



#### Introducing the Angel Program at IHS: The Program with a Heart

The PTSA has rolled out a new program this year designed to help students in our school who may be experiencing a severe financial emergency or difficult living situation. This program is unique because it is completely funded by the generous donations of our own IHS community and it is completely anonymous. If you would like to donate to this program, please go to <http://www.issaquah.wednet.edu/> and click on "Pay Online" under Family Resources to make an online donation. You can also write a check to the IHS PTSA and put "Angel Fund" under the memo section and bring it to the front office in an envelope marked for the PTSA Treasurer. All donations are tax deductible. We are getting a large number of requests and your contributions would help ensure a child in our school has a warm jacket, a pair of shoes that fit, or even school supplies.

#### Issaquah Schools Foundation *All in for Kids* Update

Thanks to the nearly 1,200 families who have donated to the *All in for Kids Annual Fund Campaign*. Look for your name in a special Thank You ad in the November 7 issue of Issaquah Press. Now it's time for everyone else to pitch in. The degree to which the Foundation can fund its ongoing roster of programs is dependent upon meeting our \$330,000 *All in for Kids* campaign goal. You can do your part by [giving](#) now, or by answering the phone when our high school students call on the nights of November 13 & 15. Whether you can give \$5 a month or \$500 a year, know that your gift will elevate and enrich education for every Issaquah School District student. Thank you.

#### Parenting Book Review

*Getting to Calm*, by Laura Kastner and Jennifer Wyatt, addresses the science behind adolescent brain development. The book details techniques for maintaining parent sanity in the difficult teen years and is grounded in the principle that our number one rule for parenting should be to keep a mostly positive relationship with our teens. This book gives parents important information about teen brain development and gives us a road map of how to approach our teens in teachable, positive manner. The book reminds us that while the days are long, the years are short.

#### Next PTSA Meeting in the EVENING

Our next PTSA meeting is THURSDAY, November 15 at Issaquah High in the office conference room. Come at 6:00 pm for a half hour of socializing; the meeting will begin promptly at 6:30 pm. Meetings are a great opportunity to get to know other parents and to hear directly from our principal, Paula Phelps, about what's happening at school. All PTSA members are eligible to vote at PTSA meetings. We hope to see you there!

For information on the Issaquah PTSA, please visit our [website](#).