



Weekly Bulletin



Life skill for the month of **December** is:

IMPORTANT UPCOMING DATES:

December 19— January 2	<i>Winter Break—No School</i>
January 3	<i>School Resumes</i>
January 5 8:30am CAS Multi	<u>5th Grade Parent Meeting:</u> <i>Outdoor Ed Trip</i>
January 11 5-7pm	<i>Cool Tools Night</i> *NOTE DATE CHANGE AND EXTENDED TIME*
January 13 8:30am	<i>Mandatory Drama Parent Meeting</i>
January 16	<i>Martin Luther King Day</i> NO SCHOOL
January 20	<i>Spirit Day</i>
January 23—27	<i>Middle School Mid-Term Exams</i>
January 27	<i>Free Dress</i>
January 27	<i>2nd Quarter Ends</i>
January 30— February 3	<i>Mid-Year Parent/Teacher Conferences</i>

ANNUAL FUND

Unleashing the Power of the LD Mind



Warmest wishes to everyone for a wonderful holiday season!

Please take this opportunity to make a gift to the CAS Annual Fund Today! Click here:

[DONATE NOW](#)

To learn about ways to give to the Annual Fund please click here: **[WAYS TO GIVE](#)**

SAVE THE DATES:

January 30— February 3	<i>Early Dismissal</i>
February 8-10	<i>5th Grade Outdoor Ed Trip</i>
February 10 5:00-7:00pm	<i>Middle School Dance</i>



PARENTS!
To check out the yahoo group and stay updated on information click here:
[YAHOO GROUP](#)



5th GRADE PARENTS!



Please look for the Fifth Grade Outdoor Ed family information packet that has general and specific information, as well as the required registration forms for the Feb 8-10 Fifth Grade Outdoor Education Trip. These registration forms are due by: Friday, January 13

The packet was distributed in school on Thursday, December 15th and a copy of this packet was also emailed to all the families. For your convenience, this information can also be accessed by clicking here to view the: [Outdoor Education Web Page](#)

Lastly, there will be an important parent information meeting in the CAS Multi Room on: **Thursday, January 5th at 8:30 am**

A representative from the Wolf School will be with us to share an overview of the program and to answer any questions you may have. Happy Holiday!

SAVE THE DATE!



HOLIDAY SHOW 2011

Thank you to our music and movement department for putting on such a delightful Holiday Program this year! It was truly a special and amazing show!



THANK YOU!



Thank you to the Seventh Grade Parents!!

Thank you for making this year's Bear Book Project such a success! The stories our students wrote are wonderful and the bears look fantastic! Your support and generosity will help make a child's holiday brighter this winter.

Warmest regards,
Monica David



TRANSITIONS & ADMISSIONS: Click here to view: [PARENT EDUCATION BROCHURE](#) and click here to see [OPEN HOUSES](#)

<p>January 11 5-7pm Multi</p>	<p>COOL TOOLS NIGHT <i>(Please note date change and extended time!)</i> Learn about assistive technology tools that can enhance students' learning experience. This year, we will offer walk-up stations for information about Book Share, Dragon Speak, Kurzweil, Pulse Per, Inspiration, Write Out Loud, Lo-Tech Devices and Reading Ally programs. In addition, we will be concurrently offering demonstration lessons in classrooms on Kurzweil Reading, Kurzweil Writing, and Kurzweil Study skills for those who would like to learn more and to have hands-on practice opportunities. RSVP: Laura Birss: LBirss@charlesarmstrong.org</p>
<p>January 13 8:30-10am CAS Library</p>	<p>DRAGON NATURALLY SPEAKING VOICE RECOGNITION SOFTWARE TRAINING <i>Limited to 18 people</i> RSVP: Laura Birss: LBirss@charlesarmstrong.org</p>
<p>January 21</p>	<p>LD SIMULATION: CANCELLED</p>

DRAMA: **Performances on May 11th, 12th, and 13th**

Audition Information for "Hairspray":

We are in the audition process for "Hairspray", this year's musical production. If you are interested in a speaking and/or singing role you **MUST** audition. If you are interested in being a cast member of the play without a speaking or singing role, you **DO NOT** need to audition, just sign up for Drama the third quarter (January 30th).

Mandatory Drama Parent Meeting: **January 13th at 8:30am** on CAS campus.

Directors Notes:

- Actors must be able to attend all tech and dress rehearsals as well as the shows at Bayside Performing Arts Center. All students in the Middle School are highly encouraged to join our production of "Hairspray". There is a wide range of roles and the show should be a lot of fun!



Click [HERE](#) for more information on our website.

Rehearsal and Show dates:

<u>DATE</u>	<u>TIME</u>	<u>TYPE</u>	<u>LOCATION</u>
Monday, May 7th	1:00—6:00pm	Rehearsal	Bayside Performing Arts Center
Tuesday, May 8th	1:00—6:00pm	Rehearsal	Bayside Performing Arts Center
Wednesday, May 9th	1:00—6:00pm	Tech and Dress Rehearsal	Bayside Performing Arts Center
Thursday, May 10th	1:00—6:00pm	Dress Rehearsal	Bayside Performing Arts Center
Friday, May 11th— Saturday May 12th	7:00 pm	Performance	Bayside Performing Arts Center
Sunday, May 13th	2:-00 pm	Performance	Bayside Performing Arts Center

ART

Thank you so much for bringing in newspapers. We have plenty to get us through the next few months so please hold off on bringing any more until further notice.

Have any **old but clean** towels at home? We will turn these into rags!! Your child can drop them off in the art room.

THANKS!

MIDTERM NEWS:

Midterm week is January 23-27

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 16th. 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.

COUNSELING CORNER:

By Jayme Mahoney, CAS Counselor

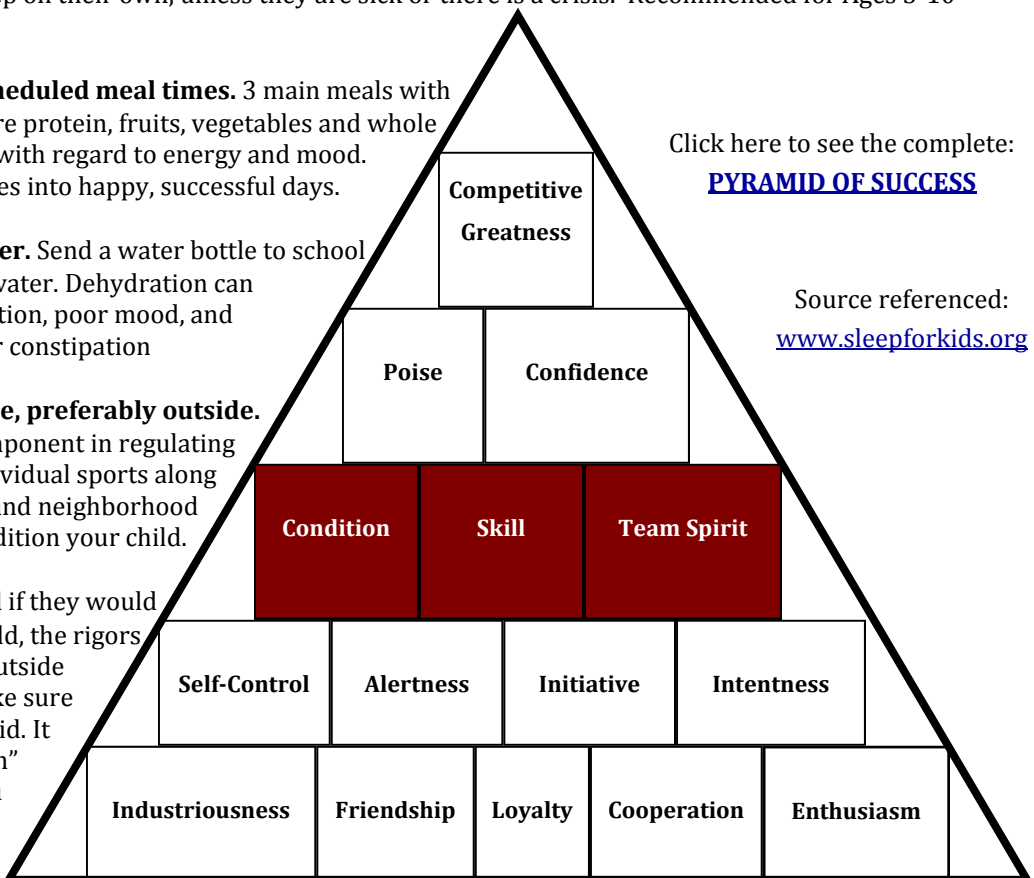
**This Week’s Topic:
The 3rd ascending level of John Wooden’s
Pyramid of Success: “CONDITION”**

Wooden expounds “Condition”: “Mental-Moral-Physical. Rest, exercise and diet must be considered. Moderation must be practiced. Dissipation must be eliminated.”

Having been a school counselor at CAS for about 4 years now, I can attest to the importance of the LD student’s condition. Whether the child is suffering from an intrapersonal emotional crisis, a conflict with a peer, an academic issue, or a behavioral concern, some of the first questions I ask are how the child has been sleeping, eating and what their recent schedule entails. The LD student exerts vast amounts of energy during the school day, as their minds require extraordinary amounts of efforts to sustain attention to the challenges academics present. In addition, LD students are particularly inclined to require routine and respond negatively if an alteration in any aspect of their routine occurs.

Guidelines to set up your LD child for optimal success and “condition”:

- **Establish a routine bedtime/waking time.** Try to maintain a schedule as nearly as possible and throughout the week-ends. Create a bedtime routine and do not engage your child in stimulating activities prior to going to bed. Send your child the message that they are to fall asleep on their own, unless they are sick or there is a crisis. Recommended for Ages 5-10 is 10 to 11 hours of sleep!
- **Ensure your child has regularly scheduled meal times.** 3 main meals with 2-3 healthy snack is advised. The more protein, fruits, vegetables and whole grains, the better your child will feel with regard to energy and mood. Consistent energy and mood translates into happy, successful days.
- **Keep your child hydrated with water.** Send a water bottle to school and remind them regularly to drink water. Dehydration can translate to fatigue, lack of concentration, poor mood, and physical ailment such as headache or constipation
- **Establish a regular plan for exercise, preferably outside.** Exposure to natural light is a key component in regulating sleep cycle and mood. Team and individual sports along with bike riding, backyard ball play, and neighborhood games provide excellent ways to condition your child.
- **Do not over schedule.** Ask you child if they would like more down time. For the CAS child, the rigors of school, commuting and possible outside support services may be enough. Make sure that your child has free time to be a kid. It may actually improve their “condition” more than any scheduled activity you could find.



SPORTS CORNER:

Click here for: [GAME LOCATIONS BY ADDRESSES](#)



Basketball

	GIRLS TEAMS	BOYS TEAMS
<p>LOWER SCHOOL TEAMS (4TH/5TH GRADE)</p>	<p>The lower school girls team dropped a close encounter to the Hawes Hawks this past week, 20-16. They played a great game overall.</p> <p>LOWER SCHOOL GIRLS SCHEDULE</p>	<p>Our Cougar Red team raced out to an early lead before Taft started launching long bombs at the hoop, hitting four three-pointers to put themselves back in the game. Soon our boys turned on the heat, scored the games last ten points, en-route to a hard fought victory, 31-20!</p> <p>LOWER SCHOOL BOYS SCHEDULE</p>
<p>MIDDLE SCHOOL TEAMS (6TH/7TH GRADE)</p>	<p>The girls team ran all over Sea Crest to capture their FIRST win of the season. Congratulations girls! They will be playing in their first ever basketball tournament over the winter break. We wish them the best of luck in the tournament!</p> <p>MIDDLE SCHOOL GIRLS SCHEDULE</p>	<p>Our two middle school boys teams are both still undefeated. The C squad dumped Bowman, 28-10 putting them at a record of 3-0 for the year. The B squad won all three of their games: upsetting Stanbridge Academy, 26-21; trouncing Wor-nick, 31-14 and Alma Heights, 31-11 to run their record to 5-0!</p> <p>MIDDLE SCHOOL BOYS SCHEDULE</p>

UPDATE: Hoop action will continue after the break on Thursday, January 5th with a girl/boy doubleheader in Notre Dame High School small gym as well as the following day on Friday, January 6th. The younger teams don't return to action until the second week in January since RWC school will be on a longer vacation. Keep a look out for the games ahead!

*Also check out the "newly invigorated" athletics website here: [ATHLETICS WEBSITE](#)

IMPORTANT NOTES!

*Some of the teams play late evening games so please remember that athletes are not allowed to wait on campus for a 6 or 7pm game.

*Notre Dame High School is allowing us to use their gym for some of our "home games". However, no food or drinks are allowed in the gym. Park on the west end of the gym and proceed to front entrance.

We do need parents to volunteer to do the game book when we play at ND—if your interested see Coach Smith. THANKS!

FINANCIAL AID INFORMATION: From Ellen Wang, Interim Director of Finance

During the 2011-2012 school year, Charles Armstrong School awarded over \$1,200,000 in financial assistance to qualified families. To determine the fairest family contribution, Charles Armstrong School uses the needs analysis system from School and Student Service (SSS) by National Association of Independent Schools based in New Jersey.

All families requesting financial aid must REAPPLY every year. To apply for assistance for the upcoming 2012-2013 school year, click here to follow and complete the steps in a timely manner:

[FINANCIAL AID](#)