

PCFC E-News

10/12/09

Winter Sports Registration begins here at PCFC October 26th check website for more information.

Reflections - Do you love to draw or create art? Do you compose music? Do you write stories or poems? Do you dance? Do you love to video or create films? Do you love to take pictures? Then, you should participate in this year's Reflections Program sponsored by the National PTA and Washington State PTA. Our theme this year is "the Beauty is..." Packets are available in the office. The deadline is November 2.

Are you interested in joining a Parent-Teacher Book Club?

Megan Chadderton and Jessica Heaton will be hosting a parent-teacher book club this fall. The group will read *Parenting Teens with Love and Logic*. The purpose will be to collaboratively read, discuss, and learn positive techniques for parenting and teaching teens. The group will meet the following days:

Tuesday, October 13th from 7-8pm (Part 1)

Tuesday, October 27th from 7-8pm (Part 2)

Tuesday, November 10th from 7-8pm (The Nuggets)

Please contact Megan Chadderton for more information.

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(425) 837-5925

PCFC Student Assistance Program - The Puget Sound ESD partnering with the Issaquah School District for services designed to assist students to achieve academic and social success. Together, our goal is to provide education, skills and opportunities for students to make healthy choices. Such choices contribute to personal growth, academic achievement and drug-free lifestyles.

We are committed to dynamic change resulting in the highest quality outcomes to "successfully prepare all students for their future".

The Student Assistance Program aims to reduce the impact of alcohol, tobacco or other drug use on academic, social and emotional development. Services are provided by Puget Sound Educational Service District for Pacific Cascade Freshman Campus. The variety of services range from individual student contacts and support groups with parent permission to

consultations with school staff, classroom lessons and school-wide prevention activities. Student Assistance Program services are available at no cost to students and parents in participating districts through district, state and federal funding.

If you have any concerns or want more information you can reach the Student Assistance counselor, Robert Rigg, at 425-837-5979 Wednesday through Friday. Or for an appointment call Mardi Nystrom at 425-837-5911.

What's happening outside of school? Check out [Pacific Cascade's Community Fliers](#) electronic bulletin board.

In case you've never received E-News before, why are you getting it now? Every July, October, and January we automatically roll your e-mail address in Family Access up into the E-News lists for the schools your students attend and for the District E-News.

To unsubscribe from this list [click here](#).

Please share this information with others who might want regular Pacific Cascade E-News updates and messages. They can join this list at <http://www.issaquah.wednet.edu/news/ENews/>.

Please do not reply to this E-News message as it comes from an unattended e-mail address used to distribute information to the community. To contact someone about topics in this E-News, please call (425) 837-5900. Thank you.