

Monday, September 24, 2018

Principal's Message

Hello Arroyo Families,

Thank you for welcoming me into the Arroyo community. I know it's challenging to have a transition in leadership at this point in the year but I'm happy to be here to support Arroyo during this time. I wanted to introduce myself briefly. As you know, I am the Assistant Principal at Central Middle School. I've been at Central since August 2016 and absolutely love the students, staff and families at Central.

I began my teaching career at a different Central School - Central Elementary in Belmont. I taught kindergarten and then moved into fifth grade where I stayed for 11 years before moving to fifth grade at Nesbit School, also in Belmont. After a year at Nesbit, I moved into a new role called School Climate Facilitator and spent four years building a character education program, teaching conflict resolution skills, engaging families, and building consensus among staff.

In 2010, the Belmont-Redwood Shores School District received a Healthy Schools Initiative Grant from the Sequoia Healthcare District, (the same grant San Carlos receives) and the Superintendent asked me to take my school climate work district-wide. I spent six years working to implement and improve health & wellness programs such as health education, PE, social-emotional learning and Safe Routes to School. I was also a part of the strategic planning process and helped lead a team of district stakeholders through the process of instilling a growth mindset, creating a collaborative culture of learning, and promoting a capacity for innovation.

My husband Jeff and I live in Redwood Shores and have two boys, a junior at Carlmont and a 6th grader at Ralston, so not only do I have the teacher perspective, but I also know first hand what it's like to parent children in the upper elementary and middle school years.

Please don't hesitate to reach out if there's anything I can do to help support your family at Arroyo. Dr. Harmeier will provide more information on the transition plan in the next few weeks.

Arroyo Reminders:

- Picture Day is coming up on Friday, September 28. Fliers were sent home last week. LifeTouch will follow up with a reminder email on Thursday.
- State mandated vision and hearing screening will be held at Arroyo for 5th grade students in October.

- Please remind students to ride their bikes and scooters safely. We've heard some reports of students racing down the Arroyo Hill too fast.

Just a reminder that all 4th and 5th grade classes will begin the Second Step Child Protection Unit on Wednesday, October 3 and complete 4 lessons through the month of October. As part of the Second Step Child Protection Unit, your child is learning important safety skills that will help him or her stay safe from dangerous situations. Your child is learning how to use the Ways to Stay Safe to recognize when something is unsafe, report anything unsafe to an adult, and refuse to participate. Please take a look at 4th grade Child Protection Unit Information and/or 5th grade Child Protection Unit Information below to learn more. Please reach out to our counselor, Andrea Dimas, for any questions.

For more information on the lessons, click on the following links:

[4th Grade Second Step Lesson](#)

[5th Grade Second Step Lesson](#)

Best,

Mindy Shelton

PTA NEWS

STAMPEDE & SOAR COLOR RUN - REGISTER NOW FOR BEST PRICE AND EVENT TEE

Early bird pricing for the Stampede & Soar is over this Friday, September 28. Sign-up now to ensure you get your event t-shirt!

Sunday, October 28 from 9 am - 11 am

\$30/student, \$15/additional participant and includes event t-shirt before 9/28; then \$40/student and \$20/each additional. T-shirts while supplies last.

- Location - Central/Arroyo Campus
- 1.5 mile laps through 4 color stations
- Run/walk one or two laps
- DJ music and food for purchase following
- Liquid food-grade color provided by Chameleon Color
- All students and family members welcome!

[Register online](#) or [sign-up to help](#) with the event at [Stampede & Soar Volunteers](#)

BOOK FAIR

The Enchanted Forest Book Fair is coming!

We need your help to make the Book Fair a success! Please consider volunteering by [signing up](#) for one of the shifts using this [link](#).

Arroyo students will be visiting the Book Fair throughout the week of October 1st-5th with their classrooms. The Book Fair will also be open before and after school. Please tell your student to swing by.

Enchanted Family Book Night will be held in the evening on Wednesday, October 3rd. Bring the whole family to the enchanted forest of books and discover your story. In addition, there will be delicious cuisine available.

Parents are also invited to join us for last some minute shopping at Bagels and Books on Friday, October 5th from 8:00-9:00 am.

Thank you in advance for your support! Funds raised from the Book Fair support the Central Arroyo PTA. If you have any questions please contact Kristy Ettinger (kristy.ettinger@gmail.com), Julie Ledford (juliej74@gmail.com) or Stephanie Brill (sibrill@gmail.com).

STAFF APPRECIATION LUNCH THIS FRIDAY!

This month's staff appreciation lunch for both Central and Arroyo's staff will be on Friday, September 28. It will be held in the library so the teachers can have lunch and shop the book fair. If you would like to help, please bring items on the list to the Central library by 11:30 am Friday, or you can drop them at Marianne Jett's house - 1857 Elizabeth Street (@ Knoll) or Susan Raymond's house - 149 Kelton Avenue.

To view the list and sign up to help, click here: <http://signup.com/go/fpVdChM>

PARENT PARTNER DONATIONS

Thank you for supporting CMS/Arroyo PTA! Without our parent partners, many of our wonderful programs would not be possible. All funds directly benefit Arroyo and CMS programs including teacher grants, library, Art-in-Action, Garden, 8th grade graduation, and more. Your one-time donation of \$200 will help us reach our \$75,000 goal. [Click here](#) to [donate today!](#)

SIGN UP FOR YOUR PTA MEMBERSHIP!

Central/Arroyo PTA membership is available for just \$20 per family or \$10 per individual.

Becoming a member offers you the opportunity to contribute to important discussions that impact your children's experiences at school; meet other parents and build community and partner with the CMS/Arroyo school community to ensure a safe, welcoming and fun learning environment.

Joining the PTA is an easy way to show your support for the school and does not require a large time commitment – there is no obligation to attend meetings or volunteer for events. If you are interested in becoming more involved, you can always attend the monthly meetings or choose from the many volunteer opportunities available throughout the year. Sign up for your PTA membership [here](#).

DIRECTORY BURST - THE ONLINE SCHOOL DIRECTORY IS NOW AVAILABLE!

The PTA is pleased to announce that the 2018-19 Arroyo Online Directory is ready! If you provided an email address in InfoSnap, and agreed to have your information shared in the Arroyo directory, you can access the school information through Directory Burst. We will not be providing a printed copy of the directory this year.

For families who have utilized a [Directory Burst](#) online directory in the past, no action is required. Your account has automatically been updated and you have full access to the 2018-19 information.

For families who are new to Arroyo (or have a different email from last year), follow these steps to access the 2018-19 online directory:

- Look for an email invitation from Directory Burst that contains a link to our Arroyo directory. (Please check your Spam folder if you do not see the Directory Burst invitation.)
- When you click the link, you will be prompted to create a password. This protects our directory data, so that only members of our Arroyo community have access.
- Once you have logged in, select the Arroyo Directory to view all students and/or staff by name or by grade.

For returning families who did not utilize Directory Burst last year and no longer have the original invitation, please send an email that includes your child's name and grade to Stacey Rabkin (staceyrabkin@gmail.com) and a new invitation will be sent to the email addresses you provided for the directory.

A Directory Burst app is available for your smart phone in the Apple and GooglePlay app stores. It is a great way to access the school directory when you are on the go.

NOTE: If you requested in InfoSnap that your information not be shared with the Arroyo PTA, then your child WILL NOT be listed in Directory Burst or the printed directory.

[back to top](#)

DISTRICT NEWS

23rd ANNUAL SAN CARLOS SCHOOL DISTRICT SCIENCE, TECHNOLOGY, ENGINEERING AND MATH FAIR

2019 STEM Fair Informational Meeting & Demonstration of the Optical Cello

September 26th, Central Middle School Library, 7:00-8:30pm

- 5th through 8th grade students interested in exploring science or engineering by creating a project for this year's fair should attend
- Our community scientists will be on hand to answer questions and help guide the students
- Parents are welcome to attend and participate. Attendance at the informational meeting is not required to enter the STEM Fair
- For more information, contact [Bob](#).

COMMUNITY PARTNER NEWS

HEALTHY CITIES TUTORING - ORIENTATION AND TRAINING

BE A TUTOR! Please join us and learn the basics to become a volunteer tutor with Healthy Cities Tutoring.

WHEN: Wednesday, October 17

TIME: 8:30-10:30 am OR 6:30-8:30 pm. (Attend either session)

LOCATION: White Oaks School MUR, 1901 White Oak Way

Volunteers are asked to tutor 45 minutes once a week at any of our SCSD schools. No prior tutoring experience is needed and the tutoring time is flexible - either before, during, or after school. Tutoring sessions generally take place at the school site.

There are always more students in need than there are tutors, so your help is greatly appreciated. We welcome high school students, parents, grandparents or any of our caring community members to join our team of volunteers supporting over 300 children in our schools.

We hope to see you on October 17! Please contact Cris Adair with any questions, call (650) 508-7327, or visit our website for more information and to complete an application. Thank you!