



THE AROVISTA NEWS

January 11, 2019

Principal's Message

Since 1956

Growth Mindset for Parents – Part 5

Flexibility and Optimism

–Model flexibility. Communicate that change is an important part of living life. Model this by taking a flexible mentality when things don't go as planned. Don't let frustrating situations get the best of you—make your children aware of your ability to adapt due to a change in plans. Praise your children for their flexibility and adaptability when plans change or success is not met.

–Model optimism. Adopt a “glass half full” mentality in your home. A person with “hope” believes there can be a positive side to most situations.

–Play a game with your kids: For every time something happens that is perceived as “bad,” try to find the good in every situation. This game can get a little silly but it gets a message of positivity across. For example, when a glass is accidentally broken, a possible response might be, Now we have more room on our shelf!” :)



Ralphs Community Program

Thanks to the families who shop at Ralphs and have signed up for the Community Program. Simply by grocery shopping our families have earned \$142.96 for Arovista for shopping from September through November! Only 12 families are participating right now. It is a simple process to get signed up. Please sign up by going to www.ralphs.com and use Arovista's ID # PG548 or call 1 (800)443-4438 and they will sign you up. Additionally, you can drop by our office and we will help you sign up. Thanks everyone!

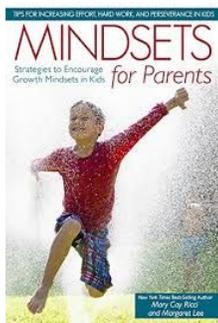
BEST Track Meet – Saturday, Feb. 2, 2019

Volunteers are needed for the upcoming BEST Track Meet on Saturday, Feb. 2, 2019. Parents are not allowed on the track unless you have an “official” volunteer badge. Arovista is in charge of the Standing Broad Jump, as usual. If you are interested in helping out, please email me at kvandine@bousd.us. Thanks! This event is such a great community gathering, please come on out and cheer on our Arovista athletes!

Parent Book Club – Join us!

Please join Arovista's Parent Book Club! We will be reading “Mindsets for Parents.” Learn about what a Growth Mindset looks like at home with some very practical information and tips. Please see the separate flyer with more details in today's Friday Folder.

I hope you join in! Happy reading!



Allstar Raffle Winners

The following students were chosen in our random raffle: William Wallin, Cora Davenport, Tommy Montano, Audra Terry, David Vaquera Molina, Caleb Kilpatrick, Brianna Casiple, Erik Solorio-Cecena, Makayla Gulfin, Noah Haverland, Chase Robuffo, Michael Gonzales.

Congratulations for being Allstars! We are proud of you!

Important Dates

- Mon. Jan. 21 – MLK Holiday—No school
- Wed. Jan. 23 – Arovista Elementary Band Concert at BOHS, 7:00 pm
- Thurs. Jan. 31 – DJ Party for Fundraiser– 1:00
- Sat. Feb. 2 – BEST Track Meet at BOHS
- Thurs. Feb. 7 – PTA Meeting, 6:30, Staff Lounge
- Mon. Feb. 11 – Holiday, no school
- Mon. Feb. 18 – Holiday, no school
- Thurs. Feb. 21 – Parent Book Club meeting, 6:00 pm
- Fri. Feb. 22 – Parent Book Club meeting, 8:15 am



<https://www.instagram.com/arovistaallstars>

<http://arovista.bousd.us/>