



ARROYO VISTA CHARTER SCHOOL
A CALIFORNIA DISTINGUISHED SCHOOL

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THE COYOTE CONNECTION

PTA NEWSLETTER VOL XIII, ISSUE 1 SEPTEMBER 2010
CHULA VISTA COUNCIL PTA NINTH DISTRICT, INC. CCPTS

A MESSAGE FROM OUR PRINCIPAL

As our first quarter draws to an end, it is amazing to reflect on all the activities and events that have occurred since July 21st. It was wonderful to see so many of you at both the Back-to-School Picnic and at the Parent Curriculum Evening. The bookmarks, designed by Ali Scanlon, were distributed to parents at the Curriculum Evening as a token of the staff's appreciation for your efforts that helped Arroyo Vista achieve an API (Academic Progress Indicator) score of 902. Our goal was to break 900 and with your help, we made it!

Through the generosity of the PTA, which includes all of you, Arroyo Vista was again able to hire our Curriculum Experts to provide our students with experiences in Art, Music and PE. We are very fortunate to have Mrs. Treter return as our Art Specialist Teacher, Mr. d'Ablang return as our Music Specialist Teacher and to have Mrs. Dale join the team this year as the PE Specialist Teacher. Through the support of the Eastlake Educational Foundation (EEF), we were also able to hire Mrs. Perreira as our Technology Specialist Teacher and Mr. Oropeza as our Technology Technician. Curriculum Expert classes started for students in August and every grade level was excited to again have Music, Art, PE and Technology experiences on a regular basis. Thank you, PTA!

Many of you joined the PTA and staff at the annual Walk-a-thon last Saturday. The weather was great and the participants had an exhilarating time. Several of our students walked eight laps around the entire square of the school, which was quite an accomplishment. Pat & Oscar's Restaurant donated breadsticks; Jamba Juice donated drinks; Henry's Marketplace donated bananas; the Padres donated picture frames and Nutrishop donated towels to all of the walkers. This year there appeared to be more dogs accompanying their owners and they, too, enjoyed the outing. If you were unable to make it this year, I hope to see you next year.

Many of our extra curricular activities, such as Robotics, Junior Robotics, the Garden Club, the Book Club, Odyssey of the Mind and Choir are in full swing. Students are excited, as are the staff advisors.

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Our choir will have its first performance this Friday at the Coyote Assembly, so if you can attend,



IMPORTANT DATES

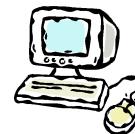
- Team Council, Sept. 23 at 4:15pm
- Fall Break, Sept. 27—Oct. 11
- School Resumes, Oct. 12 (full day)
- Red Ribbon Week, Oct. 18—22
- Team Council, Oct. 21 at 4:15pm
- Literature Costume Parade, Oct. 30
- PTA Meeting and Volunteer Mixer, Nov. 8 at 6:30 pm
- Scholastic Book Fair, Nov. 15—19
- Holiday Store, Dec. 6—10

A MESSAGE FROM OUR AVCPTA PRESIDENT

On behalf of the Arroyo Vista Charter Parent Teacher Association (AVCPTA), welcome to the 2010/2011 school year! I am thrilled to partner with you this year as your AVCPTA President. The school year is in full swing with fall break just around the corner. We kicked off the year with our "Welcome Back to School – Meet the PTA" reception. Hundreds of you came and enjoyed meeting the school administration, PTA board members, and each other on the first day of school. Shortly after school started, we launched our "Back-to-School Round-Up". We continued this western theme with our Back-to-School Picnic, which over 600 of you enjoyed, and our AVCPTA membership drive. We have had an incredible response, and currently have over 750 PTA members at our school - more PTA members than any other school in the Chula Vista Elementary District. Way to go! A special thanks to Jeni Del Rios and Jessica Plascencia for their time and talent with these "round-ups".

As the AVCPTA, we strive to build a bridge between our families and our school – which is key to a child's academic success. We advocate for all children, but the best voice your child has is yours! **Getting involved shows children you care about their education and well-being.** As a diverse group of parents and teachers,

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**Bookmark
It!**

www.ArroyoVistaCharterPTA.org

Lost that school flyer or recycled your PTA Newsletter? Check PTA happenings any day, any time and be "in the know"!

And... Register to receive e-mail reminders from Arroyo Vista's listserv at www.ArroyoVistaCharter.org. You must re-register each school year. Don't miss out!

Principal's Message

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please come listen to the students' melodious voices make harmony.

Our first Leadership Coffee of the year was held last Friday and all parents in leadership positions plus many others attended. One of the "hot topics" was the situation in the parking lot. Concerns were expressed about students and cars nearly being hit on a daily basis. Two of our parents graciously accepted the challenge of redesigning the traffic flow to make it more fluid for drivers and safer for students. A work order has been submitted to make the traffic pattern changes. Once these changes are made, a map with the new traffic flow and procedures will be sent home. Your cooperation in this effort will be greatly appreciated and may help to prevent injuries and save lives.

Arroyo Vista's Safe School Plan has been updated as a result of both parent and student surveys. One of the elements of this plan is disaster preparedness for all staff and students. To prepare for a possible disaster, all students and staff participated in our Lock Down drill on September 9th. The Chula Vista Police Department sent five officers to check our campus to ensure that everyone was inside and that none of the doors were opened. We passed with flying colors. On October 21st Arroyo Vista will be participating in the Great American Shake-Out, along with businesses, schools and government facilities across California, in preparation for a possible future earthquake. These drills prepare students so that they know exactly what to do if they are in a disastrous situation.

I hope you have a wonderful break with your families and that you have the opportunities to create memorable experiences together. Enjoy and I look forward to seeing you on October 12th, which will be a full day at school.

Pat Roth
Principal

AVCPTA President's Message

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our PTA comes together to support educational and family-fun activities for all students, funding activities beyond the reach of our school's budget. This year's activities include our Back-to-School Picnic, Coyote Walk-a-thon, Red Ribbon Week, Scholastic Book Fair, Reflections Art Program, Family Bingo Night, Spring Art Show & Ice Cream Social, special assemblies, and the Spring Fair. Most importantly, funds that are raised by our AVCPTA provide students dedicated instruction in music, art, physical education and technology through the Curriculum Experts Program.

Thank you to those who signed up to volunteer at a PTA-sponsored event or to chair a committee. There is an incredible group of 40 parents who have stepped up to be on this year's AVCPTA Board. You will see these board members throughout the school year at PTA events wearing their matching teal-blue t-shirts. If you have any questions, please feel free to stop and speak with any of them, or to contact me directly at RobCherX3@cox.net.

In closing, please take a look at our AVCPTA website, www.arroyovistacharterpta.org. It is packed with information and will keep you "in the know." Please remember that no matter where your talents or interests are, there is a place for you in the AVCPTA! I look forward to working with you and to making this year an exciting and successful one. Thank you for your continuing support. I'll see you around campus this year!

Cheryl Shields
AVCPTA President



Eat at Rubio's October 21

Get your fish taco fix and support the AVCPTA! Dine in or carry out at Rubio's on October 21st from 2-9pm and 20% of proceeds will go to AVCPTA. Be sure to present our school's flyer at checkout for your order to count toward our PTA total.



Jamba Juice Days

September 24, October 15 & 29

Purchase all-fruit smoothies after school for \$3 on selected Fridays. A portion of proceeds support the AVCPTA.

Join a Walking School Bus!

Mark your calendar for **October 15th**, **November 19th** and **December 10th** to join your nearest walking school bus!

Look for the pre-designated "drivers" in red shirts and carrying "Walking School Bus" signs. Walk to school as a group and be recognized at that day's school assembly!

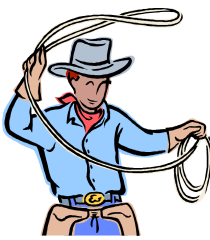
Meet at 8:30 AM sharp at one of three locations: Oak Springs and Silver Springs; Silver Springs and Noble Canyon; or Hunte Parkway and Clubhouse Drive (southwest corner).



Unleash Your Inner Artist! “Together We Can”

It's that time of year again! Time to put your artists in create mode. Arroyo Vista Charter will once again be participating in the nationwide PTA Reflections Program. This program is designed to encourage children in grades K-12 to create original works of art, music, dance, photography, or literature based on a common theme. This year's theme is “Together We Can”. For more information go to www.ptareflections.org. Refer to the information that went home in schoolgrams last week, or if you have any questions, please contact me at clschneidau@yahoo.com. I look forward to seeing more children participate this year. Thank you. —**Cynthia Schneidau**

PTA Membership Round-Up



Congratulations to the classes of Mrs. Lemley, Srta. Manriquez, Ms. Mednick and Mrs. Slike who won the PTA membership competition and were rewarded with a presentation from Heritage Tours, a pizza lunch and ice cream. Congratulations also to

our membership drawing winners, Cathleen Romero, who won a \$40 gift card to Island's Restaurant; Tamara Coca, who won four rounds of mini-golf and bumper boat rides at Boomer's; and to Joanna Robles, who won a \$15 Coldstone gift card. Many thanks to everyone who participated in the membership round-up to support the PTA. At over 750 members, Arroyo Vista continues to have the most PTA members of all schools in the Chula Vista Elementary School District. Contest or not, we all support our children and strive to make school a positive experience.



The Holiday Gift Shop Needs YOU!!!!

December 6—10, the Holiday Gift Shop will open its doors to students once again. The gift shop gives students an opportunity to purchase gifts for their families and friends at modest prices (from \$0.25 to \$10). Students buy their gifts at school, with the help of parent volunteers. Not only do the students have a great time selecting gifts, but they face the challenge of making decisions and spending money wisely. Parents are able to let their children purchase gifts on their own, knowing they are shopping in a safe environment.

This event cannot take place without the help of parent volunteers! Please consider volunteering as little as a half-hour to as long as you can stay, any day the week of December 6th. The students look forward to this event each year, but we can't do it without your help! **Contact Lillian Soto at Lilliansoto@pacbell.net.**

Scholastic Book Fair

Purchase your favorite book at the Scholastic Book Fair, November 15-19. Family Night will be November 18th, with evening hours for family shopping. *To help, contact slwolford@cox.net.*



Register Your Von's and Ralph's Club Cards

Earn money for Arroyo Vista at no additional cost to you! Register your Ralph's card and we'll receive bonus box-top points: <http://www.rewardyourschool.com/Sites/GeneralMillsBoxTops/Page/CreateAccountPage>.

Register your Von's club card at www.escrip.com and click on “YES, RENEW” if you registered last year for Arroyo Vista. If this is your first time registering for Arroyo Vista, click on “1-sign up”. Questions? Contact Kris Young or the school office.

Keep Clipping!



Continue saving box tops over fall break. Ask your friends and neighbors! Arroyo Vista earns 10 cents for every

box top, which may not seem like much, but the AVCPTA has earned more than \$1,130 this school year! Congratulations to the classes of Mrs. Sumner-LaRussa and Mrs. Stentiford, who won our first contest. Watch for more box-top activities next quarter!



Ink Jet Recycling

Don't throw it away...bring that empty printer cartridge to the school office for recycling! AVCPTA earns money for each cartridge recycled. Last year alone we raised over \$100 for AVCPTA programs.

Flu Awareness

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 the flu is by getting a flu vaccination each year.

What can YOU do 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 hands. Wash hands with soap and warm water, rubbing hands vigorously together and scrubbing all surfaces of hands, including between fingers and under fingernails. 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 Wipes and Gel Sanitizers**
When soap and water are not available, alcohol-based disposable hand wipes, or gel sanitizers may be used. 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 his or her eyes, nose, or mouth. Germs can live for a long time (some can live for two hours or more) on surfaces like door-knobs, desks, and tables.
- **Stay Home and Keep Your Distance from Others if You're 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 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



Be on the lookout! Yearbook order forms coming next quarter!

NEW FOR 2010 ~ HARDCOVER BOOKS!

SOFT COVER - \$18 HARDCOVER - \$23

PERSONALIZE COVER WITH NAME AND PHOTO – ADDITIONAL \$5.50

Have photos to share? Email them to AVCYearbooks.com

Psst! Watch for an art auction of local, professional artists' works, planned for next quarter! It won't be your usual "parent's night out". Proceeds to benefit AVCPTA and to promote art at school. More information to follow...

