

CHARLES ARMSTRONG SCHOOL
WEEKLY BULLETIN

SEPTEMBER 18, 2009

THE LIFE SKILL FOR THE MONTH OF SEPTEMBER IS KINDNESS.

IMPORTANT DATES

- | | | |
|-----------------------|--|----------------------------|
| • 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 |
| • Thursday, Oct. 1 | Make-up Mandatory Parent Information Meeting (5:00pm)
(Mandatory for parents who missed the 9/17 & 9/18 meetings) | Charles Armstrong School |
| • Sunday, Oct. 4 | Community Picnic (12:00-2:00pm) | Nueva School, Hillsborough |
| • Friday, Oct. 9 | Transition Meeting (8:30-9:45am) | Charles Armstrong School |
| • Monday, Oct. 12 | Columbus Day—School Holiday | |
| • Wednesday, Oct. 14 | New Parent Meeting, Lower School (8:30-10:00am) | Charles Armstrong School |
| • Friday, Oct. 16 | New Parent Meeting, Middle School (8:30-10:00am) | Charles Armstrong School |

Back-to-School Nights—September 21 & 23

Please mark your calendars for Back to School Night (**mandatory** for at least one parent from each family to attend) 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. 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!**

Make-Up Parent Information Meetings—October 1

Parents who missed the mandatory Parent Information Meetings that were held on September 17 (LS) and September 18 (MS) must attend the make-up meeting, which is scheduled for October 1, 2009 at 5:00pm in the multi purpose room.

Community Picnic—Sunday, October 4th
Don't Miss This Fun Event!!! Register Now!!!



Be sure to sign up for our annual Community Picnic!! We know this is a popular event that families love to attend, but we have not received many registration forms yet! Just complete the registration form at the end of this bulletin to join us for this wonderful day to enjoy with family and school friends, 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!



SAFETY NEWS

H1N1 Virus

Dear Parents,

As the new school year begins, we want to assure you that we have taken great care to be well prepared for the H1N1 Virus. We work closely with the City of Belmont Safe Schools and follow all the guidelines recommended by the San Mateo County Public Health Department and the Centers for Disease Control and Prevention (CDC) to monitor flu conditions and make informed decisions.

As you may know, flu can be easily spread from person to person. As a result, we are taking all steps possible to reduce the spread of flu in our school and community.

The CDC recommends 4 main ways you and your family may keep from getting sick with the flu at school and at home:

1. **Practice good hand hygiene** by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
2. **Cover your mouth and nose** with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.
3. **Stay home if you or your child is sick for at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine).** Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others.

Get your family vaccinated for seasonal flu and 2009 H1N1 flu when vaccines are available.

If flu conditions become **MORE** severe, parents should consider the following steps:

- **Extend the time sick children stay home** for at least 7 days, even if they feel better sooner. People who are still sick after 7 days should continue to stay home until at least 24 hours after symptoms have completely gone away.
- **If a household member is sick, keep any school-aged brothers or sisters home for 5 days** from the time the household member became sick. Parents should monitor their health and the health of other school-aged children for fever and other symptoms of the flu.

How will you recognize if your children are sick? It is important to watch carefully for the signs and symptoms of flu or unusual behavior that may be a sign your child is sick. Symptoms of flu include fever, cough, sore throat, runny or stuffy nose, body aches, and fatigue. A fever is a temperature taken with a thermometer that is equal to or great than 100 degrees Fahrenheit (37.8 degrees Celsius). If you are not able to measure a temperature, look for signs that your child feels warm, has a flushed appearance, or is sweating or shivering.

What else can you do to help? Teach your children not to share personal items like drinks, lunches, snacks, or even utensils.

Please DO NOT send children to school if they are sick!! Any children who are determined to be sick while at school *will be isolated and then sent home.*

We will keep you updated with new information as it becomes available to us.

For more information, visit www.flu.gov, or call 1-800-CDC-INFO for the most current information about the flu. We will notify you of any additional changes to our school's strategy to prevent the spread of flu.



Food Allergies

Please talk to your children about the dangers of sharing food at school. Many of our children have food allergies that can be life threatening. For this reason, food should never be shared.

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.

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.

Student Tardies

Please make sure your children know that they must report to Student Services prior to going to their classrooms on mornings that they are tardy to school so they can obtain a pass.

Parents on Campus

Every time that you come onto the CAS campus, you are requested to go to Student Services to sign in and obtain a Visitor's Pass. We ask that you never go directly to your child's classroom hoping to talk with a teacher either before or after school. If you need to talk to a teacher, you should send an email addressing your concerns or send an email to request an appropriate time for a conversation or meeting. All faculty members have classroom and/or duty responsibilities before and after school and are not available for drop-in meetings. Thank you.

Scholastic Book Fair

The Scholastic Book Fair is coming to CAS from October 26-30! More information will be coming about this event in future bulletins. We do want you to know, however, that you will be able to purchase **gift certificates** for your child for this event on Back To School Nights (September 21 and September 23). We will accept cash or check only on these evenings. Pre-paid certificates will be kept at the cash register during the fair, thereby eliminating the need for your child to bring cash to school during book fair week. Stay tuned for more book fair details in the near future!

Martha Cryan, Librarian

Membership to Recording for the Blind & Dyslexic (RFB&D)

Membership to Recording for the Blind & Dyslexic (RFB&D) is now FREE thanks to major funding from the U.S. Department of Education, Office of Special Education Programs.

Member benefits include:

- **FREE** access to the nation's largest audiobook library of textbooks and literature titles
- Easy-to-use online catalog.
- 24/7 online member services and phone support.
- Various audiobook downloadable formats, including DAISY and WMA (Windows Media Audio)

Through our **CAS library website** you are able to register online for access to this amazing service and download an application. Proper certification is required, however, to prove that you are in need of this special service. Claudia Koochek and Bob Luke are qualified to sign the application form for any CAS student and we thank them in advance for helping to get this service to our special community of learners.

Jog-a-Thon is Coming! Opportunities to Help

This year's Jog-A-Thon is set for Friday, October 30th. This annual CAS event is a major "fun"-raiser for the kids and adults and is the most significant fundraiser for CAPSO, our school's parent organization. CAPSO (Charles Armstrong Parent School Organization) provides volunteers for many CAS events and funds for classroom social activities, parent education events, and other things we'd otherwise be asked to contribute to all year long. If you are interested in fulfilling most of your 20 hour volunteer requirement by the end of October, please consider one of our remaining leadership roles for the Jog-A-Thon:

Treasurer: Your role will be to track donations as they come in, prepare any follow up letters to collect outstanding pledges, and to prepare donor acknowledgement letters. This is a great job to be done at home, as it is entirely clerical.

Decorations/Spirit Coordinator: Your role will be to make the place look fabulous on the day of the event. We hope to have pumpkins donated for our Halloween themed event. We need you and your creativity to mastermind the rest. You should plan on starting the decorating the day before the event as well as putting the finishing touches on the day of.

The event co-chairs will be providing support to you in these roles, INCLUDING assistance with recruiting volunteer help. This is an event that both the CAS staff and students look forward to every year, so let's make it great! To volunteer, contact one of our co-chairs:

Audrey Fox, audrey_fox@comcast.net, (650) 678-1086

Kathy Thibodeaux, kathythibodeaux@comcast.net, (408) 482-3910

Parent Coffees

CAS will host a series of parent coffees that closely align with the topics presented at Common Ground speaker events. Below is the schedule of the Common Ground events and our CAS coffees. CAS Counselors Jason Bradeen and Jayme Mahoney look forward to hosting these discussions. Please refer to our School Parent Calendar or our Parent Ed brochure for Common Ground Speaker locations.

New Strategies for Success in School & Life

Common Ground Speaker Oct. 5-7, **CAS coffee Friday, October 23, 2009, 8:30-10:00am**

The Amazing Science of Exercise and the Brain

Common Ground Speaker Nov. 17-19, **CAS coffee Friday, December 4, 2009, 8:30-10:00am**

The Tween/Teen Years

Common Ground Speaker Jan. 26-28, **CAS coffee Thursday, February 11, 2010, 8:30-10:00am**

When to be Unpopular with Your Kids

Common Ground Speaker March 16-18, **CAS coffee Friday, March 31, 2010, 8:30-10:00am**

The Power of Mindful Parenting

Common Ground Speaker April 20, **CAS coffee Friday, April 30, 2010, 8:30-10:00am**

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. Thank you for ensuring that we remain in 100% compliance with our Conditional Use Permit.

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

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

Give the Gift of Books!

All of our students look forward to the Charles Armstrong School Annual Book Fair. This year it will be held October 26 - 30th. However, next week we are selling PREPAID GIFT CERTIFICATES. Avoid tears or lost money by purchasing these terrific certificates. You will have the opportunity to do so at your BACK TO SCHOOL NIGHT (cash or check only).

CAS Picture Day

Lifetouch will be on campus on Wednesday, September 23, 2009 to take individual and class pictures of our students. Please check your child's backpack for order forms next week. The order form must be given to the photographer on picture day, so make certain that you give it to your child's teachers on or before that day.

Birthday Treats

We ask that you contact your child's teachers before bringing any treats in the classroom. They will be able to tell you the best time to share, as well what is appropriate.

Student Birthdays

Please remind your children that when they are having a birthday party that doesn't include every child in the class, that they should not talk about the party at school. Birthday cards/invitations should not be issued at school unless the whole class is invited.

MIDDLE SCHOOL NEWS

Outdoor Ed Field Trips

Dear Parents of Sixth, Seventh and Eighth Grade Students,

There are three outdoor education field trips rapidly approaching! Thank you to all the families who already turned in the forms, permission slips and registration papers for the upcoming outdoor education trips. If you have not already turned these forms in, please do so by this Friday, September 18, as these forms have to be properly processed and they are already past due.

Reminder

Grade 7—Monday, 9/21: Grade **Seven** leaves this Monday, September 21 for one day.

Parents should drop their students off at the far north end of the Cal Train Station in Belmont at 8:00am. CAS will have a faculty member at the drop off point starting at 7:45am. Students will load into the bus and depart from the Cal Train location at 8:30am sharp.

Parents should pick up their students at 6:15pm at the same location—the far north end of the Cal Train Station in Belmont.

Grade 8—Thursday, 9/24-Friday, 9/25: Grade **Eight** leaves next Thursday, September 24 for two days.

Parents should drop their students off at the far north end of the Cal Train Station in Belmont at 8:00am. CAS will have a faculty member at the drop off point starting at 7:45am. Students will load their gear into a cargo van, board the bus and depart at 8:30am sharp.

Parents should pick up their students at 7:30pm Friday night at the same location—the far north end of the cal Train Station in Belmont.

Grade 6—Wednesday, 10/14-Friday, 10/16: Grade **Six** leaves Wednesday, October 14 for three days.

Parents should drop their students off at the far north end of the Cal Train Station in Belmont at 8:00am. CAS will have a faculty member at the drop off point starting at 7:45am. Students will load their gear into a cargo van, board the bus and depart at 8:30 am sharp.

SINCE THE 6TH GRADE CLASS RETURNS TO SCHOOL AT 3:15PM ON 10/16, THE BUS MAY COME ON CAMPUS, THEREFORE PICK-UP FOR THIS FIELD TRIP ONLY WILL TAKE PLACE AT CAS AT THE USUAL TIME OF 3:15PM.

If your student is in a carpool, please notify your carpool about the morning drop off immediately. Please let the carpool know that no students will be marked tardy if they arrive to school late due to this inconvenience!

Grade Seven must pack a bag lunch for their day of travel.

Grade Eight does NOT need to pack a lunch for their day of travel.

Grade Six does need to pack a bag lunch for their day of travel.

Please remember to properly pack and label all medications and give them to your child's homeroom teacher the morning of the trip.

I will be contacting the room parents from last year to see if they would be open to using the same phone tree to disseminate information in the event that the bus is delayed on our return trip. You will find information about the field trips on the science department website under the subsection, "Outdoor Education." If you have any questions, you can contact me through email, through the school phone (650-592-7570 x-226, or on my personal cell phone (415) 205-7083.

The Belmont Cal Train Station is located at 995 El Camino Real in Belmont at the Ralston Avenue/El Camino Real intersection. Below is a link to a Google Map of the Belmont Cal Train Station:

<http://maps.google.com/maps?f=q&hl=en&q=Belmont+Caltrain,+United+States&sll=37.537502,-122.298&sspn=0.011315,0.008562&ie=UTF8&om=1&cd=1&geocode=FXiEPAIdFte2-A&t=h&ill=37.523393,-122.276073&spn=0.001736,0.003068&z=16&iwloc=A>

In that Outdoor Spirit,

Danny Meyer, Science Teacher & CAS Outdoor Education Coordinator

Student Council

The campaign for those students interested in running for a student council office has begun. Here is the general outline of events:

Tue 9/22 – Petitions & permission slips due to Ms. Pospisil by 1 p.m.; lunch time meeting in Room 17 to discuss campaigning

Wed 9/23-Mon 10/5 – Campaign

Tue 10/6 – Speeches given at MS assembly; officers elected in classes afterward

Wed 10/7 – Class rep elections take place in homerooms (results to Mariah & Nick by the end of the day)

Tue 10/13 – First student council meeting in Room 17

I'll attach our calendar for the year to this email – it also outlines upcoming events FYI. Nick and I will try to be better about getting student council info into the bulletin as events come up!

Thanks,
Mariah & Nick

Sports News

2009 CAS Flag Football Schedule

Game 1 Varsity- Thursday September 17th @ Corte Madera 4:00

Game 2 Junior Varsity- Monday September 21st @ Hausner 4:00

Game 3 Varsity- Tuesday September 29th @ Alma Heights 4:00

Game 4 Varsity- Friday October 2nd @ Highlands Christian 4:30

Game 5 Varsity- Monday October 5th @ Nueva 4:00

Game 6 Varsity- Friday October 16th vs. Sea Crest @ Nueva 4:00

Game 7 Junior Varsity- Wednesday October 28th @Sea Crest 4:00



A Safety Reminder for the Football Players

Please remember to bring football cleats, mouth guards, and extra clothing (for elective period) to keep everyone safe and so school uniforms do not get ruined!



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

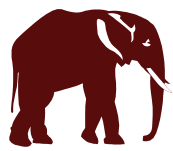
***Make-Up Parent Information
Meeting***

October 1, 2009

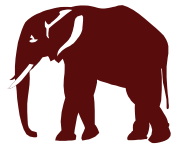
5:00pm, Multi-Purpose Room



This meeting is mandatory for Lower School parents who missed the 8:30am Parent Information Meeting on Thursday, September 17, and for Middle School parents who missed the 8:30am Parent Information Meeting on Friday, September 18!



REMINDER



Back-to-School Night!

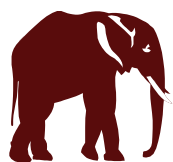
Lower School Parents:

Monday, September 21st

Middle School Parents:

Wednesday, September 23rd

Time: 5:00-7:00pm



REMINDER

