

# Spring Valley Times

EDUCATING CHILDREN SINCE 1951 • TRAINING TEACHERS SINCE 1962

## Children and Nature

When spring approaches, we start looking for greens: the trees, the leaves and apple and cherry blossoms. Spring and Summer bring us closer to nature especially those of us who are in the right environment.

Last week our local librarian visited and talked to all of our students about the library Summer reading program and recommended books for children. The library provides book lists for summer reading including those for the parents. Spring Valley School library has a large number of books and articles about Montessori education and current research on education and brain development.

For all interested parents, I would like to recommend "Last Child in the Woods" Saving Our Children from Nature-deficit disorder by Richard Louv, Alonquin Books. Last summer, I read the book and was very excited about it and finally last fall I attended a lecture given by Richard Louv which was informative, inspirational and affirming the principles of the Montessori Method and Philosophy. The book also confirms how children's development have a high correlation with their connection to nature. Currently a large number of research is being conducted all around the world on brain development and learning.

Dr. Nancy Wells, a professor at the N. Y. State College of Human Ecology conducted a study that found being close to nature helps boost a child's attention span. She ascertains

that "by bolstering children's attention resources, green spaces may enable children to think more clearly and cope more effectively with life stress".

Swedish researchers studied and compared the motor development of children at the early childhood level at different schools. They found out that children attending schools surrounded by woods or orchards and who were exposed to the natural outdoors on a daily basis had better motor coordination and more ability to concentrate.

Another recent research at the University of Illinois has found that green outdoor spaces stimulate creativity and improve children's access to positive adult interaction and relieve the symptoms of attention deficit. By comparison, activities indoors such as watching T.V., playing video games or playing in paved non-green areas increase the children's difficulty in concentrating. Outcomes of the study comes with the following suggestions:

- Encourage children to study or play in rooms with a view of nature.
- Encourage children to play outdoors in green spaces and advocate recess in green school yards. This may be especially helpful for renewing children's concentration.
- Plant and care for trees and vegetation at your residence.

Value and care for the trees in your community. Caring for trees means caring for people.

National State Education and Environmental Round Table Board conducted a 10-year research covering sixteen states. Their findings indicate that environment based education produces student gains in social studies, science, language, arts and math; improves standardized test scores and grade-point averages; and develops skills in problem-solving, critical thinking and decision-making.

For all of us, children or adults on Spring Valley Campus being with nature is part of our daily life. Our classrooms are in unique individual buildings unlike classrooms in institution style schools where all of the classrooms are in one building. Our students have immediate access to Nature, to nature hikes in the woods, to lily pads and frogs in the pond, to the creek where they release the salmon they have raised from eggs, to visiting their adopted tree and to observe it during different seasons of the year. They observe when blue jays visit or sparrows build a nest and the young chicks appear in their nest, they observe the dog tree flowers do not have real petals, they smell the mint growing wild, they plant flowers and vegetables, they pick apples and blackberries to prepare pies.

Last fall when I was listening to Richard Louv's passionate description of the ideal environment for children I kept thinking of the beautiful nature on Spring Valley Campus. How fortunate we all are that Mrs. Justus started a

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Susan Hancock  
Editor

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school on this beautiful setting.

Students who will be on campus for Summer Session will enjoy nature with us. All of us at Spring Valley wish all of your families a great, green and fragrant Summer.

... and yes, I would highly recommend "Last Child in the Woods" to all parents.

Sincerely,  
Gulsevin Kayihan  
Academic Director

# Calendar

## JUNE

June 2 (Monday) - Tuition Due

June 11 - 8th Grade Graduation, and June Day (aka J-Day) Festivities  
Procession begins at 10:00am  
See p. 4 for all the details!

June 11 - Last day of school

June 23 - Aug 15 - Summer School.  
Students may attend the summer program either half-day or full-day. You can sign up for weekly attendance, or longer if you like.

## AUGUST

August 20 - Welcome Grill & Games, 5:00pm - 7:30pm -

This is a fun event to welcome back existing students, welcome new students, and just have fun before school starts. For many new students, it's a chance to meet a few classmates before school starts, so that the first day of school is a much easier transition. And, how can anything with hot dogs, watermelon, songs, friends, and sun be anything but fun!

## SEPTEMBER

September 1 - Labor Day  
(No School, No extended care)

September 2 - 1st Day of School 2008-2009

**COMPLETE  
CALENDAR**

[www.springvalley.org](http://www.springvalley.org)



## Spring Valley Staff at the Auction

Picture removed to protect privacy

### 2008-09 Classroom Teachers

Classroom	Teachers
Preschool A	Mrs. Williams & an Assistant
Preschool B	Mrs. Javanshir & an Assistant
PrePrimary A	Mrs. Clark & Mrs. Olney
PrePrimary B	Mrs. Sauer & an Assistant
Primary A	Ms. Possinger & Mrs. Fujita
Primary B	Ms. Whitman & an Assistant
Upper Elementary & Middle School	Mrs. Jones & an Assistant, Mrs. Sweeney for PE & Life Skills
French	Madame Baslé

## From the Office

### Thank you, Parent Association!

Thank you, Parent Association, for thinking of us (the teachers and staff) so often throughout this year, and every day during Teacher Appreciation Week! Everyone has enjoyed the thoughtful treats, and the adorable rubber boot planters.

We really appreciate you!

### Thank you, Mr. Locke

Aaron Locke is a professional photographer. Throughout the year he has taken pictures in his children's classrooms:

- Mrs. Meier's & Ms. Lawson's classroom (Primary B)
- Ms. Coad & Ms. Michalski's classroom (Preschool B)

He shares the pictures with the other parents in these classrooms.

Thank you, Mr. Locke, for being so generous with your talent!

### Justus Building For Rent

If you need to host a large function, such as a wedding reception, 40<sup>th</sup> birthday party, family reunion, or Bar Mitzvah, the Justus Building is available for rent.

It is only available to individuals, non-profits, and a limited number of "for profit" companies. If interested, contact: Susan Hancock: 253•927•2557

## Successful Salmon Story

Every year the Upper Elementary students get salmon eggs from our local hatchery, and they raise Salmon hatchlings. For two Springs in a row (2006 and 2007) we had problems, and we weren't able to release salmon hatchlings into the Hylebos.

This year—thanks to the diligence of the Upper Elementary students, and Mrs. Sweeney (who watched over them dur-

ing the Christmas Break and other freezing times)—the salmon eggs grew into strong fingerlings.

On March 25th, the Salmon were mature enough, so the whole school participated in releasing the Salmon into the Hylebos Creek. It was fun and important, because we are caring for our environment by helping the declining Salmon population.

In the Spring, we usually have an all school event where each stu-

dent gets to name one of the baby salmon and then release it into the Hylebos Creek. It's really fun to be part of helping the environment, and helping the dwindling salmon population.



## What are you going to do this summer?

### Spring Valley Summer School

We hope to see you here at Spring Valley for part or all of the summer. (See [page 5](#) for details.)

Our area also has a number of short summer camps that sound interesting:

**Piano Lessons with Mrs. Beran**  
253-661-2701

**Swimming Lessons**  
[www.CityOfFederalWay.com](http://www.CityOfFederalWay.com)  
[www.clubswim.com](http://www.clubswim.com)

**Tacoma Art Museum**  
[www.TacomaArtMuseum.org](http://www.TacomaArtMuseum.org)

**Point Defiance Zoo & Aquarium**  
**Many 3-day camps!**  
[www.pdza.org](http://www.pdza.org)

**Burke Museum: Dinosaurs and other camps**  
[www.washington.edu/burkemuseum](http://www.washington.edu/burkemuseum)

**Children's Museum of Tacoma**  
**Cooking classes**  
[www.ChildrensMuseumOfTacoma.org](http://www.ChildrensMuseumOfTacoma.org)

**Ted Brown Music Camps**  
[www.TedBrownMusic.com](http://www.TedBrownMusic.com)

**Midnight Mountain Farm**  
**Horseback Riding Summer Camp**  
[www.MidnightMountainFarm.com](http://www.MidnightMountainFarm.com)

**Classes for Parents and "Boys Only" or "Girls Only" Ages 10 to 12**

Children's Hospital and Regional Medical Center has a class for parents and "boys only" or "girls only" (ages 10 to 12) that focuses on the physical and psychological changes in the preteen years. The session emphasizes family communication as you prepare for adolescence. For details and dates, go to [www.seattlechildrens.org](http://www.seattlechildrens.org), click the "Child Health & Safety Tab," and then click the class you're interested in. (We've heard that parents and pre-teens find this such a helpful class, that it is "sold out" quickly!)

# J-DAY!

Wednesday, June 11, 2007

10:00am - 2:00pm

## What does J-Day mean?

It's short for June Day. Feel free to bring family members and guests to this event. It's really fun!

## Attire & Seating

Check with your classroom teachers. If they don't have specific instructions, then students can come dressed in international costumes or their school uniform, with sensible shoes for all.

For yourself, bring a portable chair if you wish to sit. (We only have chairs for the students.) If it rains, consider an umbrella, jacket, warm shoes, and so on.

## Parking

Parking is limited. More parking is available on Campus II. Please consider carpooling with other parents to avoid parking on the highway.

## Procession & Ceremony

The morning starts off with a procession led by a bagpiper. The bagpiper goes around the campus collecting the classrooms and ends in front of the car bridge, where Mrs. Justus (if she is well enough) cuts the ribbon. Everyone proceeds to the meadow behind Mrs. Justus' home.

All of the classrooms have their chairs arranged in a circle, creating a natural stage area. Each classroom will sing a song, recite a poem, do a dance, or something special. Our 8<sup>th</sup> Grader will give a small speech and receive his diploma. Our 3<sup>rd</sup>-5<sup>th</sup> Graders will do the traditional May Pole dance. Staff and students will receive awards, and our wonderful track coach—Mr. Goldstone—will say a few words. This will take most of the morning.

## Schedule of Events

<b>9am</b>	Students go to their classrooms
<b>10am</b>	Procession led by bagpiper Classroom performances 8 <sup>th</sup> Grader's speech & diploma May Pole—3 <sup>rd</sup> –5 <sup>th</sup> Graders Speaker Staff awards Coach Goldstone—Track Team
<b>Noon</b>	Pick up & sign out your student Lunch, Jamba Juice, Bake Sale, PA's Spring Valley clothing sale
<b>Until 2pm</b>	Lego Man, Tattoo Parlor, Track-A-Thon

**We encourage all parents to attend!**

For students without parents in attendance, **daycare begins at Noon. Daycare staff cannot take children to lunch, to the bake sale, or to entertainment areas.**

If you can't come, we encourage you to make arrangements with other parents for your child (and sign a note giving that parent permission to take your child).

**We don't want any students to miss out on the afternoon activities!**

## Pick-up & Sign out Students

After the ceremony and performances, Parents will pick up their child from their classroom teachers, sign the child out, get lunch and bake sale goodies, then participate in different entertainment areas.

## Entertainment

The entertainment will last until 2:00pm and includes:

- LegoMan
- Tattoo parlor (temporary, of course!)
- Track-A-Thon  
We can all participate and enjoy the new track in the lower field.

## Lunch, Beverages, & Dessert

Available for purchase.

**For kids:** the Parent Association (PA) will be grilling all beef hot dogs.

**For adults:** the PA has brought in food catered by Pac Island Grill: BBQ Loli Loli Chicken, Steamed Rice, Yakisoba, and Macaroni Salad

Also available for purchase:

- Jamba Juice
- Bake sale goodies  
The Fox Hollow coffee is complimentary of the PA. Thank you!

## Shirts, Baseball Hats, Visors

The Parent Association will be selling Spring Valley logo clothing. Bring your checkbook!

- Polo embroidered logo shirts
- T-shirts are \$12
- Sweatshirts are \$17
- Hats & visors (adult/child) are \$14

## Have Fun!

**MANY HANDS  
MAKE LIGHT WORK!**

## Volunteers needed!

This is going to be a really fun day, but the PA still needs volunteers to help make it a success. Check the sign up sheets in the office.

## Bakers needed!

J-Day always includes a GREAT Bake sale, and the proceeds go to the PA. We need everyone to bring their best baked goods already wrapped in individual servings: cookies, bars, cakes... Can't wait!!!

# Summer: 2008 Program

You probably already got the flyer, but just in case it got tucked in with other papers, we are planning an **8-week Summer Program** from **July 2 - August 24**. Students may attend the summer program either half-day or full-day. You can sign up for weekly attendance, or longer if you like.

During the summer, the pace is more leisurely, and uniforms are not required. On hot days, we allow plenty of time for running through the sprinklers. We strike a comfortable balance between fun and academics. We spend a lot of time outdoors observing nature, gardening, and enjoying our lovely outdoor environment.



**Little Farmers (Preschool)** will work with Practical Life, Sensorial, Language, and Math. They are planning to study farm animals and plants. The students will enjoy crafts and cooking.

**Summer Explorers and Artists (PrePrimary)** daily work of math, language, botany, and zoology. The class will learn about two of the greatest explorers and their discoveries. The students will also learn and enjoy a variety of arts and crafts projects.

**Zap to the Past (Elementary)**  
See the next section for details!

**Piano lessons** are also available. Please contact Mrs. Beran to make arrangements for your child. (253) 661-2701

**Before and after school care** will be offered during the summer starting at 6:30am and ending at 6:00pm. If you are not normally signed up for this care but would like to use it, please give the school two days prior notice.

**If you want to join us this summer, pick up a form from the office.**  
(Space is allocated on a first come, first served basis.)

## “Zap to the Past” – Elementary Summer School

Summer School this year is packed with fun! Our theme this summer is Dinosaurs and Static Electricity.

- Investigate the “hair-raising” effects of Static Electricity.
- Move objects without touching them.
- Build an electron storage facility.
- Research dinosaurs, learn about them from the egg to a dinosaur guardian.
- Transform the classroom into a Pre-historic forest.
- Also, learn outdoor camping and survival skills!

### Potential field trips

- The Edgewood Public Park. (We had so much fun last year, we just have to go again.)
- Bowling
- Round Table Pizza

### Fun weekly activities

- Cooking our own lunches **every Wednesday**. The cooking of snacks and lunches is an important part of our summer school program. This promotes healthy eating habits and is lots of fun!
  - Skating at Pattison’s West **every Thursday** afternoon.
  - Nature walks.
  - Creating many craft projects.  
Weaving cloth  
Making mobiles  
Sewing  
Wood working  
Painting  
Making bracelets  
Braiding
- Every summer we make one stuffed toy. Thus summer the students will choose between making a raccoon or an owl.

### Academics

With all of these fun things, we must not forget the most important part of Summer School: **LEARNING**. We use traditional Montessori Materials to practice reading, language, math, science, and geography skills.

Look out this year: Teddy—our Traveling Teddy Bear—is Touring the world with his little sister, Sarah. What adventure will they have and how much of Ms. Possinger’s money will they spend?

Come for the learning, and have lots of fun in the process!

**Sign up for Summer School now!**

## Extra-Curricular Activities Next Year

We are working to make more extra-curricular activities available to you for next year. We realize that it’s hard to have your child in lots of activities when you work full-time.

### We currently have:

- **Private piano lessons.** Mrs. Beran is also considering **group piano lessons** for next Fall. If this interests you, let the office know.
- **Group recorder lessons**
- **Private tutoring lessons**

Next year, we know we are adding Group chess lessons. We are looking into the feasibility of other activities. Stay tuned!

# CLASSROOM HIGHLIGHTS

## Teacher Training Program

**Age:** Adults

**Instructors:** Mrs. Justus, Mrs. Johnson, Mrs. Jones, Mrs. Kayihan, Ms. Possinger

We are training a new generation of Montessori teachers for our school and many other Montessori schools. Teachers trained by our program are sought out through our country. We even get inquiries from overseas.

We receive calls every week asking if we have students that will be available, but all of our current students are already spoken for (they already have jobs for the next few years)! It is very common for a school to sign a contract with a student to pay half or all of a student's tuition, and then after graduating from our course, that student will work for that school.

Our Teacher Education Program is accredited by MACTE (Montessori Accreditation Council for Teacher Education), and is recognized by the U.S. Department of Education. Classes are on our campus in the Conference Room.

- Our Early Childhood course meets every Tuesday from 2:30—9:00pm.
- Our Elementary course meets every Saturday from 8:30am—5:00pm.

Requirements:

- 2 or more years of College for Early Childhood Education.
- BA or BS for Elementary Education

Go to [www.springvalley.org](http://www.springvalley.org) for details, and then click Teacher Training.

Let us know if you would like to become a Montessori Teacher!

## Preschool A

**Ages:** 2½ - 5

**Teachers:** Mrs. Williams & Ms. Pullen

It's hard to believe it's time to say goodbye to another school year! We have had a fabulous year of learning and growing. We have enjoyed all of your children and wish everyone well as they move ahead to PrePrimary. Best wishes for a wonderful summer and we look forward to seeing you in September.

Sincerely,  
Mrs. Williams & Miss Pullen

## Preschool B

**Ages:** 2½ - 5

**Teachers:** Ms. Coad & Ms. Michalski

Here we are at the end of the school year. It almost seems like we just began.

Last month we learned about Australia, Hector's Dolphins, Flowers, and the Great Barrier Reef. For Practical Life we learned about sorting socks and folding clothes. We have been learning about our five senses. The children had fun smelling different scents. When we were learning about the Great Barrier Reef and ocean life, Ms. Michalski brought in a diving suit, air tanks, shells, and coral. It was interesting to learn about. We also did some studying about weather.

This month we are learning about Antarctica, and the plant and animal life that is there. We will also be learning about volcanoes and icebergs. We will be learning how our tongue tastes and doing some cooking.

The children worked hard getting ready for their performance on the 4<sup>th</sup> for their parents.

We are looking forward to J-Day and summer. We have enjoyed working with the children.

Have a safe and fun summer.  
-Ms. Coad & Ms. Michalski

## PrePrimary A

**Grades:** Pre-Kindergarten & Kindergarten

**Ages:** 4½ - 6

**Teachers:** Mrs. Clark, Mrs. Olney, & Mrs. Knighten

This year has gone by incredibly fast. The students have worked hard, had fun, and learned a lot from each other. Among other things, we experienced the life cycle of the butterfly. We watched as the little caterpillars became fatter and fatter and finally climbed to the top of the jar and made their chrysalis. We waited, counting the days. Even on the tenth day, nothing appeared to be happening. Just as we were beginning to accept the fact that they could be duds, as we had read about the goose egg in Charlotte's Web, one by one, all five butterflies emerged from their chrysalis. Oddly enough, on the day of their release, a butterfly flew into our classroom. Perhaps, it wasn't quite ready to leave without a final goodbye!

We have had great parent participation this year. We always had plenty of drivers for field trips.

- On Halloween, there were almost as many parents helping with pumpkin carving as students.
- Morgan's mom, Dr. Worrell, provided us with the opportunity to give crayons, stickers, and coloring books to less fortunate children in Laos.
- Marcello's mom, Mrs. Benedetti, and our own Mr. Don helped with our auction project.
- Sara's mom, Mrs. Sprague, recorded journal stories for us.

**Thanks to everyone!**

For us, each day is filled with fun and enlightening experiences. Thank you for sharing your child with us this year. We hope to see you at the last day of school event, J-Day. Our class will be performing a square dance called "Yeh Ha." Have a great summer.

# CLASSROOM HIGHLIGHTS

## PrePrimary B

**Grades:** Pre-Kindergarten & Kindergarten

**Ages:** 4½ - 6

**Teachers:** Mrs. Sauer & Miss Leah

We studied the 5 senses.

In Botany, we studied the Tulip and other bulbous plants (Iris, onions, ...).

In Earth Science, we studied the Continents. (South America, Europe, Asia, and Africa).

Thanks to Mrs. Awaoma, for giving us a wonderful presentation about England, and bringing delicious food and interesting artifacts. She'll be back for the African Presentation, and we're very excited about that!

We cooked Korean food (fried rice) and Lumpia from the Philippines (thanks to Mrs. Bautista).

In Language, the children wrote their own poems about the "Tulip" and the "5 senses". They're very cute and some wrote great poems!

For their Mother's Day gift, the children made a cute ladybug Jewelry Box and made beautiful French Mother's Day poem books. They all can read them in French and translate to English.

Great job! Have a great summer!

—Mrs. Sauer & Miss Leah

## Primary A

**Grades:** 1<sup>st</sup> & 2<sup>nd</sup> Grades

**Ages:** 6 - 8

**Teachers:** Ms. Possinger & Ms. Whitman

This has been a great year for everyone in our class. We have explored and discovered many new ideas, cultures, and places through our studies. Our students have made new friends and developed socially. Thank you everyone especially all of those parents that helped out in class and drove for field trips.

Good luck over the summer and we hope to see you safely back next year!

### April & May

We have been studying so many wonderful things over the last few months.

- Chocolate & the Cocoa plant
- Beginnings of the Earth
- Rocks & Minerals
- Plants, including growing our own flowers and herbs from seed
- Sunflowers
- The Apple & Maple trees
- Parts of the flowers
- Peaceful Conflict Resolution
- Deep Sea Animals\
- Gravity
- Verbs and adjectives
- Creative writing
- New Songs & Poems

## Congratulations

This year we all entered the Lakehaven Water District Contest and our own Danielle was one of the two winners from Spring Valley this year!

We also had many of our students join the track team and participate in the track meets. Good job everyone!

### Wrap-Up

Our class cooked brownies and cookies for the Auction on May 10th. (We regret the cookies never made it, but be assured they were delicious.)

Thank you once again to Mrs. Kunimoto for helping out so much with our Auction project.

- **Thursday, June 5<sup>th</sup>**—We will be having this year's Spelling Bee. The students are looking forward to the challenge.
- **Monday, June 9<sup>th</sup>**—Our class will attend a field trip to the Seattle Aquarium. We are looking forward to seeing the new Wolf Eel exhibit and the octopus that regularly escapes its tank.
- **Tuesday, June 10<sup>th</sup>** (The day before J-Day)—We are having a "Free dress" sports day. We will be having an obstacle course, scavenger hunt, races, and a water balloon toss. Let the good times roll!

# CLASSROOM HIGHLIGHTS

## Primary B

**Grades:** 1<sup>st</sup> & 2<sup>nd</sup> Grades

**Ages:** 6 - 8

**Teachers:** Mrs. Meier &  
Ms. Lawson

We have had a wonderful Spring.

- Our Mother's Tea Party went well. Thank you, Mr. Locke, for taking pictures!
- We enjoyed working with the Kite Club and making our own kites.
- Mr. and Mrs. Samanmit have been in the classroom teaching us all about Solutions, Chemistry, and how to have fun with Science. Thank you very much, Mr. and Mrs. Samanmit—you have been wonderful to have in the classroom.
- Our Spring Performance was a hit. The students really worked hard memorizing their lines.
- We are currently working on our J-Day Performance, making piñatas, and our Father's Day gifts.

## Upper Elementary

**Grades:** 3<sup>rd</sup> through 5<sup>th</sup>

**Ages:** 8 - 11

**Teacher:** Mrs. Jones

**PE:** Mrs. Sweeney

Once again we are approaching the end of a 10 month journey—a time best spent in appreciation of this year.

We appreciate the daily arrive of students, on time, fed, rested, and homeworked. We appreciated Mrs. Kayihan climbing the hill 3 mornings a week carrying the universe and some ecology under her arm. We appreciate Mr. Don dreaming up water slides for salmon, Mrs. Sweeney for cooking, cleaning fish tanks, kicking balls, and figuring out how to run an outdoor event indoors during a snowstorm. We appreciate parents who offer art projects, unex-

pected treats, office supplies, books, science lessons, Arabic lessons, help with unpacking boxes, field trip-transportation, encouragement via e-mails, birthday parties, doing orders for Scholastic Books, and running the track program. We appreciate well-placed comments that direct us diplomatically. We appreciate George Washington and his Rules of Civility, the students from Korea who make us take a look at our own culture through new eyes. We appreciate inconvenient events that require flexibility, creativity, and cooperation. We appreciate the Lions Club dictionaries, deadlines that makes us get our work done, and Miss Possinger for loaning us colored pencils. Thank you to Mrs. Williams for her awesome daughters. Mme Baslé's rolled "R's" are equally awesome!

And, thank you Tad Bartimus (TNT) for the distillation of all the commencement addresses ever given:

"No matter how we gussy them up with lofty language and purple prose, the basic rules of the road are these:

- Do your best to do no harm.
- Give, even when it hurts.
- Believe in yourself.
- Be a participant, not an observer.
- Don't waste time."

## Middle School

**Grades:** 6<sup>th</sup> through 8<sup>th</sup>

**Ages:** 11 - 14

**Teacher:** Mrs. Johnson

**Science:** Mrs. Kayihan

**PE & Life Skills:** Mrs. Sweeney

We are nearing the end of another successful school year.

Many thanks to all who contributed to our year's success.

- Thanks to the Lions Club for donating dictionaries to each student!

- Thanks to the **NW Kite Association** for making kites with the children. It was a great day for them. They made the kite, flew it, and flew it, and flew it. (Some are in the trees.)
- Thanks to the **Parent Association** for the books & supplies.
- Thanks to **Mrs. Sweeney** for always driving the children to Campus II for special programs.
- Thanks to **Ruth Hammock** for her expert help with our Spring auction project.

We have just finished the end-of-the-year achievement tests.

Also, thanks to **Samuel Adams** for competing in the National Geography Bee. He won the school championship, took the test for the state bee, where he was accepted. He did very well!

Many children have had success in math. Most 5th graders are working at 6th grade level. Some have started Algebra with minimum to moderate help. Or, at times, with maximum frustration.

Everyone has enjoyed the Friday Art projects. We've done different kids of painting (water colors, acrylics, pastels), paper cutting, and work with geometric shapes. We have painted several wooden pieces, including a bird house that you will see soon. Our Spring auction project was a large egg with a spring scene inside.

Austin is now preparing a speech for graduation. He is our only 8th Grader and has been a great help and inspiration to the others in the room.

We've had a lot of parties for holidays and birthdays. I hope the children learned that school can be fun and exciting, as well as academic.

—Anne Johnson

# CLASSROOM HIGHLIGHTS

## Science

In science, our 5<sup>th</sup>–8<sup>th</sup> Graders finished Astronomy studies by the end of March. On May 1<sup>st</sup>–Space Day—they received fun projects and little gifts from NASA for their special “Promote Your Planet Projects.” (You may have seen them at our Open House in January.) Our students came up with interesting designs and clever ideas to promote their planets. In addition to Astronomy, they learned about design, planning, financing, and marketing. They had a big debate about “financing space explorations.” They learned about the pros and cons.

Since April, they have been studying Environmental Sciences. They learned about different types of energy sources we use:

- Fossil fuels (petroleum, gas, coal)
- Nuclear energy
- Wind and water power
- Geothermal energy
- Tidal energy
- Bio-fuels

While studying combustion, they learned how to make charcoal using different types of wood, lichens, and one piece of a match.

They studied solar energy and analyzed passive solar energy with regards to their home and classrooms. Then, they have designed solar ovens to capture solar energy to cook marshmallows. We had to wait for a sunny day, but the marshmallows melted in approximately one hour. It was exciting to wait, observe, and compare the designs for efficiency. Ms. Possinger kindly provided the chocolate for our s'mores. The younger students came and observed with great excitement and envy. Our students are also studying conservation and coming up with good ideas toward a green environment.

Next year we will be covering Geology, Palentology, and Archaeology. Our

young Indiana Joneses will participate in exciting digs with our picks and shovels.

—Gulsevin Kayihan

## PE & Cooking

### Physical Education Jump Rope for Heart

The 1st–8th grade students participated in the 13th annual Jump Rope for Heart event on March 28th to raise money for the American Heart Association, part of the community outreach program. The students raised \$4,474. The students started jump-roping in February and are still eager to jump rope at school, even though the event is over.

### Presidential Fitness Program

The 3rd–8th grade students started training for the Presidential Fitness program in March. They set goals for themselves in April for the 5 different assessment areas—distance running, shuttle run, curl-ups, push-ups, and the v-sit (sit and reach for flexibility). The actual test day was on Friday, May 9th at Campus II. Thank you to the Parent Association for providing funding for the healthy snacks and lunch. The students enjoyed the beautiful sunny day and had fun exercising and reaching the goals they set for themselves!

### Cooking

The 6th–8th grade students were accompanied by Madame Baslé and Mrs. Sweeney for a field trip to the Pike Place Market and lunch in Seattle in March. Madame Baslé guided the students in purchasing various foods from different vendors to prepare a French meal the next day. Mrs. Justus, Mrs. Kayihan, Mrs. Montgomery, Mrs. Johnson, and Mrs. Jones enjoyed being served by Madame Baslé and the students. The menu consisted of hors d-oeuvres, escargots, chicken cordon

bleu, ratatouille, paté, bread, and brie. For dessert we enjoyed apricot tart. Special thanks to the Parent Association for providing the funding for a great learning experience for the students.

In April we prepared individual pepperoni pizzas, salad, garlic bread, and fruit, with fruit pizza for dessert. With guidance from Mrs. Johnson and her recipes, the students prepared 3 different types of delicious cookies for the dessert dash at the Spring Valley Auction in May.

My hope is that student's enthusiasm for planning, shopping, cooking, and cleaning the kitchen will carry over to your homes!

—Lori Sweeney

## French

**Grades:**           Preschool - 8<sup>th</sup>  
**Ages:**             2½ - 14  
**Teacher:**         Madame Baslé

Another year went by very quickly. It has been a productive year. It is amazing how much the children from Preschool to 8<sup>th</sup> grade have learned in every phase of the language. Their progress was evident at the Spring Performance.

As always, it is sad to see the 8<sup>th</sup> grade students move on. But I keep in contact with many of the graduates and see them master the French language.

I wish every student a well-deserved and good summer. I look forward to seeing them in September.

—Mme Baslé

# 7 Spring Valley Athletes Advance to Federal Way Championship

This year our team consists of 11 athletes. Most attended the Federal Way Public School District Qualifying Meet on April 26<sup>th</sup> in Memorial Stadium. Here's how our athletes performed—so far.

## Team members (on deck) ready for next year

### Addie, 1<sup>st</sup> grade

Addie (some consider the Energizer Bunny), she keeps running with a smile on her face—long after other kids have stopped or given up. Addie's hip hurt and she could not make the qualifier. Her best mile this year is 11:09 (including a stop to tie her shoe). We hope to see her back next year.

### Riley, 1<sup>st</sup> grade

Riley started late in the season—in fact one week before the qualifier. Riley managed a 1:37.3 400M and 8:04 for the 1600 (1609 is a mile). Both are outstanding results for a first grade student. Riley has turned heads and many people on the team think he may become an outstanding distance runner.

### Liam, 1<sup>st</sup> grade

Liam has improved substantially. He has dropped his 800M time by over 1 minute to 4:33. Liam was also a key member of the 4X100 3<sup>rd</sup> grade relay finishing in a respectable 1:23.74 (although not advancing).

### Gryphon, 2<sup>nd</sup> grade

Gryphon, was our lead-off runner in the 4X100 team. Also, thanks to Gryphon's dad Coach Ken for helping all of the kids with Softball Throw and Long Jump this season. Gryphon improved to a throw of 42' for the Softball.

## Qualifying Meet events and placing athletes

Our day was a bit like the "Wide World of Sports" of the 1960's and 1970's, which featured "The thrill of victory and the agony of defeat." Our day started with the agony of defeat. We tried to qualify three experienced athletes for the 400M and only placed one. We tried to qualify our first relay team in the 4X100 and we tried several kids for the first time in the softball throw. We came away without a qualification in these two events. In the Long Jump, we only managed two qualified athletes—we managed three last year. Although our athletes performed—sometimes their personal bests—the world is a changing place, the qualifying line is the top four, and this year the bar was higher than before. At times, it was difficult; however, our athletes accepted the results and we moved on.

When the 800M started, the day brightened and we enjoyed the thrill of victory in the distance events. This included back-to-back outright boys and girls wins by Jesse and Zabrina, and a 1-2-3 finish in the boys 800M.

### Anna, 1<sup>st</sup> grade

I switched Anna from the 1600M to the 800M and she did the rest putting in a strong effort and time 4:11.5. Against 3<sup>rd</sup> grade girls, Anna finished 4<sup>th</sup> holding off a late charge by a much bigger girl in the stretch. Qualified: 800M 3<sup>rd</sup> grade girls.

### Tristan, 2<sup>nd</sup> grade

Tristan had a nice long jump of 7' 9," but it took 8' 3" to advance for 3<sup>rd</sup> grade boys. The previous week, Tristan finished 10<sup>th</sup> in the Practice Meet at 800M. In the Qualifying Meet, Tristan ran a personal best 3:31.5 and finished 3<sup>rd</sup>. He ran a fine race. Also the previous week, Tristan placed 4<sup>th</sup> in the 1600M, so we were hopeful he could repeat at the Qualifying Meet. Running a personal best time of 7:25, Tristan missed by one spot—5<sup>th</sup>. Qualified: 800M 3<sup>rd</sup> grade boys.

### Nicolas, 3<sup>rd</sup> grade

After a great effort in the 400M (but not qualifying), Nicolas pulled off an impressive double qualification by finishing 2<sup>nd</sup> in the 3<sup>rd</sup> grade boys 800M (3:21) and third in the 4<sup>th</sup> grade mile/1600M, with a personal best 6:51.6. Qualified: 800M 3<sup>rd</sup> grade boys, 4<sup>th</sup> grade 1600M.

### Zabrina, 5<sup>th</sup> grade

Zabrina (Z) pulled off an impressive double win 800M and 1600M for 5<sup>th</sup> grade girls. Z was 50<sup>th</sup> at the Cross Country National Championships, in Kansas. At the Qualifying Meet, her margin of victory was substantial—over 1 minute in the 1600M. Zabrina was taking aim at something more challenging ...

Christine (a 2006 Cross Country All American) has several school records (see below): 2:54.3 (800M) and 6:19.9 (1600M), for 5<sup>th</sup> grade and under girls. Z's times? She ran 2:55.3 (800M) and 6:21.6 (1600M), so close, perhaps next time. Qualified: 5th grade girls, 800M and 1600M.

## Federal Way Qualifying Meet (continued)

### **Sami, 5<sup>th</sup> grade**

Sami started the day at the long jump pit where he was second in the Championship Meet last year with a jump of 11' 4." Sami scratched (toe over the line) on jumps one and two. On his third and last jump, he jumped 10' 1 1/2," 5<sup>th</sup> place. Unfortunately, his jump was 1 1/2" away from qualifying and 3" out of second place! It nearly broke my heart to see such a good effort and our school record jumper miss by such a narrow margin. Sami had a better day in the running events with two personal bests 800M (2:57.4) 3<sup>rd</sup> place and 1600M (6:31.7) also 3<sup>rd</sup> place. Qualified: 5<sup>th</sup> grade boys, 800M and 1600M.

### **Arianna, 5<sup>th</sup> grade**

Arianna started the day with a personal best softball toss of 80.' Unfortunately, four other 5<sup>th</sup> grade girls managed throws of 82' or better. In the long jump, Arianna jumped 9' 2," placing 3<sup>rd</sup>. She also managed a personal best 3:12.3 800M and a 7:47 1600M. Arianna picked up three 3<sup>rd</sup> place finishes. Qualified: 5<sup>th</sup> grade girls, Long Jump, 800M and 1600M.

### **Jesse, 3<sup>rd</sup> grade**

Jesse had a personal best long jump of 10' 1" (1<sup>st</sup>). His experience at Nationals (Track and a Cross Country All American) paid off—especially in the running events. In the 400M, Jesse ran a personal best of 1:14.7 (1<sup>st</sup>), his 800M was 2:47.5, and he won the 4<sup>th</sup> grade boys 1600M, in a time of 5:53.2. This attracted the attention of Ron Matilla, the meet founder. According to Ron, at this meet, only three elementary boys have broken 6 minutes, in 38 years. Qualified: 3<sup>rd</sup> grade boys, Long Jump, 400M, 800M and 4<sup>th</sup> grade boys 1600M.

The following table lists Known Spring Valley Track & Field School Records (5<sup>th</sup> grade and under).

Event	Boys	Mark	Girls	Mark
400M	David (Jesse's brother)	1:10.2–2006	Christine	1:19.3–2007
800M	David	2:35.5–2006	Christine	2:54.3–2007
1600M	David	*5:28.0–2006	Christine	6:19.9–2007
Long Jump	Sami	11' 4"–2007	Christine	10' 3"–2006
Softball	Sami	90'–2008	Arianna	80'–2008
4X100	Gryphon Tristan Jesse Nicolas	1:19.88–2008		

\*Federal Way Public School District Record, according to Ron Matilla.

# Spring Valley Athletes Take 7<sup>th</sup> in Federal Way Championship Meet

Coach Laura has a saying: “Track Championships are run in unbearable heat; and, Cross Country Championships are run in incredible cold.” May 17<sup>th</sup> was no exception, as one thermometer reported 89 degrees, when the Federal Way Public Schools Championship Meet concluded. The day started out nice enough, sunny and warm; however, it was tough—even for our trained athletes—as the distance races were run in the heat of the day.

The Championship athletes are the best athletes in Federal Way. There are 26 programs, including: 23 public schools, 2 private schools and a home school program. The athletes qualify by placing among the top four competitors in one of two Qualifying Meets. Early in our season, our veteran athletes set a goal of finishing in the top 5! This would be an incredibly challenging goal and I assured them any top 10 trophy would be a significant accomplishment.

The seven Spring Valley students performed well above expectations. Before the meet, I hoped that we would get 105-109 points and a tro-

phy for the school. When the day was complete, we had several athletes who performed much better than anticipated and the kids brought in 120 points—worth a 7<sup>th</sup> place trophy!

## **Anna, 1<sup>st</sup> grade**

Anna ran a strong first lap (1:45), which positioned her near the lead pack. She ran a respectable second lap (2:05), to finish with a 20 second personal best 3:50.8. In one of the bigger positive surprises of the day, Anna finished 5<sup>th</sup> beating several much taller and bigger 3<sup>rd</sup> grade girls. On the award stand, I couldn’t help but wonder aloud, “She’s in the first grade—just wait until she’s in the second or third grade.” Anna earned 4 points.

## **Tristan, 2<sup>nd</sup> grade**

Tristan practiced the 800M at two club meets and managed to improve his personal best time 7 seconds to 3:24 from his qualifying time of 3:31. Tristan had near perfect splits (1:41 & 1:43 = 3:24), indicating a more patient runner. This is Tristan’s first year and he should see improvements with both more mile-

age and experience. Tristan finished 4<sup>th</sup> and completed a 1-2-4 finish for our 3<sup>rd</sup> grade boys. Tristan earned 5 points.

## **Nicolas, 3<sup>rd</sup> grade**

Nicolas pulled off an incredible double personal best—made especially difficult due to the heat. In the 800M, Nicolas ran a negative split (1:36 & 1:31 = 3:07), Nicolas moved through the pack and finished 2<sup>nd</sup>. When the 1600M came, Nicolas again moved through traffic and closed hard with last lap of 1:35. Nicolas improved his personal best time by 7 seconds to 6:45, earning 3<sup>rd</sup> place honors in the 4<sup>th</sup> Grade and under boys 1600M/mile. Nicolas earned 16 points.

## **Arianna, 5<sup>th</sup> grade**

Arianna started the day with a personal best long jump of 10’ 8,” a new Spring Valley school record. This was over 1’ + 6” longer than she had jumped previously. Track & Field is competitive, and it seemed some of the other 5<sup>th</sup> grade girls were jumping “to the moon.” Arianna finished 6<sup>th</sup>. In her 800M, Arianna managed perfect splits (1:37 & 1:37 = 3:14). Before the 1600M/mile, Arianna’s mom promised to take her skating if she set a personal best. Arianna responded by taking 11 seconds off her 1600M and finishing in a time of 7:21. I guess she goes skating this Friday. Arianna picked up two 3<sup>rd</sup> place finishes, in the 800M & 1600M. Arianna completed her first elementary track season earning 17 points.

Picture removed to protect privacy

Jesse, Nicolas, and Tristan complete a near sweep of the 3<sup>rd</sup> grade boys 800M.

## Federal Way Championship (continued)

### Sami, 5<sup>th</sup> grade

Sami ran perhaps one of his best 800M—splits of 1:26.6 and 1:28.6—to finish in a personal best 2:55.2 and second place! By the time of the 5<sup>th</sup> grade mile, the mercury had risen to the high 80's. The 800M had finished less than an hour previously. So, the kids running both 800M and 1600M had a particularly difficult task. Sami battled from the start of the 1600M with the top Sunnycrest athlete. The two went shoulder to shoulder for most of the four laps. In the end, Sami finished with 6:24.5—2<sup>nd</sup> place—just 1.1 seconds out of 1st. Sami completed his elementary track career earning 18 points.

Picture removed to protect privacy

### Zabrina, 5<sup>th</sup> grade

Zabrina (Z) also doubled the 800M and 1600M. Z wanted to set the school record. She won the 800M race handily, by 15 seconds, but narrowly missed the school record—with a time of 2:57.6. In the mile, Z was dogged by the Twin Lakes top athlete for nearly two laps. Z's experience showed; she pounded out laps 2, 3, and 4 to draw off and win convincingly by 17 seconds (6:39). Given the short recovery from the 800M and the scorching heat, Z did

Zabrina and Arianna share top places (1<sup>st</sup> & 3<sup>rd</sup>) on the award stand.

a great job, against a fresh competitor, to win the race. Z completed her elementary track career earning 20 points.

### Jesse, 3<sup>rd</sup> grade

Jesse woke up in the morning and told me he wanted to earn 40 points for Spring Valley. Forty points would require four wins. I love the team spirit, and I didn't want to discourage his enthusiasm; however, winning four events

would be a difficult task for anyone. Jesse started the day at the long jump pit. He made an initial jump of 10' 8," a 7" personal best. The drama wasn't over however, as a subsequent jumper managed a 12' 1" attempt, after which the judges measured it and then ruled it a scratch (illegal jump). Jesse's initial jump held up, he placed 1<sup>st</sup>. In the 400M, Jesse went up against a Twin Lakes top 200M runner (finished

Event	Boys	Mark	Girls	Mark
400M	David	1:10.2—2006	Christine	1:19.3—2007
800M	David	2:35.5—2006	Christine	2:54.3—2007
1600M	David	*5:28.0—2006	Christine	6:19.9—2007
Long Jump	Sami	11' 4"—2007	Arianna	10' 8"—2008
Softball	Sami	90'—2008	Arianna	80'—2008
4X100	Gryphon Tristan Jesse Nicolas	1:19.88—2008		

\*FWPS District Record, according to Ron Matilla, FWPS Championship meet founder.

## Federal Way Championship (continued)

Picture removed to protect privacy

Tristan, Zabrina, Jesse, Sami, Anna, and Nicolas (pictured left to right; Arianna not in picture) share a moment of satisfaction, in the sun, with Spring Valley Montessori's 7<sup>th</sup> place trophy.

second in 200M Final, 33.1—an impressive time). It's rare to watch 3<sup>rd</sup> grade boys run with strategy. However, Twin Lakes and Sunnycrest clearly have coaches who pay attention. This Twin Lakes 200M athlete followed Jesse closely for 280M and hit the after-burners with 120M to go. This young athlete nearly shouldered Jesse and the two sprinted toward the finish line. Neither would yield. Jesse prevailed. Competition brings out the best; at first, I couldn't believe my watch 1:12.7 for 400M, Jesse's personal best by 2 seconds (and just 2.5 sec-

onds from the school record by Jesse's older brother, when David was in the 5<sup>th</sup> grade). Jesse won the 800M (part of the 1-2-4 finish of Jesse, Nicolas, Tristan), and survived the heat to win the 1600M (6:14.5). Jesse met his goal of bringing the school 40 points.

### **Good luck!**

We wish Zabrina, Sami, and Arianna well as they move toward their Middle School years. Arianna is off to a great start in her first year of running competitively. Both Sami and Zabrina have been with

me for over two years—including track and cross country—and both have made substantial improvements. Sami jumped a school record and collected critical points, and Zabrina started with a 12 minute mile and finishes as the Federal Way 5<sup>th</sup> grade 800M & Mile Champion.

It has been my pleasure to be their coach at Spring Valley.

—Coach John Goldstone

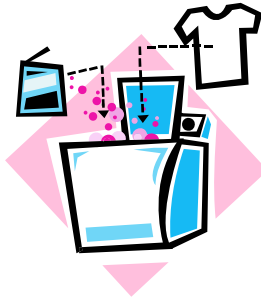
**THANKS FOR ANOTHER GREAT YEAR, COACH GOLDSTONE**

# Secret to getting stains out of white uniform shirts

Before you throw out all of your children's stained white uniform shirts, try a trick I learned from the owner of a great second-hand children's clothing store:

(Heaven Sent  
1200 S 324<sup>th</sup> St  
Federal Way)

This trick is inexpensive and it worked on my kids' shirts!



1. Put all your whites in your washer, and add the normal amount of detergent.
2. Add an entire bottle of Soilove "Laundry Soil-Stain Remover." (Found on the detergent aisle at Albertsons for about \$2.00. Green bottle.)
3. Set the washer for the least amount of water that will cover your clothing.
4. Let the washer do the agitation, and then turn off the washer before it has a chance to drain or rinse. Let the clothes sit in the soap and Soilove for at least 2 hours, preferable overnight.
5. Then, turn the washer back on and let it finish the cycle.
6. After that cycle, just for safety, I ran the clothes through another cycle with bleach to catch anything the Soilove hadn't. Their shirts and socks were WHITE again!

Good luck!

## Uniforms for next year

### Who wears uniforms?

All grades except for Preschool.

PrePrimary, Primary, Upper Elementary, and Middle School students all wear the Spring Valley uniform.

### Recycling Uniforms

Many students don't end up needing to buy new uniforms, because enough of them show up on our school's "for sale" rack of uniforms that older students have grown out of. The cost is \$5/item of clothing.



If your child has outgrown their uniform, bring it to the office to be used by other students. You can also find your child's next uniform size on the rack. If you've donated, then you can swap the too small size for the correct size.

### Spring Valley logo shirts



The Parent Association has very nice, good quality, white polos with the Spring Valley logo on them.

If you want these for next year, stop by their booth at J-Day.



### White shirts & navy pants

Plain white shirts and navy blue pants are available at many stores. (Please don't get "cargo pants.")

**Tip:** Many parents have found that for polos, "piqué" fabric doesn't pill as much as other fabrics, so it looks nice longer.

Please check the Student Handbook first, to be sure that what you purchase meets the Spring Valley uniform guidelines. For example, shorts must be long; they must be 1" above the knee.

### Plaid

If you don't find what you need on the school's "for sale" rack of used uniforms, the only store that sells the Spring Valley plaid jumpers, skirts, and skorts is:

**Dennis Uniform Store**  
12608 Interurban Ave. S.  
Tukwila, WA 98168  
206•431•2000  
www.dennisuniform.com  
School code: **XSS285**

**Tip:** During June 15<sup>th</sup>—July 15<sup>th</sup>, the Dennis Uniform online store is offering 10% off your entire purchase.

The office can give you a brochure with the information you need.

The Dennis Uniform Store is open strange days and hours, so go to the Web site, click Shop Online, enter our school code (XSS285), and then click "Hours & Directions."

**Note:** Girls can also wear solid navy blue jumpers, skirts, and skorts; many stores (such as Target, JCPennies, Lands End, and so on) sell these.

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## Spring Valley Montessori School

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Federal Way, WA 98003

Phone: (253) 927-2557

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E-mail: [justus@springvalley.org](mailto:justus@springvalley.org)

**Voted Best School**

—Federal Way Mirror  
Newspaper

**“The most important motive for work in school and in life is:  
Pleasure in work, pleasure in its result, and the knowledge of  
the value of the result to the community.” —Albert Einstein**

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## Tuition Assistance Fund...any amount helps!

We are very proud of the fact that we are educating Spring Valley students using the proven Montessori method for **less money** than any district in Washington State using a “per student cost” comparison! And, we are one of the most affordable private schools in Washington.

But, that’s not enough for us! We want to expand our enrollment to students who can’t afford the full tuition – we want to include kids that would never have the opportunity to go to Spring Valley. We want to create a tuition assistance fund.

This fund will also offer help to our present students, if a family is having a financial hardship, and needs tuition assistance to keep their child in the school.

If you can find it in your heart to help, please make out a check and drop it in the office (or mail it to the school) payable to **Spring Valley Montessori Tuition Assistance Fund**. Any amount will help.

If you know an organization who can sponsor a student, that would be **AMAZING!**

If you can only afford a small amount monthly, when you combine that with other people’s contributions, we’ll give another student a chance!

Remember that all donations are **tax-deductible**. AND, if you work for a company that matches charitable contributions (like Microsoft or Boeing), remember that your contribution may count **twice!**

We are a licensed non-profit 501(c)3 company. Our Tax ID # is: 91-1524441

**We want to express our deep gratitude to those parents who have registered Spring Valley as the recipient of their United Way Giving donations!**

We are registered with the United Way Giving programs at Boeing, in King County, and in Pierce County.

### **Confidentiality**

We want to let you know that we will **not** disclose the names of the Tuition Assistance recipients. At Spring Valley, our uniform policy eliminates comparisons and competition. No one can tell who has the most money based on designer labels. Personal information is never disclosed to other parents.