

IMPORTANT DATES

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| • Tuesday, Sept. 8 | First Day of School (8:15am) | Charles Armstrong School |
| • Tuesday, Sept. 8 | Back to School Coffee (8:30am) | Charles Armstrong School |
| • Tuesday-Friday, Sept. 8-11 | Parent/Teacher Conferences | Charles Armstrong School |
| • Thursday, Sept. 17 | LS Mandatory Parent Information Meeting (8:30-10:00am) | Charles Armstrong School |
| • Friday, Sept. 18 | MS Mandatory Parent Information Meeting (8:30-10:00am) | Charles Armstrong School |
| • Monday, Sept. 21 | LS Back-to-School Night— Mandatory (5:00-7:00pm) | Charles Armstrong School |
| • Wednesday, Sept. 23 | MS Back-to-School Night— Mandatory (5:00-7:00pm) | Charles Armstrong School |
| • Wednesday, Sept. 23 | Life Touch Picture Day | Charles Armstrong School |
| • Friday, Sept. 25 | Free Dress Day | Charles Armstrong School |
| • Sunday, Oct. 4 | Community Picnic (12:00-2:00pm) | Nueva School, Hillsborough |

Welcome!

Welcome to the 2009-2010 school year! Thanks to all the parents who attended the Parent Socials before the start of school and the Parent Teacher conferences. Both occasions were wonderful opportunities to meet other parents! The students are successfully making the transition from summer activities to the new routine of school and our faculty is assisting the students by taking time to go over our school policies and procedures in the classroom and on the playground. In addition, we are pleased to advise you that we will continue to send home the weekly bulletin via e-mail and will continue to post it on the website.

We are thrilled school has started and are looking forward to partnering with you for a successful year at CAS.

Parent Information Meetings—September 17 & 18

Please mark your calendars for the mandatory Parent Information Meeting! The meeting is mandatory because we feel the information we are providing is very important and want to be sure each family receives it. Only one parent from each family need attend.

Lower School Parent information Meeting – Thursday, September 17, 2009

Middle School Parent Information Meeting – Friday, September 18, 2009

Make-up Meeting for Parents who miss their designated meeting on September 17 or 18 is October 1, 2009, 5:00pm.

Back-to-School Nights—September 21 & 23

Please mark your calendars for Back to School Night (also mandatory) and note that the date for the Middle School Back to School Night listed on the parent calendar we sent home over the summer has been CHANGED. Lower school will still meet on Monday, September 21, 2009 from 5:00-7:00pm, but Middle School will now meet on Wednesday, September 23, 2009. Again, only one parent from each family need attend.

We will offer PowerSchool training on both Back-to-School Nights from 5:00-5:15pm (for 5th grade parents only).

THIS EVENING IS FOR PARENTS ONLY!



Busy Bees Over the Summer

Welcome to the 2009-2010 school year at Charles Armstrong! Our faculty and staff have loved every minute of this first week of school, **especially** getting to know your children!

We'd like to take a moment to share with you some of the personnel changes and classroom highlights that took place over the summer:

Personnel Changes:

- Rosalie Whitlock accepted a position as Executive Director of The Children's Health Council in Palo Alto, but remains on the CAS Board of Trustees.
- Claudia Koochek was appointed the new Head of Charles Armstrong School and moved her office to Room 1.
- Pat Piper is moving to Room 1 as Claudia's Executive Assistant and to coordinate Board-related activities.
- Bob Luke was promoted to Director of Middle School.
- Debbie Vielbaum and Sue Johnston became part of the new Executive Management Team. Debbie is now the Senior Director of Advancement & Admissions, and Sue is our CFO and Director of Operations.
- Adrienne Foran added Marketing to her Director responsibilities and will work in Student Services.
- Advancement welcomed Gail Jackson to their team. Gail is replacing Nicole Salacain, who took on the position of full-time Mother with the addition of Evie Grace to her family! Meghan Heath returned from maternity leave and the team is thrilled to have her back.
- Science Instructor Dan Meyer is now also the Coordinator for CAS Outdoor Education Programs.

Curriculum & Classroom Highlights:

- Classroom Websites: Each classroom has created their own websites within our main CAS website. Go to <https://www.charlesarmstrong.org> and click on the Quickmenu in the upper right hand corner, then move down to Class Websites.
- Counseling: Jayme Mahoney and Jason Bradeen added several classes to their repertoire. This year they will teach a 6th grade girls' group as well as a social skills group for middle school students. In addition, the counselors will teach Resiliency regularly in the classrooms, and are offering monthly parenting advice in the "Counseling Corner" of our school bulletin. They will continue to offer new student groups for all new students throughout the month of September, a 7th and 8th grade girls' group, a mentoring program, and offer individualized counseling sessions and behavior charts as needed.
- Admissions: The Admission's Department has computerized their department in order to work more efficiently.
- Music/Drama: For the first time, all MS students have the opportunity this year to choose between taking art or music class. This small group instruction will give students the opportunity to explore the visual (art) and performing arts (music) with the intention of finding a niche or exploring something new. This is in addition to Electives, where they can choose from a variety of activities to strengthen their gifts and talents. Both of these new classes will meet once a week for 45 minutes for the entire school year.
- FrontRow Sound System Technology: We are in the process of adding FrontRow Sound Systems to all the classrooms, and installation is almost complete throughout the school. FrontRow sound systems increase speech clarity and phonemic awareness, therefore can significantly enhance the effectiveness of reading and spelling instruction. These sound systems allow students throughout the classroom to hear without undue effort, leaving them mentally more ready and able to learn. Numerous studies have reported tremendous benefit from implementing FrontRow, including greater student achievement, easier classroom management, and improved teacher energy.
- Intensives: In an effort to meet more specific learning needs of our students, we have created an 'Intensives' period that has been built into the school day. This period of about 30 minutes, 3 days/week provides additional instruction for our students. In grades 4-8, the Intensives period is designed to address student learning needs with an emphasis on Learning Skills & Strategies and Resiliency. In grades 1-3, students will receive an additional 'dose' of the CAS Literacy curriculum, giving the students needed opportunities to receive additional instruction in the foundations of reading.

SCHOOL NEWS

The Life Skill for the month of September is KINDNESS.

“Kindness is the language which the deaf can hear and the blind can see. “

~Mark Twain

The life skill of the month for September is Kindness. As new students and families join the Armstrong community, it is a perfect fit. If you are a returning student or family, please make an effort to introduce yourself to new students and families and welcome them to CAS. We are very lucky to have a community that values kindness and one that strives to make sure that we are not only educating our students in the areas of academics, but also helping to teach the importance of being thoughtful and kind people.

Kindness takes many, many shapes and during the month we will be highlighting this during assemblies, in our resiliency curriculum, and on a daily basis on the playground and in the classroom.

Text Message Emergency Alert System

Please be sure to click the link on the front page of our website to provide us with the cell phone number you want contacted in the event of a school emergency. You may also go directly to <http://www.charlesarmstrong.org/community/rapidnotify.php>. We need every parent to enter their cell phone number on this webpage, as this is our school's primary means of contacting all parents quickly if the need should arise. We will also update that page with information in the event of an emergency.

Community Picnic—Sunday, October 4th



Be sure to sign up for our annual Community Picnic!! Just complete the registration form at the end of this bulletin to join us for this wonderful family event which is being held at Nueva School in Hillsborough this year from 12:00 to 2:00pm. There will be volleyball, face painting, an astro-jump, bocce ball, kite making and more! Tickets for lunch are just \$12. Volunteers are still needed for various jobs at the picnic. Please contact Adrienne Foran at aforan@charlesarmstrong.org for more info. Volunteering at the Community Picnic is a great way to complete your required volunteer hours while having a good time!

Forms Forms Forms!!

If you have not yet turned in any forms we sent for your completion over the summer, please turn them in to Student Services promptly! These forms include: Emergency Notification, Parent Traffic Agreement, Photo Consent, Acceptable Use Policy, Standards of Behavior Policy, CAS Community Contract, Anti-Bullying Pledge, Student Emergency Information, and Permission to Administer Medication.

Student Absences

Parents, please remember to phone in your child's absence to the Attendance line at ext. 400 by 9:00am each day that your child is absent or going to be late, or going to be out of the classroom for testing or vacation, etc. State your child's name, classroom number and reason for absence. If you wish, you can also communicate with the classroom teachers, but we ask that you always notify Student Services by using the Attendance phone line. If we do not receive a message from you on the absentee telephone line, we will have to call you to find out why your child is not at school. Thank you.

Unsure of a School Event Date??

When in doubt about the date or time of a school event, just check our website calendar!!

Team Teaching

To support the teaming initiative at CAS, we ask that when you send an e-mail to your child's teacher that you include all the teachers in your child's classroom. You can get their names from the class placement list mailed to you this summer. To email a teacher, use the first initial and full last name, followed by @charlesarmstrong.org — i.e., Susan Smith's email address would be ssmith@charlesarmstrong.org.

Volunteer Opportunity

The CAS Art Recess Program is currently looking to fill parent volunteer positions. This is a wonderful opportunity to provide hands-on support to CAS art teachers and students in grades 1-8 during Art Recess. No art experience necessary! It is the only "in-classroom" volunteer activity available. It's a chance for parents to be in touch with children of all ages at CAS. If interested, please contact **Michelle Katcher**, CAPSO Art Coordinator, michellekatcher@hotmail.com, (408) 265-0960.

New Parents

New families, this is a reminder to send in your child's STAR results from previous schools. Also, we need a current family picture for each family, so if you haven't sent one in, please do so ASAP.

After School Care

The After School Care Coordinators are Lauren Kelly on M, T, Th & F, and Jessica Park on Wednesday's. They can be reached at cell phone number (650) 391-8593. After School Care is located in the Library. The hours are 3:00-5:30pm on M, W, Th & F, and 12:45-5:30pm on Tuesdays or conference days.

Divine Catering-Hot Lunch Program

Use orderlunches.com, password: Divine72. If you have any questions, contact Elizabeth at Devine Catering (650) 610-8979 or email devine.lunchaccount@gmail.com. Please remember to include your child's name, grade and "lunch" in the subject line. If you have technical problems, please contact their customer support by sending an email to support@orderlunches.com or by calling the orderlunches support line toll free at 1-800-381-6511 during normal business hours, which are 8:00am-5:00pm Monday through Friday, Pacific Time.

Morning Drop-Off & Afternoon Pick-up

The City of Belmont allows us to operate our school in the middle of a neighborhood only by strictly adhering to our Conditional Use Permit. One of the rules of this permit is that morning drop-off and afternoon pick-up of the students **ONLY** occurs in the bottom parking lot. It violates our permit if parents use any of the adjoining streets (Solana, Chula Vista, El Verano, etc.), or if a parent pulls into the upper parking lot. More information on our Conditional Use Permit will be shared with you at the Parent Information Meetings.

For safety purposes, we request that parents refrain from using cell phones at any time while driving on the CAS campus. Thank you.

Learning Lab

Stay tuned! Information about Learning Lab will be available in next week's school bulletin.

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.

MIDDLE SCHOOL NEWS

Outdoor Ed Field Trips

Attention parents of the sixth, seventh and eight grade. This week the homeroom teachers distributed outdoor education field trip packets. Some teachers handed them out at parent/teacher conferences and others gave them to students to bring home. The faculty is excited to share these trips with the middle school students. This year's line-up of trips are designed to provide the students with unforgettable outdoor learning opportunities. Several of these trips occur within the first few weeks of the school year.

- The seventh grade students depart on September 21 for a one day Team Building Trip to Mt. Hermon Outdoor Center in Santa Cruz.
- The eighth grade students leave for their annual river rafting and ropes course trip on September 24 and return on September 25.
- The sixth grade students will participate in a Ropes and Redwoods environmental studies program in Occidental from October 14 – 16.
- The seventh grade will also visit Yosemite National Park, March 22-26 (information for this trip is not yet available).

I encourage you to look through the information packet with your child at your earliest convenience. There is a required forms packet for you to complete. It is printed on colored paper. Because the field trips are only a few weeks away, I am asking that you return the completed forms packet by this Monday, September 14, to your child's homeroom teacher. The information is also posted on the Outdoor Education Section of the CAS Science Department Web Page. You can click on the following link to see this information: <https://sites.google.com/a/charlesarmstrong.org/science/outdoor-education>. As always, if you have any questions about the outdoor education program, or your child's particular trip, please do not hesitate to contact me.

Welcome to the 2009-2010 school year! I am excited to share my passion for science, both indoors and outdoors, with your children. I look forward to a great year.

In that outdoor spirit,

Danny

Sports News

Mr. Veal and Mr. Wynn would like to remind flag football players to get football cleats and mouth pieces (molded at home) so that they are ready for the first day of electives. Kids will not be able to play in games without mouthpieces. Kids will not be able to practice effectively and build football skills without cleats.

As far as dressing for practice, we suggest shorts or sweats and a non-uniform shirt or sweatshirt to avoid grass stains or tearing from pushing, pulling, falling, or generally having fun!

Victor Veal

Middle School Electives

Monday, September 14 is the first day of middle school electives. We do our best to honor your child's requests, but due to class size their first choice may not be available.

Middle School Sweatshirts

Please return all order forms and checks for Middle School sweatshirts by September 14. We keep only a small supply at school during the year, so you need to be aware that additional sweatshirts in all sizes are not always available. Another order will not be placed until spring.



CHARLES ARMSTRONG SCHOOL - 1405 SOLANA DRIVE - BELMONT, CA 94002

Phone:650.592.7570 - Fax:650.591.3114 - www.charlesarmstrong.org

Charles Armstrong School Community Picnic

**Come One, Come All!
Let's celebrate fall!**

Help us kick off our 2009-2010 school year and get to know new and returning CAS families.

This is a fun-filled day for the entire family, which includes many activities, such as face-painting, bocci ball, Astro-Jump, volleyball and more!

Bring a blanket or a chair and we will see you there!

**Sunday, October 4, 2009
12:00 - 2:00pm**

Nueva School • 6565 Skyline Blvd • Hillsborough

Registration Form

Please send your completed registration form and payment to: Charles Armstrong School, Attn: Liz Pavlov, 1405 Solana Drive, Belmont, CA 94002. **Questions?** E-mail lizpavlov@hotmail.com.

_____ Name	QTY	Price	Method of Payment	
_____ Address	<input type="checkbox"/>	Box Lunch \$12.00	<input type="checkbox"/> Check	
_____ Are you a CAS alumni? _____	<input type="checkbox"/>	Vegetarian \$12.00	<input type="checkbox"/> Money Order	
			<input type="checkbox"/> Credit Card (Visa or Mastercard)	
		Total: _____	_____ Credit Card #	_____ Exp. date
			_____ Signature	_____ 3-digit CIV #

Registration must be received by September 22, 2009

CAS ALL PARENT MANDATORY MEETINGS



Lower School Parents:

Thursday, September 17, 2009

8:30am-10:00am

Middle School Parents:

Friday, September 18, 2009

8:30am-10:00am

Location:

CAS Multi-Purpose Room