



Weekly Bulletin



Life skill for the month of **September** is:

**FALL FORMS
STILL NEEDED!**



PLEASE print and sign the Fall Forms with your child and return them to Student Services: **FALL FORMS**

COMMUNITY PICNIC!

Our annual Community Picnic is this **SUNDAY, OCTOBER 2nd!** at Nueva School in Hillsborough from 12-2pm

Click here for the flyer and directions:

[COMMUNITY PICNIC FORM](#)



We still need **VOLUNTEERS!** If you can help please contact Margaret Toor at Margaret@2or.net

CAS BACK TO SCHOOL NIGHT:

MIDDLE SCHOOL

Monday, October 3, 2011 **LOCATION:** CAS Multi-Purpose Room
5:00-7:00 pm

- **4:45-5:00pm:** PowerSchool training for parents will take place in the Multi from.
- **4:30-5:00pm:** Specialty teachers will be at the rounders to meet with parents and talk about their programs. Ms. Ballard will be in the Music room receiving visitors
- **5:00pm:** Formal program begins in the Multi. After brief presentation, parents will transition to their students home-rooms for the remainder of the evening.

Meeting is MANDATORY for at least one parent from each family. No children please.

IMPORTANT UPCOMING DATES:

October 2 12-2pm	<i>Community Picnic!</i> <i>Nueva School, Hillsborough</i>
October 3 5-7pm	<u><i>Middle School:</i></u> <i>Back-To-School Night</i>
October 6 8:30-10am	<i>Common Ground Follow-Up</i> <i>Coffee with Jason and Jayme</i> <i>RSVP: Brittany Thayer</i> <u><i>BThayer@charlesarmstrong.org</i></u>
October 7 8:30-10am	<u><i>Grades 1-3:</i></u> MANDATORY Parent Coffee
October 10	<i>Columbus Day!</i> NO SCHOOL
October 12 8:30-10am	<u><i>Grades 6-8:</i></u> MANDATORY Parent Coffee
October 13 6:00-7:00pm	<i>Foundations Fluency Training</i> MANDATORY for all new CAS parents grades 1-4.
October 14 8:30-10am	<i>Transition Meeting</i> <i>RSVP: Brittany Thayer</i> <u><i>BThayer@charlesarmstrong.org</i></u>

SAVE THE DATES:

October 19 8:30-10am	<u><i>Grades 4-5:</i></u> MANDATORY Parent Coffee
October 19-21	<i>6th Grade Outdoor Ed Trip</i>
October 24-28	<i>Book Fair</i>
October 28	<i>Jog-A-Thon/Chili Cook-Off / Halloween Parade</i>

FUNDATIONS FLUENCY TRAINING

MANDATORY for all new CAS families grades 1-4.

When: October 13th

Time: 6:00-7:00 pm

All returning parents are welcome and strongly encouraged to attend. This evening is for parents only. You will receive your fluency materials and help familiarize you with fluency homework procedures. **RSVP** directly with your homeroom teachers and find out what level training to attend.



Thank you to all of our parents who attended Lower School Back to School Night and to CAPSO who provided the tasty snacks and beverages!

JOG-A-THON!

Get ready for the Jog-A-Thon on: **FRIDAY, OCTOBER 28th**

Thanks to all the parents who stepped up to fill our volunteer leadership roles and to the many others who have indicated they will help. With a team effort this event will be a great success.

- Donation envelopes will be coming home with you child soon, so start thinking who you or your child can ask for a small contribution to support our classroom and school programs. Please note: We are asking for advance payment of flat donations only, no per lap contributions.

We are rounding up volunteer for the day of the event. You can volunteer for 1-3 hours in a variety of fun ways. To volunteer, contact one of our co-chairs:

Margie Curran Lackofslp@aol.com Cell: 415-608-2189 Home: 415-731-7146	Felicia Farrell-Martin krzy6pk@gmail.com Cell: 415-378-3292 Home: 415-927-2541
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COUNSELING CORNER:

By Jason Bradeen and Jayme Mahoney

**THIS WEEKS TOPIC:
New Student Groups and Parent Discussion Groups**

NEW STUDENT GROUPS

- Roughly one group per grade that meets weekly throughout the first month of school
- **Purpose:** To help the students assimilate into CAS socially and emotionally, while processing their hopes and fears about coming to CAS with other students in the same position.

*Psychological research shows that in the hierarchy of human needs, higher functions such as cognitive learning cannot occur until the basic needs for safety and security are attained.

- Based on this principle, we aim to address the student's anxiety and fears that must be allayed in order for academic learning to follow.

During meetings we:

- Voice common past experiences—including when the student was seen as “stupid” by classmates who didn’t understand their unique mind
- Help them get to know the other students
- Play interactive games

The reassurance of these groups translates to increased self-esteem, decreased anxiety, and expedited learning in the classroom.

PARENT DISCUSSION GROUPS

*Parents also experience the same anxieties about having their child come to CAS.

How does a parent best support an LD child?

- Just as your child can benefit from discussions within a group of shared experiences, we offer parents the wonderful forum of our parent coffees.

Come share with other parents who are experiencing the same worries, challenges and hopes as you.

First Parent Discussion: **Thursday, October 4th**

- 8:30-10am in the CAS Library
- This is designed as a follow-up discussion from the Common Ground speaker series entitled “True Grit”. Please go to www.commongroundspeakerseries.org for time and location of these lectures.

SPORTS CORNER:

Volleyball

Check out the Girl's Volleyball schedule as they start their season: [VOLLEYBALL SCHEDULE](#)

Thanks!
Mariah Pospisil and Michelle Fergus

Flag Football

We lost a tough game this week against Highlands Christian by one touchdown. There were some great plays made by 8th graders and 6th graders.

- Click here for the season schedule: [FLAG FOOTBALL SCHEDULE](#)

Thanks!
Nick Wynn



Street Hockey

It's Hockey Time! Due to so many signups, players have been split onto two separate squads, designated by the color of their jersey. To be fair, they were placed on their respective team based on where they live so we have a Cougar Red and Cougar White team.

Check out each teams season schedules:

- [COUGAR RED TEAM SCHEDULE](#)
- [COUGAR WHITE TEAM SCHEDULE](#)

Thanks!
Russ Smith
650-592-7570 x219

Cross Country

Our next meet is on Wednesday, October 5th at 4pm!

- Click here for the season schedule: [CROSS COUNTRY SCHEDULE](#)

Please email me on a weekly basis to let me know whether or not your child will be attending the meet so I know how many drivers I will need. If you can volunteer as a driver or snack please email me with all possible dates.

Thanks!
Coach Scott Douthit
lynndance@astound.net
650-592-7570 x220

TRANSITIONS & ADMISSIONS:

UPCOMING DATES:

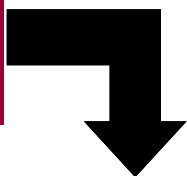
- **CAS Connections** will be available on Back to School Night on October 3rd
- Parent Education brochures are available on campus or click here to take a look: [PARENT EDUCATION BROCHURE](#)
 - Check out this week's speaker series from Common Ground: [COMMON GROUND: TRUE GRIT](#)
- Click here to see the Open House list: [OPEN HOUSES](#)

October 14 8:30-10am	TRANSITION MEETING Overview of the Transition Process followed by a Q&A session with Debbie Vielbaum & Laura Birss RSVP to Brittany Thayer: BThayer@charlesarmstrong.org
October 22 10am-12 Twin Pines Lodge, Belmont	LD SIMULATION—For children 12 and up. Parents welcome to attend parent discussion group. This hands-on experience is designed to increase awareness of the frustrations that people with dyslexia encounter daily. Limited to the first 50 children. Located: 40 Twin Pines Lane (formally known as 1241 Ralston Avenue) RSVP to Laura Birss: LBirss@charlesarmstrong.org



Check our website e-calendar when in doubt about the date or time of a school event!

**IMPORTANT
SAFETY
REMINDER!**



*For the safety of our students,
please remember they must exit
your car at drop-off only from
the passenger side.*

ART ROOM:

Still needs **newspapers** to keep our tables clean. Students can deliver newspaper to the art room.



Thanks,
Patty Jones and Kristi Martinez-O'Hara
Art Teachers

CAS Art Recess Program needs VOLUNTEERS!

Art Recess: 11:45am-12:45pm

Need Volunteers: Mondays, Wednesdays and Thursdays
The only "in-classroom" volunteer activity available and no art experience necessary! If interested please contact CAPSO Art Coordinators:

Michelle Katcher
michellekatcher@hotmail.com
(408) 265-0960

Wendi Upchurch
upchurch2412@yahoo.com
(650) 678-5560



PARENTS!

To check out the yahoo group and find the carpool list along with other great information click here: [YAHOO GROUP](#)

STUDENT ABSENCES:

Parents, please remember to phone in your child's absence to the Attendance Line at 650-592-7570 ext. 400 by 9:00am each day your child is absent, going to be late, or going to be out of the classroom for testing or vacation.

Please state:



1. Child's Name
2. Classroom Number
3. Reason for absence

If we do not receive a message from you on the absentee phone line, we will have to call you to find out why your child is not at school.

CALLING ALL BATTERIES!

BATTERY TYPES: Small coin type, AAA, AA, C, D, 9v and 12v



We have a place for you right here to recycle your batteries if you cannot make it to the recycling center yourself. The science teachers in room 12, Danny Meyer and Annie Bartkowski, are collecting batteries. Empty your drawers, refresh those flashlights, replace the ones in the video game controllers, check the old remotes from the even older VCR machines and help CAS help the environment. We are not able to accept large batteries so please take your car, boat, plane or space craft batteries elsewhere. Thank you for your help.

OUTDOOR EDUCATION:



6th Grade Families:

October 19th - 21st
Ropes and Redwoods trip to Alliance
Redwoods in Occidental

If you have not turned in your registration forms, PLEASE send them with your student on Monday. Next week I will be talking with the class about the trip. I will also issue a letter with information on how to package medications for your child and to offer last minute reminders for all families.

- Click here to check out: [OUTDOOR ED WEBPAGE](#)

Any questions please contact me by email. Thanks!

Danny Meyer
Director of Outdoor Education
DMeyer@charlesarmstrong.org

TEAM TEACHING:

In support of the teaming initiative at CAS, we ask that when you send an email to your child's teacher please include all the teachers in your child's classroom. You can find their names from the class placement list mailed to you this summer.

Use their first initial and full last name + @charlesarmstrong.org

HOW TO EMAIL A TEACHER:


EXAMPLE: Susan Smith = ssmith@charlesarmstrong.org

OR TEACHERS BY ROOM:

EXAMPLE: All teachers in Room 4
Room04Teachers@charlesarmstrong.org



LOST AND FOUND:



Write your child's name and
classroom # on all
sweatshirts and jackets!

Each week the bin is emptied. Labeled clothing is washed and returned to the classrooms. Clothing that is not labeled is donated to the Uniform Bank.

AFTER SCHOOL CARE:

The After School Care Coordinators are:

- ◆ Mondays, Wednesdays, Fridays: Ruby Ruiz
- ◆ Tuesdays: Jenny Burns and Ruby Ruiz
- ◆ Thursdays: Jenny Burns

Location: CAS campus library

Hours: 3:00-5:30pm M, W, Th & F

12:45-5:30pm Tuesdays or Conference days

Contact Number: 650-391-8593

Late Fee: \$15 per quarter hour will be charged for picking up your child after 5:30pm.

SIGN UP FOR:



We can receive funds from purchases at Safeway, Lundardi's, Piazza's, Cal-Mart, Mollie Stones and others. Every \$\$ that is earned through EScrip goes to your child's classroom and we have the potential of earning \$1000+ /month.

Sign up for EScrip at www.escrip.com

CAS ID#: 137612735

If you do not have your actual Safeway card number (you cannot use you phone # for Escript), please contact Safeway's Customer Care Center at 877-723-3929 for you number and then register. Families with Escript accounts go to www.escrip.com to renew your Safeway commitment.

Any questions please contact me at Naomi.shimizu@sbcglobal.net

