

WEEKLY BULLETIN

THE LIFE SKILL FOR THE MONTH OF NOVEMBER IS COMPASSION.

Important Dates

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|--------------------------|--|--------------------------|
| • Mon-Friday, 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 |
| • Friday, Nov. 20 | Middle School Dance (5:00-7:00pm) | Charles Armstrong School |
| • Tuesday, Nov. 24 | 1st-3rd Grade Thanksgiving Program (10:30-11:30am) | Charles Armstrong School |
| • Wed-Friday, Nov. 25-27 | Thanksgiving Holiday Break—No School | |

Imagine! Charles Armstrong School Annual Fund Campaign

Your contributions to the Charles Armstrong Annual Fund support programs that benefit all CAS students. Help our students become all they *imagine* they could be! Every gift counts toward our goal of 100% participation.

- * Online donations may be made through our website: www.charlesarmstrong.org/support.
- * Gifts of stock are always welcome! For stock transfer instructions, email gjackson@charlesarmstrong.org.
- * If you have a rewards program or accrue aircraft miles on your credit card, use your credit to charge your gift to the Annual Fund and reward yourself while helping CAS!
- * See if your employer has a matching gift program. CAS can help with any documentation to make sure your gift is matched.

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!

Merci Beaucoup...



to our **fabulous** Jog-A-Thon co-chairs, **Kathy Thibodeaux and Audrey Fox**... and to their extraordinary team of volunteers, including Michael King (JAT treasurer), Stephanie Herman Singer (decorator/spirit coordinator), Keri Tully (lap card coordinator), Lainee Engel (t-shirt coordinator), Michelle Katcher (poster contest coordinator), and Charlene Mercadante (publicity coordinator for online donations). In addition to those mentioned, there was an entire team of volunteers too numerous to mention by name who worked with our coordinators to make the Jog-A-Thon safe and fun for all. THANKS TO EVERYONE WHO HELPED MAKE THE DAY SO VERY SPECIAL... and especially to the Kathy Thibodeaux and Audrey Fox Dream Team!!

Chili Cook-off Winners...

We know the suspense has been unbearable for you, so it's time for us to announce the Winner of the 2009 Chili Cook-off!

... drum roll... drum roll... drum roll...

THE WINNER ... THE MOM WHO HAS EARNED BRAGGING RIGHTS FOR THE 2009-2010 SCHOOL YEAR IS...

Erin Mulcahy! (aka Chili #7)

Congratulations to Erin for brewing a batch of wicked chili. Erin will receive a fabulous bottle of CAS Imagination Wine for taking the 1st Place Chili Prize!

Congratulations also to **Liz Pavlov (aka Chili #10)**, who came in a close second place in the chili competition! Liz will receive a CAS Cookbook as reward for her chili-making efforts!

Thanks to **Everyone** who participated in the chili cook-off competition! We were all treated to some fabulous chili as a result :)

SCHOOL NEWS

The Life Skill for the month of November is COMPASSION.

“A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.” – Albert Einstein

“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.” – H.H. The Dalai Lama

One great way to teach children the importance and power of compassion is to volunteer. Below are some suggestions for age appropriate ways to volunteer in the community. Children look to adults for guidance. Modeling compassion wherever possible in your lives will show them that this behavior is valued, and one they should adopt.

(The following was taken from www.bellaonline.com)

Family Volunteering Tips

Here are age-appropriate ideas:

Ages 1-4: Accompany adult on visit to nursing home; go along on Meals-on-Wheels delivery.

Ages 5-7: Make sandwiches for the homeless; again, come along to nursing homes or home visits.

Ages 8 and up: Help set tables and serve food at soup kitchen; collect clothing or supplies.

Teens: Volunteer at senior homes; help visually impaired go for walks; read to children in day care.

Whole family: Create holiday cards for hospitalized children or senior citizens; make favors for nursing homes or Meals-on-Wheels.

You volunteering at CAS also shows kids that volunteering and compassion are important and help to make our community better.

Learning Lab

Second Quarter Learning Lab information was e-mailed home on Tuesday, 11/3. Tutoring and Wow Now Pow Wow Arts & Crafts begin on Monday. If you missed turning in your registration form, there may still be time to join a class. Contact Adrienne Foran at aforan@charlesarmstrong.org. (650) 592-7570 x-208.

Dropping Off Items at School

Parents, please do not go to the classrooms to drop off items that your children may have forgotten at home. This distracts the children and the teachers during instructional time. Bring any items to Student Services and Student Services will email the teachers to have your children come pick up the items.

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.



2009 Thanksgiving Food Drive

Our annual CAS Thanksgiving Food Drive is coming up next week. The drive will go from Tuesday November 10th to Friday November 20th. The barrels will be delivered to classrooms on Tuesday November 10th. Below are the items that Second Harvest is requesting. Please help us break last years' record of 1800 Lbs. If we can raise more then 1800 Lbs. the entire school will receive free dress! If you have any questions about Second Harvest or want to know more about them please visit their website <http://www.2ndharvest.net/>.

Non-Perishable Food Donations

Donations of non-perishable food items are always welcome. Most needed items are: meals in a can (stew, chili, soup), tuna, canned meat, peanut butter, canned foods with pop-top lids, low sugar cereals, 100% fruit juices in single serving boxes, canned fruit packed in its own juice, and low salt canned vegetables. Please do not donate items packaged in glass or bulk quantities of rice, flour, or sugar.



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.

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.

Football

This years CAS flag football season has come to an end. The team went 3-2 during the regular season putting us in third place. This was the most wins the team has ever had during the regular season. For the first game of the playoffs the team had to play Highlands Christian. The first game against Highlands Christian during the regular season ended in a miserable loss of 48-7. However this time the team was up to the challenge and played their hearts out only losing by one touchdown. It was an amazing season and we are already looking forward to next year. The coaches would like to thank all the parents for their support in driving and providing the kids with snacks. Our team would have never been as successful if it was not for the support of our parents. The coaches would especially like to thank the players for dedicating themselves to accomplishing our three main goals: Having fun, Learning the game and Supporting the team!

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

www.charlesarmstrong.org



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.



SIP TO OUR SUCCESS NEWSFLASH!

COME TASTE IMAGINATION WINES ON FRIDAY, NOVEMBER 20TH FROM 5-7PM IN ROOM 1 AT CAS

Dropping your student at the middle school dance? On your way out to dinner?

Then stop by and taste our selection of great wines!

If you can let us know you're coming, that would be great! Lbirss@charlesarmstrong.org

CAN'T MAKE IT? THEN CHECK OUT OUR NEW SELECTIONS AT <http://wine.crushnet.com/charlesarmstrongschool>

(or go to the school website and click on the link under SIP TO SUCCESS)

SAVE ON SHIPPING!

ORDER BY 11/15 TO PICK UP AT CAS ON 11/20

and

ORDER BY 12/6 TO PICK UP AT CAS ON 12/11

Safety Update-H1N1 Virus

Charles Armstrong School had two additional cases of H1N1 virus last 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.



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

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| <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 |
|---|---|--|

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.