



A Community of Lifelong Learners and Friends

October 13, 2015

Important Dates

10/13-10/15 – Special schedules for parent conferences

- Kinder release at 12:30,
- 1st – 5th release at 1:10.

10/15 @ 10:15 – Great CA shakeout earthquake drill.

10/15 – Halloween costume swap bring your old costumes and drop them off in the office all week.

Come from 4-6 pm and pick up a new costume!

10/16 – NO SCHOOL – parent conferences

10/17 – Parent University at CV Adult School {LOOK BELOW FOR MORE INFO!!!}

10/21 – 6:00 – 7:30 Math Night for parents (**ONE OF THE MOST INFORMATIVE NIGHTS OF THE YEAR**)

10/23 – 12:30 Walk-a-thon...!!! Follow the Yellow Brick Road!

10/24 – 11-4 CSUEB free Science festival!!!

10/26-30 Red Ribbon week

10/27 – Vision screening for Kinder

10/28 – Title 1 Parents Night 6:30

10/29 – Halloween parade @ 11:00

10/29 – All school out at noon for teacher collaboration

10/30 – NO SCHOOL

11/2 – SES Tutoring Vendor Fair @ Marshall 6-7

11/4 – Vision screening 2nd gr

Marshall Elementary School

20111 Marshall St.

Castro Valley, CA 94546

Office :(510) 537-2431

Fax: (510) 247-9826

Attendance:(510) 537-2431

Website address:

www.marshall.cv.k12.ca.us

Principal: Jesse Woodward

jwoodward@cv.k12.ca.us

Secretary: Tina Markovich

PTA President: Libby

Hendrickson

Marshall Memo

So look at the schedule on the left hand menu... look at all of those amazing opportunities for parent involvement. We have Math Night, Title 1 Parent's Night, the SES Tutoring Vendor fair, the walk-a-thon, Parent University, CSUEB Science festival, Mindfulness training with Mrs. Peri... OMG we have a lot to offer! But will you participate? Will you join us after a full day of working, when you would much rather just sit on the couch and watch Homeland or Dancing With the Stars (really?) to empower and educate yourselves? Will you promise to attend at least one of these events with us? At the end of the day, it really is all about helping your beautiful children become the best they can be. Get your #parenteducation where you can get it!

Speaking of hashtags, are you on Twitter yet? Really? Not yet? What can I do to get you on? I have Marshall Mustang lanyards coming to give away as prizes, and piles of books from PTA to give away at our next assembly. Get on, follow me @[MarshallElement](https://twitter.com/MarshallElement) and join in the online community. I promise you will like it! Come in and see our new Twitter wall in the office that highlights all the recent activity on our page. You will smile when you see the amazing stuff going on at our amazing school!

I want to send a shout out to the members of the PTA who helped at movie night the other Friday. By the way, have you joined PTA yet? I really enjoy lying outside watching a movie with 200 people. It reminds me of watching movies at the drive in when I was a kid. I loved being a kid. When I think back to my childhood, I remember my community, being safe and loved, and being happy. How often do you connect to your inner child? It will help you to remember those special moments, so you can recreate them for your children now.

I practiced mindfulness with Mrs. Peri's class in room 29 the other day. They spend about 3 minutes each morning thinking about their day, their breathing, and the things in their life that they are grateful for. You can learn more about it [here](#). We are going to have a parent information night in November, I hope you will join us if you are interested in learning more.



My friend wrote this meme. I really like it, because it reminds me to make sure that I am bringing my complete and full attention to the student that I am talking with at that moment... as though no one else in the world matters to me at that moment, and no one could be more interesting. Put away your phones and be present with them. Be healthy mentally AND physically!

Many of you received your CAASPP (California Assessment of Student Performance and Progress) scores over these last few days. If they are lower than expected, don't freak out. Talk to your teacher at parent conference this week and make a plan to move forward. You will be OK!!!

One last thing, can you all PLEASE pull all the way forward before you stop to drop your kids off at the turn around? If you stop and let your kids out, it backs the whole line of cars back to the street. If you pull in all the way, all the way to the last spot, your child has to walk just a little farther but all the cars behind you get to pull in! Let's be good citizens of the school and our community and all help each other!!

With gratitude,
Jesse Woodward

The Character Trait for October is **Responsibility**

*Do the right thing and be reliable.
Use self-control and think before
you act. Consider the consequences.*

Parking rules

The white curbs on Omega and Marshall St, and the turn around, are all for IMMEDIATE drop off and pick up only. Cars should not be left parked here while someone walks onto campus, or waits to watch while their child walks in by themselves. If you need to stay longer than immediate drop off allows, please park in a regular spot on the street or a side street and walk your child in.

If you are using the turn around, please try and pull as far forward as possible before letting your child out. It makes a difference for all of the cars that are behind you.

CHP was here last week and gave out three tickets to our families in under 10 minutes. These are expensive tickets and can easily be avoided by some simple planning.

Remember, this is about keeping your child, and the other 475 children, safe here at school. **Arrive 5 minutes earlier, find a parking spot just a little away from campus, walk in and enjoy the environment!**



Message from the Office



No children should bring medicine to school in their backpacks unless it has been cleared with the office and they have a doctor's note on file! Please check in with us in the office if you have any questions. Don't forget to regularly check the lost and found bin and clothes rack as we have already had to empty it once! Please get your kids' clothes!!!

Annette Burt

Tina Markovich

Computer/Attendance Tech

Secretary



Your teachers have scholarships available for this Parent University to bring the cost down. Let me know if you want one!!

4TH ANNUAL

Parent University



**SATURDAY
OCTOBER 17**
8am-12:30pm

KEYNOTE: George Papageorge, MA, MFT
Licensed Marriage and Family Therapist

“Raising Our Kids with Emotional Intelligence”

Choose from 20 breakout session workshops including:

Instilling Discipline from the Inside Out

Understanding Our Sons

A Parent's Guide to the Common Core "Writer's Workshop"

"Good Enough" Parenting: Take Care of Yourself Too!

Building and Protecting Self-Esteem in Girls

SBAC - Understanding the New State Assessment

Start Young! Make Healthy Weight a Lifelong Habit

Cyber and Digital Safety

¡Sane su Pasado Para Criar Hijos Exitosos y Felices!

All About College Financial Aid and Scholarships

Childhood Stress & Building Resilience

Homework Without Hassles

...and more!

Plus: **Parent Resource Fair**

Online registration begins on August 8 @ www.cvadult.org

Sponsored by:



\$15

Register before Sept. 8

\$20

Register between Sept. 9 - Oct. 10

\$25

After Oct. 11

CHILD CARE PROVIDED

Ages 2-10 years

No diapers

\$15/child, \$30/family

Pre-registration required



Castro Valley Adult & Career Education
4430 Alma Avenue, Castro Valley, CA 94546
510.886.1000



Castro Valley Unified
School District

October 2015

Castro Valley USD



Elementary School Breakfast Menu



Click below to be directed to our online Meal Application!



Pre-Pay Here! Click Below!



We Strive To Serve Organic, Fresh Fruits & Vegetables!

5. Creamy Apple Muffin Top
Dinner Chocolate Chip
Banana Bar
Cold Cereal & String Cheese
-Sides and Milk-
Fresh Apple
-OR-
Oatmeal Muffin Top
Choice of 100% Juices
Normal Milk, Unflavored
1% Milk, Unflavored

6. Breakfast Taco-Go
Breakfast Taco-Go
Breakfast Taco-Go
Cold Cereal & String Cheese
-Sides and Milk-
Frozen Apple
-OR-
Oatmeal Muffin Top
Choice of 100% Juices
Normal Milk, Unflavored
1% Milk, Unflavored

7. Beef Sausage & Cheese on Mini Bagel
Blueberry Snack'n Waffle
Yogurt-Tam Lactose Free and Granola
-Sides and Milk-
Sliced Oranges
Choice of 100% Juices
Normal Milk, Unflavored
1% Milk, Unflavored

1. Maple Glazed French Toast
Sticks (4 pc)
Blueberry Nutrigran Bar
Cold Cereal & String Cheese
-Sides and Milk-
Banana
Choice of 100% Juices
Normal Milk, Unflavored
1% Milk, Unflavored

2. Egg and Cheese Breakfast Burrito
Breakfast Cream Cheese Mini Biscuits
Cold Cereal & String Cheese
-Sides and Milk-
Grapes
Choice of 100% Juices
Normal Milk, Unflavored
1% Milk, Unflavored

12. Breakfast Wrap with Cheese
Blueberry Muffin Top
Cold Cereal & String Cheese
-Sides and Milk-
Applesauce Cup
Orange Tangerine Juice
Normal Milk, Unflavored
1% Milk, Unflavored

13. Sausage and Cheese Breakfast Taco-Go
Maple Turkey Pancake on a Stick
Cold Cereal & String Cheese
-Sides and Milk-
Caramel Peas
Choice of 100% Juices
Normal Milk, Unflavored
1% Milk, Unflavored

14. Beef Sausage & Cheese on Mini Bagel
Crisp Mini Cheddar Pot
Yogurt-Yam Lactose Free and Granola
-Sides and Milk-
Sliced Oranges
Choice of 100% Juices
Normal Milk, Unflavored
1% Milk, Unflavored

15. Maple Glazed French Toast
Sticks (4 pc)
Blueberry Nutrigran Bar
Cold Cereal & String Cheese
-Sides and Milk-
Banana
Choice of 100% Juices
Normal Milk, Unflavored
1% Milk, Unflavored

16. Egg and Cheese Breakfast Burrito
Breakfast Cream Cheese Mini Biscuits
Cold Cereal & String Cheese
-Sides and Milk-
Grapes
Choice of 100% Juices
Normal Milk, Unflavored
1% Milk, Unflavored

19. Creamy Apple Muffin Top
Dinner Chocolate Chip
Banana Bar
Cold Cereal & String Cheese
-Sides and Milk-
Fresh Apple
-OR-
Oatmeal Muffin Top
Choice of 100% Juices
Normal Milk, Unflavored
1% Milk, Unflavored

20. Sausage and Cheese Breakfast Taco-Go
Breakfast Taco-Go
Breakfast Taco-Go
Cold Cereal & String Cheese
-Sides and Milk-
Frozen Apple
-OR-
Oatmeal Muffin Top
Choice of 100% Juices
Normal Milk, Unflavored
1% Milk, Unflavored

21. Beef Sausage & Cheese on Mini Bagel
Blueberry Snack'n Waffle
Yogurt-Tam Lactose Free and Granola
-Sides and Milk-
Sliced Oranges
Choice of 100% Juices
Normal Milk, Unflavored
1% Milk, Unflavored

22. Maple Glazed French Toast
Sticks (4 pc)
Blueberry Nutrigran Bar
Cold Cereal & String Cheese
-Sides and Milk-
Banana
Choice of 100% Juices
Normal Milk, Unflavored
1% Milk, Unflavored

23. Egg and Cheese Breakfast Burrito
Breakfast Cream Cheese Mini Biscuits
Cold Cereal & String Cheese
-Sides and Milk-
Grapes
Choice of 100% Juices
Normal Milk, Unflavored
1% Milk, Unflavored

26. Breakfast Wrap with Cheese
Blueberry Muffin Top
Cold Cereal & String Cheese
-Sides and Milk-
Applesauce Cup
Orange Tangerine Juice
Normal Milk, Unflavored
1% Milk, Unflavored

27. Sausage and Cheese Breakfast Taco-Go
Maple Turkey Pancake on a Stick
Cold Cereal & String Cheese
-Sides and Milk-
Caramel Peas
Choice of 100% Juices
Normal Milk, Unflavored
1% Milk, Unflavored

28. Beef Sausage & Cheese on Mini Bagel
Crisp Mini Cheddar Pot
Yogurt-Yam Lactose Free and Granola
-Sides and Milk-
Sliced Oranges
Choice of 100% Juices
Normal Milk, Unflavored
1% Milk, Unflavored

29. Maple Glazed French Toast
Sticks (4 pc)
Blueberry Nutrigran Bar
Cold Cereal & String Cheese
-Sides and Milk-
Banana
Choice of 100% Juices
Normal Milk, Unflavored
1% Milk, Unflavored

30. No School Today

Elementary School Breakfast
Breakfast \$1.25
Reduced Breakfast \$0.30
Lunch \$2.75
Reduced Lunch \$0.40

NO CASH IS ACCEPTED IN ELEMENTARY SCHOOL MEAL LINES

Please Use Cash Deposit Box in School Office or Prepay Online

Did You Know?

- We offer at least 51% Whole Grain Enriched, Low-Sodium, Reduced-Fat products in our schools!
- Students have a choice between two types of milk every day!
- ALL STUDENTS can eat at the Salad Bar!
- All Students are required to choose 1/2 cup of fruits and vegetables per meal!

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to: USDA, Office of Inspector General, 640 Massachusetts Avenue, N.W., Washington, DC 20503-0001. Or call 1-800-795-5272. Individuals who are handicapped or have special difficulties may contact USDA through the Federal Relay Service at 1-800-877-8339.

October 2015

Castro Valley USD



Elementary School Lunch Menu



Click below to be directed to our online Meal Application!



Pre-Pay Here! Click Below!



We Strive To Serve Organic, Fresh Fruits & Vegetables!

5. Mozzarella Stuffed Breadsticks (2 Pz) w/ Marinara Sauce
-Sides and Milk-
Normal Chocolate Milk
1% Milk, Unflavored

6. Double Dip Yogurt Parfait
-Sides and Milk-
Steamed Potato Wedges
Normal Chocolate Milk
1% Milk, Unflavored
-LIMIT COMPONENT USAGE-
Ketchup
Mustard

7. Cheesy Garlic Flatbread Pizza
Yam Lactose Free Yogurt w/ Strawberry Sides Or Grapes
-Sides and Milk-
Fruit Sides
Choice of 100% Juices
Normal Chocolate Milk
1% Milk, Unflavored

1. Orange Chicken Rice Bowl
Yogurt Parfait
-Sides and Milk-
Fresh Broccoli & Carrots
Choice of 100% Juices
Normal Chocolate Milk
1% Milk, Unflavored

2. Mini Cheddar Cheese Buns
Grilled Bean & Cheese Burrito
-Sides and Milk-
Corn
Choice of 100% Juices
Normal Chocolate Milk
1% Milk, Unflavored
-LIMIT COMPONENT USAGE-
Taco Sauce
Salsa
Tater Sauce

12. Cheese Pizza Slice (1/2 Personal)
Pepperoni Pizza Slice
-Sides and Milk-
Sliced Apples
Normal Chocolate Milk
1% Milk, Unflavored

13. Cheesy Enchilada with Red Sauce
Turkey Chili with Tostitos Chips
-Sides and Milk-
Corn
Choice of 100% Juices
Normal Chocolate Milk
1% Milk, Unflavored
-LIMIT COMPONENT USAGE-
Tostitos for Sauce
Salsa

14. Crispy Chicken Patty Sandwich
Yam Lactose Free Yogurt w/ Strawberry Sides Or Grapes
-Sides and Milk-
Fruit Sides
Choice of 100% Juices
Normal Chocolate Milk
1% Milk, Unflavored

15. Loaded Protein Bowl
Mozz Stuffed Breadsticks (2 Pz) w/ Marinara Sauce
-Sides and Milk-
Steamed Green Beans
Normal Chocolate Milk
1% Milk, Unflavored
Choice of 100% Juices

16. No School Today

19. Mac & Cheese & Breadstick
Beef Taco Snack
-Sides and Milk-
Cantaloupe
Normal Chocolate Milk
1% Milk, Unflavored
-LIMIT COMPONENT USAGE-
Ranch Dressing

20. Double Dip Yogurt Parfait
-Sides and Milk-
w/ Dill Roasted Potatoes
Choice of 100% Juices
Normal Chocolate Milk
1% Milk, Unflavored
-LIMIT COMPONENT USAGE-
Ketchup
Mustard

21. Spaghetti with Meat Sauce
Yam Lactose Free Yogurt w/ Strawberry Sides Or Grapes
-Sides and Milk-
Fruit Sides
Choice of 100% Juices
Normal Chocolate Milk
1% Milk, Unflavored

22. Turkey & Cheese Sandwich
Turkey Flat Sandwich
-Sides and Milk-
Cantaloupe
Normal Chocolate Milk
1% Milk, Unflavored
-LIMIT COMPONENT USAGE-
Ketchup
Mustard
Ranch Dressing

23. Chicken Corn Dog
Grilled Bean & Cheese Burrito
-Sides and Milk-
Corn
Choice of 100% Juices
Normal Chocolate Milk
1% Milk, Unflavored
-LIMIT COMPONENT USAGE-
Taco Sauce
Salsa
Mustard

26. Cheese Pizza Slice (1/2 Personal)
Pepperoni Pizza Slice
-Sides and Milk-
Sliced Apples
Normal Chocolate Milk
1% Milk, Unflavored

27. Grilled Cheese Sandwich
Campbell's Tomato Soup
Sandwich (Peanut Free, Small)
-Sides and Milk-
Applesauce Cup
Choice of 100% Juices
Normal Chocolate Milk
1% Milk, Unflavored

28. Beef Hamburger
Non-Lactose Yogurt Parfait
-Sides and Milk-
Fruit Sides
Choice of 100% Juices
Normal Chocolate Milk
1% Milk, Unflavored
-LIMIT COMPONENT USAGE-
Ketchup
Mustard
Steamed Potato Wedges
Potato Sauce for Sandwiches

29. Orange Chicken Rice Bowl
Yogurt Parfait
-Sides and Milk-
Fresh Broccoli & Carrots
Choice of 100% Juices
Normal Chocolate Milk
1% Milk, Unflavored

30. No School Today

Elementary School Meal Prices

Breakfast \$1.25
Reduced Breakfast \$0.30

Lunch \$2.75
Reduced Lunch \$0.40

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Red Ribbon Week

"Dream it. Believe it. Achieve it"



Week of October 26, 2015



Monday: KICK OFF DAY!

- At morning recess, illustrate your dream on our dream poster.
- Red ribbons handed out.

Tuesday: SMART CHOICES DAY

- Start your day with a healthy walk or bike ride to school and pack a healthy snack/lunch to fuel your dreams
- Teachers pass out pencils
- Jump ropes, hula hoops, music at recess

Wednesday: EXERCISE DAY!


- Wear your favorite sports uniform
- Races, games, and music at recess

"If you can imagine it, you can achieve it. If you can dream it, you can become it." ~William Arthur Ward

PLEASE JOIN US FOR



COMMON CORE MATH NIGHT



A NIGHT FOR **PARENTS** TO LEARN ABOUT THE NEW MATH CCSS (COMMON CORE STATE STANDARDS) CONTENT AND STRATEGIES AND HOW YOU CAN HELP YOUR CHILD BE SUCCESSFUL HERE AT SCHOOL.

MARSHALL ELEMENTARY

{FOR PARENTS ONLY}

OCTOBER 21, 2015

KEYNOTE (AIMEE PENN) 6:00

PICK A GRADE LEVEL... 6:30

PICK A 2ND GRADE LEVEL... 7:00

Also...

Title 1 Family



Night

Marshall Elementary

October 28, 2015

Mr. Woodward 6:30

ALFA teacher, Kara Leong 6:50

