



ARROYO VISTA CHARTER SCHOOL

A CALIFORNIA DISTINGUISHED SCHOOL
"TOGETHER EVERYONE ACHIEVES MORE"

PTA[®]

everychild.onevoice.[®]

THE COYOTE CONNECTION

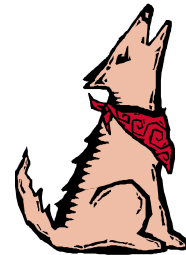
PTA NEWSLETTER VOL XI, ISSUE 2 DECEMBER 2008
CHULA VISTA COUNCIL PTA NINTH DISTRICT, INC. CCPTS

A MESSAGE FROM OUR PRINCIPAL

Dear Families,

It is unbelievable to think that in just a few days the Winter break will be here. It seems as if our Fall break just ended! Many things have happened this quarter and one of the most important was our incredible food drive. Last year during our drive, 1500 food items were collected. To increase the number of items for this year's drive, three different challenges were presented to our students. Their first target was to collect 1800 items, the second was 2000 and the third was 2200. I told them that if they met the 2000 target that they'd receive an extra recess. Once they met that goal, I offered a second recess if they could exceed the 2200 mark. Their efforts far exceeded my expectation and they collected a grand total of over 3200 food items. Over the last two weeks every class received the extra recesses because they definitely deserved them. Thank you for your generosity and for giving those less fortunate than we are the gift of essential food for their families.

Another exciting event was our first annual Coyote Walkathon. In the early morning on October 26th many of our students with their families began walking multiple times around the entire campus. Chick-fil-A was there to provide nourishment to the walkers and each walker received a pedometer from Mrs. Summers, our library clerk. It was a great way to begin
(Continued on Page 2)



IMPORTANT DATES

- *Yearbook Discount Orders Due, December 19 (\$22 thereafter)*
- *Winter Break, December 19 thru January 12*
- *School Resumes, January 13*
- *PTA Family Fun Night, January 29*
- *Rise and Read, March 4, 8AM*

A MESSAGE FROM OUR AVCPTA PRESIDENT

Although it is exciting that Winter Break is just around the corner, I believe it is important to reflect on all the Arroyo Vista Charter Parent Teacher Association's (AVCPTA) accomplishments this past quarter. Before Fall break, many of the children attended art workshops to kick off the National PTA "Reflections Art Program". After Fall break, the children enjoyed assemblies to kick off Red Ribbon Week, where multiple activities were planned to reinforce staying "Drug Free" and healthy. Next, the AVCPTA hosted and sold hundreds of books during the Scholastic Book Fair and one of our most popular book characters, Clifford the Big Red Dog, made a surprise visit greeting to all those who attended Family Night.

Thank you to all that participated in the first annual "Coyotes on the Move" Walk-a-thon fundraiser. Fitness and fun was had by all. The event was a huge success raising nearly \$5,000 for programs supported by the AVCPTA.
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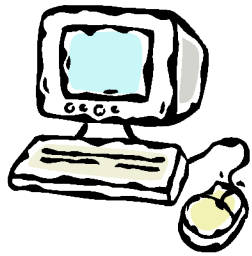
PRINCIPAL'S MESSAGE

the day and to promote physical fitness among our students. A giant thank you to our wonderful PTA for sponsoring this event and for committing to making it an annual tradition.

As the national election drew close, many of our classes learned the election process and participated in their own elections. Our fifth graders participated in an Electoral College, gave speeches and organized a Town Hall meeting where each class represented one of the deciding states. If you get the opportunity to ask any one of them about how elections are run, please do so. You'll be amazed at their knowledge and comprehension of the process. Some of our third graders also went through the process and held elections to determine the best person to become their Mayor. I really believe that when these students turn eighteen that they'll be among the best-educated and most responsible citizens ever to cast a ballot in our country. I am so proud of them and their teachers!

Thanks to our dedicated teachers our Morning Masters program is up and running as of December 2nd. Students in grades first through sixth were invited to receive extra support in reading or in acquiring English as a second language. They meet three mornings a week, Tuesday, Wednesday and Thursday from 7:30 to 8:30. These students are dedicated and already making excellent progress.

Recently, there have been multiple complaints about our parking lot. Vehicles are parking in the red zones,



Check It Out!

The Arroyo Vista PTA website is up and running and filled with valuable PTA news. Don't miss out...check the PTA website often for calendar updates/changes, events coming to our school, fundraising information, news on classroom/contest party winners, and more. The website is updated frequently to keep you informed of the latest PTA information.

ArroyoVistaCharterPTA.org

Add it to your list of favorites and check it out today...

you'll be glad you did!

(CONTINUED FROM PAGE 1)

turning into the "Exit only" entrance and double parking. All of these violations endanger the safety of our students and create the potential for serious accidents. Please help our staff keep your children safe by following the rules for safety. Our School Resource Officer will be dropping by frequently to help maintain safe entry and exit from the parking lot. Your support and cooperation in our Operation Safety is a must. Thank you in advance.

I hope that you have a wonderful winter break with your families and that the New Year brings love, joy and harmony to each of you.

Happy Holidays!

Pat Roth

BINGO!

We've Got Your Number!

Remember the fun you had last year???? Another night of suspense and laughs...will your number be next? Will you be one of the many lucky winners? Come join the fun and find out!



January 29, 2009 — Save the Date!

AVCPTA PRESIDENT'S MESSAGE

(CONTINUED FROM PAGE 1)

Looking forward to the holidays, the AVCPTA decided to offer the Cookie Dough fundraiser in the hopes that it would 'sweeten' up the season for families and friends. Cookie Dough orders were delivered on December 9th, just in time for the holidays!

As we wrap up the second quarter, the Holiday Gift Shop opened December 8-12. The week was filled with magical moments for the children. Their faces lit up as they selected special gifts for family and friends. Many thanks to all our parent volunteers who made this event so special.

I would like to thank the following AVCPTA Board Members for their tireless efforts in supporting the wonderful events this quarter:

*Melinda Baccanari and Noelle Villar –
Reflections Art Program
Melinda Baccanari- Red Ribbon Week
Patty Arriola & Sarah Way – Book Fair
Cindy Pena—e-Scrip
Patti Popik - Fundraising
Lillian Soto - Holiday Gift Shop*

Finally, I would like to personally thank all the wonderful parent volunteers, staff and teachers at Arroyo Vista – we could not have accomplished this much without your selfless efforts!

Wishing you a wonderful winter break!

Marjie Antoine
AVCPTA President

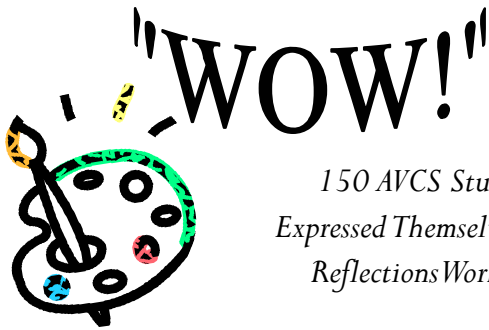


Safari Scholastic Book Fair a *Roaring* Success!

An annual favorite at Arroyo Vista, this year's Safari Scholastic Book Fair again proved to be a huge hit with students, teachers and families. It was an exciting and wonderful time to browse and shop the fascinating books available for students and their families. Teachers had a chance to preview the book selections and created their classroom "wish lists". Students were excited to purchase books not only for themselves, but to "grant" their teachers' wishes, generously purchasing books for their teachers' classrooms. Many thanks to the parents who purchased these much sought-after books! Every class had the opportunity to visit the Fair on two occasions. The first visit gave students time to create their personal "wish list" to take home and review with parents. Their second visit was their "shopping" day. We had a fantastic turn-out for Family Night, and even a special visit from none other but Clifford the Big Red Dog! Students who attended Family Night earned a homework pass and enjoyed any one of our four storytimes, two in English and two in Spanish, as well as several opportunity drawings. The children guessed how many safari animals were in a jar and the winners took a new stuffed monkey friend home!

The Book Fair would not have been possible without the gracious help of more than 25 volunteers! The Book Fair chairpersons, Sarah Way and Patty Arriola give a hearty **THANK YOU** to each and every one!





*150 AVCS Students
Expressed Themselves in the
Reflections Workshop*

“Wow...Express Yourself” is this year’s theme for the National PTA sponsored event to encourage the arts in our school and our community. The Arroyo Vista Charter PTA sponsored a lunch-time Reflections Workshop where students could work on an art project or other project to submit to the program. About 150 students chose to participate in the workshop. There were some great ideas generated and some beautiful art projects completed. Artwork that was submitted to the contest was judged and the first-place winners will compete at the District level. Those selected to represent Arroyo Vista were recognized at a recent Coyote Assembly and awarded certificates and prizes. Thank you to all the participants and congratulations to our winners.

And the Winner Is...

Janel Anderson won our e-scrip registration drawing for a new dvd/cd player. To-date, we have 564 supporters through the Von’s e-scrip program. This is a tremendous fundraiser for the AVCPTA. Thank you to all who registered their Vons Club cards. (Remember, your friends and extended family can register their cards, too.) If you meant to sign up, but kept putting it off...all is not lost! Just stop by the school office with your Von’s club card and fill out a registration form. All it takes is a minute of your time (yes, really!) and it won’t cost you a dime. It will make a world of difference for our kids and the programs that AVCPTA sponsors. If you wish to register online, visit www.escrip.com to sign up.



AVCS Reflections Winners

Primary (Kinder—Second Grade)

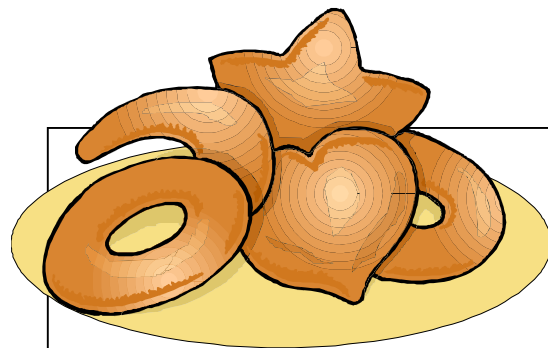
- 1st Place—Diego Villar
- 2nd Place—Jordan Waller
- 3rd Place— Ross Baccanari

Intermediate (Third Grade—Fifth Grade)

- 1st Place—Jessica Hoshina
- 2nd Place— Savannah Villar
- 3rd Place—Maria Boccia

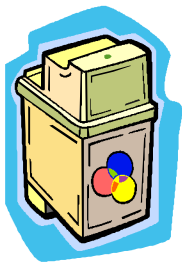
Sixth Grade

- 1st Place —Alec Arvanitis



*We’ve got your dough...
cookie dough, that is...*

Cookie dough orders were available for pick-up on December 9th. If you still haven’t picked yours up, contact the school office right away.



***Don't throw away
that empty printer
cartridge!***

***Bring it to the
school office!***

Attention Parents...Empties4Cash!!!

So you resolved to do something positive for the environment this year...then, you tried recycling that empty print cartridge that's been sitting in your desk drawer forever. You put it in the return envelope, but when you took it to your mailbox, it wouldn't fit in the slot. Now what?

Why not make life easier? Drop off used cartridges in the green collection box in the school office! So far, we've recycled nearly 60 cartridges, but we're sure that you, your friends, family and coworkers have more to contribute! Help spread the word - *any inkjet cartridge with a print head can be recycled*, regardless of brand or type. You name it and we'll take it...HP, Lexmark, Xerox, Compaq, Brother, Dell, Canon, or Apple.

Besides reducing pollution, you are helping to raise from \$0.25 to \$4.00 per cartridge for Arroyo Vista PTA Programs that benefit your child. Now that's something to feel good about!

Yearbook

Share your Photos!

Attention All Room Parents & Volunteers:

Please start collecting and submitting photos of your classes for the 2008-2009 AVCS Yearbook. This is the first year that the yearbook will be in COLOR.

Please email your photos to mghawley1@yahoo.com or submit them on disk to the office PTA Yearbook Folder, to Marjie Antoine or Marie Hawley. There are deadlines, so please send them in as soon as possible! *Keep submitting them throughout the year, too, for later deadlines!*

Let's make the yearbook a visually fun and colorful representation of the Arroyo Vista Charter School Spirit! Thanks for your help!



Baby Pictures of All 6th Graders

Please submit baby pictures for the 2008/2009 school yearbook. You can e-mail your photos to mghawley1@yahoo.com, or submit them on disk to the school office, PTA Yearbook Folder. Make sure your name, teacher and room number are clearly labeled! There are deadlines, so please submit your photo soon!

Flu Awareness

Tips to Help You Avoid the Dreaded "Bug"

The Flu season is upon us and it is very important to know how to protect yourself and your family from getting sick. The Flu is a contagious respiratory illness caused by influenza virus. The best way to prevent this illness is by getting a flu vaccination each year. Some people, such as older people, young children, and people with certain health conditions are at higher risk for serious flu complications and should be immunized.

How to Stop the Spread of Germs



Cover your Mouth and Nose When Sneezing

The main way that illnesses like colds and flu are spread is from person to person in respiratory droplets of coughs and sneezes. Cough or sneeze into a tissue and then throw it away. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.



Clean Your Hands Often

Sometimes germs also can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches his or her own eyes, mouth or nose before washing their hands. When available, wash hands with soap and warm water, then rub hands vigorously together and scrub all surfaces. Wash for 15 to 20 seconds. It is the soap combined with the scrubbing action that helps dislodge and remove germs. Tell your children to sing the "Happy Birthday" song twice and they will have washed long enough!

Use Alcohol-Based Hand Wipes & Gel Sanitizers

When soap and water are not available, use alcohol-based disposable hand wipes, or gel sanitizers. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs that cause colds and the flu.

Avoid Touching Your Eyes, Nose, or Mouth

Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth. Germs can live for a long time (some can live for 2 hours or more) on surfaces like doorknobs, desks, and tables.

Stay Home When You are Sick

When you or your children are sick or have flu symptoms, stay home, get plenty of rest, and check with a health-care provider as needed. Remember---Keeping your distance from others may protect them from getting sick.



Practice Other Good Health Habits

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Practicing healthy habits will help you stay healthy during flu season and all year long.

For additional information and resources please go to <http://www.sdchip.org> and click on the (No Flu) icon. This gives local San Diego information on sites giving flu shots.

—*Maria Kelchner, R.N.*
AVCPTA Health Education Chair



Red Ribbon Week

*Reminding Us to
Lead Healthy Lives...*

Thank you to all of the students, teachers and staff members who helped make this year's Red Ribbon Week a success, and a special thank-you to these parent volunteers:

Janel Anderson
Cassandra Berry
Heidi Buratto
Stacey Michels
Arleen Moran
Laura Waller

And thank you to all the parents who took the time to discuss healthy choices with their children and who continually model healthy choices each day at home.



In the Garden

Fall is finally “in the air,” and fall has come to the garden. We had great fun at the Harvest Celebration just before fall break, with taste testing, scarecrow building, and veggie-animal creating activities. Congratulations go to Catherine Yopp (3rd grade) and the Angulo family (Alex – 2nd grade) for winning first and second prize! Catherine designed a tomato caterpillar with loads of personality and the Alex’s little sister entered a cute eggplant girl.

Cool-season plants and seeds are going in the garden in November for a Spring harvest. This fall, classes will be planting lettuces, spinach, parsley, cilantro, carrots (in red, orange and purple), turnips, radishes, and broccoli.

Several classes will be using the garden as part of their curriculum. Mrs. Jancasz’s third graders will be planting some California Natives to support their studies of the Kumeyaay. White sage, Manzanita and Artemisia are a few of the perennial plants used by the Kumeyaay.

Mrs. Naiman’s third graders will be planting three plots of radishes: one far apart, one at a medium distance, and the third very close together. They will be observing the effects that proximity has on weed growth. How does the environment (in this case, shade or sunlight hitting the soil) promote or inhibit weed growth? We encourage everyone to watch the radish experiment as it progresses.

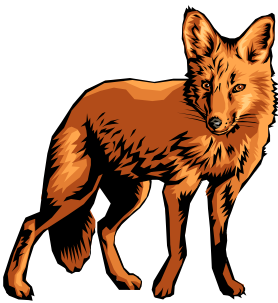
We are grateful for donations from City Farmers Nursery in City Heights for their donations of plants and seeds for this growing season. See you in the garden!

—*Laura Tubelle de González*

Walk-a-Thon

Did You Get a Move On?

On behalf of the Arroyo Vista Charter PTA we would like to thank all of you that attended our First Annual “Coyotes On The Move” Walk-a-thon. The Walk-a-thon was a great success. With over 150 student participants, and their families, we raised close to \$5,000 for the AVCPTA. Participants enjoyed a morning full of fitness and fun, stepping it up to music provided by *Carnival Sound and Magic* with DJ-parent Manny Rosas. After tracking their footsteps with the free pedometers provided by our very own Library Clerk, Ms. Summers, participants enjoyed watching Neisha’s Dance Academy dancing bear, took a tour of a big red fire truck provided by Chula Vista Fire Department, Station 8, and enjoyed breakfast sandwiches courtesy of Chick-fil-A. We hope that all our participants also took advantage of their free yummy yogurt gift certificate provided by “Totally Toppings” Yogurt. A special thanks also goes out to our other sponsors Neisha’s Dance Academy, Sports Clips, Cajulis Pediatric Dentistry and Otay Lakes Orthodontics. Last but not least, a great big THANK YOU goes out to Mrs. Roth, Ms. Wood, and other staff and parent volunteers who made this event possible. Remember Coyotes, KEEP YOUR MOVE ON!



—*Patty Popik*
Fundraising Chair

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PRINCIPAL: PAT ROTH
PTA PRESIDENT: MARJIE ANTOINE
EDITOR: CHERYL MERCER

*Suggestions for the Arroyo Vista Charter PTA? Stop by
the school office and leave a note in the PTA mailbox.
We'd like to hear from you!*



PTA National Headquarters

www.pta.org
800.307.4PTA

email: info@pta.org

California State PTA

www.capta.org
916.440.1986

email: info@capta.org

Ninth District PTA

www.ninthdistrictpta.org
858.268.8077

email: phoebe@sdcoe.net

To receive e-mails about school events and
activities, sign up for listserv at
www.arroyovistacharter.org

YEARBOOK ORDER FORM

Student Name: _____

Grade: _____

Room: _____

Teacher: _____

Total Amount Enclosed: \$ _____

Please circle form of payment: cash or check

Keep Clipping!

Your child can win prizes by clipping the specially marked 10¢ Box Top Coupon off hundreds of your favorite products! Bring them to our next Box Top Store! Proceeds go to support AVCPTA programs. To-date, our box-top stores have raised over \$500 this school year! Keep clipping...every little bit counts!



Yearbook Pre-sales are Underway!

Order before
December 19th to lock in
the \$17.00 price!

Pre-Sales are underway for the Arroyo Vista 2007/2008 Yearbook. This year all pages will be in **color!** The pre-sale price is \$17 (after December 19, it's \$22). For an additional \$5 you can have your child's yearbook personalized with their name and photo on the front of the book. Checks should be made payable to Arroyo Vista Charter PTA. To pre-order your yearbook, please return the form below along with your payment to your child's teacher in an enveloped marked "YEARBOOK."



**Don't
miss out!
Pre-sale
price of
\$17.00
ends
December
19th!**