

the scoop

FROM SHORECREST PTSA

12.12

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www.shorecrestptsa.org

UPCOMING MEETINGS

Tuesday, January 15

7:00pm

Shorecrest Library

Tuesday, February 12

7:00pm

Shorecrest Library

BOARD OF DIRECTORS

Tiffany Bengston, President
president@shorecrestptsa.org

Kendahl Adjorlolo, Vice President
vp@shorecrestptsa.org

Mike Curti, Treasurer
treasurer@shorecrestptsa.org

Teri Potter, Secretary
secretary@shorecrestptsa.org

Alfred Frates, Legislation
legislation-2@shorecrestptsa.org

events

INTERNATIONAL FAMILY NIGHT

Tuesday, December 11, 6:30pm, Shorecrest Library. Shorecrest invites families of international backgrounds to an evening gathering. We will showcase student work and provide information for you about graduation requirements, checking your students grades, and information about getting in touch with people at the school. Food, interpreters and child care (by Shorecrest students) will be provided.

SHORECREST FIRST ANNUAL HOLIDAY BENEFIT DINNER

Wednesday, December 12, 7:00pm, Shorecrest Cafeteria. The outstanding Culinary Arts Program at Shorecrest is catering a Gourmet Pasta Bar, featuring performances and entertainment by Shorecrest student music and performance groups. All proceeds from this event will go directly to the Shorecrest PTSA Holiday Baskets Drive, which includes our food drive and teen gift program, in an effort to assist the families in our area who are challenged to provide food and gifts over the holidays. Registration for this event ended on December 3, but please email maryandpta@comcast.net to find out other ways you can be involved and contribute. Please tell all of your friends and family to get involved, and help our Shorecrest community this holiday season!

HOLIDAY BENEFIT CONCERT

Friday, December 14, 7:00-9:00pm, Shorecrest Cafeteria. Support Asis Montalvo's Senior Project. This concert will be a display of dance and music, with two professional dance acts to open the show, along with student acts that will compete for prizes (free dinner at Spiro's Pizza, iTunes Gift Card, etc.). Santa Photos will top off the evening, available before and after the concert. All proceeds from the Holiday Benefit Concert and Santa Photos will be donated to the Holiday Basket Food Drive. Santa Claus is needed for photos; if you, or someone you know, is interested, please contact **Asis Montalvo**.

GEEKFEST

Saturday and Sunday, December 15 & 16, Shoreline Conference Center. Come to GeekFest, sponsored by Seattle Browncoats Charities. Join fellow fans for a holiday festival with music, food, and gifts. Shorecrest's Highland Dance Team has been invited to perform along with other artists such as Vixy & Tony, Hello the Future, Afraid of Figs, Kirby Krackle, Nerdprov, Sunnie Larsen, and more. Events include comics, jewelry, gaming, art, costumes, and steampunk. The price is \$10.00 per day or \$15.00 for the whole weekend.

events continued...



SHORECREST HIP HOP TEAM PRESENTS "PHYSICAL POETRY"

Friday & Saturday, January 11 & 12, 2013, 8:00pm, Shorecrest Performing Arts Center. For the 2012-2013 year, award-winning Shorecrest High School Hip Hop Dance Team brings "Physical Poetry" to the newly remodeled Shorecrest Performing Arts Center on January 11 & 12, 2013. "Physical Poetry" combines an exciting variety of dance on one stage. Sharing their culture and art with the rest of the community and audience, Physical Poetry continually delivers exciting routines and dancers to a sold-out crowd. Professional dance companies from the Greater Seattle Area highlight the weekend's agenda. Exciting, heart-stopping, foot-stomping dance forms including hip hop, jazz, lyrical, tap, tango, salsa, modern, and several others, guarantee to keep attendees on the edge of their seats anticipating more. Experience two spectacular evenings, packed with amazing talent, scattered throughout our local area, on one stage. This family friendly event will have the audience craving more!

Advanced tickets are \$15 and can be purchased at physicalpoetry2013.brownpapertickets.com or contacting rexkinney@gmail.com. Tickets are \$18 at the door.

ptsa news

"HOLIDAY BASKETS" FOOD, TOYS, & TEEN GIFTS DRIVE

Monday, December 3 to Friday, December 14. The Holiday Food Drive is a collaborative effort to provide holiday meal basics and winter break food support to families in the Shoreline School District. Donations of non-perishable food* and teen gifts can be dropped off at any school in Shoreline. Short on time? Donate cash using PayPal! [For full details on the Holiday Basket program, click here.](#) This year's goal is to help feed over 500 families.

- Shorecrest's target item is Canned Meat (ex. chicken, turkey, roast beef, tuna).
- The Top Ten Items to provide each family: 1) Peanut Butter, 2) Pasta, 3) Beans (canned, refried, pork & beans), 4) Canned soup, 5) Canned vegetables, 6) Condiments (mayo, mustard, ketchup), 7) Cereal – Hot/Cold, 8) Canned fruit, 9) Canned tomato products, 10) Granola bars. [Click to see Most Wanted List.](#)
- Teen Gifts Ideas: Buy \$10 gift cards from retailers (Target, Fred Meyer, Old Navy, Sports Authority, Best Buy, etc.)
- [Donate cash via PayPal, just click here!](#)
- Toy Drive: The annual Shoreline Fire Department Toy Drive to be held Saturday, December 8th @ the Shoreline Fred Meyer (185th & Aurora), or drop off donations at any Shoreline Fire Department.
- In Need of Assistance This Year? To sign up for the Holiday Baskets & Teen Gift Drive, please contact Shorecrest's nurse, **Nancy Dalan** @ 206-361-4308, or [Hopelink](#) @ 206-440-7300 by December 7. You must register to be able to participate.
- [To volunteer, visit VolunteerSpot.](#) Shifts include Friday, December 14 (to transport food), or Saturday, December 15 (to sort food).

* No glass jars or home-canned food, please.

ptsa news continued...

STUDENT ENRICHMENT GRANTS COMMITTEE UPDATE

At the beginning of the school year, the Grants Committee, chaired by Randi Sibonga and Nancy Wickstrom, invited Shorecrest teachers and staff to submit applications for classroom/enrichment grants. The committee reviewed the applications and voted to grant awards to all ten applicants. The total requested dollar amount for grant awards for this cycle is \$3,873. The proposed budget for 2012-2013 Student Enrichment Grants is \$4,500. The Grants Committee recommended that all ten grants be funded. Applicants were notified of their awards on November 15. [Click here to see what programs received Grant money.](#)

WANTED: PHOTOGRAPHERS AND WRITERS FOR THE SHORECREST SCOOP

The Shorecrest Scoop needs your photos and articles! This assignment can be either a one-time commitment (for example, photos of fans at a Homecoming Game) or an on-going commitment (for example, coverage of all choir concerts). We would appreciate contributions from parents, students and staff. Please email The Scoop editor at [*scoopeditor@shorecrestptsa.org*](mailto:scoopeditor@shorecrestptsa.org).

school connections

RUMMAGE SALE TO BENEFIT AVID

Wednesday, January 12, 8:00am-3:00pm, Shorecrest Cafeteria. Need to make room for your holiday gifts and goodies? Are you ready for spring? Start your spring cleaning early and donate gently used items, big or small, to the AVID rummage sale. Don't have anything to donate? Come and shop! The AVID program is designed to support students who show academic potential, may be the first in their family to go to college and may benefit from additional support in order to complete a four-year college preparatory high school program. The AVID Rummage Sale is a fundraiser for a field trip to these local universities: Central Washington, Eastern Washington and Washington State. This will give students an opportunity to learn about three in-state colleges that may be a good fit for them. Donation drop-off: 7:00-7:30am. Questions? Contact Wendy Friedman at 206-393-4299 or [*wendy.friedman@shorelineschools.org*](mailto:wendy.friedman@shorelineschools.org).

NEW! SHORECREST MUSIC RECITAL

Monday, January 17, Shorecrest Performing Arts Center. Do you play an instrument, or sing in a choir? Would you like to showcase your musical talents to a live audience, or do a dry run for the WMEA State Solo and Ensemble Contest? Then sign up for the Shorecrest Music Recital to support Nathan Laviste's senior project. If you are interested, please email Nathan at [*n10643293@k12.shorelineschools.org*](mailto:n10643293@k12.shorelineschools.org).

The Washington Music Educators Association's State Solo and Ensemble Contest is presented in Ellensburg the last Friday and Saturday in April each year. Mark your calendars in 2013 for the weekend of April 26-27. The ensemble contest includes small and large ensembles in seven categories: woodwinds, brass, percussion, strings, women's vocal, men's vocal and mixed vocal. There are 29 solo categories, including seven woodwind categories, five brass, four percussion, four strings, six vocal, piano, guitar and harp. The schedule for this event is small ensembles participating on Friday morning, large ensembles Friday afternoon and solos all day Saturday. To find out more, [visit WMEA's website.](#)

school connections continued...



PICTURE PERFECT ATTENDANCE

Congratulations to these nine students with perfect attendance in 2011-2012. Ashley, second from right, was a Legends of Attendance in 2010-2011 also. ***Will YOU be in the picture for 2012-2013?***

A SHORECREST TRADITION FOR SENIORS

Sunday, June 16–17, 2011—Senior Spree, 9:00pm–6:00am (immediately following graduation ceremonies). It's the last gathering of the Class of 2013—an evening of laughter, tears and lasting memories. A chance to have fun at a drug- and alcohol-free party before the graduates go their separate ways forever. **Sign up for Senior Spree before October 12, 2012** for the best ticket price. Check out all the details at shorecrestpsa.org/spree to download forms and sign up your Senior OR pick up a form from the main office. Please contact Barbara Hartley at barbara@bluestarmi.com or 206-930-0207 with any questions. Sponsored by the Shorecrest PTSA and GRAD NIGHTS. ** Financial aid is available.

“LOCH” IN A LOW RATE FOR YEARBOOK

Purchase your copy of the 2012-2013 Shorecrest yearbook by December 19 and you will only pay \$55 (with ASB card). After the new year, prices will go up to \$65, then \$75 by Spring (again, with ASB card). No ASB card? No problem. Just stop by Ms. Denney's window in the SAC to get yours! It's only \$30 and allows you to receive reduced rates on many activities—as long as you remember to bring it with you!



SCIENCE & TECHNOLOGY FAIR & STEM EVENT PLANNED FOR 2013

Saturday, March 23, 2013, Shoreline Community College (Pagoda Union Building). A group of community volunteers is organizing the First Annual Shoreline Science and Technology Fair and STEM Career Exposition. It is sponsored by Shoreline STEM (Science, Technology, Engineering and Mathematics) and Shoreline Friends of Science. The fair will be open to students in grades 5-12 from District schools. Registration is now open and any STEM-related area is open for presentation. The event will include a STEM Career Exposition featuring booths from area science and technology firms. For more information about the event, visit shorelinesciencefair.org or e-mail Ray Koelling at koellingr@comcast.net.

NEW SHORECREST TEACHER WISH LIST

Teacher wishes are organized in two categories: 1) requests for supplies, and 2) requests for services. Our dedicated teachers have expressed some needs to enhance and enrich our students learning. Please take a moment to see if you can fulfill any of these requests. Many of us have pluralities we can easily share and grant a wish. It is also a great way to lighten your load and in turn contribute in a meaningful way. ***Please visit the Wish List by clicking here.***



SPORTS: TENNIS CHAMPS!

The Shorecrest Tennis Team is the winner of the Boys Tennis District 1—3A Championship. Congratulations! They are heading to State Tournament in May.

Click here to view Shorecrest sports schedules.

counselors corner

PSAT RESULTS

Juniors will pick up PSAT results from the counseling office before the December vacation. Students should review these results to help guide preparations for a Spring 2013 SAT. There is also an SAT class available at Shorecrest. The registration deadline for the March course is March 8, 2013. Please register at www.satprep.org or call 425-823-1370. The counseling staff has some limited funds to support students in need of fee assistance.

Sophomores will receive their scores back in January in their English classrooms. Counselors will present an overview of understanding the scores as well as introduce the College Board SAT online resource "My College Quickstart."

SHORELINE COLLEGE & CAREER CENTER

This website is a great resource for getting started on your college applications. You will find tips on admissions interviews, on paying for college, and on creating a great college application. **Erika Spellman**, College & Career Readiness Coordinator, can help you do the following:

- Identify good fit colleges;
- Fill out college applications;
- Write great admissions essays;
- Understand Financial Aid and what colleges are a good financial fit for you;
- Use Naviance: login, request transcripts, request letters of recommendation from teachers, search for colleges, careers & majors and keep an organized list of colleges you are applying to.

COLLEGE GOAL SUNDAY

Sunday, January 13, 2012, 2:00pm-4:00pm, Shorecrest. Work on your FAFSA and ask any questions you have about it. The FAFSA is the first step in seeking financial aid, whether you plan to attend four-year, community or technical colleges. Bring your laptop or iPad, 2012 tax and income information and pertinent Social Security numbers. We strongly encourage all Shorecrest seniors to submit a FAFSA by February 1, 2013.

Schedule for College Goal Sunday. Presentations are optional:

- 2:00-4:00 Cafeteria: Work on FAFSA with help from volunteers and experts from financial aid offices
- 2:10-3:00 Library: Paying for College overview of financial aid process
- 3:00-3:30 Library: FAFSA line-by-line walkthrough, using FAFSA online demonstration tool

What to do in advance, if possible:

- Work on FAFSA on the Web worksheet which your senior student will bring home or work online- available Jan. 1, 2013.
- Go to www.fafsa.ed.gov to create ID and PIN for both student and parents
- Register at www.collegegoalsundaywa.org (not required, but helpful)
- Prepare any questions you have about your own FAFSA

There will be second-language assistance available (Russian, Korean, Vietnamese, Spanish and possibly other languages). Please see your counselor if you need language assistance for the event and we will try to make arrangements. *This event is organized in Washington State through NELA (Northwest Education Loan Association).*

counselors corner continued...

WHICH SHOULD I TAKE? THE SAT OR THE ACT?

When it comes right down to it, both tests are all about the numbers. Many students may score higher on the SAT; others do better on the ACT. To understand the difference between the SAT and the ACT, [this website](#) breaks down the differences. The [Princeton Review](#) offers a free assessment to help determine which test is best for your student. Find out if there is an upcoming assessment near you. It may end up to your student's benefit to take both and choose the higher score!

SAT PREP CLASSES

Registration is open for the March course. Please register at www.satprep.org or call 425-823-1370. Limited funds available to support students in need of fee assistance.

NAVIANCE

This new Career and College Readiness Tool helps students, parents, and school staff collaborate on career and college planning, including streamlining the college-application process.

- To see the many features of Naviance, check out a tutorial.
- Log in to [Naviance Family Connection](#). (Students, just enter your data dashboard login and password. Naviance is case-sensitive, so capitalize the first letter of your last name).
- Scholarship Listings. Click on "Colleges" to use the scholarship match tools and view the scholarship lists. Special thanks to parent volunteer Angelica Hernandez-Cordero for her work on our scholarship list!
- Transcript Requests. Seniors and their parents can order transcripts through Naviance. In most cases, transcripts will be uploaded and sent electronically, but there may be some instances that transcripts will need to be sent via mail. Your student will need to provide a business size envelope with the college address and Shorecrest's return address, along with one 45¢ stamp. Bring envelopes to Jocelyn Hudson in the counseling office and she will mail it. If you have any questions, contact **Ms. Hudson** @ 206-393-4296.

LETTER OF RECOMMENDATION INTERVIEWS

Hey, Seniors! Many of you just submitted your applications to the University of Washington. Congratulations, and GO DAWGS! Just a quick reminder for those of you who are also applying to private schools, please schedule your letter of recommendation interview with your counselor ASAP. We want to make sure to meet any January 1 or 15 deadlines and this step must be completed first. Stop by the counseling office and schedule your appointment today!

WHO IS MY CHILD'S COUNSELOR?

Counselors are assigned to students by last name (except for AVID program). Counselors are available to discuss academic achievement, college preparation, post-secondary options, and social/emotional support. Students or families can schedule appointments by contacting the counseling secretary, **Jocelyn Hudson**, or by calling 206-393-4296. Students can also stop by the Counseling Office before school, during TAP, lunch or after school to schedule appointments

A—F (plus 9/10 AVID)	Jill Brown	x4300
Fm—Md	Molly Forry	x4307
Me—Pes (plus 11/12 AVID)	Jenny Breed	x4318
Pet—Z	Wendy Friedman	x4299

featured staff article

Let's Arm The Victims: Helping Your Student Deal With Teasing And Bullying

By Steve Hirsch PhD, NCSP ~ Shorecrest School Psychologist

Fact 1: Classrooms, playgrounds and bus rides are breeding grounds for teasing and bullying

Fact 2: Zero-tolerance for teasing and bullying makes a statement but probably doesn't accomplish all that much in the long run because...

Fact 3: We ultimately have no control over a student's mouth and what comes out of it.

Over the years, I have met many students, who, for no other reason than a difference between them and others, were victims of teasing and bullying for a good part of their educational career, if not lives. You don't have to be a member of any particular group to be a victim of teasing; you just have to be vulnerable. By vulnerable, I mean that there is something unique about you: anything physical, anything personality-based, or just about anything different.

Since we can't stop the teaser from using their mouth as a weapon, perhaps we can arm the victim to minimize the impact of the teasing. But how can you—as a parent of a child who may be overweight, non-athletic or have a speech problem—help them to disarm the seemingly self-assured, the physically more-adept, or in this day in age, the anonymous cyber-bully? I have found some success working with teasing or bullying victims by stressing the following:

- All teasing has an element of truth to it. Children called 'fat' are rarely skinny. Your student has to realize that denying the basis of the tease is denying a bit of reality and is not very effective in disarming the teaser.
- The power of the teaser rests in the hurt it causes. If we could find a way for the teasing to not hurt, the teasing becomes ineffective.
- Ignoring something doesn't make the pain go away. We should not be telling our children to simply ignore and accept the pain. They may not be crying on the outside, but they are crying on the inside. Such pain is often worse in terms of consequences to the victim and it may drive the victim to eventually seek retaliation when they 'can't take it any more'.

Somehow we have to respond to the teaser or bully in such a way that we don't escalate the conflict, that the hurt goes away, and that the teaser realizes there is no purpose to the teasing—that it is not accomplishing what it is supposed to accomplish: hurt.

And how, exactly, can your student accomplish this? Teasing and bullying are often ways of raising one's own low self-esteem. Explain to your child that if they prepare for the encounter, remain calm and use their brains, then they can leave the situation feeling as good or even better than before.

Humor is the key. It makes the pain go away while at the same time reduces the future effectiveness of the tease. The response of the victim has to be two part:
1) Acknowledge—in some non-painful way—the reality behind the tease: "Hey, you're right. I'm not skinny." or "Can't deny I'm blind as a bat without my glasses";
2) Find something humorous about the uniqueness or difference: "But I get two seats to myself on the bus." or "The fat helps if I decide to become a sumo wrestler or move to Alaska." I don't know what your student will find funny, but if they could say something that makes them chuckle (or even better, makes the teaser chuckle),

featured staff article continued...

there will be no pain and no impact of the teasing. And, by admitting that they aren't skinny, they haven't continued the argument, ("I'm not fat." gets the response of "Are you kidding me? You are too fat. Just look in the mirror!"), which will only escalate to physical response. Oh, and by the way, you have effectively taken the wind out of any future teasing on weight. It's no fun teasing someone about their weight if they admit that they are heavy. You don't have to put yourself down with your humor—just disarm the bully. If you admit to being heavy, there's not much else that can be said. If you walk away chuckling at your own joke, there is no pain with the teasing.

Practice with your child. Find out what (not who—it doesn't matter because there will always be someone) is being said and help arm your student. Practice what your student could say when teased or bullied. "Funny" rests in the eyes of your child, not you. If they find humor in what they say, that's all that matters. Help them come up with a retort that doesn't attempt to put the teaser down. Put-downs will only escalate the situation, as in "I may be fat, but you're stupid (or ugly)". And remember that schools like Shorecrest will not tolerate teasing or bullying, but the reality is that they can't prevent it from happening. Your student is fighting back. It's just that they are fighting back with their wits instead of fists or tears. Their mission: to disarm the bully by removing the effectiveness of their behavior.

If teasing or bullying is a problem that your child is dealing with, I can't stress enough the need for them to contact and work with our school counselors. They are in a position both to help your child deal with the issue and to initiate steps that might reduce the likelihood of it occurring again. Stress to your child that they are not in this alone—there is good support at their school!

If you need more ideas or just want to discuss this, please call me @ 206.393.4298 or e-mail me at Steve.Hirsch@shorelineschools.org.

volunteer for PTSA

VOLUNTEER FOR PTSA

To become a volunteer with Shorecrest PTSA, please fill out our [online volunteer form](#). Many committee positions are available. Or, if you are creative with cupcakes, super at salads, or have an open space in your schedule, sign up for baking cupcakes for Valentine's Day, providing a salad for staff appreciation, or chaperoning a dance, just to name a few. [To volunteer for an upcoming event, please click here.](#)