

What's news in Tahoma schools?

Presented as a community service by the VOICE of the Valley and Tahoma School District

School District highlights

Chocolate milk removed from school lunch menu

Stop by a Tahoma School District school at lunchtime and you are likely to find lots of healthy eating choices, including fresh fruits and vegetables, whole grain bread, chicken, cheese and milk. What is no longer found on the menu is chocolate milk, which has led to both complaints and compliments from students and parents.

Tahoma's Food and Nutrition Services Department decided that the high sugar or fructose content in chocolate milk is not conducive to a healthy lifestyle and doesn't fit the district's nutrition program goals.

"We offer kids healthier meals than in past years, with lots of fruits, vegetables and whole grains," said Sheri Melewski, food and nutrition services supervisor. "We regularly review menus to evaluate ways to make them both nutritious and attractive to our students. And even though chocolate milk is something that a number of students like, we decided that it just isn't meeting our nutrition standards."

Milk that is sold to students must meet new federal requirements as well, which requires that only fat free or 1 percent milk be sold. Tahoma schools are serving fat-free white, 1 percent white and soy milk.

"Eating healthy is part of the educational process," Melewski said. "Children should learn and practice proper nutrition and health practices in school."

Board to hear technology report at Oct. 11 meeting

The Tahoma School Board has set a schedule this year for regular reports from departments within the district. The first of these reports will focus on the district's technology department at the Oct. 11 meeting, which begins at 6:30 p.m. in the Board Room at Central Services Center.

Future reports and dates are: Maintenance, Oct. 25; Special Education, Transition and English Language Learning, Jan. 24; Food Services, Feb. 28; Risk Management, April 24, and Transportation, May 8.

Gift card day benefits schools

The Bill & Melinda Gates Foundation, DonorsChoose and Starbucks have partnered in a special campaign to support King County public schools -- including Tahoma.

On October 5, Starbucks stores throughout King County will be distributing \$10 DonorsChoose gift cards to customers, redeemable for use at www.donorschoose.org/kingcounty2011. There are dozens of requests from teachers for classroom materials and school-level project support; with your DonorsChoose gift card, you can make a difference in our public school system.

The free \$10 DonorsChoose gift cards will be distributed to customers on a first-come, first-serve basis.

Homecoming week at THS

This is homecoming week at Tahoma High School, beginning with the coronation of the Homecoming Court on Monday and ending with the Homecoming Dance Saturday night. School spirit is emphasized this week, highlighted by a different theme each day:

- Monday – New York Day
- Tuesday – Get'r Done Day
- Wednesday – Scrabble Day (wear one letter on your shirt)
- Thursday – Class Colors Day
- Friday – homecoming game vs. Kent-Meridian, 7 p.m. at Maxwell Stadium.

Bus schedules available online

School bus routes and schedules for the 2011-2012 school year are available on the school district's main Web page. Just look for the school bus icon on the left side of the Tahoma home page to find the link to bus schedules.

Visit us on the Web:
www.tahomasd.us

Middle school students create garden, grow a cleaner campus

Students at Tahoma Middle School and Cedar River Middle School constructed two rain gardens at their respective schools last week as part of an ongoing cooperative education program built around sustaining earth's resources.

Working with grant funds under the guidance of the Friends of the Cedar River Watershed, the students constructed two sunken planting beds that are fed by water from roof downspouts at their schools. Instead of running into storm sewers or onto paved surfaces, the water is instead absorbed by the rain garden

and naturally filtered to remove airborne or surface pollutants, such as oil or heavy metals.

Stormwater runoff is a major source of Puget Sound pollution, as students learn in constructing and observing rain gardens. The gardens become part of the school's science curriculum.

Funding was provided by a grant from Pacific Education Institute with a grant from Project Learning Tree Green Schools. Cedar Grove Compost helped supply the compost and mulch for the project.



Cedar River Middle School students, under the direction of Peter Donaldson, of Friends of the Cedar River Watershed, construct the school's first rain garden, which creates a natural filter for polluted rainwater from the school's roof.



Tahoma High School students who earned AP Scholar status were honored by the high school and school board.

School board honors 110 AP scholars

3 students earn national scholar ranking in rigorous exam

In its annual recognition ceremony, Tahoma School Board honored the 110 Tahoma High School Advanced Placement scholars at the Sept. 27 board meeting, held at Tahoma High School.

The students have earned the designation of AP Scholar in recognition of their exceptional achievement on the college-level Advanced Placement Program (AP) Exams. These 110 AP Scholars represent a 10 percent increase from the number of AP scholars at Tahoma High School last year and a 25 percent increase over the past two years.

Tahoma AP coordinator, Brooke Dillon, and THS Principal Terry Duty presented award plaques to the scholars, including 29 who attended the ceremony.

The College Board's Advanced Placement Program® provides willing and academically prepared students with the opportunity to take rigorous college-level courses while still in high school, and to earn college credit, advanced placement, or both for successful performance on the AP Exams. About 18 percent of the nearly 1.9 million students worldwide who took AP Exams performed at a sufficiently high level to also earn an AP Scholar Award.

The College Board recognizes several levels of achievement based on the number of exams. At Tahoma High School, three students from the class of 2011, Emily Duerson, Cort Hammond, and John Larsen, qualified for the

National AP Scholar Award, as well as for the AP Scholar with Distinction Award, by earning an average grade of 4 or higher on a 5-point scale on all AP Exams taken, and grades of 4 or higher on eight or more of these exams.

Duerson, Hammond, and Larsen bring the total of lifetime AP National Scholars in Tahoma School District history to 13. Matthew Zemek, a 2007 graduate, was the first to earn this honor.

Forty-two students qualified for the **AP Scholar with Distinction Award** by earning an average grade of 3.5 or higher on a 5-point scale on all AP Exams taken, and grades of 3 or higher on five or more of these exams. The AP Scholars with Distinction who are currently seniors at Tahoma are: Connor Durkin, Nathan Farnsworth, Katie Hartke, Matthew Horne, Kristen Jamieson, Oliver Kombol, Kyla Marczewski, Julianne Reilly, Grace Taylor, Harrison Waldock, and Anthony Yun.

The AP Scholars with Distinction who graduated from Tahoma in 2011 are: Connor Caler, Joyce Chemplanikal, Natalie Davis, Erin Deffenbaugh, Emily Duerson, Sadie Fuller, Stephen Gower, Mark Grether, Heath Guyer, Cort Hammond, Amanda Harding, Alexis Hytry, Rachael Hass, Katie Hickman, Sarah Jeric, John Larsen, Amanda McKinney, Nicole Murray, Caitlin Nichols, Chelsea Olson, Mollie Picha, Emily Pierre,

Victoria Rogers, Allison Sullivan, Conner Thomas, Adam Wagener, Jessica Warr, Jennifer Watt, Alexandra White, Amanda Woodcock, and Ariana Zukowski.

Twenty-four students qualified for the **AP Scholar with Honor Award** by earning an average grade of at least 3.25 on all AP Exams taken, and grades of 3 or higher on four or more of these exams.

The AP Scholars with Honor who are currently seniors at Tahoma are: Brandon Clem, Tess Clinkingbeard, Kaitlyn Dige, Sarah Fuller, Brooklyn Leick, Kaitlin Lowe, Allannah Miller, Thomas Reinhard, Lora Sonnen, and Clara Tibbetts.

The AP Scholars with Honor who graduated from Tahoma in 2011 are Sarah Borchelt, Matthew Clayson, Brenna Doll, Rebecca Evans, James Garson, Melissa Gile, Tiana Hanson, Mary Illback, Brody Lundquist, Sean Messenger, Morgan Murrey, Saibra Rubadue, Alexander Spurr, and Caterina Wulffinger.

Forty-four students qualified for the **AP Scholar Award** by completing three or more AP Examinations, with grades of 3 or higher. The AP Scholars who are currently seniors at Tahoma are Morgan Browne, Elizabeth Burianek, Rachael Carpenter, Samantha DeLeon, Kimberly Dickinson, Caleb Eades, Emily Martin, Allison Needles, Holly Pebles, Andrew Reinman, Sarajane Powell, Caitlin Ward, Lindsey Warr, and Kirsten Winter.

The AP Scholars who graduated from Tahoma in 2011 are: Kathryn Adamson, Austin Bland, Zachary Cadiente, Tyler Caulkins, Emily Clarkson, Taylor Dowell, Zachary Eley, Michael French, Michael Hill, Spencer Hobson, Jacob Horn, Derek Johnson, Megan Kelley, Melissa Mahoney, Amy McCormick, Luke Milburn, Ashley Olson, Brianna Olson, Zachary Overhauser, Sarah Pence, Melissa Perincheril, Bailey Pricco, Thomas Rothschilds, Dominic Sivitilli, Sierra Southworth, Joshua Tavenner, Brandon Tryon, Jeremy Voss, Bryan Walker, Kylie Whitehead.

Of this year's award recipients, 35 were juniors at the time of the exam. These students have at least one more year in which to complete college-level work and possibly earn an even higher AP Scholar Award.

Through 34 different college-level courses and exams, AP provides willing and academically prepared students with the opportunity to earn college credit or advanced placement and stand out in the college admission process. More than 3,800 colleges and universities annually receive AP scores. Most four-year colleges in the United States provide credit and/or advanced placement for qualifying exam scores.

Parents with questions about the Tahoma High School AP program should contact Brooke Dillon, AP/UW coordinator, at bdillon@tahomasd.us, or at 425 413-6245.