

news

Highlights

11/21: **7th and 8th Grade Conferences**
No school for Grades 7 & 8

11/22 - 11/24

THANKSGIVING BREAK
No School

There will be no Cornerstone News next week due to Thanksgiving Break

11/28: **Upper Elementary Parent Meeting with Mark**
6:30PM at Harbor School

11/29: **Carpe Diem Parent Meeting with Mark**
6:30PM at Carpe Diem

12/4: **Book Reading Event**
4PM at Harbor School
for grades K - 5

12/6: **Board Meeting**
6:30PM at Harbor School

12/8: **Crafternoon!**
1-3PM at Carpe Diem

12/14: **Winter Celebration**
7PM at Carpe Diem

12/15: **Blu Homegroup Breakfast**
9AM at Carpe Diem

NOON DISMISSAL
All grades

12/15: **Financial Aid Applications due for returning students**

12/18/2017 - 1/1/2018
WINTER BREAK
No School

#GIVINGTUESDAY™ Global Day of Giving on November 28



"Giving Tuesday is a global day of giving fueled by the power of social media and collaboration.

Celebrated on the Tuesday following Thanksgiving and the widely recognized shopping events Black Friday and Cyber Monday, Giving Tuesday kicks off the charitable season, when many focus on their holiday and end-of-year giving.

Giving Tuesday was created by the team at the Belfer Center for Innovation & Social Impact at the 92nd Street Y - a cultural center in New York City that has been bringing people together around the values of service and giving back." - #GivingTuesday

Harbor School is dedicated to instilling our students with a strong commitment to service: service to our community and to organizations that make a difference in the lives of others. Our Cornerstone Values reflect our commitment to service as we inspire our students to act with **compassion**, treat ourselves and others with **respect**, take **responsibility**, and live with **integrity**.

Through service learning, our students give back to their community, and we hope that through their years with us this commitment stays with them for the rest of their lives. Whether volunteering at Northwest Harvest Food Bank, spending time with our elders at Vashon Community Care, planting seedlings with Vashon Maury Island Land Trust, or teaming with VARSA to keep our island roads free of trash, we are dedicated to supporting others through our service learning program.

This November 28th, join the movement and give - whether it's some of your time, a donation, a gift, or the power of your voice in your local community.

In the hustle and bustle of holiday shopping, we ask you to consider making a charitable gift to Harbor School. All gifts support our annual Harbor Fund and will be put to use during this school year supporting our academics and programs, like service learning.

If you are unable to give a monetary gift, we ask you to give of your time - revisit our volunteer sign-up sheets on both campuses and write your name down to help during the school year.

Thank you in advance for supporting Harbor School and Carpe Diem. With your participation, service, and support, we can nurture young minds through enriching academics and experiential opportunities. *We can thrive!*



Time Capsule

Service Learning Flashback from 2002

Back in 2002, before most of our current families even had children, Harbor School began engaging its students in service learning. That year, teacher Kathy Larsdotter began teaching a Service Learning class in our middle school. Service Learning has grown over the years with students participating across all grades.

We thought it might be fun to reprint a newsletter article from Spring 2002 that Juli Goetz-Morser, a Harbor School parent at that time, wrote about Kathy Larsdotter, a teacher and parent who was heavily involved in keeping our service learning program alive and thriving. Enjoy!



Kathy Larsdotter at Harbor School. Circa 2001.

Service Learning Reflections from Kathy Larsdotter *by Juli Goetz-Morser*

Kathy Larsdotter stands at her kitchen sink slicing a juicy pear and laughing. She almost fell asleep, she says, coffee cup in hand, planning her calendar at 7AM, having woken up at 4:30AM. It is now late morning, and I am at Kathy's house to interview her. From what I know about Kathy, she is always busy doing something, whether it is teaching art at Harbor School, coaching junior soccer, making beautiful pottery, or planning the next project for Service Learning.

She is still chuckling when she pulls some cheese from the refrigerator and pours hot water into a teapot. I came to interview her and now she is entertaining me. Once I start the questions though, Kathy stops and sits down. She is quiet, thoughtful, before answering my questions. "Service Learning is about being aware of needs. First you have to know where there is a need that requires looking around in your community."

When Kathy's Service Learning class at the Middle School looked around last fall, they recognized a need in their neighbor, the Vashon Community Care Center. Originally, says Larsdotter, the kids joined in their activities. As time passes, the students developed relationships with two or three residents. Now they have individualized activities: a couple of boys play chess with a resident; girls in ballet talk to a woman who likes dance; and recently four students escorted two residents to the Frye Art Museum. According to Larsdotter, that trip didn't go smoothly due to transportation problems, but out of that difficulty came a solution that will help residents in the future. Larsdotter uses this example when talking to her students. "See what happens from putting yourself out there, even if things don't go perfectly. Change happens."

It is seeing the effects of one's efforts that reinforces this kind of service. In March, the students stayed on island at Camp Sealth for their Service Learning Travel Study Program. They worked for Vashon Parks clearing invasive species at Agren Park and The Burton School. Now when kids go back to Agren Park, they point out where they pulled ivy out of thirty trees or at Burton

where they cleared 3,000 pounds of Scotch Broom from the Frisbee Golf course. Hearing that they were the 'best workers' from Parks, and from Camp Sealth that the amphitheater they worked on "hadn't looked so good in years," the students felt proud.

Every other week, when not visiting the nursing home, the students have an hour of Reflections when Kathy helps them look at issues involved with that kind of service work. They talk about the elderly with an emphasis on medical and social issues. They also write essays reflecting on their experiences with the residents. And, they work on planning programs, particularly with the new facility in mind. "Part of planning is getting them to take more responsibility," says Larsdotter. "They have to think through the process, like what activity is appropriate, how to get volunteers to help, what transportation might be needed, so they can see what it takes."

This is the first year of Service Learning at Harbor School, and Larsdotter thinks it has worked incredibly well. "The Community Care Center is so supportive and so thankful for anything. And they can count on us. They are even able to put some of this in patients' care plans helping the nursing home fulfill certain state requirements."

Kathy pours another cup of tea for me. Again, in her reflective way, she pauses recalling how she thought, growing up, that an anonymous "somebody" identified, organized, and did the volunteer work through her church and community. Now she realizes it is about learning to recognize needs and trying to find one's way through to something that is helpful.

"That is our experience with Service Learning," says Kathy, "everything hasn't just gone smoothly, but there's been a sense of OK, just get out there, explore, and see what happens. There have been a lot of little bumps in the road, but the outcome has been a lot of good." Pause. Then laughter. "This is life!" says Kathy. "Life is sort of messy and everything doesn't just get structured and perfectly organized. Somebody's got to do it. Service Learning is about the people who do it."

Book Reading Event Student Perspective

Oliver joined his friend Kairos and attended the Race Equity Book Club's November 8th reading at the public library. Oliver's sister Charlotte and I arrived just as the group was starting an activity at the end of the reading, so we were able to see all of the kids using rocks to make people or pictures. Charlotte was warmly invited to participate and she had a lot of fun making and coloring a rock person. Oliver and I talked after the book club reading and he shared his highlights from the event. His favorite story was Salam Alaikum, which he told me means "Peace be with you." Oliver really liked the book's message and his eyes lit up at remembering the colorful pictures—he said they were "pretty much as good as real pictures." The whole event was enjoyable for him, and he really enjoyed the free time with friends before and after the stories. This is an event that we look forward to attending again in the future! - Jackie Mollison



Mark welcomes guests to Promised Land film screening.

Promised Land Screening

Last Thursday evening, approximately 50 islanders attended the special documentary film screening of PROMISED LAND, co-hosted by Harbor School and our Race Equity Group. A post-film discussion followed with the filmmakers, **Vasant and Sarah Salcedo**, and special guest **Ken Workman**, great-great-great-grandson of Chief Seattle and a Duwamish Tribal Council member featured in the movie.

Harbor School wishes to thank parents **Leah Mann** and **Rebecca Lanphear** for providing refreshments.

We look forward to bringing more events like this to campus that invite discourse and thought to issues of social justice and racial equity.

If you missed seeing the film, you can learn more at www.promisedlanddoc.com. Proceeds from the event have been donated to the Duwamish and Chinook Tribal Councils to support their efforts in seeking federal recognition and the restoration of their treaty rights.

Gratitude

Thank you **Quinn, Rob** and **Riley** for being student ambassadors at our open house last week! We appreciate you giving up your evening to represent your school. Many thanks to **Coco Banks, Kari Hilwig** and **Melissa Aaron** for providing refreshments and to **Martha Ormseth** and **Larry Meyer** for being on hand as parent representatives.

Ways of Giving

As we head into the holiday season, we'd like to remind our community there are numerous ways to make a difference by supporting Harbor School and Carpe Diem.



For many of us, holiday shopping through online retailers like Amazon.com is easy and we don't have to fight ferry lines or off-island holiday madness. Did you know Amazon.com offers a way for shoppers to give back to non-profits we love?

AmazonSmile is a website operated by Amazon that lets customers enjoy the same wide selection of products, low prices, and convenient shopping features as on Amazon.com. The difference is that when customers shop on AmazonSmile (smile.amazon.com), the AmazonSmile Foundation will donate 0.5% of the price of eligible purchases to the charitable organizations selected by customers. *Harbor School is a registered charitable organization through AmazonSmile.*

Here's how:

- Go to smile.amazon.com and login with your Amazon.com account ID and password.
- Select Harbor School as your charitable organization.
- Start shopping!

Matching Gifts Employers Can Further Your Donation

Employee Matching Gifts are donations an employer makes to "match" its employees' charitable contributions. Many companies offer dollar-for-dollar matches, but some companies will double or even triple the original donation. Some employers may also match your time by making a gift for every hour you volunteer.

Ask your employer if they offer matching gifts. Your charitable donation to Harbor School just might reach further than you think!



Harbor School is also enrolled in Fred Meyer's Community Rewards Program. If you shop at Fred Meyer's, you can link your Rewards Card to Harbor School and help us earn donations through your purchases!

Here's how it works: Sign up for the Community Rewards program at <https://www.fredmeyer.com/topic/community-rewards-4>. Search for Harbor School by our name or by our non-profit number **94689**. Then, every time you shop and use your Rewards Card, you are helping Harbor School earn a donation! You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today. If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.



Learning about killer whales with our special guest Jeff Hogan!

Whales Theme

We welcomed a special guest - **Jeff Hogan** from *Killer Whale Tales*! This non-profit environmental ed program is dedicated to inspiring young people to take an active role in conserving this amazing and endangered species. Inspire us he did! Jeff told us a story, taught us a lot about Orcas, and made us feel passionate about helping these amazing animals. We learned about some of the individual whales and families that swim our waters, who have been named by researchers - *you probably saw the cool trading cards with photos that went home!* Ask your child what they plan to do to help, and see if they remember any of the three Southern Resident Orca calls we learned! (*hint: cat rodeo, baby, dad*).

Art with Andrea

Speaking of art, hopefully you have had a chance to view some of the fall projects we've been creating! We made oil pastel renderings of pumpkins, learning how to create the illusion of volume using line and color/shading, and utilizing a horizon line. Students were excited to see how realistic their pumpkins looked! In our chalk pastel leaf designs, students learned about positive and negative shapes, creating and using a stencil, and creating a composition of mixed positive, negative, and overlapping shapes.

Looking Ahead

Mark your calendars for these upcoming activities:

Field trip on Tuesday, November 28, to see *Mr. Popper's Penguins* at Seattle Children's Theater.

Thursday, November 30: Special Guests Orca Annie & Odin Lonning will give a presentation weaving together science, art and Native American culture. *All are welcome!*

Crafternoon on Friday, December 8 with Emma to make Winter Crafts! We need a couple more volunteers for this one, so let us know if you can help out!

Winter Celebration on Thursday, December 14 at 7pm. For this event, each child prepares a "gift" for the community. This gift can be a musical performance, a magic trick, a joke, a poem, a dance, an artistic or scientific demonstration....it's totally open to anything that can be presented in 3 minutes or less! These gifts are meant to be a surprise, so they are prepared and practiced at home. We will also be presenting some songs from music class.

Blu Breakfast at Carpe Diem on December 15. Middle school "Blu" homegroup will be bringing breakfast to share with our K-3 students. *Stay tuned for more details!*

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Students making their own handcrafted snowglobes and gathering together to hear a book read aloud.

Hello from Peggy

Kate and I just finished a mini-unit on the topic of healthy sleep. First we talked about sleep and why we need it. Amelia came in from the library and read some books on the topic. The next class I brought in two paper bags filled with various items. I would pull out an item and we would talk about why that was either good for sleep or bad for sleep. In the not-so-good bag we had chocolate, a cell phone, a coke, Harry Potter book 7, etc. In the good sleep bag we had Sleepy Time tea, a bar of soap (*representing a bath*), a yoga mat, and an eye pillow as examples. Then students shared their ideas and wisdom for winding down. I also taught them a couple breathing exercises and progressive relaxation.

The final day of the unit we read some books about worry and did two art projects. The first one was making a little pouch for some worry stones. This is the same concept as worry dolls. Before you go to sleep, you give each rock one of your worries and let the rocks do the worrying for you. It's a great metaphorical way to help kids learn that they can postpone and control their worry. I gave each student two glow in the dark rocks and they are welcome to add other special rocks and shells to their pouch—five or six is a good number.

The second project we did was making home made snow globes. In mason jars each student put in glitter, beads and

water. Some decorated the outside and some asked for a label such as Simon's Special Dream Jar. This should be put by the bed and your child can shake it up and watch the glitter resettle—very peaceful.

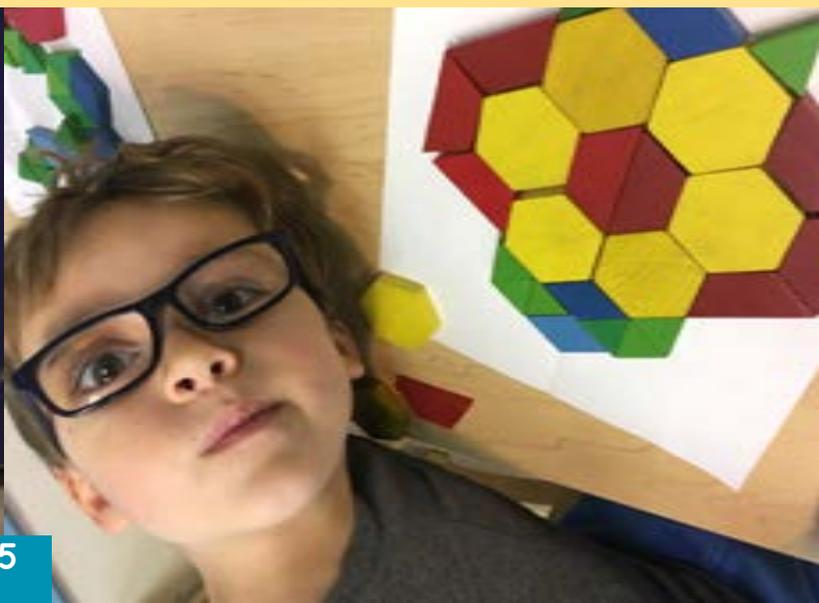
Please check out my blog posting for more research-based information on helping your child get to bed:

<https://peggyrubens-ellis.com/sleep/elementary-aged-kids-sleep/>

Math

In Math we are engaged in a mini-unit on Geometry, and using pattern blocks to explore some geometrical ideas.. We are learning some names and properties of shapes as well as solids. We are looking at how many angles and sides the shapes have, and how many edges, vertices and faces the solids have. We are learning about the idea of reflection, which is basically symmetry, and we played a game creating reflections with a partner using pattern blocks. We also learned about tessellations, and are using the blocks to create them. A tessellation is a repeated shape that completely fills a space without leaving gaps or overlapping. Math and art may seem like very different fields, but there are many places where they intersect. I am inspired by the beauty of these patterns...don't be surprised if we are soon doing a tessellation project in art!

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In Science, Upper Elementary students spent class time exploring the chemistry of calcium.

Passports & More!

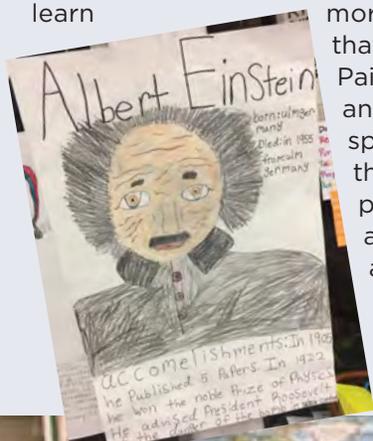
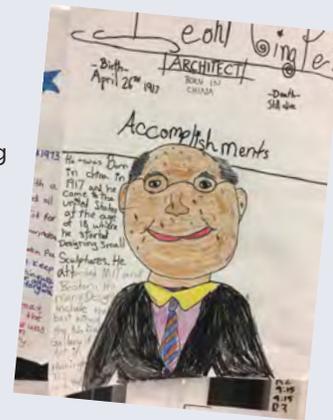
Upper Elementary has been busy interviewing relatives and doing research on our families. We have filled out our “passports” to get a better idea of where our families came from and what the experience was like for immigrants coming to America. We brought in photos of relatives that we are using for writing project with Todd. We will be using the information in the passports to compare our relatives experiences and to map out all of the paths that brought us all here.

We also worked with a partner to research and learn

more about a famous immigrant that helped to shape America. Pairs of students got a name and some information and then spent some time researching them. They made wonderful posters telling about the persons accomplishments and their path as they were woven into the fabric of american society. The gifts that these people brought are still alive and continue to

add to our rich culture of science, literature and entertainment.

We ended the week by watching “An American Tail.” This is a movie that shows the immigrant experience through the lens of a mouse family. We had talked about how people coming to america believed the streets to be “paved with gold”. In the movie, the mouse family believed the streets to be “paved with cheese”! There are many movies that show the immigrant experience through a persons view which can be quite disturbing and unsettling. We all enjoyed the movie and discussed the connections between the mouse families experience and some of the experiences that our relatives may have had on their journey. These kids always amaze me with their deep insights, love of learning and kind hearts!



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7th and 8th graders spent the day exploring music on campus and off with composer, musician and current parent Jason Staczek.

Math with Ethan

MATH 6: Students finish up a short unit on negative numbers. A strange concept indeed, especially when tasked with the question, “What are some real-world applications of negative numbers?” Sea-level was a common topic in this unit, as was the scenario of a restless monkey climbing up and down a tree. Discussion of Celsius, and how it just makes so much sense to have a temperature scale that is based around the freezing point of water (0°C), and the boiling point of water (100°C). Next unit of study: the all-important “Ratios.”

MATH 7: Students wrap up their first introductory unit on Algebra. So much awesome learning in this chapter, as students focused on rules of exponents, the use of multiple variables simultaneously, and creating formulas for one variable in terms of another. The students have one foot on Algebra’s doorstep, and one foot inside it’s humble abode. Plenty more exploring of this new terrain in coming weeks.

PRE-ALGEBRA: Students learned a ton about balancing equations and inequalities, getting a handle on academic language, like “inverse operation,” “coefficient,” and “like terms.” Focus on using this language to convey to each other ideas and steps for solving is of the utmost importance, and so is checking your work after you solve an equation. Ask your students what it means to solve an equation for x , or what the scribbled portion on the line graph of an inequality actually means. How many possible values are part of the solution set of an inequality?

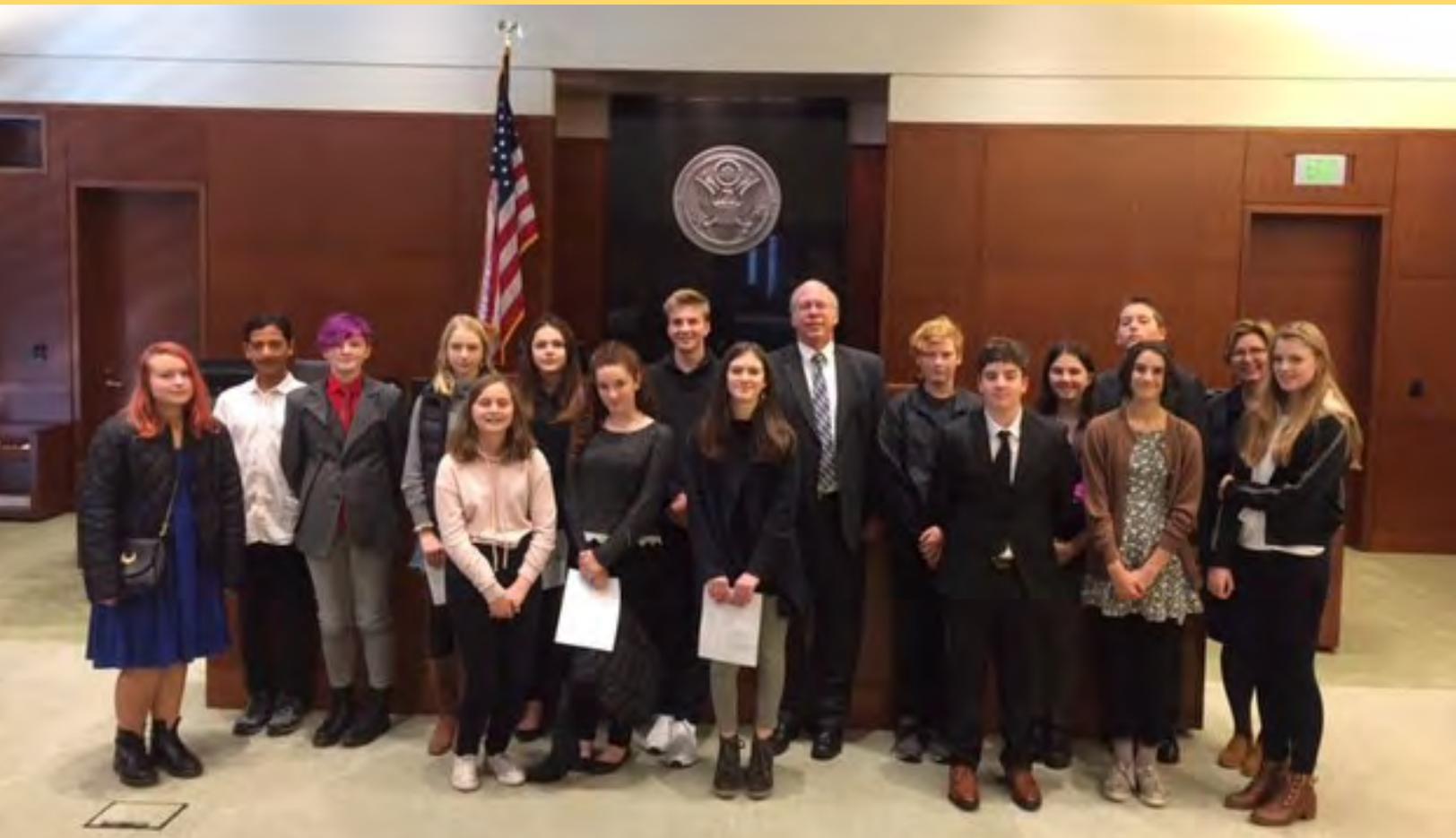


About Life Skills

Mary Blomgren McFarlin, a private practice educational therapist on Vashon since 2008, has been offering 6th and 7th grade Executive Function classes during the Life Skills periods each week. Executive functions are the thinking skills we all use to complete tasks in our daily lives. They are the brain processes that enable us to plan, organize, and manage our thoughts and actions. According to the Center on the Developing Child at Harvard University, while we aren’t born with these skills, we are born with the potential to develop them through interactions and practice.

As part of the Executive Function classes, the sixth 6th and 7th graders have been completing the Feuerstein “Organization of Dots” instrument. The pencil and paper tasks, requiring students to identify and outline given figures within a cloud of dots, strengthen cognitive skills including planning behavior, developing strategies for solving problems, hypothetical thinking, use of logic, and control of impulsivity. The Feuerstein instruments, which focus on how to learn and think, have been used since 1978 in more than eighty countries worldwide.

The middle school years are an ideal time to support students as they develop the executive function skills that are crucial for learning and development. By the end of the semester, the classes will have addressed planning, organization, time management, task initiation, working memory, metacognition, self-control, sustained attention, and flexibility.



Social Studies with Lauretta

The Class of 2018 visited the Federal District Courthouse on Monday and were treated to a discussion with Judge Donahue (*see photo above*). Students were respectful and fully engaged in this day of learning about our judiciary system. A big thank you to parents **Mike Sennott** for accompanying us and to **Peter Walker** for helping with the logistics of travel.

English with Todd

This week our 8th graders shared their poetry portfolios that they've been working on for the last several weeks. I was floored by the variety, skill, passion, lyricism, and maturity of the poems that they shared, and I was so impressed by the poise with which they spoke when reading their work. When you see an 8th grader, applaud them for their hard work and diligence!

