

Important Dates

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| • 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 (1:45-2:30pm) | Charles Armstrong School |
| • Wednesday, Nov. 4 | Picture Re-Take Day | Charles Armstrong School |
| • Friday, Nov. 6 | Transition Meeting, 8:30am | Charles Armstrong School |
| • Tuesday, Nov. 17 | Visitor Information Night, 5:00pm | Charles Armstrong School |
| • Wednesday, Nov. 18 | Panoramic Picture Day | Charles Armstrong School |

Retake Picture Day

The Retake Picture Day is scheduled for Wednesday, Nov. 4th. 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. 4th. 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



CAS Imagination Wine Sale – Save on Shipping for 2 More Days!

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

You can collect your wine here at CAS on Jog-A-Thon Day, Friday, October 30th. To see our selection of wines and place your order, go to 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

Halloween Chili Cook-Off!!! Dare to Compete!!!

October 30th 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 by October 28th if you want to enter the contest to end all contests!



Jog-A-Thon, Friday October 30th

Sponsorship Envelopes Due Monday October 26!

It's about Sponsorships, not laps!

Sponsorship 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!** If you have misplaced your envelope, 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 sponsorship donations, not per-lap contributions. This new format is much more efficient for donors and for administering the event, so **LET'S MAKE IT A HUGE SUCCESS!** Donations can come from one donor, or a total contributed by several family members and friends. Our suggested total for sponsorship donations is at least \$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, 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, 10, 3, 17, 7, and 18. 9:45 am: Rooms 11, 4, 13, 8, and 20. 10:45 am: Rooms 15, 5, 16, 9, and 14. Details on the Chili Cook-Off and parade are found elsewhere in this bulletin.

Volunteers: We have filled our volunteer slots for this event. However, we may have some needs that arise at the last minute. If you are at school on the day of the event, feel free to lend us a hand and log your volunteer hours! If you have any questions, please email Audrey Fox at audrey_fox@comcast.net or Kathy Thibodeaux at kathythibodeaux@comcast.net. Thank you!

Kathy Thibodeaux, Event Chair

Jog-a-Thon Schedule/Chili Cook-Off/Parade Schedule of Events

Jogging Schedule

8:45am	9:45am	10:45am
Room 3	Room 10	Room 4
Room 7	Room 11	Room 5
Room 8	Room 13	Room 9
Room 17	Room 14	Room 15
Room 18	Room 20	Room 16

Schedule of Events

8:00am Volunteers arrive, set up jogging course. CAPSO provides refreshments for volunteers.

8:45am Jogging begins, parents track times and hand out water

11:30am Facilities and Volunteers clean up, jog-a-thon ends.

11:45am Chili Cook-Off begins!

1:30pm Chili Cook-Off ends.

1:45pm Halloween Parade Begins!

2:30pm Parade ends, Students Back to Class

A note from your CAPSO Co-Chair about Jog-a-Thon:

Dear Parents,

The time is nearing to get in your Jog A Thon envelopes. Monday is the deadline to get it in so your child's class can earn a FREE DRESS day.

As you collect donations from family, friends and associates please know that this is the primary fundraiser that funds the CAPSO budget.

Please do what you can to help us reach our goal of collecting \$125 per student. We cannot support the school in this way without your financial help.

Some of the larger things CAPSO funds around school are:

Classroom Budgets - this is the largest expense CAPSO has. We give each class \$800 to help pay for parties, teacher gifts and other class expenses so that you are not asked throughout the year to pull out your checkbook.

Community Picnic - CAPSO pays the rental fee for the picnic venue

Common Ground Speaker Series - a FABULOUS lecture series for parent education

School Equipment - in the past we have paid for 7 Smart Boards. This year we would like to pay for 1 more Smart Board in addition to getting the kids some new sports uniforms

Teacher/Staff Appreciation Party - At the end of the year CAPSO sponsors a wonderful party for the teachers and staff at CAS as a way to show our gratitude for all the miraculous work they do in the classroom with our kids.

We also contribute to the Drama Production, Community Fundraiser, Hospitality for school events, the Library and to the Annual Fund in a much smaller way.

If anyone is interested in seeing this year's CAPSO budget, feel free to email me. This is all public information and available to you at any time. Right now the budget in place is a projected budget and it will get revised once all Jog A Thon receipts are collected and accounted for.

Thank you all so much!

Charlene Mercadante, CAPSO Co-Chair & Mitchell's mom 8th Grade

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. Students who do not follow these costume guidelines may not be allowed to wear what they bring to school.

No weapons. No revealing costumes. No images, messages or attitudes that are hurtful to others.

- 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.

- **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.

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 three discussions have focused on shame, fear and environmental & emotional sensitivity. This week the Counseling Corner will address the fourth emotion of our 5 part series of emotional difficulties that commonly impact the LD student:

LD Emotion: Emotional Regulation

Research shows that people with LD may easily shift from one emotion to the next. Another difficulty they experience is with regulating impulsive thoughts or actions. This could look like an out of the blue homework meltdown, taking a sibling's comment to heart, or reacting physically when upset or angry. One strategy that we have used is to help children think about their emotions like a thermometer. As they get more angry the thermometer goes up and up. Learning to notice the temperature rising is a key skill in regulating emotion. This may not work for young students as the metaphor may be too complicated for them. Other strategies for helping emotional regulation is learning coping skills. These include breathing (in through the nose, out through the mouth, slowly), talking a walk outside, 5 quiet minutes, counting backwards or forwards, and naming the emotion they are feeling and what might have caused it. Example: The parent could say, “Wow, that homework really got you upset” or ask the student, “What happened to make you feel this way?” As always, modeling self expression and pointing out when you are working to regulate your emotions can teach children these skills. It is important to emphasize that no emotions are bad, but it is the actions we take based on those emotions that can cause problems.

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; Jayme Mahoney; jmahoney@charlesarmstrong.org

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.

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). 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!

Special Treat on Tuesday, October 27th!

Don't miss the opportunity to buy goodies at the Book Fair! A 12:45pm outside the Multi baked items will be sold for \$1.00. Proceeds will go back to the library. Books, cookies... it doesn't get much better than that! Thank you for supporting the CAS library!



Library News

Parents, if you are looking for a list of **Recommended Books** by grade level or great sources for books that **High Interest/Low Vocabulary**, be sure to check the CAS Library website. You can access this page the same way you access your child's homeroom (through the CAS Homepage). Instead of clicking on your child's classroom, click on **Library**. There you will find many suggested sites to visit in order to find books for your interested reader with a limited vocabulary.

Learning Lab

Second Quarter Learning Lab information will go home next week... stay on the look-out for it!

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 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 ways 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



Have Important CAS News

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

Sports News

2009 Flag Football Schedule

Tuesday October 27th Varsity Game vs. Sea Crest @ Nueva 4:00

Thursday October 29th J.V. Game vs. Sea Crest @ Sea Crest 4:00

Cross County

You know the story... more running!

2009 Girls Volleyball Schedule

The final game of the season is Thursday, October 29th at 4:00pm at Seacrest.

Basketball

The two middle school boys' teams must participate in the league basketball jamboree next Tuesday, October 27th at the Peninsula Jewish Community Center located at 800 Foster City Boulevard in Foster City. The league has us do this so the other athletic directors can rate our team to make sure we play in the correct division. Each team will play three ten-minute games at the Peninsula Jewish Community Center. The breakdown of the teams will be sent home on Monday. Practice will be held next Wednesday at Payes Place until 5:00pm.

The football team also has a game next Tuesday, which is why the basketball team will be playing a little later.

The girls basketball team is still looking for a few more middle school players. The boys fifth grade squad is also looking for more players.

Street Hockey

The break is over for the 4th/5th grade street hockey team and it's time to resume play. The team will get back to practicing at recess time each Monday and Wednesday. The next game is scheduled for Tuesday, October 27th at Fair Oaks School at 3:30pm versus the Sharks.

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 available in some areas now.

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 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!



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