

# WEEKLY BULLETIN



THE LIFE SKILL FOR THE MONTH OF DECEMBER IS RESPONSIBILITY.

## Important Dates

- Tuesday, Dec. 15 All School Holiday Assembly (12:00-12:45pm) Charles Armstrong School
- Friday, Dec. 18 Early Dismissal Day (12:45pm Lower School, 1:00pm Middle School) Charles Armstrong School
- Dec. 21-Jan. 1 Winter Break—No School
- Jan. 11-15 6th, 7th & 8th Grade Midterms Charles Armstrong School
- **July 6-30, 2010** **CAS Summer School & Summer Camp—SAVE THE DATES!!**

## The CHARLES ARMSTRONG Annual Fund Classroom Competition Has Begun!

Room 8 continues to lead with 50% participation, while Room 3 has leap frogged into 2nd place with 42%!

### Class Competition as of 12/9/09

| Classroom               | % Given    |
|-------------------------|------------|
| <b>Grade 3 - Room 8</b> | <b>50%</b> |
| Grades 1 and 2 - Room 3 | 42%        |
| Grade 4 - Room 9        | 33%        |
| Grade 5 - Room 20       | 33%        |
| Grade 7 - Room 15       | 29%        |
| Grade 7 - Room 16       | 25%        |
| Grade 2 - Room 4        | 22%        |
| Grade 8 - Room 17       | 19%        |
| Grade 8 - Room 18       | 19%        |
| Grade 6 - Room 14       | 17%        |
| Grade 4 - Room 7        | 12%        |
| Grade 5 - Room 11       | 11%        |
| Grade 6 - Room 13       | 11%        |
| Grades 3 and 4 - Room 5 | 6%         |
| Grade 5 - Room 10       | 6%         |

**The first class to reach 100% participation in the Annual Fund gets a Pizza Party and every class gets an Ice Cream Party when they reach 100% participation!**

**Imagine ...** how grateful your child will be when he or she gets both Pizza and Ice Cream! You can make this happen!! Donate to the **CHARLES ARMSTRONG Annual Fund!** Remember to make your donation before the end of the 2009 tax year. Donations are accepted as a cash gift, stock transfer gift, or online gift made with your credit card. Donate online now: <https://secure.groundspring.org/dn/index.php?aid=12509>

We are truly thankful for every gift to the Annual Fund, regardless of the amount. Each gift contributes to the success of every CAS student. **Our goal is 100% Participation!**

*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*

## Transition Meeting Cancellation

There will be no Transition Meeting on January 15th, as many of you are busy working on and submitting applications and shadowing. If you have questions or need help with this process, please call us — we'd be happy to help. Next transition meeting is February 5th at 8:30am. The topic is Alumni Panel.

## SIP TO OUR SUCCESS!

CHECK OUT OUR WINE SELECTIONS AT

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

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



## **SCHOOL NEWS**

### ***The Life Skill for the month of December is RESPONSIBILITY.***

The LIFE SKILL for this month is RESPONSIBILITY.

Why can't you be more responsible?!! Ever said or heard that phrase? It is a common complaint of parents. They want their children to be more responsible but a child can't be responsible if he/she does not know how. The only way a child can learn responsibility is if he/she is taught. Teaching is a critical part of a parent child relationship.

Being responsible is an attitude as well as a skill. It can and must be taught. A child won't know to put their toys away unless they are taught. An adult won't know how to return something he/she has borrowed or be to work on time unless he/she is taught. It is absolutely necessary that all humans are taught responsibility. The best way a parent can teach a child responsibility is little by little day by day. Here are some tips to help you teach you child responsibility.

- \* Do not teach a child anything when they are tired or hungry.
- \* Teach by being a role model, acknowledge when you make mistakes, take responsibility.
- \* Be patient, it takes time for anyone to change their ways.
- \* Start when a child is very young. When a child can walk they can pick up their toys. At age 3 or 4 they can make their bed. At 5 they can set the table and clear it. By age 8 they should have a list of jobs they do each week.
- \* Give them instructions and then let them do it. Don't keep nagging - just have a natural or monetary consequence follow if it is not done.
- \* Give tons of praise and encouragement.

Source: [http://www.essortment.com/all/responsibilityc\\_mbw.htm](http://www.essortment.com/all/responsibilityc_mbw.htm)

If you have any questions about helping children to learn about respect please contact the school counselors, Jason Bradeen and Jayme Mahoney.

## ***Counseling Corner***

by Jayme Mahoney and Jason Bradeen

### ***Surviving Family Gatherings with Kids with ADHD and LD***

When asked to select from a list of their greatest concerns during family gatherings, here's how parents responded:

39% of parents said they worry about how their families judge them and their child.

More than one-third (35%) of parents said that "how my family interacts with my child" is a concern.

In addition to concerns that hit close to the heart, parents also worried about their kids having too much unstructured time, not having a normal daily routine, and being tired and cranky from over-scheduling social events. Interestingly, while parents reported worrying about many things during holiday gatherings, 80% of them said that their kids were "excited" about holiday events.

#### **Here is a list of 5 tips that may help you and your child have a smooth family gathering this holiday:**

1. Let your child know what to expect at the gathering — who's coming, planned activities, some topics he can talk about with relatives, and how you expect him to behave.
2. Make sure he has eaten well, is well rested, and has time to blow off steam before the gathering.
3. Bring a game he enjoys and can engage other family members in.
4. Have an agreed-upon "signal" for when your child needs help getting out of an uncomfortable conversation, such as tugging his ear.
5. Help your child find a safe, comfortable space he can go to when he needs a break.

Source: Broatch, Linda, M.A. [www.greatschools.net/LD](http://www.greatschools.net/LD)



## **Winter Break**

School will be closed for Winter Break from December 21 to January 3. Friday, December 18 is an early dismissal day (12:45pm lower school, 1:00pm middle school). There will be **No** After School Care on that day!

## **Parent Conferences**

### **Mid-Year Parent/Teacher Conferences**

The conferences are scheduled for the week of Feb. 1-5. There is 1:00pm dismissal every day that week. Students will be allowed in After School Care free of charge only during the scheduled conference for that child. All the children in a car pool will not be exempted from the charge. We cannot accommodate siblings during the conference. We apologize for any inconvenience. You can start scheduling your conferences on Wednesday, December 16. You will not be able to schedule until that date. Contact Rhonda Orr, [rorr@charlesarmstrong.org](mailto:rorr@charlesarmstrong.org), if you have difficulty in scheduling.

### **Scheduling Your Parent/Teacher Conferences**

See the following instructions for how to schedule your conference.

- 1) Go to CAS website and click on Quickmenu. Scroll to last item and click on: Parent – Teacher Conferences – login
- 2) Fill in: Username – this is your email address & Password. If you have forgotten your password, click and it will be sent to you.
- 3) Click on “Log Me In” after you have filled in both username and password.
- 4) Follow prompts to your student’s classroom number and schedule yourself at any available time.

**Note:** Be sure to click on the correct classroom for your child. All rooms for each grade level will appear for each child.

## **Midterm News**

Midterm week is January 11-15. Midterms at CAS are more about the process of taking the Midterm test rather than the test itself. Students will receive Study Guides the week of January 4th. Teachers will devote class time to working with the students on the meta-cognitive skills relating to Midterms — what is a Study Guide, time management, study groups, test question types and strategies for answering them. If you have specific questions about Midterms, please contact your student’s teachers.

## **Special Community Service Project: Update for the Seventh Grade Parents**

Dear Seventh Grade Parents,

Thank you for your enthusiastic response to the Bear Book Project announcement! I appreciate your generosity in supporting your child in this project.

The students are currently working on their Bear Books, and many have already dressed and accessorized the teddy bear to match. All bears are due back to school on Tuesday, December 15, 2009, when they will be presented at the Holiday Assembly. Towards the end of that week, the bears will be picked up, together with the books, by a representative from Child Advocates, and they will be on their way to brighten many children’s holidays!

As always, do not hesitate to contact me at [mdavid@charlesarmstrong.org](mailto:mdavid@charlesarmstrong.org) with any feedback or questions.

With gratitude,  
Monica David  
7<sup>th</sup> Grade Teacher



## **Escrip News**

Have you signed up for Escript yet?? This is free, easy money that goes to CAPSO and then directly to your child's classroom. Parents, teachers, friends and families are encouraged to register their Safeway club card and existing credit/debit cards as supporters and you can sign up for 3 schools. A percentage of all purchases made at eScrip merchants will be given back to CAPSO, including Safeway, 1000's of online merchants, 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).

# Sports News

## Girls Basketball



| <b>Date</b> | <b>Time</b> | <b>Opponent</b>    | <b>Site</b>                       |
|-------------|-------------|--------------------|-----------------------------------|
| 12/17       | 4:00pm      | Wornick            | Peninsula Jewish Community Center |
| 1/6         | 4:00pm      | Highland Christian | Paye's Place                      |
| 1/7         | 4:00pm      | Sea Crest          | Sea Crest School                  |
| 1/13        | 4:00pm      | Nueva              | Paye's Place                      |

PLAYOFFS: During the week of Tuesday, January 19-Friday, January 22. Dates/Times TBD.

## Boys Basketball—B Team

|      |        |           |                  |
|------|--------|-----------|------------------|
| 1/7  | 5:00pm | Sea Crest | Sea Crest School |
| 1/13 | 5:00pm | Nueva     | Nueva School     |

### Basketball

After back-to-back barn burning defeats, our boys B squad took Alma Heights into overtime last Friday. Defense took over the game and the Cougars beat the Pacifica based team, 38-34. Following that victory, the team headed south to Los Altos and defeated the Lions 42-22. Unfortunately, the B squad then took on a very tough Highlands team and fell, 44-28. With winter break, it's time for some rest before returning to action in the new year. Following the break we will return to the court and also add a game versus Hausner School in early January.

Our middle school girls' team is in a rebuilding year, with many rookies on the squad. They have been improving as the games go on and they, too, will see plenty of action after the break.

The middle school boys A team lost to the Los Altos Lions and will get their regular season schedule started after the winter break. The A team schedule will be available next week.

We are still working on setting up a fifth grade boys' team. Players should make sure Mr. Smith has them signed up.

### Street Hockey

Players on the 4th/5th grade team should look for an evite invitation from our school pertaining to the squad going to an upcoming SJ Sharks game. Tickets are limited, so first come, first served! Once the tickets are gone, they're gone!

### Wrestling

Sign-ups will take place right after winter break for those interested in being on the wrestling team this year. Students must be in grades 4-8.

## Have Important CAS News?

Then have it posted in the Weekly Bulletin! Please e-mail 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.



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

[www.charlesarmstrong.org](http://www.charlesarmstrong.org)



## ***Save the Date!***

***Friday, January 8<sup>th</sup>***

***8:30 - 9:45 a.m.***

***Location: School Library***

There will be a **Mandatory Meeting** for all Middle School Parents with children who are participating in ***The Music Man***.

We will have some important forms for you to sign and will share with you the student and parent expectations for this year.

One parent of all students participating in ***The Music Man*** must attend this meeting!

# Charles Armstrong School



## WE NEED YOUR HELP!

Our Annual Community Fundraiser is right around the corner! It will be held at the Exploratorium in San Francisco on Saturday, February 27th, 2010.

- Online auction opens February 5<sup>th</sup>.
- We need items to auction!
- Please ask friends or businesses you frequent to contribute to our cause.
- All donations are tax deductible and monies raised benefit our students.
- We are enclosing donation forms for your use.

## AUCTION WISHLIST

### **Sporting Tickets and Events**

Baseball, basketball, football, hockey tickets  
Signed Sporting Memorabilia  
Car Racing

Rounds of Golf  
Skiing/Tennis  
Sailing

### **Getaways, Restaurants, Outings & Other Goods**

Weekend Homes  
Gift Certificates to Hotels or Inns  
Restaurants  
Gourmet dinners, wine tastings  
Store Gift Certificates

Spas  
Air miles/Airline Tickets  
Tickets-Theater/Shows  
Fun Day Outings, Picnics  
Jewelry

## **PLEASE BRING OR SEND DONATIONS TO LAURA BIRSS IN BC ROOM 5**

If you would like more forms, we can send to you via email, or if you have any questions at all, please contact Laura Birss at [lbirss@charlesarmstrong.org](mailto:lbirss@charlesarmstrong.org) or (650) 592-7570 ext. 268.

THE CHARLES ARMSTRONG SCHOOL  
1405 SOLANA DRIVE  
BELMONT, CA 94002  
PHONE: (650) 592-7570 ext. 265  
FAX: (650) 592-0780

**FUNDRAISING EVENTS DONATION FORM  
ANNUAL COMMUNITY FUNDRAISER**

|                       |                  |
|-----------------------|------------------|
| Item/Service Donated: | Estimated Value: |
|-----------------------|------------------|

Name/Company: \_\_\_\_\_ Publish Name YES /NO

Address: \_\_\_\_\_ City: \_\_\_\_\_ State/ZIP \_\_\_\_\_

Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Fax Number: \_\_\_\_\_ Email: \_\_\_\_\_

Description of Gift:

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Restrictions or Special Conditions:

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Please Check the Appropriate Box:

- |  |  |   |
|--|--|---|
| <input type="radio"/> This form is the Certificate | <input type="radio"/> Gift Certificate is Enclosed       | <input type="radio"/> Merchandise is Attached |
| <input type="radio"/> Donor Will Deliver to School | <input type="radio"/> Item to be to Collected from Donor |   |

Donor Signature (required) \_\_\_\_\_ Date: \_\_\_\_\_

Thank you for your generous donation. Please keep a copy for your records and return a copy of the form to the Laura Birss at the Charles Armstrong School. For tax purposes, we note that you have not received any goods and services in exchange for your contribution. The Charles Armstrong School Tax ID# is 94-1666217N.