

Monday, October 15, 2018

Principal's Message

Dear Families,

The month of October is flying by! The third week of October marks our Student-Led Conferences. This is a great opportunity to work collaboratively with your child and their teacher to see the progress they are making and develop goals that are appropriate for them. Fourth and fifth grade marks the age where students begin to take more of an active role in their learning. They are exploring becoming more responsible, increasing independence, and taking ownership over their learning. We are excited to welcome families on campus the week of October 22nd-26th to experience this opportunity!

This is a reminder that we will have minimum days for the entire week, so please plan accordingly. We will serve a limited lunch selection if you are taking part in the hot lunch program. If you have any questions about conferences, do not hesitate to reach out to your teacher or one of us.

Warm regards,

Alex Friel & Jean Dehner
Interim Principals

Counselor's Update:

We are halfway through the Child Protective Unit for Second Step - Keeping Yourself Safe and Always Ask First. Here are the Home Links for each lesson and grade level thus far for you and your family to review and build your overall safety plan together!

[Grade 4 Child Protection Unit Homelink](#)
[Grade 5 Child Protection Unit Homelink](#)

PTA NEWS

ALL SCHOOL SOCIAL THIS WEDNESDAY AT CASK - 10/17

Let's get together to kick off fall with an all-school social at The Cask Wine Bar in downtown San Carlos. Please join us for light appetizers and a mix & mingle kind of evening. This is an adult evening only and there will be options for a No-Host Bar. Please add yourself and friends to the attached Evite and RSVP so we know how many to plan for. Thank you!

<https://www.evite.com/event/02A2PF5UML6XHIOXMEPIW33VXPXPME>

COUNTDOWN TO THE STAMPEDE & SOAR COLOR RUN! - 10/28

Calling all runners and volunteers for the Central Arroyo Stampede & Soar Color Run! [REGISTER](#) to run or [VOLUNTEER](#) to help with the event on Sunday, October 28th.

Get involved as a Spray Station Lead to blast runners with color or serve as a Course Marshall to keep our racers on track. Volunteering is a fun and easy way to connect with our school community. Sign up solo or recruit a friend, grandparent, or older student to volunteer with you! Please contact [Becky Mock](#) or [Joyce Romeo](#) with questions.

For more information, and to see a [list of our generous sponsors](#), please [visit our website!](#)

ARROYO HALLOWEEN PARTY - 10/31

Help make the Arroyo Halloween Party on October 31 a spooktacular event! Students will enjoy fun activities including a dance zone, haunted house, field games, photo booth and more. Click <http://signup.com/go/MomZAsb> to help plan the celebration or sign up for a [volunteer shift](#) at the event.

DISTRICT NEWS

ROPES IS COMING!

ROPES is the Rite Of Passage ExperienceS (ROPES) program that is specifically designed as an optional enrichment activity as students complete cycles of their education. ROPES is a community endeavor supported by many groups and organizations in San Carlos. The ROPES project gives students in fourth, sixth and eighth grade opportunities to explore and demonstrate project based learning. The project is an opportunity for students to participate in an academic ritual by way of real-life learning experiences.

To find out more about ROPES, we will be hosting a ROPES Orientation where we will provide you with even greater details and provide an opportunity for students and parents to ask specific questions.

4th Grade ROPES Orientation

(For Students Attending Arroyo, Arundel, Charter Learning Center, and Heather)
Monday, October 22, 2018, 6 PM
Mustang Hall, Central Middle School

Central Middle School, Tierra Linda Middle School and Charter Learning Center 6th and 8th Grade ROPES Newcomer Orientation

Monday, October 22, 2018, 7:15 PM

Mustang Hall, Central Middle School

For more information, please contact ropes@scsdk8.org.

**SAN CARLOS SCIENCE, TECHNOLOGY, ENGINEERING AND MATH FAIR
WORKSHOP #2**

When: Wednesday, October 24th from 7:00pm-8:30pm

Where: Central Middle School Library

Students in 5-8th grades interested in entering this year's fair should try and attend. Parents also welcome.

- Review the key topics from September's introductory meeting for students who missed this first meeting
- Discuss how to design experiments for a successful STEM Fair project.
- Discuss and get valuable input on their project ideas with our community scientists and engineers during the second half of the meeting.

Attendance at the workshops is not required to enter the STEM Fair. The fair will take place on January 26th, 2019.

Contact [Bob Dubrow](#) if you have questions or comments.

SCEF

SET UP A RECURRING DONATION FOR SCEF

Did you know that you can make a monthly recurring donation over the year, instead of a one time gift? For example, a \$1,200 donation can be given as a \$100 gift each month, year round. If this is a better fit for your family's budget or you want to avoid the end of the year scramble enroll here: <https://www.scefkids.org/donate>

GET YOUR FACULTY AND FRIENDS CONCERT TICKETS NOW!

On November 9 at 7pm, join our SCSD music teachers, local musicians and community members for an evening of live music. This popular event, held at St. Charles Church in San Carlos, is great for the whole family. Refreshments will be available for sale at intermission. Support SCEF, music in our schools and enjoy our local musicians.

Go to: <https://www.scefkids.org/events>

SCEF'S DANCE PARTY AT THE LARIAT - NOV 2

SCEF's Dance Party at the Lariat returns for an encore performance with one of BottleRock's finest DJs firing up the dance floor: DJ ManCub!!

Join us on Friday, November 2nd @ 8pm-ish at everyone's local fave, The Lariat Tavern. We'll dance, drink, nosh... and most importantly let loose with our awesome community!

Ticket includes admission, drink ticket, dancing, photo booth fun, pizza, snacks & sweets. \$85 per person.

Sign up now, tickets are selling fast: <https://scefkids.ejoinme.org/ParentParties2018>

** Invite your friends, spread the word - it's a night to remember! And don't forget, all proceeds go back to our amazing schools in support of our children! **

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COMMUNITY PARTNER NEWS

4th GRADE GIRLS: YOU'RE INVITED TO JOIN TROOP 62558

The girls of troop 62558 are excited to continue their Girl Scout journey and would like to invite other 4th grade girls at Arroyo to join them. Please contact [Lesley Ryan](#) if your child is interested in participating or for more information.

HEALTHY CITIES TUTORING - ORIENTATION AND TRAINING - 10/17

It's almost here... Become a tutor!

Hoping you can join us on Wednesday, Oct. 17 for a training and orientation to become a Healthy Cities tutor!

There are two (identical) sessions being offered: 8:30-10:30 am and 6:30-8:30 pm. Both sessions are being held at White Oaks School, 1901 White Oak Way.

As a volunteer, you can choose which school is best for you, as well as the most convenient day and time. Tutoring is just 45 minutes once a week, and no prior experience is required.

Go to our website at: www.healthycitiestutoring.org or email info@healthycitiestutoring.org for more information. Thank you!

FREE TEEN HEART SCREENING - 10/4

WHO: All young adults, 12 to 25 years old, in the Bay Area and surrounding communities are invited to participate in Via Heart Project's free heart screening event on Sunday, November 4 9:00 am to 3:00 pm at Sequoia High School, 1201 Brewster Avenue, Redwood City, CA 94062 .

WHY: It is estimated 1 in 500 school-aged children suffer an undiagnosed heart defect, which can lead to sudden cardiac arrest and death. A typical annual physical does not screen for advanced heart abnormalities. This screening does not take the place of your annual or pre-participation sports physical.

WHAT: Screenings take 60-90 minutes (wait times may vary). A team of medical volunteers; including cardiologists, sonographers, and nurses from the Bay Area, will conduct a health history questionnaire review, an EKG test, and if warranted, an echocardiogram. The entire process is non-invasive—no needles or x-ray exposure—and we ensure each teen's confidentiality, privacy, and individual modesty is respected throughout all aspects of the screening.

HOW: Your child must be registered in advance. Registration will open September 24, 2018 and will close at noon on November 2nd, 2018 and is limited to 500 students. Use this [link](#) to register beginning 9:00am on September 24: <https://viaheartproject.org/screenings/>.