

Volume 15, Issue 1

August 28, 2009

MARK YOUR CALENDARS

VS Board Meetings

Wednesday September 2 – 6:30-8:30pm
Staff Room

Labor Day Holiday – NO SCHOOL

Monday September 7

Training for Centers – Session 1

Tuesday September 8 – 1:20-2:25pm

Classroom Literacy Training – Session 1

Wednesday September 9 – 8:45-10:30am

Training for Centers – Session 2

Thursday September 10 - 1:20-2:25pm

Classroom Literacy Training – Session 2

Friday September 11 – 8:45-10:30am



PRINCIPAL'S CORNER

The New Year- How to Cope



We're off to a great start of the new year! Congratulations to all of the kindergarten families who have successfully transitioned their kiddos into school! Your babies are resilient and happy children, and a joy to be with. For everyone, this can be a period of tremendous stress. As parents, we're trying to get the children to school on time. The kids are adjusting to the new schedule, new teachers, and new friends. Here are some helpful reminders:

- Be sure your child is getting about 10 hours of sleep a night
- Make time for breakfast! If you can feed them protein in the morning, it's even better.
- Bring a snack to give your child right after school at pick up time- it'll keep them going as they "let down" from the day
- Try not to over schedule your life for the next 3-4 weeks. Provide lots of "down time" and cuddles
- Remember that the children are holding themselves together at school, and may tantrum or return to your beds as they adjust. This is normal, and a reminder that they still need reassurance.

Parking lot reminders

Thank you to everyone for their patience in the parking lot. You're doing a fantastic job using the crosswalk at the Nordahl Hall. Remembering to use the red zone in front of the school for drop off only, and not parking will be appreciated by everyone. Remember to let your child out on the curb side, not the parking lot side, please. We also appreciate

those of you who are parking in marked stalls only, and not parking in the red zones around the lot. This enables everyone to maneuver well. Keep it up!

Kuddos to our Summer Worker Bees – Amy Rose and MeiLi Cline!

Those of you who are returning must be impressed! How often have we received rosters, and job assignments this early? Well, it's no mistake! Our Parent Board President, MeiLi Cline, and Membership Chair, Amy Rose worked long and hard over the summer to ensure good communication with all of you. If you see these two miracle worker ladies, please thank them for the fantastic work they've done!

Center Information

As most of you know, Teachers Elizabeth and Andy have been working with Alex Ramirez and Roxy Martirosyan on the improvement of our Cross Age, Hands-On Centers. We're looking forward to having this new streamlined process, with greater organization! If you are assigned to work during center time, you should be receiving an email from Alex and Roxy asking you which center you'd like to help run. Information will be coming soon!

Check out our new "Center Room" located off of the Music Room! This room used to be conference rooms and storage, but is now being utilized for shelving and communication for centers. If you need information, or center materials, you can leave a note for our coordinators on the white board. Please remember that music will be taking place in the music room. Being respectful of Teacher Kristin's teaching will help everything go smoothly.

I look forward to seeing you for the Center Trainings the first week in September. We'll go over management strategies for small groups, safety protocols, and logistical information. On September 8th after school, we'll finalize curriculum with sponsoring teachers.

Wednesdays are Early Release Days! – Protocols for Parents

Because of the early release time on Wednesdays, we ask that no parents be waiting in the courtyard after school, but stay outside of the gate. With the students coming in from lunch recess to be released almost

immediately, it's crucial that we get a head count before we let them go home for the day. So, the front gates will be closed when you arrive. Please stay outside of the gates until a staff member opens them when the children are ALL inside. Thanks!

Schedules, Schedules

Music started this week, as did PE.

Art begins next week.

Library will hopefully start the week of September 14th.

Ask your child about the fire drill we had this week! There will be one drill every month.

New After School Offerings for 2009-2010

Have you ever wished we had more Visual and Performing Arts at Village School? Well, this year, your wish is our command! We are thrilled to announce the beginning of after school choir and drama for all children interested. Additionally, we'll have a beginning band for our 4th and 5th graders! More information will be coming in your family folder.

Of course, we'll continue with our traditional offerings of cartooning, Destination Imagination, Girl Scouts, and others.

A School Community Providing Powerful Educational Experiences!

Village School is projected to have an API score of **919** this year!!! What a score! As a California Distinguished School community, we have been able to meet the needs of all students, providing a balanced curriculum that addresses state standards and helps children excel academically. Even better, students have a balanced curriculum, with many opportunities to experience the arts, and develop their "Social/Emotional IQ". Congratulations to everyone for supporting the children of our school! This model works!!

Did you get your job roster? Now what?

Our Parent Board Members are responsible for checking in with you to get you started in your job. You should hear from a member of the Board in the next two weeks. A chart of who supports which job will be posted on the parent information bulletin board in the hallway soon. If you need help, just ask!

Communication, please!

Village School is an incredibly dynamic place, where multiple pieces of information are disseminated on a daily basis. If you have any questions about anything, please talk to your classroom teacher or class coordinator. If you still need more information, there are several places to get it.

- Parent Folders in the courtyard. New this year- two file cabinets! A-N by the office, O-Z near room 10.
- Information Bulletin Board – hallway near office. This board is where you sign up for parent ed. classes. You can also find calendars, CUSD information, and information from the Parent Board.
- Email groups! Please remember that people's email addresses are confidential, and not to be distributed to outside groups, or used for your personal business gains. You will have access to Village Announce, (school business only), Village Community (garage sales, referrals, input and idea exchange), and a classroom Yahoo Group.
- Parent Board Members – feel free to email anyone on the Board to get information; we're ready to help!
- The Principal – Becky is happy to make an appointment for a meeting. Usually, she will ask you what you need to see me about. This is only to help plan time, not an attempt to pry. Many times, Becky can solve a problem better than I can! You can always email me at kmiddlebrook@campbellusd.org, or call 341-7000, ext. 4689.

****Please remember that we try to keep confidential information confidential. Do not discuss children in front of other children. Remember, if you have a conflict with a person, go directly to that person, rather than spreading "negative energy" around the school. We'll all be happier if we abide by these simple rules. (This includes sitting on the playground after school!)****

Rules are Rules – Before, During & After School

Please help your student remember that school rules apply ALL of the time at school. Even if your family rules are different at home, please help us to enforce our school rules by reminding your peers and their children of our agreements. Parents should be monitoring their children before and after school, as there

isn't any supervision. Children playing without a parent watching them will be asked to return to your side.

SCHOOL NEWS

VS Apparel Orders



It's that time again! We are accepting orders for Village School t-shirts, polo shirts and sweatshirts. Village School shirts are great to have for field trips, school activities and for parents working in the classroom. AND it's a great way to advertise our pride in Village School! You should have received an order form in your parent folder, but if not I've posted them in the attachments section of the Village Announce Group site.

T-Shirts: All Village T-shirts are RED with the school logo on the front in white and blue. They are available in two styles – traditional and fitted. The fitted T-shirt for girls and women has shorter sleeves and a rounded neckline. The youth fitted shirt has the Village School logo on the middle, the adult fitted shirt has the logo on the upper right. The fitted T-shirt runs small, so the manufacturer suggests ordering one size larger than what you'd usually wear.

Sweatshirts: Two sweatshirts are offered. The crew-neck sweatshirt is NAVY BLUE with the school logo on the front in white and red. The zip-up hooded sweatshirt is also NAVY BLUE with a small school logo on the upper left chest in white and red. Please note that the zippered hooded sweatshirts for children run small and order accordingly.

Adult Village School Polo Shirts: Polo sport shirts are offered in RED, WHITE or BLUE with a small school logo on the upper left chest.

Polo Shirts celebrating Village School's Designation as a California Distinguished School: These shirts are screen printed with the Village School name and the distinguished school logo. They are offered for both children and adults and are spun with a special stain protection. Adult shirts are white, children's are navy.

T-Shirts celebrating Village School's Designation as a California Distinguished

School: Available in children and adult sizes in light blue.

Youth shirts and sweatshirts are not available in extra large, we recommend choosing an Adult Small if a larger size is desired.

Village School Tote Bags: I do have a few Tote Bags left in Red and Canvas with the Village School logo. They are \$15 each, and can be embroidered with your name or initials for an additional \$7. If you'd like to order a Tote Bag just note it in the margins of the shirt order form.

Samples of most of the shirts are displayed on the wall in Becky's office. If you still have questions or would like to check on sizes, I'll be in the Courtyard after school on September 4th with samples.

Please submit your order form, along with a check made out to Village School, by Friday, September 4th 2009. I'll be in the Courtyard that day after school if you'd like to drop your order by, or it can be placed in the Blue Ways and Means Committee Lockbox in the office.

Because I have a fairly good inventory right now, I may be able to fill your order right away, especially for the T-shirts. In that case I'll leave your order in your parent folder, if possible. Otherwise, shirt orders should arrive by mid-September.

If you have any questions, please call me at 408-364-1530 or email me at judithayne@yahoo.com. Thanks!

Judi Thayne
Mom to First Grader Luke in Room 3

COMMUNITY NEWS

Healthy Lunchbox Ideas: What to Pack,

What to Avoid

Healthy Eating



Healthy packing doesn't always mean healthy eating. Sure, it looks simple and easy, but how do we get our children to actually eat the lunch we pack? In schools, "Children may have as little as 20 minutes to make it to the cafeteria, find their seats, eat, and clean up after themselves, so ease is the name of the game," says Hillary

Wright, MEd, RD, of Harvard Vanguard Medical Associates. So healthy, quick, and easy-to-eat food is the answer.

The best way to encourage our children to eat healthy is to make them part of the shopping and choosing experience. Let your child make choices about soup, bread, sandwich spreads and fillings, fruit, and vegetables. Most of us pack too much food in our child's lunchbox and children tend to eat the "sweet stuff" first. Although it's often more expensive, many individual serving foods like pretzel sticks, applesauce, cheese sticks or cubes, vegetable dips and yogurt are healthy, easy to pack, and attractive to children.

Try making gradual changes towards a healthier lunch. You can pack the usual sandwich and add vegetables and dip instead of chips, or put in half of the child's usual sandwich and add half of something new. Check out these lunch combinations:

Lunch Ideas

When making food choices for your child, or guiding him to make his own healthy choices, be aware of food allergies. Many child care centers and schools are peanut-free, so be sure to keep that in mind. Speak to your pediatrician before serving anything new like peanut butter or strawberries, especially for children under a year. Here are some ideas:

- Mini bagels with pizza sauce and cheese or peanut butter, melon pieces
- Mild salsa and chips, cheese sticks, cut grapes
- Bran muffins, small yogurt, strawberries
- Soup in a thermos, cantaloupe pieces
- Tortilla wrapped around cheese sticks, cucumber sticks and dip
- Hummus on pita bread with sprouts, carrot sticks, blueberries
- Cheese and apple slices on cinnamon raisin bread, yogurt
- Turkey cubes, crackers and cheese, apple slices
- Mini-rice cakes with cream cheese, broccoli, cheese chunks
- Peanut butter on banana bread or pita, yogurt, peaches
- Soup in a thermos, crackers and cheese, box of raisins
- Cheese cubes, applesauce

- Cream cheese bagel, celery and carrot sticks and dip, orange wedges, plums

Snacks

Most of have a bit of a sweet tooth or crave a salty taste. So do our children. Here are some healthy snacking alternatives:

- Baked potato chips
- Homemade toasted pita bread chips
- Pretzels
- Trail mix or raisins
- Whole-grain cereal
- Nuts or soy nuts
- A smattering of chocolate chips
- Sunflower seeds
- Graham crackers
- Fig bars

Getting Organized

Learning menu alternatives is helpful, but actually getting the food packed and out-the-door can be the real challenge for busy parents. Shop for the week. Invest some time cutting all the fruit and vegetables for the week. Refrigerate in individual serving bags. Avoid pre-cutting apples, pears and bananas that turn brown easily. Velcro eating utensils to the inside of the box so they don't get thrown out with the trash.

Making lunch the night before really is helpful. Try preparing your child's lunch after dinner when the kitchen is already a mess. Put the whole lunchbox in the refrigerator. In the morning, grab and go! School-age children can make their own lunches. Remember to do a quick lunch check, just to make sure they put food in there.

Lunchbox Extras and Kid Connections

School-age children don't always have a chance to wash their hands before lunch, so throw in a wipe. All children, except infants, need a napkin, and who doesn't enjoy colorful, party napkins? Use your leftover birthday or holiday napkins as a lunchbox treat.

Make a "kid connection" with your child by adding a lunchbox note for your child, or a picture for your pre-reader. Pre-readers enjoy a letter, shape or color of the day drawn on an index card. You can also cut out magazine pictures. A photo taped inside the lunchbox also can bring a smile to your child's face, especially

for your pre-schooler or kindergartener. Remember to drop in a photo your child can "put his fingerprints all over." For readers, print messages for the month on your computer, cut into small notes and add a handwritten, "Love, Mom/Dad." Lunchbox notes can include words of encouragement, "I know you'll do great on your spelling test," or reminders, "Pick you up for karate after-school," or simple love notes, "You're a great kid!"

For more ideas about healthy lunches that won't get traded away, just ask the experts to help you - your children! We may be pleasantly surprised.

Online Resources for Healthy Lunchbox Ideas

- The Child's Nutrition Research Center at Baylor College of Medicine
<http://www.bcm.tmc.edu/cnrc>
- Children's Snack Ideas
<http://www.ahealthyme.com/topic/kidsnacks>
- Packing a Healthy Lunch Box
www.stretcher.com/stories/03/03sep08h.cfm
- Get Packing: Tips For a Healthy Lunchbox
www.mealsmatter.org/CookingForFamily/Planning/article.aspx?articleId=302

Parent Effectiveness Training

Hi PET Friends,



Children have strengths and virtues that come so naturally that they don't even recognize them. Giving strengths a name nourishes them. By complimenting attributes you will help your child understand the value of their actions and increase the behavior.

Help your children see where they excel and tell them what you admire. Is it creativity, perseverance, friendliness, leadership, helpfulness? Are they outgoing, kind, gentle with animals, enthusiastic, curious, patient, grateful, studious?

Look for your child's best qualities and get a triple benefit--it keeps you more positive, keeps you from correcting and criticizing, and helps your child's self esteem.

Parent Effectiveness Training class begins
Tues Sept 22, 2009, 8 weeks, 6:30-9,
Campbell, CA \$100

My Best, Bea

Bea Strickland
Building Better Marriages
The Association for Couples in Marriage Enrichment
BeaStrickland@aol.com

WORDS OF WISDOM

Human beings are the only creatures on earth
that allow their children to come back home.

-Bill Cosby

EDITOR'S INFORMATION

Need The Village Voice In Hard Copy?



Getting our information-packed
school newsletter link sent straight
to your e-mail inbox is easy and
convenient, not to mention, saves
our school money on printing! But
if you do not have an internet connection, you
may opt to have a hard copy placed in your
parent folder every Friday. Simply fill out the
form below, cut it out, and place it in the
Lemas/Newsletter parent folder. Your name
will be added to a distribution list of families
needing hard copies.

We do not have internet access and need
a printed hard copy of the Village Voice
every week. Please sign our family up
on the distribution list!

Name on Parent Folder:

Please return this form to the **Lemas/Newsletter**
parent folder ASAP.

As a courtesy, for the first two editions, we will
be printing out hard copies for the whole school.
After that, only families who have turned in the
hard copy request form to the
Lemas/Newsletter parent folder will receive
weekly hard copies.

Submission Guidelines

Newsletter & Calendar

Please submit any entries for the week's
newsletter, via e-mail, by 9:00pm Wednesday
to:

villagevoiceneewsletter@yahoogroups.com

Or place hardcopy entries into the
Lemas/Newsletter parent folder by 1:00pm on
Wednesday.

Website

Everything in the hardcopy newsletter is
normally available by Friday morning on the
Village School Website at:

<http://village.ca.campusgrid.net/home>