

THIS EDITION OF SKYKOMISH ROCKETS PRESS IS BROUGHT TO YOU BY TEGAN SHELTON'S 2<sup>nd</sup> PERIOD PUBLICATIONS CLASS.

# SKYKOMISH ROCKETS PRESS

EVERYONE SUCCEEDS. NO EXCEPTIONS. NO EXCUSES.



Student Ava Church teaches Austin Grider how to create rainbow tubes, a lab that measures density, during Open House.

*Water Flushing Remediation  
Performance Report, dated April 2,*

2018. You can view this report on Ecology's Skykomish web page, <http://bit.ly/Ecology-Skykomish>. The treatment system can now be decommissioned, the sheet-pile barrier around the school can be removed, and site restoration work can begin in and around the school. Ecology anticipates that BNSF will develop a schedule for this work shortly and some of the work may begin this summer. Ecology will continue to oversee vapor monitoring within the school, and groundwater monitoring outside the school to insure the safety of students, school staff, the community, and the environment.

We will continue to work hard this summer and next year in improving in critical areas across our school: the improvement of student achievement outcomes and the enhancement of quality programming. Together, we will continue working to ensure the success of the district.

Thank you for your support of the Skykomish School District, and I wish you a restful and safe summer!

Sincerely,

*Thomas L. Jay*  
Thomas Jay  
Superintendent



## SUPERINTENDENT'S NOTE

May-June, 2018

Dear Skykomish Community,

At the close of this school year, I want to take this occasion to thank our students, our faculty and staff, and our families for all the exceptional work in attaining an incredibly successful 2017-2018 school year. I salute you!

June 8th at 7:00PM will be an extraordinary event in our community as we hold commencement exercises with our seniors, awarding diplomas to our two graduates of the Class of 2018. We wish them well in their undertakings.

Our accomplishment as a school district is a direct result of the steadfast work of our students, teachers and staff, along with the partnership of our parents, and the support of our Skykomish community.

Thank you for the positive difference each of you has made in the lives of our students and our school this year.

As we end this school year, we look forward to our summer work to prepare for the exciting launch of the 2018-2019 school year and our *Leader in Me* program.

We will be working over the summer to continue to develop a top-quality educational program at Skykomish, to refresh our physical buildings and grounds, and to continue current work towards a successful certificated employee contract.

The Department of Ecology has approved the completion of operations of the Hot Water Flushing (HWF) Treatment System at the Skykomish School. The system has been operating for the past two summers (2016, 2017) and has met the cleanup goals.

Ecology based this decision on data provided in *The 2017 Hot*

## NOTES FROM ENGLISH CLASS

- Tegan Shelton, High School English



We continue to push forward in English class.

Our senior class is continuing with *I Am Malala*. They recently finished viewing a film by Sabiha Sumar, *Silent Waters*, which tells the story of Pakistan on its path to Islamization. They will soon be meeting with community member Shelly Johnson to discuss education in Liberia. They will use this information to compare what they have learned about education in Pakistan and other Middle Eastern countries.

Our junior class continues to work on their independent projects amongst State testing. They will be publishing their final pieces soon.

Our sophomores have also been hard at work with State testing, but they are also working on their final projects of the year, which include a "Song of Myself" performed through a creative medium of their choice.

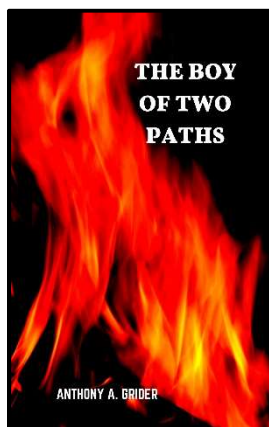
Our freshmen are writing their final papers for *The Hobbit*,

which focuses on analyzing the motif of the hero's journey in the story. Students will focus on how Bilbo Baggins experiences the steps of an archetypal hero's journey and discuss whether he fits into the description of an archetypal hero. Additionally, they will be comparing the story to another classic or modern quest narrative.



## STUDENT AUTHOR SPOTLIGHT: ANTHONY GRIDER

- Tegan Shelton, High School English



High school junior, Anthony Grider, has been hard at work this year. He has finally finished writing his debut novel, *The Boy of Two Paths*, which will be available for purchase in early June! We sat down for an interview with Anthony to ask about his writing process and future projects.

### Blurb from book jacket:

Two worlds.  
Two choices.

One girl with fire as bright as her hair.

One question remains: Which path will Colton choose?

### Where did you get the idea for this book?

Anthony: The idea came to me in a dream—the dream that the main character, Colton, has about a girl on fire is the dream that I had. I decided to write it down because it was interesting to me.

### When did you start writing?

Anthony: I began writing in seventh grade. The first thing I wrote was a horror novel, but I only managed to get halfway through it before I quit writing it. I've been working on other writing projects ever since.

### What inspires you?

Anthony: I'm inspired every day by the people around me and how they interact, what choices they make, etc.

### What did you learn while writing this book?

Anthony: I learned that writing and coming up with the ideas to write is really only the tip of the iceberg in the whole publishing process. A lot of work goes into editing, artwork, reviewing, and publishing.

## Is there a message in your novel that you hope readers will grasp?

Anthony: In everyday life, we often have important decisions to make. We need to think twice before making a choice, because we can't take those decisions back.

## When do you write?

Anthony: I write when inspiration hits. Sometimes I write in the middle of the night, other times I right midday, sometimes I write in class.

## What made you decide to sit down and actually start this project?

Anthony: I got tired of people talking about how interesting different books were when I had a hard time connecting with them. I often had a difficult time understanding texts. I wanted to write something that I was excited about and that I never wanted to end.

## What is the hardest part of writing?

Anthony: There are two pieces. First, beginning a project. Second, taking criticism. I know that it helps, but it doesn't always feel good.

## Do you have any advice for aspiring writers?

Anthony: Find an idea that you're passionate about and hold onto it as hard as you can. You will not regret following your dreams.

## What are your future projects?

Anthony: I have many other projects started, but I would like to focus on this series. I have four more books in this series with a spin-off about future generations.

For more information about *The Boy of Two Paths* and Anthony's future works, please visit: <https://agriderauthor.wixsite.com/griderbooks>.



## LITTLE FREE LIBRARY IMPACT PROGRAM COMES TO SKYKOMISH

- Tegan Shelton & Savannah Slone (Class of 2013)



Little Free Library (LFL) is a nonprofit organization that allows

community book exchanges, giving access to literature for readers of all ages. Their goal is to build community and encourage a passion for reading. There are over 65,000 Little Free Libraries in over 80 countries, and each year,

millions of books are exchanged. LFL also has an Impact Library Program, which gifts book-sharing libraries to communities who may have a limited access to literature.

We are excited to announce that we have been granted the opportunity to become stewards of a Little Free Library through the Impact Library Program. Our library has been sent to us and we are in the process of putting it together and installing it.

A Little Free Library runs on a book exchange program. We will stock the initial books in the library. Community members may stop by and take whatever they would like, and they may return or bring their own books to contribute whenever possible.

You can read about the Little Free Library story at [www.littlefreelibrary.org](http://www.littlefreelibrary.org). Our library, Bookworm Exchange, will be open to the public in early June. For more details about our grand opening and other upcoming events, please visit:

<https://www.facebook.com/bookwormexchange/>



## FROM THE NURSE'S OFFICE

- Lynne Kelly, School Nurse



Coats and sweaters are piling up on the Lost & Found

table – spring really is here!

Daylight savings and a change in seasons are often accompanied by a disruption in our bedtime habits and thus in our ability to fall asleep. There are several reasons for this, one of which is that we finally come indoors much later than we do during the winter months. A bedtime routine is important and it is smart to make small adjustments incrementally until you settle on your ideal bedtime for the summer.

More often than not you may be hearing information about “blue light” and how it is bad for our sleep cycle. The scientific consensus is that the blue light that LED screens give off can slow or halt the production of melatonin, the hormone that signals our brain that it is time for bed. Blue light has a shorter wavelength of light than other colors, and it is blue light that is emitted from our LED screens: computers, phones, tablets, etc. Not only are our bodies more sensitive to blue light, the blue light suppresses the levels of the sleep-inducing hormone melatonin more than any other

type of light. Other studies have found that blue wavelengths also suppress delta brainwaves, which induce sleep and boost alpha wavelengths. Delta brainwaves also enhance alertness. Sleep specialists and physicians are recommending a minimum of one hour of no screen time prior to bedtime.

For children, two screen-free hours are preferred by most pediatricians. If you see any indications that your child is not getting enough sleep – and even if you do not – it is smart to leave those screens off after dinner.

Below are several other tips that will help bring on sleep and keep you asleep. Many have a biological basis, such as Dr. Andrew Weil’s “4-7-8” breathing method. By saturating your cells with oxygen, and ridding your body of more carbon dioxide, a state of relaxation can be achieved remarkably fast. This technique is founded in yoga practice, specifically pranayama. Read more about it at this link: <https://www.healthline.com/health/4-7-8-breathing#3>

Here are a few other tips which will help induce sleep:

- Lower the room temperature where you sleep.
- Warm hands and feet can mean reduced time

to fall asleep – really! Read more about it here:

<https://sleep.org/article/s/wearing-socks-to-bed/>

- Music that is calming to you will often aid relaxation and bring on sleep, but later when you are in a different sleep cycle, that same music will likely disrupt your sleep and wake you up. If you like to fall asleep to music, make sure it is on a timer which shuts off the sound within 30-45 minutes.
- Warm shower or bath
- Pets can be especially disruptive during the night – no matter how much you love to snuggle with your fur babies.
- The smell of lavender is known to enhance sleep and reduce anxiety
- Daydreaming is for bedtime! There is evidence that going to your happy place or otherwise being in a healthy frame of mind helps bring on sleep.

Last year I really struggled with insomnia for the first time in my life. Figuring out the cause was a real struggle that I know is shared by many. For me, it boiled down to two simple



things. I really had difficulty giving up screen time in the evening, but I managed to find a way to greatly reduce blue light emission from the screen. I started going to bed at the same time every night, too. Within less than a week, my insomnia was gone. It was remarkable to notice the reduced stress I experienced during the day, too.

Sleep affects everything – our appetite, our moods, our behavior, our cognitive functioning, our memory and our driving skills, just to name a few. I wish you sweet dreams all summer long!



### PHYSICAL FITNESS NEWS

- Dan Bubar, Physical Education Teacher



May was National Physical Fitness and Sport Month. I hope you had a chance to move, play, and participate in physical fitness activities. If not, it's never too late to start. I always set fitness goals for myself, and I also give myself permission at times to understand why I did, or did not achieve them. So, set some fitness goals for yourself and

your family this summer. Make it fun, and also make it realistic. Try something new. Finally, don't forget the simple things like walking and gardening can be very beneficial to your health and fitness.



### MUSEUM OF POP CULTURE FIELD TRIP

- Kimberly McCullough, Pop Culture Club Advisor



Middle school and high school students recently took a field trip to the Museum of Pop Culture in Seattle, on April 25<sup>th</sup>. The students were among the first people to visit the new Marvel exhibit at the museum. They also were able to visit the end of the Star Trek exhibit. By far, the favorite place at the museum was the music room where students could play drums, keyboards, guitars, and soundboards. There are separate rooms where students can sing as well. The students spent a good portion of time in this room. Pop Culture Club members were very happy to

get to see the Marvel exhibit. We discussed how music, literature, history, and science are impacted by pop culture and how pop culture influences these fields. For instance, our cell phones were influenced by tricorders in Star Trek. The students were very grateful for the opportunity to visit the museum.



### SOUND SALMON SOLUTIONS RESTORATION PROJECT

- Kimberly McCullough, High School Math & Science



Our school has been fortunate enough to collaborate with Sound Salmon Solutions for the last couple of years. On April 30<sup>th</sup>, the middle school and high school students had the chance to participate in a restoration project in Baring. They learned about the native plants and the removal of invasive species. Students also helped remove some blackberry vines and planted many new plants. This gave the students a chance to learn some new planting techniques as well. It was wonderful to see the collaboration among the

students. I am very grateful for the partnership with Sound Salmon Solutions and I hope we will have more opportunities to work with them



### TACOS AND TALENT

- Kimberly McCullough, ASB Advisor



On May 4, 2018, the ASB and the PTSO worked together to

showcase the many talents of our students and to celebrate Cinco de Mayo. The PTSO provided amazing tacos. We have many talented students. Some students danced, some sang, some played instruments. I am so proud of our students for having the courage to get up on stage and perform. Students from preschool through high school performed. We would like to thank all of those who came to this event and for all of the support from our PTSO. The ASB is planning to have another talent show in the fall.



### BIOME DIORAMA PROJECT

- Lanette Diaz, 4<sup>th</sup> & 5<sup>th</sup> grade



The 4<sup>th</sup> and 5<sup>th</sup> graders made biome dioramas

for a science project. After reading and studying about Earth's biomes, students selected a biome to replicate using various materials including clay, pipe cleaners, construction paper, sand, styrofoam, real flowers, grass, branches, and leaves. They will be graded on neatness, accuracy, creativity, color, and presentation using a rubric. They all look very realistic. Outstanding job!



### SLIDE WATERS FIELD TRIP

- DeLana Slone, Administrative Assistant



Monday, June 11<sup>th</sup>, is our

annual field trip to Lake Chelan's Slide Waters waterpark. Field trip forms and money are due on Friday, June 1<sup>st</sup>. All students PreK-3<sup>rd</sup> grade MUST have an adult chaperone at all times. Be on the lookout for more detailed information in

the coming weeks. Please contact DeLana Slone at 360-677-2623 x 0 if you have any questions or concerns.



### SKYKOMISH VENTURING TEAM

- Ben Grider, 10<sup>th</sup> grade



We are the Skykomish Venturing Club, and we would like to introduce our members and leaders to you!

President: Jaylee Feigenbaum  
Vice President: Benjamin Grider  
Treasurer: Jaydon Grider  
Other members include: Mason Weideman, Hannah Jay, & Rebekah Jay  
Advisor: Becky Daly  
Vice Advisor: James Daly  
Associate advisors: Crystal Grider and Lena Jay  
Chair: Tony Grider

We have hosted some fun activities so far. We went on a hike at Barclay Lake in Baring on May 24<sup>th</sup> and hosted a car wash and bake sale during the Memorial Day weekend.

Students can join our club if they are 13 going on 14 or have passed the 8<sup>th</sup> grade. We have been meeting in the staff room every Wednesday at 4:00.



### CRAYOLA COLORCYCLE PROGRAM

- DeLana Slone,  
Administrative Assistant



We are excited to tell you about a very special program we are coordinating at our school in conjunction with Crayola. The program is called Crayola Colorcycle. It is an amazing new program that turns used markers into energy. We will be collecting used markers, highlighters and sharpies of any brand to send in to be recycled. The markers will then be sent to a facility where they will be converted into clean fuel. This fuel can be used to power vehicles, heat homes, cook meals and more!

If you have any used markers around the house please send them in with your children. A drop box will be located outside of the school office for your child to deposit the markers. For more information about this program please call DeLana Slone at 360-677-2623 x 0 or check out the website at:

<http://www.crayola.com/colorcycle.aspx>.



### Non-discrimination Statement:

Skykomish School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employee(s) have been designated to handle questions and complaints of alleged discrimination:

Thomas Jay  
Civil Rights Coordinator

Dan Bubar  
Title IX Coordinator

Karen McEachern  
Section 504 ADA Coordinator

105 6<sup>th</sup> Street North  
Skykomish, WA 98288  
360-677-2623

### UPCOMING EVENTS

6/1/18	Pre-K graduation at 10:30 am at the Community Center
6/6/18	PTSO Meeting at 3:15
6/8/18	Senior graduation at 7:00 pm in gym
6/11/19	Slide Waters Lake Chelan field trip
6/12/18	Field Day at the Ballpark
6/13/18	Last Day of School 11:30 release
	School Board Meeting at 6:30 PM