



# Bulldog Bulletin

Ingrid B. Lacy Middle School  
1427 Palmetto Avenue, Pacifica, CA  
(650) 738-6665 - (650) 738-6669 (fax)



Tina Van Raaphorst – Principal  
Chido Garcia – Assistant Principal  
[www.pacificasd.org](http://www.pacificasd.org)

**May 2012**

Wendy Tukloff, Ed. D. – Superintendent  
Davide Celoria, Ed. D. – Assoc. Superintendent

Dear IBL Families,

## Teacher Appreciation

Over the past week we have celebrated National Teacher Appreciation Week. The IBL PTO provided the staff with a wonderful lunch, and students and families have been making a point to thank their teachers. It is clear by the special things that people have been doing that teachers here are appreciated for the valuable work they do. Ingrid B. Lacy Middle School is lucky to have such a caring, dedicated, and knowledgeable staff. If you haven't done so already, thank a teacher for all that they do!

## 6<sup>th</sup> graders: Get your T-dap Immunizations Now

California law requires that all students entering 7<sup>th</sup> grade need proof of an adolescent whooping cough booster shot (Tdap), received after their 7<sup>th</sup> birthday, before starting school in the fall. Please take your child to their physician, get them vaccinated, and bring documentation of the Tdap vaccine to the IBL office as soon as possible. Students without this documentation will not be able to start 7<sup>th</sup> grade without it. Many local health departments offer free or low-cost vaccines. Your local pharmacy may also give Tdap and other vaccines for a fee. More information is available at [shotsforschools.org](http://shotsforschools.org).

## Breakfast at IBL

Many families may not be aware, but IBL does offer breakfast to students beginning at 8:45 a.m. each day. Students that receive free lunch may also have breakfast for free. The reduced price is \$0.30 and \$1.75 is the price for all other students. Breakfast includes an entrée, juice, milk, and a piece of fresh fruit. Entrées vary each day and can be found on the food service menu that is distributed to students monthly.

Sincerely,

*Tina Van Raaphorst*, Principal

## Kaiser Permanente's Nightmare on Puberty Street

We are grateful to Kaiser Permanente for providing our students with a free assembly on June 1<sup>st</sup>. Students will be treated to an age-appropriate live performance about four young people on their journey through adolescence.

Created in conjunction with physicians, teachers, licensed counselors, and parents, the performance is very tasteful, and IBL has been pleased to host this event in the past. Please see the flyer included in this newsletter for more information.

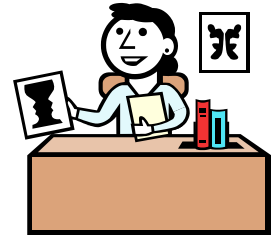
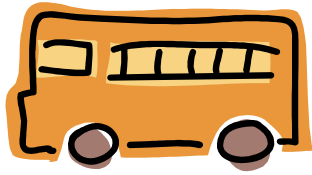
## IMPORTANT DATES

5/22 – IBL Food Service BBQ Lunch  
5/25&28 – No School, Memorial Day  
6/5 – Talent Show in the MPR after school  
6/7 – District Band Concert, 7pm, IBL Gym  
6/8 – 8<sup>th</sup> Grade Dinner Dance, 6-10pm  
6/12 – 8<sup>th</sup> Grade Promotion, 4pm  
6/13 – 8<sup>th</sup> Grade Great America Trip  
6/14 – Last Day of School, report cards go home with students

EARLY RELEASE DAYS June 8, 12, 13, & 14

### Inside this issue:

Counselor's Corner  
PTO letter, Elna Flynn Nominations  
Yearbook Form



Students at Ingrid B. Lacy Middle School participated in the fourth annual 'Be The Change Week' April 23-27, 2012. The "Be The Change" movement arose from the nonprofit organization, Challenge Day, and encourages a culture of acceptance and compassion within schools. For the past five years, 7<sup>th</sup> graders at IBL have participated in Challenge Day (a day-long workshop for students and teachers). In an effort to keep the message of Challenge Day alive, the IBL Peer Helpers and the leadership students organized activities for the 'Be the Change' week. Some of the activities included classroom presentations by the peer helpers, lessons about cyberbullying, an art mural at lunch, Mix It Up at lunch and a door decorating contest based on the theme, "How will you 'be the change'?". In addition, the students participated in a school-wide campus clean up after school and brainstormed ideas for how they could make our school and community better. The students were encouraged to 'be the change they wish to see in the world'. For more information about Challenge Day and the 'Be the Change' movement, please go to: [www.challengeday.org](http://www.challengeday.org).



Sincerely,  
*Meghan Blackman*



MAY 2012

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

---

Dear Families of IBL,

It is hard to believe that we are one month away for the school year to end and for summer break to begin. We will save our sappy goodbyes at Co-Presidents for next month's newsletter. However, we will make another plea for a new PTO President and Vice President and share some of the joys of serving as Co-Presidents this year.

I (Kiyomi) will be honest with you, I have never attended a PTO meeting until this school year and after I agreed to serve as Co-President. I've helped drive on field trips and was active with Greek Fest, offered a couple hours with Chocolate Fest and donated desserts, and I always made a point to do what I could with various fundraisers over the years. I was nervous and uncertain what lay ahead of me. After getting the hang of the ins and outs of what a PTO does, I can full heartedly say that it has been one of my most rewarding tasks in my child's educational life. Being a part of the PTO Board, I was able to gain a better respect for the teachers and staff at IBL and appreciate the education being given to students. In addition, I felt more connected and invested to my son's education. Our lives are hectic and overscheduled. All I ask is that you think about how you can make more of a difference in your child's education. Serving as PTO President, Vice President, or Co-Presidents will most definitely make a strong impact. Serving as Volunteer Coordinator, being a part of the Fundraising Committee, and/or chairing Chocolate Fest or the Spring Dance are other ways you can make a direct impact on your child's education. If you would like more information on any of these positions, please contact Deidre or Kiyomi.

With STAR Testing underway and it being Teacher Appreciation Week, we would like to take this opportunity to say THANK YOU to all of our wonderful teachers and staff for making IBL such a terrific school. There is a reason why IBL has a waiting list - our teachers are dedicated and caring, and work hard to provide a quality education to our children. Please let them know how much you appreciate them!

Sincerely,

*Kiyomi Arai and Deidre Watson*

2011-2012 IBL Co-Presidents

## Ingrid B Lacy Parent /Teacher Organization Nomination Form

The board of directors of the IBL PTO must be elected each year by a vote of the parents at IBL.

If you are interested in serving on the PTO Board or wish to nominate someone, please complete the information below. Nominations will be submitted to the nominating committee who will present the ballot for members to vote upon in April. The term of office for board members runs from July 1 through June 30. Monthly board meetings are held during the school year.

The board of directors is composed of 14 individuals: one teacher and 13 parents. There are four officer positions on the board: president, vice president, secretary, and treasurer. If you are interested in one of these positions please specify in the space provided below.

### Description of officer positions:

The president convenes regularly scheduled Board meetings and shall preside at each meeting. The president will oversee the management of the day to day operations of the PTO.

The vice president will chair committees on special subjects as designated by the president or the board of directors. In addition, the vice president will facilitate meetings in the absence of the president.

The Secretary records the minutes of all board meetings, sends out meeting announcements, and assuring that association records are maintained.

The Treasurer maintains the PTO bank account, assists in the preparation of the budget, and makes financial information available to Board members and the public.

---

### I am interested in serving on the IBL PTO 2012-2013 Board of Directors in the following capacity:

(If you are interested in more than one board position please indicate)

General board member

President;     Vice president;     Secretary;     Treasurer

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Telephone: Home: \_\_\_\_\_;    Mobile phone: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Please add any additional information about yourself:



# 2012 Elna Flynn Outstanding Volunteer Award

The Elna Flynn Outstanding Volunteer Award recognizes outstanding volunteer activities within the Pacifica School District.

First awarded in 1988, the Elna Flynn Outstanding Volunteer Award is an annual that acknowledges those volunteer who give countless hours in the name of education. Recipients are announced and honored at the annual Fall Banquet of the Pacifica School District's Parent Council.

**If you know an outstanding Ingrid B. Lacy Middle School volunteer, nominate them to receive the 2012 Elna Flynn Outstanding Volunteer Award.**



Name: \_\_\_\_\_

Brief statement about nominee and his or her contribution to IBL: \_\_\_\_\_

---

---

---

---

---

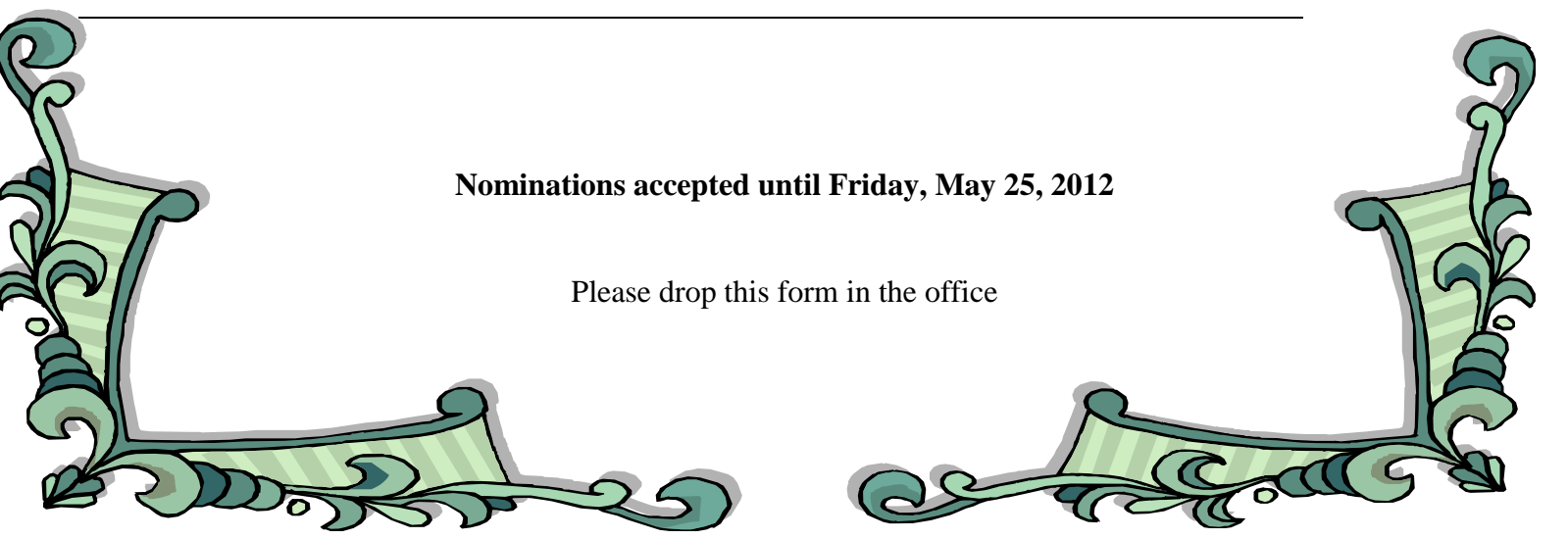
---

---

---

**Nominations accepted until Friday, May 25, 2012**

Please drop this form in the office



# Buy your Ingrid B. Lacy Yearbook Now!



PLEASE BUY YOUR YEARBOOK NOW! TIME IS RUNNING OUT! WE HAVE A LIMITED SUPPLY AT THE END OF THE YEAR.

Order your 2011-2012 Ingrid B. Lacy Yearbook now. Why scramble at the end of the year for memories? Order yours now! New easy order plan: order online at [www.yearbookforever.com](http://www.yearbookforever.com) and fill in the appropriate information to place your order. No inconvenient forms and checks to turn in. If you would prefer to send your payment, please fill out the form below and return it, along with a \$40 check made payable to Ingrid B. Lacy Middle School, and return to your homeroom teacher or to Ms. Merlo's box in the office. If you would like to pay by cash, please bring your order directly to Ms. Merlo's classroom (B-3) **before or afterschool.**

Please note that yearbook cost will go up to \$45 in January.

[www.yearbookforever.com](http://www.yearbookforever.com) Order Now!!

---

2010-2011 Ingrid B. Lacy Yearbook

I would like to order a yearbook. I have filled in the required information below and included a check or cash.

Student's Name \_\_\_\_\_  
Homeroom Teacher \_\_\_\_\_  
Grade \_\_\_\_\_



# IBL Earth Day

On April 25<sup>th</sup>, IBL students participated in a campus wide clean-up activity in effort to make our school a more beautiful and clean place. Students also took part in an Earth Day activity where they wrote down 'one thing' that they could do to improve our community and environment. Thanks to all of the students and staff who took part in our Earth Day celebration this year!



## Scholastic Book Fair- Spring 2012



We received \$738.00 in books and \$848.00 in cash from the fair.

We would like to thank Magda Carranza, Marisa Davis, Phil Gonzalez, Miki Hensley, Sachita Mc Carthy, Shirley Mc Dade, Barbara Mettling, Nicole Ortega, Sneha Patel, Michelle Skouflis, Julie Smith, Teresita Stevens, Paula Sutar, Laverne Villalobos, and Deidre Watson.

Our Student crew Ishan McCarthy, Layla Mustafa, Elizabeth Pascual And Jiselle Rodriguez did an excellent job. Tina Yannazzo was the Book Fair Chairperson. Thank you, Tina.

### Book Drive for the Library

We received almost 100 books for our book drive. Not all of the books came with a gift card so we were unable to send a Thank You. I would like to say Thank You to all who participated.

The students are really enjoying the new books.

# Family Fun Run



Saturday, June 9, 2012

San Pedro Valley Park  
Oddstad at Linda Mar Blvd., Pacifica

Come have a fun, active morning and support the Pacifica Education Foundation.

Contributions will keep our Middle School Band Program intact and help us build 21st Century Education programs.

## Choose Your Energy Level:

- ♦ Hazelnut 7k Challenge 8:30 AM
- ♦ Fish Ranch 5k Fun Run 9:30 AM
- ♦ Family 3.2k Fun Walk 10:30 AM

Fun area  
for  
children!

Register now at <http://funrun.pacificaef.org/>  
\$35 registration includes a T-Shirt and light breakfast.

Register by May 15 to ensure  
your T-Shirt size is available.

## Get Sponsors!

Two special prize drawings  
for individuals raising \$100  
or more and \$300 or more!

If you have questions or need help registering,  
please email [bmckee@pacificaef.org](mailto:bmckee@pacificaef.org).



**PACIFICA**  
EDUCATION FOUNDATION



# A Parent's Guide

## *Nightmare on Puberty St.*

Educational Theatre Programs, a Community Benefit of Kaiser Permanente

NIGHTMARE  
ON PUBERTY ST.

Your child has been invited to see Kaiser Permanente's live theatre production, *Nightmare on Puberty St.*



### Show Summary

*Nightmare on Puberty St.* is an age-appropriate, live theatrical performance about four young people on their journey through adolescence. As the characters wrestle with the question, "Am I normal?" they learn to cope with the changes affecting their bodies and minds. The frank and sometimes funny program shows students how to cope with many of the issues of puberty, including how to handle pressure to be sexually active, how to build self-esteem, how to avoid drugs and alcohol, and where to find help if faced with feelings of depression or thoughts of suicide. By the end of the performance, students understand everyone goes through changes during puberty, and there are resources to help them adjust to those changes.

*Nightmare on Puberty St.* was created in conjunction with physicians, teachers, licensed counselors, and parents. The performer/educators in the play receive extensive training from doctors and licensed counselors at the beginning of each school year. Their training continues throughout the year, incorporating updated information as it becomes available from the Centers for Disease Control and Prevention, National Institutes of Health, the Kaiser Family Foundation, and health care providers.

### Character Descriptions

**Jerry** lives with his grandmother and is a well-adjusted, mature, and confident pre-teen. In the changing social environment from elementary school to middle school Jerry does not change his style or behavior in a way his peers view as "cool" and he is labeled a nerd. Despite the teasing, Jerry decides he is not going to give in to peer pressure, as he discovers it is all right to just be himself.

**Malika** has low self-esteem and is an over-achiever who did well in elementary school, but is not as successful in facing the higher academic challenges of middle school. In addition, her body is just beginning to develop and this embarrasses her. Her despair and her difficulties dealing with her feelings lead her to thoughts of suicide. With the help of her friends and family, Malika is able to improve her self-esteem and is better able to handle the pressures she faces. Her new self-confidence leads her to make positive decisions about her health, such as choosing abstinence when faced with pressure to have sex.

**Natalie** is a 12-year-old girl who is developing faster than many of her friends. She is proud of the way she looks, has a good self-image, and outgoing personality. Some of her classmates call her names and tease her about her body because of her adult appearance. Fortunately, Natalie is able to deal with the teasing because of her high self-esteem and the emotional support of her mother and close friend Jerry.

**Nick** is becoming a popular student at school and will do anything to be considered "cool" and to hang out with the "in" crowd. Physically abused by his father, Nick is struggling with how to control his own anger, and begins taking his anger out on fellow students. He also tries to pressure Malika to have sex with him because he thinks his peers are all having sex. During the course of the play, Nick learns to cope with the consequences of his actions and finds resources to help him deal with his feelings. He also learns that just because he is thinking about sex, does not mean he is ready to have sex.



# A Parent's Guide

## Nightmare on Puberty St.

Educational Theatre Programs, a Community Benefit of Kaiser Permanente

NIGHTMARE  
ON PUBERTY ST.

### Tips for Talking with Your Child about Sensitive Topics

#### Starting Out:

- **Show your child it is okay to talk about sensitive issues.**

Have appropriate discussions with your spouse, partner, or friends about sensitive issues with your child present.

- **Ask your child what he or she thought about *Nightmare on Puberty St.***

Has your child or his or her friends experienced pressure to fit in, problems with cliques or gangs, feelings of sexual attraction, depression, or thoughts of suicide?

- **Talk about yourself.**

Share how you felt at that age and how you now feel about these issues.



#### When You Talk:

- **Encourage questions.**

Statements such as, "I'm glad you asked that question" or "That's a good question," will help keep the lines of communication open with your child.

- **Use active listening.**

Nod or say "uh-huh" when listening to your child. Make eye contact. Really listen to what your child tells you. Good listeners help children figure out how they feel instead of telling them how they should feel.

- **Keep discipline separate from talking.**

Your child may not listen to important information if it is given in anger. Choose a time to talk when you can listen to each other.

- **Don't make assumptions.**

Tell your child, "I trust you" through your words and actions. Just because your child is asking questions about drugs and alcohol, for example, doesn't mean your child is using those substances. Curiosity is natural.

- **Keep the conversation open-ended.**

After answering a question, ask your child what else he or she would like to know. This lets your child know you expect more questions and it is okay to ask.



KAISER PERMANENTE®

Telephone: (877) 353-2223

Website: [kp.org/etp/ncal](http://kp.org/etp/ncal)

1438 Webster St., Ste 205

Oakland, CA 94612

CA YOUTH CRISIS LINE

1 (800) 843-5200

# ThinkBridge Summer Camp

an exciting Pacifica summer camp for curious kids ages 6 - 11



This summer it's time to think, create and innovate! ThinkBridge Summer Camp challenges young minds to explore new ideas, analyze situations and solve creative problems through innovative thinking lessons and games, computer exercises and music instruction. Our fabulous staff of experienced Pacifica School District teachers and staff - Sydney Tyler Parker, Marilyn Wells and David Bradley - will lead campers through a summer of creation and innovation.

Ages 6 - 11

June 25, 2012 - July 20, 2012

8:30am - 11:45am

Vallemar School  
377 Reina Del Mar, Pacifica

To register visit [www.thinkbridgecamp.org](http://www.thinkbridgecamp.org)  
or call 650-355-9432

On-site pre- and post-camp  
child care available!  
7am - 6pm

Space is limited!

**ThinkBridge**  
think. create. innovate.