

CHARLES ARMSTRONG SCHOOL

WEEKLY BULLETIN

SEPTEMBER 25, 2009

THE LIFE SKILL FOR THE MONTH OF SEPTEMBER IS KINDNESS.

IMPORTANT DATES

- Thursday, Oct. 1 *Make-up Mandatory Parent Information Meeting (5:00pm)* *Charles Armstrong School*
(Mandatory for parents who missed the 9/17 & 9/18 meetings)
- Sunday, Oct. 4 *Community Picnic (12:00-2:00pm)* *Nueva School, Hillsborough*
- Friday, Oct. 9 *Transition Meeting (8:30-9:45am)* *Charles Armstrong School*
Topic: Overview of Transition Process
- 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*

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!!!**



The registration deadline has come & gone, but we are allowing you one final opportunity to sign up for the CAS Community Picnic, which is being held on Sunday, October 4th at Nueva School in Hillsborough from 12:00pm to 2:00pm. We know this is a favorite family event that everyone loves to attend, so to accommodate our last minute decision-makers out there, we are extending the registration deadline to Monday, September 28th. Just complete the attached registration form to join us for this wonderful day for parents and children alike and return it to Student Services no later than Monday. 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 information. Volunteering at the Community Picnic is a great way to complete your required volunteer hours while having a fun time!

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:

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

SAFETY NEWS

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.

H1N1 Virus

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 greater 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.

If Your Child is Sick or Injured at School...

One of our new parents recently asked if we have a school nurse on campus. While one of our faculty members is actually a registered nurse, student illnesses and injuries are handled in Student Services. If an injury is serious or if a child is running a fever, parents are notified immediately. Illnesses and injuries of a minor nature (small cuts, tummy aches, etc.) are evaluated and handled in Student Services. When in doubt, our policy is to always call the student's parents.

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.

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

Membership to Recording for the Blind & Dyslexic is now **FREE** thanks to major funding from the U.S. Department of Education, Office of Special Education programs. Individual 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 download an application to be able to register for access to the amazing service. Here's how:

1. Go to the **CAS homepage**
2. Click on **Quickmenu**
3. Scroll down to **CAS websites**
4. Use the following username and password to access the websites:
Username: caswebsites
Password: charles
5. Click on **Library website**
6. Click on **Recording for the Blind & Dyslexic** (left hand side of page)
7. Click on **Download an Application. At this point there are several options. You may Register online for immediate access or Download an application.**
8. Click on **Certification.**

The certification form must be faxed or mailed to RFB&D. Bob Luke or Gail Geenen are qualified on our campus to sign the certification form.

If you have any other questions please contact Martha Cryan, CAS librarian, at mcryan@charlesarmstrong.org.

Thank You

Thank you parents for attending Back-to-School Nights. There were many parents who visited the Specialized Programs, Power School Training and the CAPSO & CAS tables prior to meeting with homeroom teachers. There was a lot of information presented about our program and we are proud to announce that there were several classrooms with 100% parent attendance. **Thanks also to our wonderful parent volunteers who helped with so many aspects of the evening!**

Picture Retake Day

If you were absent on the original Picture Day and missed the opportunity to purchase portraits, or wish to have a portrait retaken, the picture Retake Day is Wednesday, November 4, 2009. Pictures taken this week will be delivered prior to the Retake Day. Sports teams and other group pictures will also be taken on November 4th. Fliers and order forms will be sent home the week before and will also be available in Student Services.

Visitor Sign In

It is very important that all visitors to our school Sign in and also wear their Visitor's Pass while on campus. A visitor is any individual on campus that is not employed by the school. For example: A parent volunteering in the classroom or for any other school activity is defined as a visitor. If you are picking your child up during the course of the school day, you are a visitor and need to sign in. Please sign in at Student Services. It is very important that everyone comply with these rules to help keep our Campus safe from intruders. Thank you very much for your cooperation.

-The CAS Safety Committee and Administration

Reminders for Parents

Inhalers

If it is necessary for your child to have an inhaler at school, it must be kept in Student Services and not in the child's backpack. Please instruct your child to take it there, and whenever it is needed, the child should go to Student Services.

Lunch

If you haven't ordered hot lunch for your child, remember to send lunch daily. We do not have a food supply for students who do not bring their lunch. It is important for students to have a nourishing lunch in order to learn and to work during the afternoon.

Hot Lunch

It is time to place your October hot lunch orders. Orders should be placed by Saturday, September 27th. Go to www.orderlunches.com to place your orders.

Safety

Please refrain from trying to engage teachers during dismissal time. They are expected to do dismissal duty at this time. If you wish to talk with the teachers, send an email and set a time for a conversation.

Parking on campus

Parking for parents during the day is in the upper basketball parking lot or visitor parking spaces 65-70. The gate is always supposed to be open with cones placed each morning to guide visitors on to the "yellow brick road." Faculty has been instructed to ensure that children are not playing near the gates or the driving area so that you can feel comfortable getting to your designated location.

After School Student Pick-Up

The only acceptable place to pick up students from campus is the lower park lot area. Faculty and staff act as traffic monitors and will direct you, so there should never be any question as to where you should park at pick-up time. We have noticed lately that some parents are pulling into the turn around to avoid the established parking process. This is dangerous for the students and can cause significant delays in the flow of pick-up if drivers do not follow the established process. Please follow our established process! Thank you.



A Little Imagination goes a Long Way!

CAS announces *Imagination* Wine!

CAS has partnered with Crushpad, a boutique winery run by award-winning winemakers in San Francisco, to create four different exquisite wines (merlot, pinot noir, chardonnay and a blend of four varietals) under the unique CAS *Imagination* label.

- A portion of the proceeds from every bottle sold goes to CAS.
- *Imagination* wine is perfect for entertaining or gifting.

We will have a wine booth at the Community Picnic.

Sip for Success! Orders are placed online, and the wine is shipped to you (or can be picked up in San Francisco). To order now, visit <http://wine.crushnet.com/charlesarmstrongschool>.



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, Dec. 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 Wednesday, 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**

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. For parents who purchased pre-paid gift certificates on Back-To-School-Nights, the pre-paid certificates will be kept at the cash register during the fair, effectively 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!



Gifted Learning Conference

The [Gifted Learning Conference](#) is an educational conference on October 16, 2009, in Hillsborough, CA, featuring over fifty esteemed speakers in 21st century education.

Within the broader context of high-ability education, the Gifted Learning Conference offers a subset of experts addressing the challenges and gifts of **bright children with learning differences**. Several esteemed speakers (Gordon Sherman, Ph.D., Megan Foley Nicpon, Ph.D., Fumiko Hoeft, M.D., Ph.D., and Rosalie Whitlock, Ph.D.) share perspectives on current research, neurological advancements, and offer practical advice that can help the twice exceptional students you know achieve exceptional success. Marsha Blair, Academic Support Coordinator for The Menlo School, will be moderating a powerfully poignant panel comprised of parents of now successful children with learning differences who will share their stories and provide heartfelt, honest, invaluable advice.

Those registering by September 15 can **save \$100** off general conference pricing. Registration is filling quite quickly, so advance registration is suggested. For more information, please visit the [Gifted Learning Conference](#) website at www.nuevagiftedconference.org.

Escrip

Thank you to all the families who have signed up online for escrip. If you participated last year, don't forget to renew to continue earning Safeway contributions. Visit www.escrip.com and click on "YES RENEW!" Parents, teachers, friends and families are encouraged to register their Safeway club card and existing credit/debitcards as supporters. A percentage of all purchases made at eScrip merchants will be given back to CAPSO including Safeway, online merchant purchases and eScrip dining program. Go to www.escrip.com Charles Armstrong School - ID 137612735. Any questions, please contact naomi.shimizu@sbcglobal.net.

Raley's, Bel Air Market and Nob Hill Scrip Program

Do you shop at Raley's, Bel Air Market or Nob Hill? Please contact Susan Horning at sphorning@astound.net and she will mail you a Quality of Life scrip card. This is a free program which will earn CAS money to be used to support CAS programs. Already have a Quality of Life card? Please remember to hand it to the cashier each time. Thanks!

CAS Exhibits

**Announcing
Charles Armstrong School
Student Art Exhibit
at
San Francisco Airport Museum
October 2009 – November 2009**

"Close Up In the Garden"

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. The exhibit dates are October through November 2009.

This exhibit, "Close-Up in the Garden," is a collection of art by second through fifth grade students in art classes taught by Patty Jones and Kristi Martinez at Charles Armstrong School in Belmont, California.

The second and third grade class studied flower paintings of artist Georgia O'Keefe and learned how to use radial symmetry to draw original flower pictures, using photographs of flowers as a reference. Students were taught how to apply color with oil pastels using colors that are close on the color wheel.

The backgrounds were painted with watercolor paint with the oil pastel acting as a resist.

The fourth and fifth grade students studied the work of author and illustrator Eric Carle including the books, "The Very Hungry Caterpillar" and "The Grouchy Ladybug." Carle illustrates his books using tissue paper collage by pre-painting papers and cutting shapes to form images. For this lesson students also studied symmetry and practiced drawing insects. Each student painted a background of tree branches with blossoms on tissue paper which they first mounted on a sturdy paper. Insects were drawn on separate paper and then covered with colored tissue paper and cut out and mounted on the background to complete their composition.

We are in the process of planning a field trip to see the exhibit in October for the students exhibiting. Details will be sent to the families of these students.

CAS Art Recess

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.

Learning Lab

We are in the process of finalizing our Learning Lab offerings for this first quarter. We hope to post the information on our website by Wednesday, September 30th. An e-mail will be sent home to parents as soon as the information is published!

MIDDLE SCHOOL NEWS

Optional Grade 6 Parent Field Trip Briefing

Attention Parents of the Sixth Grade,

There will be an **OPTIONAL** INFORMATIONAL MEETING to answer questions about the upcoming sixth grade outdoor education trip.

The meeting is scheduled for this Tuesday, September 29, at 8:30 am. The meeting will last approximately 30 minutes. Please RSVP to Adrienne Foran at aforan@charlesarmstrong.org if you plan to attend this meeting.

You can always contact Mr. Meyer, CAS Outdoor Education Coordinator, with questions by e-mail (dmeyer@armstrong.org), and if need be he will return your inquiry by phone. As a reminder, the trip is scheduled for October 14-16. You can visit the Science Department Web Page and navigate to the outdoor education section to obtain an equipment list, the program itinerary, and additional information. Thank you.

On the morning of the field trip, **parents should drop their 6th grade 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 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&ll=37.537502,-122.298&sspn=0.011315,0.008562&ie=UTF8&om=1&cd=1&geocode=FXiEPAIdFTe2-A&t=h&ll=37.523393,-122.276073&spsn=0.001736,0.003068&z=16&iwloc=A>

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!

Cougar Basketball

It may seem early, but sign-ups are now being taken for the middle school girls/boys basketball teams. Basketball season is scheduled to begin by the second week of November. Interested athletes should sign up with either Ms. Pospisil (girls team) or Mr. Smith (boys squads) some time in the next week. The boys' team will hold their first after-school practice at Paye's Place in San Carlos on Wednesday, October 7th from 3:30-5:00pm.

Street Hockey

Armstrong's 4th/5th grade street hockey team hits the rink next week as they open their 2009 season with a pair of games. On Tuesday, September 29 they will play a 4:00pm game at Hawes School in Redwood City. On Wednesday, September 30, they head over to Fair Oaks School in Redwood City for a 3:30pm game against the Falcons. Parents should get a copy of the game schedule and directions from their son or daughter.



CHARLES ARMSTRONG SCHOOL - 1405 SOLANA DRIVE - BELMONT, CA 94002
Phone:650.592.7570 - Fax:650.591.3114 - www.charlesarmstrong.org

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!

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