

**Important Dates**

- |                       |  |                          |
|-----------------------|--|--------------------------|
| • Friday, Oct. 23     | Common Ground follow-up Counselor Coffee, 8:30am | Charles Armstrong School |
| • Mon-Fri, Oct. 26-30 | Book Fair  | Charles Armstrong School |
| • Friday, Oct. 30     | Jog-a-Thon                                       | Charles Armstrong School |
| • Friday, Oct. 30     | Chili Cook-Off—Yummy Competition                 | Charles Armstrong School |
| • Friday, Oct. 30     | Halloween Parade (12:45-1:30pm)                  | Charles Armstrong School |

**Halloween Chili Cook-Off !!!**

October 30<sup>th</sup> is a busy day at CAS! While the children run their Jog-a-Thon laps, we invite our **parents** to **brew a batch of their favorite chili and bring it to CAS to compete in our annual Halloween Chili**

**Cook-Off!** Who will win bragging rights for the 2009-2010 school year?? You have to participate in order to have a chance! See the flyer at the end of this bulletin for rules of the competition. Even if you don't win, what could be more fun than sampling everyone's chili and Ralph Lortie's famous home made cornbread?

Please RSVP to Adrienne Foran at [aforan@charlesarmstrong.org](mailto:aforan@charlesarmstrong.org) by October 23<sup>rd</sup> if you want to enter the contest to end all contests!



**We dare you to compete!!!!!!!!!!!!!!**



**CAS Imagination Wine Sale – Save on Shipping for 10 More Days!**

Order your CAS Imagination Wine before October 25<sup>th</sup> and we will pick it up for you!

You can collect your wine here at CAS on Jog-A-Thon Day, Friday, October 30<sup>th</sup>. To see our selection of wines and place your order, go to [www.charlesarmstrong.org](http://www.charlesarmstrong.org) and click On **SIP FOR SUCCESS**.

PLEASE REMEMBER TO WRITE **CAS PICKUP** IN THE NOTE BOX ON THE ORDER FORM AND SELECT THE LOCAL PICKUP OPTION IN THE SHIPPING PULL DOWN MENU. THIS WAY, THE WINERY WILL KNOW IT IS FOR US TO PICK UP

**Retake Picture Day**

The Retake Picture Day is scheduled for Wednesday, Nov. 4<sup>th</sup>. The order forms will be sent home with students so be sure to check their backpacks for the form. All students who did not have pictures taken on the original picture day should be sure to have their picture taken.

Pictures have been received and delivered to each classroom. Teachers will be sending them home with the new order forms. If you are unhappy if your child's picture you can have it retaken but must return the packet of pictures on that day.

The Sport Teams group pictures will also be taken on Nov. 4<sup>th</sup>. The order forms for these pictures will be distributed by the coaches next week. Team members should wear or have their uniforms with them for the pictures.

If you have any questions regarding pictures please contact Pat Piper at [ppiper@charlesarmstrong.org](mailto:ppiper@charlesarmstrong.org)

# SCHOOL NEWS

## ***The Life Skill for the month of October is LISTENING.***

The power of listening, really listening, is such an important aspect of being a human being. Learning to listen to what another is saying is a critical skill and one that can have a positive impact on every aspect of life. During this month we will be paying special attention to helping our students increase their listening skills. If you have an opportunity to have a discussion with your student about listening, and practice yourself that would be great. Nothing can make a student feel more supported and loved than truly being listened to.

“Most of the successful people I've known are the ones who do more listening than talking.” -Bernard M. Baruch

“I know that you believe you understand what you think I said, but I'm not sure you realize that what you heard is not what I meant.” -Robert McCloskey



### ***The Counseling Corner***

Throughout the month of October, The Counseling Corner will feature an ongoing weekly discussion of the top 5 emotional difficulties impacting LD children. The last two discussions have focused on shame and fear. This week the Counseling Corner will address the third emotion of our 5 part series of emotional difficulties that commonly impact the LD student:

#### **LD Emotion: Environmental and Emotional Sensitivity**

The LD student may often carry within their make-up particular environmental sensitivities. These often include sensitivities to: food types and textures, fabric and clothing, background noise, side-conversations, loud sounds, etc. There are not any ‘magical’ solutions to remedying these sensitivities, but you can work with your child to discover their triggers and try to eliminate them from their environment.

LD adults and children both experience higher levels of emotional sensitivity than the general population. Do you notice that your child easily becomes angry and/or sad, or that he/she easily takes on the emotions of others? Often LD children will exhibit extremely sensitive internal states, and can be easily overwhelmed by the intensity of their feelings. The level of feeling in the LD student can often overtake their ability to reason through a situation and they will instead collapse into tears or frustration. Building your child’s self-awareness around his/her feelings and fostering coping strategies will help tremendously.

For example, after your child has experienced an emotional melt-down and is back to a more balanced state, initiate a conversation. Ask your child: When did you first notice your emotions building up? What actually happened that caused you to explode, cry, etc? What were you saying to yourself in your mind when this was happening? Was what you were saying in your mind making you feel worse or feel better? What eventually helped you to calm back down?

The key is to slow down the process enough so that your child begins to see the steps that get them into a highly emotional state. Help them to identify what their repetitive ‘triggers’ are, i.e. doing a big school project, being overly tired, skipping a meal, etc. Also, help them to notice what gets them out of these bad feelings. Often this will require shifting their environment and their internal self-talk. For instance, can they help themselves feel better by: taking a walk, listening to music, journaling, talking about it with a parent or a friend, spending time with a pet, etc. Help replace negative self-talk with positive, supportive internal dialogue. For example: if they are saying to themselves: ‘I am stupid’, make them practice replacing this with ‘I am good at a lot of things and I am having a hard time with this specific assignment.’ If your child is consistently having emotional melt-downs, please do not hesitate to reach out to Jason or Jayme. We can work with you to find solutions, as well as helping to link you to outside professional services, if needed.

#### **One more reminder:**

**The first parent coffee will take place Friday, October 23<sup>rd</sup> in the CAS library from 8:30 to 10. This is designed as a follow-up discussion from the Common Ground speaker series taking place Oct. 5-7**

Please feel free to email Jayme and Jason with any topics that you would like us to cover in future month’s editions of The Counseling Corner!

Jason Bradeen: [jbradeen@charlesarmstrong.org](mailto:jbradeen@charlesarmstrong.org); Jayme Mahoney; [jmahoney@charlesarmstrong.org](mailto:jmahoney@charlesarmstrong.org)



## **Jog-A-Thon, Friday October 30th — Important Updates!**

**Sponsorships:** Pledge envelopes, with all contributions collected in advance, are due to classrooms on Monday, October 26. **All classes with 100% of their envelopes in by October 26th receive free dress! The first class with 100% of their envelopes turned in gets an ice cream party AND free dress!** Last week you should have received your Jog-A-Thon sponsorship envelope. If you have misplaced yours, please pick one up in Student Services and be sure to mark your child's name and room number. This year we are asking for advance payment of flat donations, no per-lap contributions. Donations can come from one donor, or a total contributed by several family members and friends. Our suggested total for donations is \$125 per child. Please give generously so CAPSO can reach its \$30,000 goal for classroom and school programs!

**Online contributions:** Visit [www.charlesarmstrong.org](http://www.charlesarmstrong.org), go to "Quick Menu", select "Online Giving", and then select "Jog-a-thon" under the "I would like my gift to support" drop down menu. Please indicate the name of the child and room number in the "Name of Student" box.

**Jogging Schedule on October 30:** Parents are welcome on campus for the Jog-A-Thon, Chili Cook-Off, and Halloween parade. Here is the jogging schedule: 8:45 am: Rooms 3, 7, 8, 17 & 18. 9:45 am: Rooms 10, 11, 13, 14 & 20. 10:45 am: Rooms 4, 5, 9, 15 & 16. Details on the Chili Cook-Off and parade are found elsewhere in this bulletin.

**Volunteers:** We are still rounding up volunteers for the day of the event. You can volunteer for 1-3 hours that morning in a variety of ways. If you are interested in helping, please email Audrey Fox at [audrey\\_fox@comcast.net](mailto:audrey_fox@comcast.net) or Kathy Thibodeaux at [kathythibodeaux@comcast.net](mailto:kathythibodeaux@comcast.net). Thank you!



## **Important Halloween & Jog-A-Thon Reminders!**

- Jog-a-Thon information and pledge forms were sent home. Additional forms are available in Student Services. Please turn in pledge forms ASAP.
- Room parents and classroom teachers are planning Halloween classroom parties. Even though it is Halloween, CAS follows the "no candy" rule on campus.
- Please follow these general guidelines for costumes:
  - No weapons.
  - No revealing costumes.
  - No images, messages or attitudes that are hurtful to others.
- Students who do not follow these costume guidelines may not be allowed to wear what they bring to school.
- Parade begins at 1:45pm and parents are invited to attend and dress up in costume. Parents must sign-in at Student Services.
- Free Dress Day – special Jog-a-thon t-shirts will be distributed to all students that morning before running. Students should wear comfortable and appropriate clothing and shoes for running. They will change into costumes shortly before the parade.
- If you choose to take your student home before dismissal, you must sign out in Student Services.
- Due to individual classroom parties, there will not be a school-wide barbecue. There IS a fabulous chili cook-off for the adults to enjoy!
- **Pets are NOT allowed on campus.** Several students have asked if they can bring their dogs on this day. We **discourage** you from doing this since many students and adults have allergies and are not comfortable around dogs.



## ***Transition News***

Please see the comprehensive list of Open Houses for 2009-2010 at the end of this bulletin.

## ***High School Update***

### **Get a Closer Look: 8th Grade Parent Information Night**

For 8th grade students, high school is right around the corner! Carlmont's 8th Grade Transition Team is here to acquaint Middle School students and parents with Carlmont and provide information that will make the move from middle school to high school a little bit easier. Please come to their first event of the year for 8th grade parents:

**Tuesday, October 20th**

**6:00 – 6:45 PM - Campus Tour**

**7:00- 9:00 PM - Presentation by Principal Raul Zamora and visits to classrooms**

**Location: Carlmont High School Gym**

Please park in the lot by the tennis courts (2nd entrance coming from San Carlos, across from Chula Vista) and follow signs to gym. As time is limited the tours will start promptly at 6:00 and the Presentation at 7:00. Please plan to arrive early to find parking and locate the Gym.

This event is intended to provide a broad overview of the academic program at Carlmont and will commence in the gym at 7:00 SHARP with a short introduction by Carlmont Principal Raul Zamora. Parents will then be dismissed to nearby classrooms to hear presentations from Carlmont teachers on course material and academic expectations in the four core curriculum areas: Math, Science, English and Social Studies. Parents will rotate through classrooms in all four subject areas. Those who wish to explore electives or special programs may return to the gym after the classroom visits to receive information regarding: Performing and Visual Arts, Technology, Foreign Language, RSP, Special Education, AVID, Academy Programs, and Athletics. Parent Information Night is just the first in a series of events throughout the year.

## ***Parent Coffees***

CAS will host a series of parent coffees that closely align with the topics presented at Common Ground speaker events. CAS Counselors Jason Bradeen and Jayme Mahoney look forward to hosting these discussions. Please refer to our School Parent Calendar or our Parent Ed brochure for Common Ground Speaker locations and RSVP by October 21st to Laura Fabela ([lfabela@charlesarmstrong.org](mailto:lfabela@charlesarmstrong.org)) to reserve your seat at the coffees. We need your RSVP to ensure we have enough seats, coffee and treats for everyone!

**New Strategies for Success in School & Life**, Common Ground Speaker Oct. 5-7, **CAS coffee Friday, October 23, 2009, 8:30-10:00am**

## ***CAS Scholastic Book Fair***

Is coming to our campus October 26-30! The Book Fair is open daily 8:30 to 4:00.



You can find all of the Book Fair details on the CAS website [www.charlesarmstrong.org](http://www.charlesarmstrong.org). Through the website you may create a student wish list, see a sample of the featured books, or sign up to volunteer (or contact Stacey Signorello directly at [stacey@im-electric.com](mailto:stacey@im-electric.com)). Pre-paid gift certificates are also available for you to download so that your child will shed no tears over lost or forgotten money during book fair week!

All profits from fair sales go back to the library to purchase books on CDs, middle school fiction titles and graphic novels for our collection. Thank you in advance for supporting our CAS Library by purchasing books at the Book Fair!

## ***Have Important CAS News?***

Then have it posted in the Weekly Bulletin! Please email your submission to [aforan@charlesarmstrong.org](mailto:aforan@charlesarmstrong.org) by noon on Wednesday if you would like it to be included in that Friday's bulletin.

## **SCHOOL NEWS**

### ***Escrip***

Have you signed up for Escript?? This is free, easy money that goes to CAPSO. Thank you to all the families who have signed up online for escript. If you participated last year, don't forget to renew to continue earning Safeway contributions. Visit [www.escrip.com](http://www.escrip.com), click on "YES RENEW!" Parents, teachers, friends and families are encouraged to register their Safeway club card and existing credit/debit cards as supporters. A percentage of all purchases made at eScrip merchants will be given back to CAPSO including Safeway, online merchant purchases and eScrip dining program. Go to [www.escrip.com](http://www.escrip.com) Charles Armstrong School - ID 137612735.

Any questions, please contact [naomi.shimizu@sbcglobal.net](mailto:naomi.shimizu@sbcglobal.net).

### ***Raley's, Bel Air Market and Nob Hill Scrip Program***

Do you shop at Raley's, Bel Air Market or Nob Hill? Please contact Susan Horning at [sphorning@astound.net](mailto:sphorning@astound.net) and she will mail you a Quality of Life scrip card. This is a free program which will earn CAS money to be used to support CAS programs. Already have a Quality of Life card? Please remember to hand it to the cashier each time. Thanks!

### ***Art in October 2009***

In October students in all art classes will be learning about graphic arts, including, learning some of the essential elements necessary to create a graphic design. Lessons will focus on the elements of art including color, line, and shape. Students will be drawing illustrations and designing pages for the interior and cover of our school yearbook. These drawings are submitted to the yearbook staff for selection for our school yearbook.

**Announcing Student Art Exhibit**

**San Francisco Airport Museum**

**"Close Up In the Garden"**

**October 2009 - November 2009**

The eleven works of CAS student art will be exhibited in Concourse A at the Children's Art Exhibition Gallery, located on the lower level of Terminal One in the baggage claim area. The exhibit dates are October through November 2009. Please stop by if you are in the airport. The students whose work is being exhibited will be taking a field trip on October 21st to visit the San Francisco Airport and see the CAS exhibit that is on display.

### ***The Music Man Drama Production***

This year's drama production is *The Music Man* and the drama department needs your help.

You do not need to sew or have a child in the performance to earn volunteer hours or brownie points for your help. Just check your closets, yard sales or thrift shops for the following items:

For the boys we could use overalls or pants, beginning with kid's size 10 up to men's large. We can always cut things down. I am especially interested in wool, tweed, or corduroy--anything with interesting texture but not white or other very light colors. Golf pants might also work, especially plaids.

For the girls we could use long dresses (avoid very light colors and small sizes), long skirts (solid colors preferred), and long-sleeved blouses--ruffles are a bonus and any petticoats to fill out those dresses.

HATS! This play will need all sorts of hats: straw boaters for both boys and girls, newsboy (golf) hats, black or brown fedoras and top hats, and large-rimmed women's hats that we can decorate.

Other items we could use: vests, suspenders, argyle or solid colored knee socks, feather boas of all colors and sizes, parasols, ostrich feathers, silk flowers, small plastic fruit, and colorful ribbon (think hat decorating, theater-style).

If you have questions or suggestions, please contact Fern Royce by phone or email: (510) 540-1028; [fern.royce@gmail.com](mailto:fern.royce@gmail.com)



## ***Sports News***

### ***REVISED 2009 Flag Football Schedule***

Monday October 19<sup>th</sup> J.V. Game vs. Nueva @ Nueva 4:00

Wednesday October 21<sup>st</sup> J.V. Game vs. Hausner @ Hausner 4:00

Tuesday October 27<sup>th</sup> Varsity Game vs. Sea Crest @ Nueva 4:00

Thursday October 29<sup>th</sup> J.V. Game vs. Sea Crest @ Sea Crest 4:00



### ***2009 Girls Volleyball Schedule***

Close encounters best described the games here, but the girls' team fell to Nueva, two games to none. Upcoming Game Schedule:

<b>Date</b>	<b>Time</b>	<b>School Name</b>	<b>Location</b>
Thur., 10/19	4pm	Nueva	Nueva
Thur., 10/29	4pm	Seacrest	Seacrest

## ***Basketball***

The middle school boys team has practice after school at Payes Place until 5:00pm on Wednesday, October 21st. Sign-ups are being taken for the 5th grade boys team through the end of the week.

## ***Street Hockey***

The 4<sup>th</sup>/5<sup>th</sup> grade street hockey team is on a break for another week.

## ***Safety Update-H1N1 Virus***

Charles Armstrong had **one confirmed case of H1N1 flu**. We are following all precautions provided by the Department of Health and Center for Disease Control. Students who are ill for any reason should remain at home and should not return to school until **24 hours (without medication) after** the disappearance of any fever or other symptoms. More information is available at <http://www.cdc.gov/h1n1flu/guidance/exclusion.htm>.

Health Tips to help prevent the spread of both seasonal and H1N1 (swine) flu:

Get a flu shot! The H1N1 flue vaccine is expected to become available soon.

Cover coughs and sneezes with a tissue or sleeve.

Wash hands often with soap and water or an alcohol-based hand cleaner.

**STAY HOME WHEN SICK!**



C.A.S. HALLOWEEN CHILI COOK-OFF

OCTOBER 30, 2009 (Jog-A-Thon Day)

- Brew your favorite chili recipes at home (at least 2 quarts for judging).
- Bring it to CAS in a crock pot. (If you don't have one, let us know).
- Parents on campus will sample each pot of chili and put a token in the cup next to the chili he/she thinks is the best.
- The winner will receive a "PRIZE" and bragging rights for a year!

Chef Ralph will stand by with a fire extinguisher just in case things get a little too hot! He will also brew his "wicked" chili and corn bread.



R.S.V.P. to: Adrienne Foran by returning this form or by e-mail [aforan@charlesarmstrong.org](mailto:aforan@charlesarmstrong.org) or by phone (650) 592-7570 ext.208.

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

- Yes, I will enter chili in the contest.
- No, I won't enter chili, but will be there to eat it!



**Join the original and largest  
“electronic scrip”  
fundraising program!**

**What is the eScrip Program?**

Participating merchants contribute each time your families make a purchase using their grocery club or registered cards. There are no receipts to collect, no vouchers or certificates to buy, no hassles for you - and every purchase counts.

**How Does it Work?**

eScrip has created a system that rewards customer loyalty by contributing a percentage of purchases made by participating families to school or youth based groups.

Parents, teachers, friends and families are encouraged to register their grocery club cards, and existing credit/debit cards as supporters. A percentage of all purchases made at eScrip merchants will be given back to the designated school or group.

**Thousands of participating merchant locations.**

<p>Grocery • Clothing • Office Supplies</p> <p>Travel and Entertainment</p> <p>Sporting Goods ... and more</p>
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*To enroll your school, visit [www.escrip.com](http://www.escrip.com)*



**More Than \$200 Million  
Contributed and Growing**

**See What Can Be Achieved!**

***Annual Activity  
Highlights***

*Amador Valley Boosters .....\$159,980*

*Serra Catholic School.....\$55,923*

*Mt. Diablo Elementary School....\$42,636*

*Cali Calmecac Charter School...\$15,100*

***eScrip Advantage***

- Ease of use - simply present your grocery club card and/or debit/credit card at time of purchase
- Participation from a broad and growing base of national and local merchant partners
- Online access for families to sign up
- Monthly funds distribution and reports
- Contributions based on everyday purchases

School Name	City	Dates and Times	Time	Website
Aragon High School	San Mateo	February 9 - 8th grade Parent Night (to be confirmed)	7pm	<a href="http://www.aragon.schoolloop.com">www.aragon.schoolloop.com</a>
Bayhill High School	Oakland	October 20, January 21	7pm	<a href="http://www.bayhillhs.org">www.bayhillhs.org</a>
		November 21	2pm	
Bay School	San Francisco	October 22nd	7pm-9pm	<a href="http://www.bayschoolsf.org">www.bayschoolsf.org</a>
		november 8th 2pm-4pm		
Bellarmino College Prep HS	San Joseq	October 25th	10am-1pm	<a href="http://bcp.org">bcp.org</a>
Bishop O'Dowd High School	Oakland	Oct. 1, 8, 15, 22, 29 - Student Tours	9am-11am	<a href="http://www.bishopodowd.org">www.bishopodowd.org</a>
		Nov. 1 - Open House	1pm-3pm	
Burlingame High School	Burlingame	February 2 - 8th grade Parent Night (to be confirmed)	7pm	<a href="http://bhs.smuhsd.org">http://bhs.smuhsd.org</a>
Capuchino High School	San Bruno	February 3 - 8th grade Parent Night (to be confirmed)	7pm	<a href="http://www.chs.schoolloop.com">www.chs.schoolloop.com</a>
Carlmont High School	Belmont	October 20 - 8th grade parent information night	6:00 - 9:00	<a href="http://www.carlmont.seq.org">www.carlmont.seq.org</a>
		Jan. 14, 20, 26 - Parent/Student Coffees	7:30 - 9:00	
Convent of the Sacred Heart	San Francisco	November 4 (Open House)	6:45 - 9 pm	<a href="http://www.sacredsf.org">www.sacredsf.org</a>
		Sept. 30, Oct. 21, Nov. 11, Dec. 2 - Admissions Tours	8:30 - 10 am	
Drew School	San Francisco	Oct. 22, Nov. 19, Jan. 7 - Open House	6:30pm-8:45pm	<a href="http://drewschool.org">drewschool.org</a>
		Jan 12, Jan 26, Feb 9, Feb 23 - Head of School mtgs	8:30am-9:30am	
Gateway School	San Francisco	October 5, Nov. 19, Dec. 2, Jan. 6	6pm-8pm	<a href="http://www.gatewayhigh.org">www.gatewayhigh.org</a>
The Girls Middle School	Mountain View	November 14th	1pm-4pm	<a href="http://www.girlsms.org">www.girlsms.org</a>
		December 10th	7pm-9pm	
Gunn High School	Palo Alto	February 2nd	7pm	<a href="http://www.hillsdalehigh.com">www.hillsdalehigh.com</a>
Hillsdale High School	San Mateo	February 1 - 8th grade Parent Night (to be confirmed)	7pm	<a href="http://www.hillsdalehigh.com">www.hillsdalehigh.com</a>
Jewish Community High School of the Bay	San Francisco	November 8th, December 6	2-4pm	<a href="http://www.jchsofthebay.org">www.jchsofthebay.org</a>
Keys School	Palo Alto	November 14, January 9	TBD	<a href="http://www.keysschool.com">www.keysschool.com</a>
Kings Academy	Sunnyvale	November 14	TBD	<a href="http://www.tka.org">www.tka.org</a>
		December 10	7pm	
Menlo Atherton HS	Atherton	November 10 - 8th grade families information night	6pm	<a href="http://www.mabears.org">www.mabears.org</a>
Mercy High School	Burlingame	November 15th	12pm-4pm	<a href="http://www.mercyhsb.com">www.mercyhsb.com</a>
Mercy High School	San Francisco	October 25th	9am	<a href="http://www.mercyhs.org">www.mercyhs.org</a>
Mid-Peninsula	Menlo Park	October 24th	10:30am-12pm	<a href="http://www.mid-pen.com">www.mid-pen.com</a>
		April 24th	10:30am-12pm	<a href="http://www.mid-pen.com">www.mid-pen.com</a>
Mills High School	Millbrae	February 8 - 8th grade Parent Night (to be confirmed)	7pm	<a href="http://millshigh.org">http://millshigh.org</a>
Archibishop Mitty HS	San Jose	November 22nd	9am-2pm	<a href="http://www.mitty.com">www.mitty.com</a>
Notre Dame High School	Belmont	October 18th	10am-3pm	<a href="http://www.ndhsb.org">www.ndhsb.org</a>
Nueva School	Hillsborough	November 15, December 12 (Middle School)	1pm-3:30 pm	<a href="http://www.nuevaschool.org">www.nuevaschool.org</a>
Odyssey School	San Mateo	October 6, November 9, December 3, January 7	7pm	<a href="http://www.odysseyms.org">www.odysseyms.org</a>
Palo Alto High School	Palo Alto	February 3rd	7pm-8:30	<a href="http://www.paly.net">www.paly.net</a>

School Name	City	Dates and Times	Time	Website
Presentation HS - San Jose	San Jose	November 8th	11am-2pm	<a href="http://www.pres-net.com">www.pres-net.com</a>
Presidio Hill School	San Francisco	October 24th (Kindergarten)	10am-12pm	<a href="http://www.presidiohill.org">www.presidiohill.org</a>
		November 7th (All School)	10am-12pm	
		January 26th (Middle school)	6pm-8pm	
Archbishop Riordan HS	San Francisco	October 25th	10am	<a href="http://www.riordanhs.org">www.riordanhs.org</a>
Sacred Heart Prep HS	Atherton	October 25th	1pm-5pm	<a href="http://www.shschools.org">www.shschools.org</a>
		November 22rd	1pm-5pm	
Saint Francis High School	Mountain View	November 1st	9am-1pm	<a href="http://www.sfhs.com">www.sfhs.com</a>
		November 16th	7:30pm-9pm	
Saint Ignatius College Prep	San Francisco	November 8th - Open House	1pm-3:30pm	<a href="http://www.siprep.org">www.siprep.org</a>
		October 21, October 28 - 8th grade visit days		
San Francisco Day School	San Francisco	October 1st	6pm-8pm	<a href="http://www.sfds.net">www.sfds.net</a>
		October 20th	6pm-8pm	
		November 7th (Kindergarten and Elementary)	10am-noon	
San Francisco School	San Francisco	October 29th (Preschool and Elementary)*	7pm-9pm	<a href="http://www.sfschool.org">www.sfschool.org</a>
		December ** (Preschool and Elementary)*	7pm-9pm	
		December ** (Middle School)*	7pm-9pm	
		<i>*Reservations are Necessary</i>		
San Mateo High School	San Mateo	February 3 - 8th grade Parent Night (to be confirmed)	7pm	<a href="http://smhs.smuhd.org">http://smhs.smuhd.org</a>
Sequoia High School	Redwood City	November 18 - 8th grade parent/student info night	7pm-9pm	<a href="http://www.sequoiahs.org">www.sequoiahs.org</a>
		Oct. 12, 26; Nov. 9, 23; Dec. 7 - Principal Tours	8:15-10 am	
Serra High School	San Mateo	December 3rd	7pm	<a href="http://www.serrahs.com">www.serrahs.com</a>
SF Waldorf High School	San Francisco	October 3rd, December 12th	9am-noon	<a href="http://www.sfwaldorf.org">www.sfwaldorf.org</a>
		November 15th	1pm-4pm	
		<i>*make reservation - 415-431-2736</i>		
St. Cecilia - San Francisco	San Francisco	January 13th	8:30am-11am	<a href="http://www.stceciliaschool.org">www.stceciliaschool.org</a>
		January 14th	8:30am-11am	
St. Joseph's - Atherton (K-8)		November 1st (Middle School)*	10am	<a href="http://www.shschools.org">www.shschools.org</a>
		November 14th (Middle School)*	1pm	
		<i>*Reservations are Necessary</i>		
St. Lawrence	Santa Clara	November 15th	10am-1:30pm	<a href="http://www.stlawrenceacademy.org">www.stlawrenceacademy.org</a>
<i>St. Lawrence Zacchaeus Program</i>		<i>October 19th</i>	<i>7pm</i>	
Sterne School	San Francisco	10/15, 11/12, 12/10, 2/4, 3/11, 4/15, 5/13	6pm-7:30pm	<a href="http://www.sterneschool.org">www.sterneschool.org</a>
Summit Preparatory HS	Redwood City	October 7, December 8 (at Summit)	7pm-9pm	<a href="http://www.summitprep.net">www.summitprep.net</a>
		November 12th (at Everest HS campus)	7pm-9pm	
		January 9th (at Everest)	10am-noon	
The Marin School	Sausalito	October 1, October 27, November 12, December 3	6:30-8pm	<a href="http://www.themarinsschool.org">www.themarinsschool.org</a>
		<i>Parent Info. Nights reservations 415-339-9336 x104</i>		

<b>School Name</b>	<b>City</b>	<b>Dates and Times</b>	<b>Time</b>	<b>Website</b>
Urban High School		October 4th, December 6th	2pm-4:30pm	<a href="http://www.urbanschool.org">www.urbanschool.org</a>
		November 7th	10am-12:30pm	
		8th grade families must register for openhouse info		
Woodside Priory	Portola Valley	November 14th, Novemer 18th	7pm	<a href="http://www.woodsidepriory.com">www.woodsidepriory.com</a>
		December 5th	10am	