



The Eagle Eye

Arroyo School | Weekly Newsletter

In This Issue

- Principal's Message
- PTA News
- SCEF News
- District News
- Community Partners

Mark Your Calendar:

- **9/27:** Picture Day (Purchase pictures on [Lifetouch here](#))
- **9/29:** [Arroyo Day of Service](#) (9am- 1pm - Arroyo Campus)
- **10/2 - 10/8:** Conferences - Minimum Days (1:10pm dismissal)
- **10/6:** [Stampede & Soar Color Run](#)
- **10/7 - 10/11:** Book Fair
- **10/14:** Local Holiday - No School

Sunday, September 22, 2019

Principal's Message

Dear Arroyo Families,

This time of year is when students start to get sick. Please remind your children to practice good hygiene by washing hands, not sharing food or drinks, and coughing or sneezing into their elbows or a tissue. It's a good time to schedule flu shots for your family as well.

It's also important to make sure kids are getting enough sleep. The American Academy of Pediatrics recommends that 4th & 5th graders get 9-12 hours of sleep per night. Adequate sleep leads to improved attention, behavior, learning, memory, emotional regulation, quality of life, and mental and physical health. Not getting enough sleep each night is associated with an increase in injuries, hypertension, obesity and depression. If getting a good night's sleep is hard for your child, [here are some tips to help your child set good sleep habits.](#)

Wanted School Site Council Representatives

- **10/16:** PTA Meeting (8:45am)

Fundraising Rewards

Participate in our rewards programs and a percentage of your purchases will automatically be donated to the Central Arroyo PTA - at no cost to you!



PTA Corner

Visit [PTAEZ](#) to become a parent partner and make a donation of any amount to support PTA programs and events. To donate [click below](#):



Are you looking for a way to get involved? Help provide feedback for our School Site Plan and School Safety Plan? Sign up to be considered for our School Site Council (SSC).

What is the SSC? A group of teachers, parents, and classified staff that serve a two year term collaborating with the principals of both Arroyo/CMS to review school improvement programs and plans. They provide quality feedback on the School Safety Plan and the district LCAP.

What do I need to do? Attend 5 meetings during the school year all at 3:15 p.m. Meetings will be held October 17th, December 12th, January 23rd, March 5th and May 28th.

How do I sign up or get more information? Email Mindy Shelton (mshelton@scsdk8.org) to express your interest and/or ask questions. Please reach out no later than September 30th. I look forward to hearing from you!

Our student-led goal setting conferences are coming up on October 2-8. In case you missed the email about it, please [click here](#) for more information. It is important that students attend and actively participate in the discussion. Remember that dismissal will be at 1:10 on those days to allow time for the conferences.

Do you play piano? Interested in helping out at school? Our 5th graders will be starting Choir as part of their enrichment program on Wednesday mornings from 8:45-10:25. Our choir teacher, Sara Murphy, is in need of an accompanist to play piano while she teaches. If you're interested in able to help, please let me know.

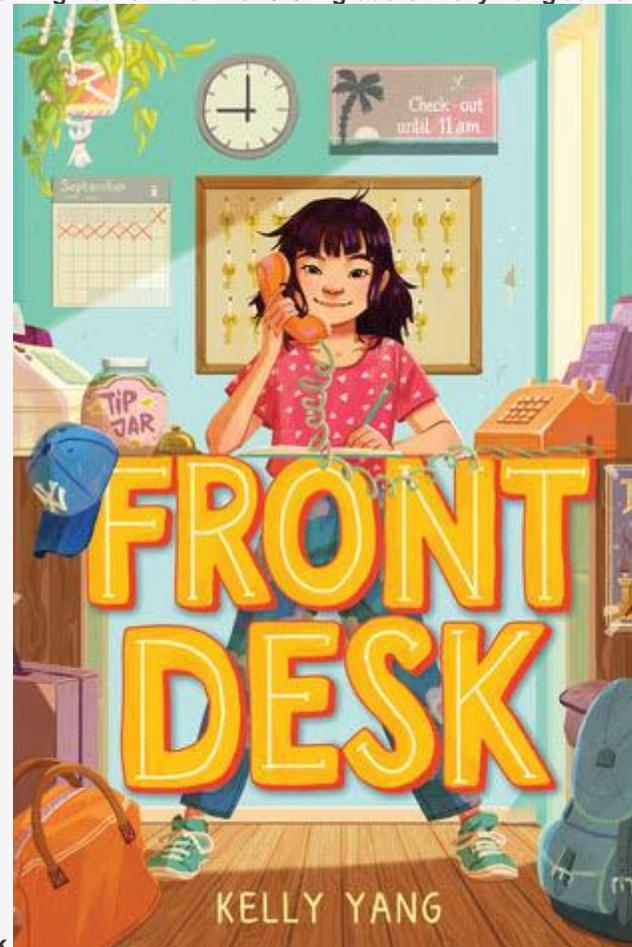
Playground Supervisors Needed! We are looking to hire an additional noon supervisor for lunch and playground support at \$17.23/hour. If interested, please see the job posting for [Playground Supervisors](#) and contact Mindy Shelton to learn more.

Follow @ArroyoSchool

Follow us on Twitter and Facebook for up-to-date info on events and issues!



Upcoming Author Event for 5-6th graders: Kelly Yang author of Front



Desk

- Thursday, September 26
- Opportunity to Pre-Purchase Signed Copies

We have an exciting event coming up for our 5th and 6th grade students at Arroyo and Central Middle Schools. Kelly Yang, the author of *Front Desk*, is coming to speak with our 5th and 6th graders at an assembly on Thursday, September 26.

Front Desk tells the story of Mia Tang, a girl growing up in LA, who helps her immigrant parents manage a motel. Our author Kelly Yang, grew up in similar circumstances. She immigrated to America when she was 6 years old and grew up in Southern California, where she and her parents worked in three different motels. She eventually left the motels and went to college at the age of 13 and law school at the age of 17. After law school, she gave up law to pursue her passion of writing and teaching children writing. She is the founder of The Kelly Yang Project (kellyyang.edu.hk), a leading writing and debating program for kids in Asia.

Students can pre-purchase signed copies of Kelly's book ahead of our assembly. Purchase forms are available at our library and CMS and Arroyo offices. Signed copies will also be available at the upcoming Book Fair. Please email our librarian, Katie Hultgren with any questions: khultgren@scsdk8.org.

As always, don't hesitate to contact me if there's anything I can do to support your family throughout the year.

Warmly,

Mindy Shelton

Principal

[back to top](#) ↑

PTA News

COUNTDOWN TO THE STAMPEDE & SOAR COLOR RUN!

[REGISTER](#) to RUN or [VOLUNTEER](#) and join in the fun! It's a great way to connect w



ith our community and support our Central and Arroyo schools. Bring your family and come on out for this fundraiser and community building event on Sunday, October 6th, 9am - 11am!

Buy your tickets for the whole family TODAY! <http://bit.ly/2TUj0Sb>

- Tickets \$25 per participant.
- Limited sizes still available for your custom 2019 Stampede & Soar t-shirt, while supplies last.

A **BIG** Thank You to our sponsors for their support:

Platinum Sponsors: Chang Orthodontics; County Consumer Plumbing Group; Joyce & Tatum Real Estate; San Carlos Orthodontics.

Silver Sponsors: Alana Corso, Dwell Realtor; Andrew Orthodontics; Brittan Park Valuation; Brittan Park Valuation; Clarity Counseling; DaVinci Marble; Floorcraft; Hyland Design Group; Jones Lang LaSalle; Kirsten Kell- Family Therapist; Wendy Wood Design.

Join the Central Arroyo PTA!

Thanks to those who've supported the [Central Arroyo PTA!](#) Every single dollar makes a difference for our students and teachers. The one-time family donation of \$250 supports teacher grants and supplies, Art in Action, Library Books, Healthy Cities Tutoring and SO MUCH MORE! We thank you in advance for any support you can give.

PTA Partnership also includes your annual [PTA membership](#). When you join the Central Arroyo PTA, you are also joining the California State PTA, which spearheads educational advocacy in Sacramento. [DONATE TODAY!](#)

Arroyo Day of Service - September 29th

Do you have extra succulents looking for a new home? Or maybe a dolly and a strong desire to lift and move around heavy tree stumps? If so, you and your family are the people we're looking for at Arroyo's Day of Service! Our projects will be all around the school grounds, working on sprucing, brightening, repairing and re-imagining several spaces. We will be replanting at the entry, painting tree boxes near the lunch area, cleaning up the garden, Wild Zone, and patios.

We need people with blowers, sanders, toolboxes, power washers, an affinity for details...and a can-do attitude.

Mark your calendars for Sunday, September 29 (yes, it's coming right up!), any time from 9 am to 1 pm. There will be delicious snacks and refreshments for everyone who can show beads of sweat on their foreheads!

Learn more and sign up to volunteer [here](#).

p.s. If you do have succulents to donate, please contact Bethany Mateosian directly at bethany@birchbark.ink so we can arrange a time for pick up. Thanks!

Jim Wiltens' Leadership Class

To follow up on Jim Wiltens' Leadership Assembly, there are several parent-child beginning and intermediate classes offered this year. Learn more here: <http://jettted.io/jim-wiltens-leadership-classes/>

Calling All Readers! A Blizzard of Books is Coming!

The Central/Arroyo Book Fair is October 7th-11th, and we need your help to make it a success! Please consider volunteering by signing up for one of the shifts using this link: : <https://signup.com/go/zNxkiWS>

Students will be visiting the Book Fair throughout the week with their classrooms. The Book Fair will also be open before and after school. Please tell your student to swing by. Parents are also welcome to check it out before or after their parent-teacher Conference.

Blizzard of Books Family Night will be held in the evening on **Thursday, October 10th, from 6:00-8:00 pm**. Bring the whole family to this arctic adventure and rediscover how cool it is to read! Free pizza will be provided by the PTA and an icy treat will be available for purchase.

Parents are also invited to join us for last some minute shopping at Bagels and Books on **Friday, October 11th from 8:00-9:00 am**.

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

Volunteers Needed for Lunchtime Maker Space

We would love to offer the Maker Space as a recess option to the kids this year. The only way we can do that is with parent help. We need to have 2 supervisors per shift, and each supervisor will be responsible for watching 10 kids each on Tuesdays and Fridays. All sign-ups can be found here:

<https://signup.com/go/PAMOzwP>

We do also need help in the garden, library, and wild zone, but the Makerspace is the area we need help the most as we cannot open it without support.

Please contact Stacey Rabkin (staceyrabkin@gmail.com) if you have any questions.

Hot Lunch Volunteers Needed!

Want a chance to see the kids during the lunch hour? Be a Hot Lunch Volunteer! Shifts are one hour on Mondays, Tuesdays, Thursdays and Fridays. Work monthly or more often. If interested, please sign-up at <https://signup.com/go/OJUrzSh>. Questions? Contact Jen Pedrotti at jenniferpedrotti74@gmail.com

[back to top](#) ↑

SCEF News

TOWN Raffle



You have a chance to participate in the Evening at TOWN by joining in the TOWN Raffle. The winner will choose from a grand prize of (1) 7-night accommodations at a luxury resort in Mexico or (2) a beautiful diamond necklace donated by Geoffrey's Diamonds and Goldsmith. Only 200 tickets will be sold. If you would like to purchase raffle tickets send an email to raffle@scefkids.org noting how many you would like and which item you would choose if you are the lucky winner. Tickets are \$50; 3 for \$125 or 6 for \$250.

DO YOU WORK FOR A MATCHMAKER?

Many employers are willing to support the causes which are important to you. Take advantage of your company's workplace giving program by applying for a matching gift. Immediately assess your eligibility and gain access to detailed information about your employer's corporate giving program by searching our database of companies with matching gift programs at doublethedonation.com/scef.

Here is a partial list of the top companies who supported SCEF last year via Workplace Giving:

- Google

- An Anonymous Hardware/Software company in Santa Clara County
- Genentech Oracle Wells Fargo – gift must be made in September!!!
- Gilead Sciences
- LinkedIn
- Electronic Arts
- Adobe
- Salesforce
- Pfizer
- Intel
- Amgen
- And 60+ others

[back to top ↑](#)

District News

Playground Supervisors Needed!



Attention Parents! We are looking to hire additional noon supervisors at our schools for lunch & playground support for 1.5 to 3 hours per day, \$17.23/hour. If

interested, please see the job posting and apply online at EdJoin - <https://www.edjoin.org/Home/DistrictJobPosting/1215987>

For site specific questions, please speak with your school principal.

Join the SCSD School Board!



The San Carlos School District School Board will have a vacancy due to a lack of candidates registered for the November 5 election. Therefore, there will not be an

election but instead a Candidate Appointment process. The School Board approved the appointment process at their September 12 meeting.

Interested candidates may attend any of the Candidate Information Sessions to be held in the District Office Board Room - 1200 Industrial Road, Unit 9B, San Carlos on:

- Wednesday, Sep 25 - 7:00-8:00pm;
- Friday, Sep 27 - 9:00-10:00am; and
- Thursday, October 3, 7:00-8:00pm

Please check the website for more information -

https://www.scsdk8.org/apps/pages/index.jsp?uREC_ID=1136263&type=d&pREC_ID=1384049

If you have additional questions, please contact Cathy Eitel, Executive Assistant to the Superintendent at ceitel@scsdk8.org.

Fall Intramural Sports

We are excited for our 2019-20 Intramural Sports program! Our Fall Intramural Basketball Season provides San Carlos students in grades 5-8 an opportunity to participate in organized sports activities after school on Fridays. We have designed a 10-week program that is open to players of all levels - those who have played competitively at a high level and those who have never played an organized sport. While there will be no cuts and playing time will be shared evenly, we will have 2-4 divisions (based on signups in each grade and preferences indicated on the form). Coaches will manage practices and games to match up players so that each player is appropriately challenged. We anticipate that this program will provide a fun introduction to middle school and will prepare students for the upcoming Art David Athletic League (ADAL) season!

Coaches from our ADAL teams will also be leading this program. **Registration will open September 16th** and the cost will be \$195, which covers a coach, scorekeepers, referees, insurance, equipment, scheduling, and administration of the program. The season will span over the months of October and November, beginning October 4 and ending December 13, consisting of 10 events.

Please complete an Interest Form so we can plan for the correct configuration of the teams. On Thursday, September 26th we review the Interest Form and send out an email with more detailed season information such as times, locations, registration,

grade divisions, etc. -

<https://docs.google.com/forms/d/e/1FAIpQLSfWWz9zZ2hRKEFKJLy1B7WNN0vrUfSbhPui42aBmycwxAQvRQ/viewform>

[back to top ↑](#)

Community Partners

Sign up for San Carlos Day of Service
9/29



SAN CARLOS DAY OF SERVICE

San Carlos Day of Service is **Sunday, September 29, 2019 from 9:00am-2:00pm**. San Carlos Day of Service is a one-day celebration of our wonderful city through acts of community service. The Day of Service grows our sense of community through one day dedicated to giving back.

Learn about city-wide projects and sign up here -
<https://www.sancarlosdayofservice.org>

[back to top ↑](#)

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