it was our very first Eid-ul-Fitr (think Christmas but without Santa and a tree, lasting three days) in Issaquah. In our township in New Jersey, we had a very large Muslim population, so Eid was an official school holiday but here we all took a day off to celebrate Eid with family and friends.

Eid-ul-Fitr is the beginning of the new lunar month, named as Shawwaal and it marks the end of Ramadan, a 30-day period where we fast (no eating or drinking, and yes, not even water) from dawn to dusk every day. The purpose is to remind ourselves how blessed we are to have food and water whenever we want it, in comparison to the less fortunate. The religious practices performed during Ramadan are fasting, Suhoor (meal before dawn), Iftaar (meal at dusk), charity and recitation of our Holy book Qur'an. Our eldest daughter, Rakiya, decided that she wanted to fast at her school since Ramadan landed during the school year. She said that her friends were very understanding and supportive, that one of her friends even fasted during the school day with her so she didn't feel left out. **This is a sign that we're raising our kids to be culturally aware. It's important that we keep this up and show how accepting and welcoming Issaquah truly is because we are a beautifully diverse community that's only going to keep growing.** Our second daughter Arfa gave a presentation in her class about Ramadan, how we practice fasting and the celebration of Eid-ul-Fitr.

Traditionally, Eid day starts with dressing up in new and fancy dresses and going to Mosque to offer special Eid prayers. Then we spend the day with family and friends and enjoying big feasts. Kids are very excited as they get a lot of presents from adults. Our second biggest celebration is Eid-ul-Adha, which is celebrated exactly 2 months and ten days after Eid-ul-Fitr. It is celebrated the same way with prayers and then big feasts with family and friends but this time no fasting. And now that Issaquah is our hometown our prayers not only go to the welfare of Pakistan but also to our adopted one!

**Hijab** is an Arabic word that means barrier or partition. It's related to the principle of modesty and this includes behavior as well as dress for both males and females. But the common English use for the word hijab is for the veil worn by some Muslim women when they reach their teenage years. But, what happens when you are a student in a school from our district, and you change the way you look?

Arfa Hassan, 6th grader at Issaquah Middle School said:

*"When I first wore hijab during 6th grade orientation, I was worried that people wouldn't identify me anymore, but then I was happy that they recognized me by my face. On the first day of 6th grade, my friends who were in my classes were curious to know whether I had chosen to wear hijab or if I was forced to do so. I told them it was optional, but I chose it because I feel comfortable doing so, and I feel like it's my identity being a Muslim. Overall I love wearing hijab!"*

Rakiya Hassan, 8th grader at Issaquah Middle School and Student Council President replied:

*"At first, I was nervous to wear hijab in Issaquah. It was a completely different place, and I didn't know how people would react. Over time, however, I realized that I was accepted, and it made me so much more confident and proud of whom I am. Of course, there were some bumps along the way, but they were a lot easier to handle, because I had my friends who supported me."*



Issaquah Schools Foundation

# NOURISH



EVERY MIND

## 21st Annual Luncheon

Friday, May 3, 2019  
12:00–1:00 pm

Meydenbauer Center  
11100 NE 6th Street  
Bellevue, WA 98004

**Emcee**  
**Molly Shen, Komo 4 News**

Doors open at 11:00 am  
with program displays,  
a wine wall and more!



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## 6th Annual Breakfast

Tuesday, May 14, 2019  
7:30–8:30 am

Eastridge Church  
24205 SE Issaquah Fall City Rd  
Issaquah, WA 98029

**Emcee**  
**Molly Shen, Komo 4 News**

Doors open at 7:00 am  
with time for networking  
and a breakfast buffet.



**The Nourish Every Mind  
Auction** is available online  
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