

WEEKLY BULLETIN



THE LIFE SKILL FOR THE MONTH OF OCTOBER IS LISTENING.

Important Dates

- | | | |
|----------------------|--------------------------------------|--------------------------|
| • Wednesday, Nov. 4 | Picture Re-Take Day | Charles Armstrong School |
| • Friday, Nov. 6 | Transition Meeting, 8:30am | Charles Armstrong School |
| • Nov. 16-20 | Annual Food Drive | Charles Armstrong School |
| • Tuesday, Nov. 17 | Visitor Information Night, 5:00pm | Charles Armstrong School |
| • Wednesday, Nov. 18 | Panoramic Picture Day | Charles Armstrong School |
| • Nov. 25-27 | Thanksgiving Holiday Break—No School | |



Fall Back (Daylight Savings Time Change)

On November 1, 2009 at 2:00 am remember to set your clocks back an hour!

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



Imagine! Charles Armstrong School Annual Fund Campaign

Imagine what the world could be, if every child met his or her full potential!

The Charles Armstrong School Annual Fund supports programs that allow all CAS students to thrive. Help make a difference in each student's future by giving to the Annual Fund! Every gift counts toward our goal of 100% participation.

Online donations may be made through our website: www.charlesarmstrong.org/support.

Imagine all the children, thriving in this world ...

You may say we are dreamers, but we're not the only ones...

We hope this year you'll join us, in the CHARLES ARMSTRONG Annual Fund!

(See attached flyer announcing two new wines and two new combination order options!!)

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

LD Emotion # 5—Difficulty Adjusting to Change—Big and Small

Students with learning differences often experience intense anxiety when going through change. The unexpected can bring new learning hurdles or social challenges. LD students may fear being exposed when finding themselves in new situations or environments. They must begin to create new compensatory strategies to assist them in maneuvering through the unknown or unexpected. Sometimes old strategies will no longer be useful in the new situation, and the child is forced to be more candid during the introductory phases. In general, children are poorer at anticipating change than adults, but can often appear to adapt more quickly once the change has occurred. For any child, larger changes like a new house or a new school, will be difficult. For the LD child, however, even smaller changes can cause anxiety or stress. These may include transitioning between school and home on a daily basis, beginning homework, or ending a game to go on an errand.

Some things you can do to help your LD child with change:

1. Prepare them for the change. Give advanced notice, perhaps even marking larger upcoming changes on a calendar for multi-sensory learning. Give multiple reminders as the change approaches, even if this is a five minute and one minute warning for small changes.
2. Talk about the change and feelings openly. For example: "I am sure you are feeling scared and nervous about going to school, and that is okay." Ask your child what part about the change they are most nervous about. Normalize these feelings and help them remember a time when they felt better after they made it through a change in the past.
3. Stick to family routines. These are very comforting for children of all ages. Examples would include: dinner time, bed time, family traditions, trips, etc.

Remember to show and express affection toward your child. When children are feeling safe and loved, it is easier to learn about new things and handle change.

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

Portions of this were taken from www.ldpride.com and www.teamup.co.nz

Escrip News

THANK YOU, THANK YOU, THANK YOU to all the families who have newly signed up and/or updated your information for your Escrip account. CAPSO received \$906.55 in September vs. \$457 in August, doubling contributions without taking the Safeway Back-To-School promotion into account. If you have not done so, please register or update debit/credit card info for Charles Armstrong School to receive contributions at www.escrip.com, school ID# 137612735.

Aftercare News

If you need to reach aftercare please call Student Services-Laura Fabela (650) 592-7570 ext. 204 until 3:30 and Adrienne Foran until 4:30 at ext. 208. After 4:30 please call the aftercare cell phone (650) 391-8593.

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.

SCHOOL NEWS

Drum Roll Please... Jog-a-Thon Poster Contest Winners!

Thanks everyone for the grandest collection of Jog-A-Thon posters to date! Each year the creativity of our students and faculty amazes me and makes me very proud to be a part of this wonderful community. And now for the news.....

After all the judges deliberated (at length) over the wonderful JAT posters created by each classroom, they finally reached a consensus! (And a very, very difficult decision it was.)

Drum roll please . . . the winners of the Jog-A-Thon poster contest are:

Lower school: Room 10, Grade 5

Middle school: Room 16, Grade 7

Both classrooms will be awarded with a Halloween Jack-O-Lantern chock full of grab-bag prizes!

Congratulations everyone!

Michelle Katcher, CAPSO Art Coordinator



Changes to CAS Connections

* Nicholas Albera (Rm. 10)

New email address for mother Renee – Rbaldini333@comcast.net

* Eric Bell (Rm. 13)

New home phone number – 415-593-2355

* Katie Hoffman (Rm. 10)

New home phone number – 650-554-3462

* Natalia Jacuinde (Rm. 13 – New Student)

418 7th Avenue, Menlo Park, CA 94025

650-369-1199 — Mother, Ana Rosa - soccrfana@comcast.net

* Christopher Kelly (Rm. 17)

Email address for mother, Barbara – Bericks1@gmail.com

Email address for father, Tim - Tim@karedev.com

* Jack Martinelli (Rm. 18)

Email address for mother & father, Patty & Jack – pandj@astound.net

* Shelby McMillan (Room 15)

Home address – 601 Silver Ave, Half Moon Bay, 94019

650-520-4441

* Travis Mellor (Rm. 14)

Email address for mother, Zelda – bestnurse24@yahoo.com

* Madeline Michaels (Rm. 14)

Email address for mother, Julie – mmicha9962@aol.com

* Jared Strober (Rm. 8)

Email address for father, Jason – jstrober@yahoo.com

Mother's name – correct mother's name to read Joanna **Strober**

* Delete Igor Waite (Rm. 13)

Learning Lab

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

Art News

Art Studio Scavenge for "Found Object" Art Projects

The art room is in need of egg cartoons, metal bottle caps, corks, or other interesting small, clean objects that can be creatively used in sculpture.

Thanks for recycling through art from your art teachers Patty Jones and Dylan Jones!

More Art News

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 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



Merici Library Thanks

A HUGE **THANK YOU** to **Loren Gordon** and **Stacey Signorello**, our book fair co-chairs, for managing a very successful book fair this week, and to **Cheryl Martinelli** for transforming the multi-purpose room into a magical world of adventure through books. Thank you, too, to the bakers who provided wonderful treats on Tuesday that earned \$400 for the library and to the volunteers who manned the cash registers and helped children during the week. Thanks to everyone's efforts the library will be purchasing more graphic novels for the collection as well as adding books on CD. **Thanks, everyone, for a remarkable week!!!**

Grading in PowerSchool

It is hard to believe that the end of the 1st quarter is quickly approaching on November 6th. Students and parents should check PowerSchool for grades. Please review the step grading policy if your child is getting a C- or lower in an academic area.

Sports News

Cross County

The league championship game will be held Wednesday, November 4th at 4pm at Bayfront Park in Menlo Park.

Basketball

Practice will be held Wednesday, November 4th after school at Payes Place until 5pm for the Middle School Boys' teams.

Street Hockey

Final regular season game is Wednesday, November 4th vs. The Bears at 4:00pm at Hawes School in Redwood City.

Flag Football

Our team has advanced to the playoffs again! The playoff game is Monday, November 2nd at 4:00pm vs. Highland Christian School. The game will be played at Alma Heights in Pacifica.

If our team wins Monday's playoff game we will move on to the championship game on Thursday, November 5th at Corte Madera School in Portola Valley at 4:00pm. Let's hope the Cougars win on Monday so they can play in Thursday's championship game!!



Safety Update-H1N1 Virus

Charles Armstrong School had two additional cases of H1N1 virus this week. We are taking all the precautions recommended by the Department of Health and Center for Disease Control and urge you to **keep your children who are ill at home** and do not return them 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 flu vaccine is available in some areas now!
- * Cover coughs and sneezes with a tissue or sleeve or cough or sneeze into a tissue, then throw it out immediately afterward. If you don't have a tissue handy, cough or sneeze into your elbow or sleeve.
- * Wash hands often with soap and water for at least 20 seconds, scrubbing all surfaces., or wash hands with an alcohol-based hand cleaner.
- * Killing germs is one thing; staying healthy is another. Getting enough sleep, staying hydrated, and eating lots of fruits and vegetables will help keep your body's immune system working at its peak.

Hand-Washing 101 for Children

Make It Fun!

Sing the ABC's or another song of similar length while washing hands! This ensures that you're washing your hands long enough.

Bay Bridge Closure/Commute Tips

The following link offers helpful info on current traffic conditions and Bay Bridge detour routes along with a map. It also allows you to stay up-to-date on current traffic conditions and driving times by using the interactive Traffic and Driving Times map or by calling 511 and saying either "traffic conditions" or "driving times" from the Main Menu. 511 automatically excludes the Bay Bridge and provides driving times information for the fastest alternate routes.

<http://www.511.org/baybridge/detour.asp>



CHARLES ARMSTRONG SCHOOL - 1405 SOLANA DRIVE
BELMONT, CA 94002 Phone:650.592.7570

www.charlesarmstrong.org



Sip to Our Success *Imagination Wines*



NEWS FLASH!

Announcing **two new wines**:

- 2007 Reserve Cabernet Sauvignon, Kiona Vineyard on Red Mountain, Washington
- 2007 Syrah, Alder Springs Vineyard, Mendocino

We heard you! Two new **combination order** options:

- Imagination Sampler includes one bottle each:
 - ◆ 2007 Merlot, Stags Leap District, Napa Valley
 - ◆ 2007 Syrah, Alder Springs Vineyard, Mendocino
 - ◆ 2008 Chardonnay, Jigsaw Vineyard, Russian River Valley
 - ◆ 2007 "Armstrong Cuvée," a Rhone-style blended white
- Imagination Mixed Case includes 3 bottles each:
 - ◆ Merlot, Syrah, Chardonnay and Armstrong Cuvée

Plan ahead for the Holidays!

- Perfect for entertaining
- Thoughtful gifts for family and friends
- End of year appreciation gifts for businesses and clients

<u>Save on Shipping Costs by picking up directly at CAS</u> Specify "CAS Pickup" when you order	<u>Last order date for pickup</u> Sunday, November 15 Sunday, December 6	<u>Pickup date at CAS</u> Friday, November 20 Friday, December 11
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A large portion of the proceeds of the wine sold directly benefits
Charles Armstrong School

Each sip contributes to the success of CAS students!

Order through the website:

<http://wine.crushnet.com/charlesarmstrongschool>

?questions?: send email to LBirss@charlesarmstrong.org or GJackson@charlesarmstrong.org

STRONGER, FASTER, SMARTER

The Amazing Science of Exercise and the Brain

with Dr. John Ratey



Would you like to improve motivation and performance at home, in the classroom and at the office? How about reduce feelings of stress, sharpen your focus and improve your mood?

Harvard psychiatrist Dr. John Ratey will redefine the concept of “peak performance” with new research that illustrates how exercise actually sparks the growth of new brain cells and leads to greater physical and mental well-being. He’ll present persuasive evidence that certain forms of exercise may be the best defense we have against ADHD, substance abuse, mood swings and the effects of aging. Don’t miss this chance to hear about cutting-edge science and the ways it may be applied to help you and your family become smarter and happier.

Dr. Ratey is a clinical psychiatrist and an associate professor of psychiatry at Harvard Medical School. He is the author or co-author of eight books, including *Driven to Distraction* and *A User’s Guide to the Brain*. He is a national expert in the areas of autism, ADHD and the mind-body connection. His recent book, *SPARK: The Revolutionary New Science of Exercise and the Brain*, is an urgent call to action for parents, educators and professionals.

These talks are appropriate for all parents, educators and coaches. High school and college students are welcome, but please, no young children.

Tues, Nov 17, 7pm
Campbell Center
Sacred Heart Schools
150 Valparaiso Ave.
Atherton

Thurs, Nov 19, 9am
The Nueva School
6565 Skyline Blvd.
Hillsborough
Morning Session

Thurs, Nov 19, 7pm
Nichols’ Hall
Harker Upper School
500 Saratoga Ave.
San Jose

All **Common Ground Speaker Series** events are free of charge to the parents, faculty and staff of our member schools. Guests from non-member schools are welcome to attend for \$20 at the door. Refreshments are provided 30 minutes prior to each event and books are available for purchase in cooperation with Kepler’s Bookstore. See our website for directions and more information at www.commongroundspeakerseries.org.



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