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¡Qué Pasa!

Get your fingers on the Pulse of the school

Submitted by Cathy Relyea

Parent and Grandparent volunteers are helping to keep the playground safe and helping to keep chaos at bay in the lunchroom. It's a great way to see your child in action. The help is greatly needed and it only takes ~1hour of your time. Here's what fun some of the volunteers are having in the process:

"Volunteering at lunch and recess has been a great way to not only help out the school but feel like a fly on the wall and see how well the kids are interacting, following direction and generally enjoying themselves at school. They seem to have the lunch/recess system down and are eager to eat lunch and get to recess." **Julie Baker**

"I'm surprised that I'm having so much fun!! It is amazing to see how much they've matured since my first time. They really get along pretty well with each other, due, I'm sure, to the great families and staff here at Puesta del Sol!!!"
Abuela Newberry

To get in on the fun, just check the calendar and pick dates and times that work for you.

<http://tinyurl.com/puestalunch>

OR, contact Cathy Relyea - crelyea@yahoo.com

Your child will LOVE it and you'll have your fingers on the pulse of the school!



Swine Flu Virus



H1N1 Virus

- Doctor visits and hospitalization rates for Influenza-Like-Illness are climbing
- Novel Influenza A (H1N1 - or "Swine Flu") is a new flu virus of swine origin and was first reported in Mexico & the U.S. in March/April 2009
- Flu symptoms (H1N1 or seasonal flu): fever, cough, sore throat, stuffy nose, body aches, headache, chills, fatigue, sometimes nausea, diarrhea, vomiting
- **STAY HOME.** Most people with 2009 H1N1 or seasonal flu have mild illness, not requiring hospitalization
- Very young or elderly people, pregnant women and those with other medical problems are at higher risk of developing serious complications from flu
- You or your child should stay home for 24 hours after the fever is gone
- Stay away from others and don't forget to **WASH YOUR HANDS** to keep from spreading the virus around. The virus can live on surfaces for up to 8 hours.
- www.cdc.org (Center for Disease Control) website has lots more information
- www.uw.edu/flu is also another resource via the University of Washington

Get to know our amity interns

By Mary Fredericksen, Amity Committee Chair

Well, once again, we have a wonderful group of Amity Interns who bring exposure to the culture and language from Spain, Chile and Colombia. As of today, we are still waiting for the VISA to work out for our Spanish Aide, Violeta Planas, so keep your fingers crossed.

Again this year, our Amities are assigned to specific grades. Mariela-KG, Laura-1st/2nd, Carlos-3rd, and Fabian-4th/5th. They offer valuable teaching experience to our children and aid our wonderful teachers. They have a very full and busy schedule at our school. At times, they have small groups of students to supplement reading skills and other subject areas, they provide extra hands-on teaching all day long, they all assist on Math Wednesday in 5th grade, they do some tutoring outside of school hours, they will be a big part of the February International Festival, they take a class at Bellevue College, and more! They're kept very busy and are an invaluable asset to our school community.

A HUGE thank you goes out to all the host families and helper families. We can't do this without you. Please welcome them and think about asking one of them on a fun outing with your family. If you have any comments or questions about this program, please contact Mary Fredericksen - maryandjohn4@comcast.net.

Mariela Silva Valdivia - Amity Intern, Santiago, Chile



My name is Mariela Silva, I'm 28 years old and I'm from Chile. I finished my studies as an English teacher two years ago. I travelled to Australia for studies and I learned more about teaching teenagers and children. I worked for one year in an International School with preschool children and that was a beautiful experience because I learned a lot from them.

Some things about me are: I love travelling and meeting new people and cultures, I like listening to music and read books. I have traveled to Europe for one month with my family and I have traveled with my sister to Brazil, Peru, Argentina, Paraguay and Uruguay. I love chocolate (especially in winter), my favorite animals are dogs and dolphins, I am very forgetful, I love to sing but am a horrible singer, and I still draw like a kindergarten child!



Fun Facts about Chile::

- Chile is the longest and narrowest country on the planet
- Atacama Desert is one of the driest places on earth
- The name of the government palace of Chile is "La Moneda" that means "The Coin"
- There are more than 2000 volcanoes in Chile, 50 are actually active
- Soccer is Chile's national sport
- The Chilean equivalent to a U.S. burger is the Lomo a la Pobre (poor man's steak), a combination of steak topped with two fried eggs and smothered with french fries and fried onions (very healthy!)
- Chileans eat four meals a day: a light breakfast of coffee/tea and toast. Lunch is ~1pm-3pm and is the main meal of the day - soups and stews are common. Between 6pm-8pm, it is common to take "onces" - afternoon tea/coffee with a sandwich and sweet. Sometimes people then have dinner but is rarely earlier than 9pm and can run as late as midnight
- We don't use **chili** in our meals!

Until now, I have seen that people here are very friendly and welcoming. You are very aware of the environment and help it with recycling - not littering and more. I would love that my whole country could see that and learn about it. The thing that I have to get used to here is the different meals you have here during the day. I'll probably get used to that pretty soon I guess!

Mariela Silva
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Laura Rojo Pascual - Amity Intern, Valladolid, Spain



My name is Laura Rojo Pascual and I was born on Thursday October 17th, 1986 in Valladolid, a city 200 km (150 miles) away from Madrid. I live with my parents in a village named Laguna de Duero that is 3,5 miles away from Valladolid city. Both my parents are civil servants in Spain. I also have a brother, David, who is an architect in Salamanca.

I have always been in the same school because in Spain we have schools from pre-school until high-school or some are separated as you have in the USA. So, I was in a religious school called "San Agustin" for fifteen years. My school is one of the biggest in Spain. We were around 2,000 students in it and I am very proud of it because I spent one of the best periods of my life there.

After these fifteen years at school I was studying English for two years and after that I started my degree in Children English Teaching. I have already finished it last June so I am graduated in Children English Teaching. I did my first practical training for a month at San Agustín School, my own one and my second one I did it at Ben Rhydding Primary School in Ilkley, a little village of Leeds in the UK. I have also been tutoring some kids and teen-agers in Spain.

Nowadays my principle interests are to become a good teacher at Puesta del Sol Elementary School by teaching my own language that is a pleasure and I will do it proudly. My hobbies are to travel around the world, music, go out with my friends, the handcrafts, cooking and shopping. I used to listen different kinds of music depending on my own mood. I like Spanish, American and English pop, flamenco, rock, alternative music, techno-dance, etc.

I want to travel! I have been in France and Portugal on holidays with my parents. I was in Tunisia when I was around fifteen with my uncle, my aunt and my cousin. I have been twice in Italy. Once with my school when I was sixteen and I was in Rome, Florence, Venice, Milán, etc. and the last one was this last winter in December. I went to Rome because my cousin was studying her degree there. I was in Leeds (UK) for one month doing my second practical training as teacher. Finally, I was in Germany in July during five days because my boyfriend's brother got married there.

As far as sports, I like tennis, volley-ball and basketball but I use to go to the gym in Spain because what I am really like is dancing. I do step, latin jazz, batuka, exercise bike and elliptical.

Fun Facts about Spain:



- The book "Don Quijote de la Mancha" (Don Quixote) was written by Don Miguel de Cervantes y Saavedra in 1605. This author was born in my city, Valladolid, which is really proud for me. Since I am in the USA, I have seen that a lot of people have this book so I think that it could be a good anecdote for everybody.
- Our last names system is curious for you. We have two last names, the first is from the father and the second one is from the mother. For example: If my name is Laura Rojo Pascual, Rojo is from my father and Pascual is from my mother. We have to have two last names, however, the order of them can change, we can have our mother's last name first and our father's last name the second, it is up to the parents. So it is a good way for no to lose our familiar roots.
- The units of measurement is hard for us to understand because in Spain we use metric so it is very important to me to have a table like this:

MEASUREMENT	USA	SPAIN
Temperature	1 fahrenheit	-17,2 Celsius
Currency	1 \$	0,70 €
Weight	1 pound	0,453 kilos
Length	1 mile	1,60 kilometers
Area	1 foot ²	0,092 metre ²
Volume	1 cubic inch	16,38 cubic cm

Since I have been here, I noticed that the size of the things is very BIG here from the food up to the shampoo! Finally, American people are very kind. You take in everybody, however, Spanish people are more close minded. The reason could be that Spain is more dangerous than the USA and we are more distrustful. The school is being great for me and I love your lifestyle.

Laura Rojo
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Carlos Abia López - Amity Intern, Valladolid, Spain



Hola Puesta Del Sol,

I am Carlos Abia, one of the four Amity Interns Teachers at "Puesta". I am from Spain and after finishing my degree as a Foreign Language Teacher I decided to take this Amity program to share my own culture and language in the U.S.A. and also to improve my English level. After living with a nice family so far for two months in Bellevue I would like to share some of my personal first impressions with all of you.

It did not take me one minute to realize how *big things* are in the States for an "European Guy". I had never been out of Europe, so here I found big cars, (wider) roads, XXL houses, huge clothes sizes, or even a bottle of milk in the fridge was huge for me. More over another surprising thing for me was not seeing people walking on the street, but after trying to take the bus to go to Seattle I understood how far the distances are to go walking to downtowns.

A little about me: I studied a degree as an Electrician but after working for five months, I decided to become a teacher like my father and brother because I like working with people, not instruments. I am adventurous and like hiking, traveling, visiting natural parks, basketball, biking, jogging or any other sport and I was a referee for children's basketball. As a good Spanish man, I like fútbol and if I tell the truth, I like Real Madrid more than Fútbol Club Barcelona (Barça)! I like rock and pop music - The Offspring, Nirvana, Red Hot Chili Peppers, and I like Reggae music when I want to be relaxed.

I like to try new things in the kitchen and am fond of cooking. I am able to do Spanish Omelettes (Tortilla de Patata), some tapas and my own plates of Macaronis, Spaghettis or Lasagne.

I spent 22 days in Finland for an educational program, I was an exchange student in France, I have traveled to Rome and Portugal and to Germany to see my brother who works there as a Spanish and English teacher,

The time is running so fast, and the four Amities are having a busy time. That is why we are trying to make the most of this fabulous experience and at the same time to do our best. I have had the pleasure to visit nice places like the Space Needle, Safeco Field for a Mariner's game, Qwest Field, Huskies Stadium "Go Huskies", beautiful natural places like Snoqualmie Falls and Freemont to see the salmon, the ships in the canal and the Freemont Troll.

Fun Facts About Spain:



- Everything is half the size (cars, houses, domestic electronics)
- Spain is ~twice the size of Oregon but is a big country in Europe
- The locals have lunch at ~2 or 3pm and dinner at ~9 or 10pm
- Christopher Columbus set sail from Spain in order to find the New World
- Tourism is the biggest industry. Benidorm, a beach town near Alicante has the 3rd most hotel rooms in Europe after London and Paris

To say goodbye I would like to give thanks to all families that have trusted in us since we arrived. We have been welcomed with open arms and we have spent nice dinners and times with wonderful families. Also you are helping us as much as you can; giving us rides to go anywhere, listening to our concerns or even giving us some tickets for enjoying our free time. Thank you everybody for being so nice with us and "Viva el Español".

Carlos Abia
abia84@hotmail.com



Valladolid

Fabián Güiza Pinzón - Amity Intern, Barbosa, Colombia



Hola Puesta del Sol,

I was born in Barbosa, a city close to Bogotá. I am a person that enjoys improving and learning in all the kind of field works. I enjoy traveling, this is the first time outside my country, talking and getting to know people with different points of view. At the first, I am timid, usually don't talk a lot but after with more confidence I am funny, in this days I feel mixed up because I can understand a lot but is so hard to express my ideas. I love cooking and want to improve in the kitchen and learn more about different kinds of food.

Colombia is a big country not only in land and natural resources, but also in people's strength. The people of Colombia go on even with the social and security problems, caused by a political war, that long time ago destroyed our country.

Fun Facts about Colombia:



- The fever of the Colombian people for religion. They believe each profession has their own saints and virgins and there is a special day and parade for each one
- There are a lot of colonial and gothic churches of more than four hundred years old
- The food is another special and rich part of our culture. As a country where we can find all kind of weather, it is easy to find all kind of fresh vegetables, fruits and meats. For that reason we can taste enjoyable mix of flavors and beverages that have improved over hundreds and hundreds of years of becoming better from our native origins
- The creativity of our people for handicrafts and designing new ways to earn money according with the world economic situation. Keeping in mind that most of our older population didn't have the chance to finish high school or university studies, in this point appear new ways of informal business like: mini-stores around of each corner in each neighborhood, mini-fast food stores, abundant fruit and food sellers
- There are lots of things that we can find and enjoy in Colombia, the fraternity of our people and all the culture, dances, food that we could enjoy.

What I first noticed here is there are a lot of changes: weather, customs, food, schedule, and culture. For example, in Colombia, at an intersection, cars always go first and pedestrians try not to be hit by the cars.

The families of Puesta del Sol are so warm and trusting. I see myself as a cultural Colombian ambassador, to show the fraternity and warmth of our people, the food and meals. A lot of cultural things that we could get to know, from me and each Colombian and Latin American that live close to us.

Fabian Güiza

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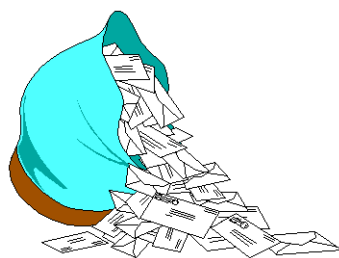
mailbag



Hola Puesta del Sol,
I miss all of you a lot.

Nowadays I am taking classes in my University, UPTC in Tunja, Colombia. I am enrolled in my 3rd year of Business Administration. Sometimes on Fridays I like to go out with my friends and on weekends I usually do something with my family such as travelling, watching movies, going out for dinner, etc. Also in my free time, I am teaching English classes and that keeps me pretty busy on the rest of the week. Now more than ever, I love watching English movies and TV shows because they make me recall the wonderful time that I had when I worked at Puesta del Sol, lived with my host families and hanged out with all of you.

Christian Garcia, Amity Intern, '08-'09



Hola Puesta del Sol,

Since I left Bellevue, the new thing that happened to me was I got a job as an English Teacher an Academy here in Tunja where I have had the opportunity of working with teenagers and adults. This experience has been quite good..

One day I would like to get the chance to go back and visit you. I would like to say "Hola" to Sr. Migliore, the kids and everyone at Puesta del Sol. Each one is in my heart and mind.

Love, Angelica Parra, Amity Intern, '08-'09

Hola Puesta del Sol!

I am back in my life in Colombia and everything is around University and finishing my degree in Foreign Languages. I am taking 3 subjects in French, 2 in Spanish and 2 in English. I want to finish my final practice in France next year.

The first days of coming back were really hard. The culture shock was hard but now everything is OK and I am having a great time with my friends

Of course I miss all the people who offered their friendship, my wonderful host families, my life at Puesta del Sol, and most of all I miss my dear children from KG and my sweet KG teachers. I learned a lot thanks to your help and support. Now I am a better person. Every person there taught me something good and special for my life. I will remember you forever.

Pedro Amado, Amity Intern, '08-'09