

PRINCIPAL'S NEWSLETTER

VOL 1, ISSUE 1



Alderwood OWLStars!

-  Own Your Actions
-  Work to Succeed
-  Lead with Kindness
-  Show Respect

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A NOTE FROM MRS. RYDMAN...

OWL Star Students Shine at Alderwood!

Alderwood Elementary School is committed to providing our students with a positive and safe learning environment each and every day. We know that when good behavior and good teaching come together, our students will excel in their learning. Consequently, we are proud to be a part of the nationally renowned program known as PBIS.

As part of our PBIS system, referred to as the OWLS, Alderwood staff explicitly teaches students expected school behaviors in the various settings on campus. Through this process, the expectations for all student behavior will be clear throughout our building and playground areas. We then provide students with positive, immediate and frequent reinforcement of these

expected social behaviors. When students are caught doing the right thing, the AW staff acknowledges them with golden tickets. Golden ticket recipients are further rewarded and acknowledged by our community through classroom drawings, school wide assemblies, and the opportunity to participate in special events.

We believe that by helping students practice appropriate social behavior, we build a school community where all students have an environment in which they can succeed and grow. The teachers and I are delighted to share with you student products from our recent lessons on OWL Star behavior within the classroom. Please enjoy!

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UPCOMING EVENTS:

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|-------------|--|
| 10/29-11/02 | Parent-Teacher Conferences. Early Dismissal all week. No students on Thursday. |
| 11/12 | Veteran's Day- No School |
| 11/27 | PTA Meeting; 8:30AM, P-3 |

THOUGHTS FROM THE SCHOOL HEALTH OFFICE

What Happens If My Child Gets Sick at School?

All students who are not feeling well are asked to visit the [Health Office](#) before being excused to go home. Students will be excluded from Alderwood if they have vomited, have a temperature of 100.0 degrees or higher, or if they are exhibiting symptoms such as frequent and productive cough, sneezing, an undiagnosed rash, severe sore throat with difficulty swallowing, or other symptoms that interfere with the student's ability to participate in normal learning activities.

If your student is sent home, **please do not allow them to return to school if they are still running a fever or exhibiting contagious symptoms that could infect other students or staff.** District policy states that students should be without fever or vomiting for 24 hours before returning to school.

The cold and flu season is rapidly approaching. To decrease your family's chance of becoming infected, encourage everyone to eat healthfully, get adequate amounts of sleep and exercise, and wash their hands frequently—particularly before eating and after using the restroom.

We understand students do not want to get behind in their classes, but returning too soon not only can make for a longer recovery period, but also puts many other students and staff at risk for infection. Keeping ill children at home allows everyone (students, staff and parents) to stay healthier by reducing



their exposure to various illnesses. If your child has seen a physician for their illness, please request a note from him/her, clearing your child's return to school.

How Can I Help My Child Stay Healthy During the Cold/Flu Season?

1. Encourage them to get the rest their growing bodies require—at least 9-10 hours a night.
2. Remind them to eat breakfast. They wouldn't want you to pull your car out of the driveway without gas and expect it to perform at peak level—neither should they expect their brains to work at top level without any fuel—in this case, glucose from food. If time is a problem, have them arrange most of the things they'll need for breakfast the night before (such as cereal bowl, spoon, juice glass, etc.). Leftovers can also make a great breakfast. Be creative! They could even eat a breakfast bar on the way to school if they're having trouble getting out the door in the mornings. Try to have a balanced meal with carbohydrates and protein which will keep blood sugar levels on a more even keel. Model good behavior and eat lean—cut the fat and eat lots of brightly colored fruits and vegetables filled with antioxidants that can help protect from colds and other viruses. If eating solid food

early in the morning is just not appealing, how about a smoothie made with fruit and milk or soy? Make sure they have a nutritious snack to eat during morning break. Remember, a poorly nourished child is more likely to become ill and miss school.

3. Ask them to wash their hands frequently and try to keep their hands away from their faces. Desks, books, pens, backpacks, etc. are loaded with germs. Washing hands before eating, after using the restroom, or after blowing their nose can destroy many of these disease-causing organisms. Also, teach them to cough or sneeze into the inside of their elbow, rather than into their hands, to reduce the spread of germs.
4. Encourage them to exercise—daily. It does wonders for the immune system, improves their mood and the quality of their sleep, and helps maintain their weight.
5. Speak with your health care provider about the possible benefits of a flu shot.
6. **Please direct any questions you may have to the School Health Office at (949) 936-5411.**



Final Deadline for Million Dollar Home Raffle is October 18th!

Don't miss your chance to **win a Million Dollar Home or \$1 Million Cash!** Buy your ticket for the Ocean Institute's Million Dollar Home Raffle by October 18th to be eligible to win these great prizes, or bonus prizes including cash, South Coast shopping sprees and more! For every ticket you purchase, **\$50 will go directly to IPSF** to help enrich the educational experience provided to Irvine students. Purchase tickets by calling (949)-542-3600, for more information. Buy multiple tickets or refer friends to be eligible for even more great prizes. Don't forget to mention IPSF when you purchase!

3rd Annual Spirit of Excellence Gala on October 27th

IPSF will hold its 3rd annual **Spirit of Excellence Gala** on Saturday, October 27 at KIA Motor Headquarters in Irvine. The event, which has been a sell-out the previous two years, honors distinguished IUSD alumni while raising funds to support IPSF's mission to enrich the educational experience of each child in every school. For more details on this year's event, to purchase Gala tickets, or to buy a ticket for the Diamonds & Champagne Raffle, please visit <http://ipsfgala.dojiggy.com> Online bidding for our fabulous Silent Auction will begin on October 15th, so mark your calendars! Opportunities for sponsorships and in-kind donations are still available. Email cvancamp@ipsf.net for more information.

Download the FREE Communities for Cause App to Raise Money for Irvine Schools

IPSF has partnered with Communities for Cause to offer an easy way to earn money for our schools. Simply download the free Communities for Cause app to your iPhone or Android and select Irvine Public Schools Foundation or your school's PTA/PTSA. Show your phone whenever you shop or dine at participating merchants and the merchant will donate a percentage of sales to our schools. No coupons, flyers or discount cards to remember! [Visit http://www.communitiesforcause.com](http://www.communitiesforcause.com) for more information. New merchants being added regularly!

IPSF Speakers Available

Is your school, group or organization looking for a speaker? Please consider inviting IPSF to attend your upcoming meeting and share our mission to enrich the educational experience of each child in every school. With continued school budget cuts, many members of our community want to know how they can help our schools. IPSF staff members are available to come and speak at your group to share the issues facing education today and how our local community can insure a great education for every Irvine student. Please contact Steffanie Early at searly@ipsf.net to schedule a speaker or for more information.

PINK SHIRT ALERT!



Thank you to all the parent volunteers who are Helping Our Teachers making copies and prepping materials. This HOT Team (formerly known as The Duplicators), will soon be getting exclusive pink Alderwood spirit shirts. If you are one of our wonderful volunteers on this team, please visit the workroom to try on a sample shirt and sign up for your shirt. You may email Ana Ebbert if you have any questions. Anastasiaebbert@cox.net.

The teachers at Alderwood thank you for all your help and look forward to seeing you in your pink shirts!

NEW LUNCH MEAL PATTERN

Please visit the link below regarding the changes that have been made to school food services and the new meal pattern set forth by the USDA

<http://schoolnutrition.org/uploadedFiles/HHKA%20Letter.pdf>

NEW BOARD POLICIES

BICYCLE USE

The Board of Education believes it is the responsibility of the parent to work with the school to promote student safety, whenever possible. In conformance with the California Vehicle Code, students who operate or ride as a passenger on a bicycle, non-motorized scooter, or skateboard upon a street, bikeway, or any other public bicycle path or trail shall wear a properly fitted and fastened bicycle helmet that meets the standards of law (Vehicle Code 21212). Students also shall be required to wear such helmets while wearing in-line or roller skates.

As a further measure of safety, students in grade levels K-2 shall not be permitted to ride bicycles to school.

Adherence to this policy relative to bicycle use shall be monitored by staff with student and community involvement. The helmet provisions of the Vehicle Code shall be enforced by the Irvine Police Department.

BYCICLE HELMET USE

Each school shall work with students, parents, and staff to communicate, in writing, school expectations for bicycle helmet use which are consistent with this policy.

School principals and teachers shall conduct assemblies to discuss the value of helmet use and to review school expectations.

Parents shall be encouraged to discuss, with their children, the benefits of helmet use when riding to and from school or around the neighborhood. In an effort to promote bicycle helmet use by all students, it is expected that parents shall provide helmets for their student riders. Provisions shall be made for parents unable to provide helmets to have the use of a helmet through donations by local merchants, bicycle clubs or the Irvine Police Department.

PTA[®]

everychild. one voice.[®]

It's hard to believe we are already well on our way into the school year! We hope everyone is settling into a routine. PTA has been hard at work organizing events at the school. October continues to be a very busy month filled with many different activities. The Reflections contest, which is sponsored by PTA, just closed and we want to wish all those who entered good luck!! Stay tuned for the beautiful artwork to be hung in the MPR soon.

Upcoming Events:

Oct 19-21st- Harvest Cup soccer tournament for boy/girls 5th & 6th grade!

Oct 22-26th- Red Ribbon Week "Make Positive Choices". Flyer to go home with students listing fun events planned! Stay tuned!

Oct 23rd- PTA meeting @830am in portable #3

Oct 25th- Walk to School Wednesday kickoff

Oct 25th-Nov 2nd- Book fair

Oct 22-26th Team Kids; Letters to troops

Oct 31st- Team Kids carnival

Nov 27th- PTA meeting @830am in portable #3

PTA continues to have our membership drive going. We would love to get 100% from our families. Go to www.alderwoodpta.com and you will find a form! We have been working hard to enhance our website. The website will continue to be updated on a monthly basis. Hope you have a chance to take a look.

We appreciate all of our wonderful parent volunteers at the school. Without you I don't know what we would do! Keep up the great work!

We look forward to seeing many of you at our next PTA meeting; Tuesday Oct 23rd @830am in portable 3! Everybody welcome!

Thanks again,

Alderwood PTA

Scarecrows in the Park!



Our third grade students are participating in the "Scarecrows in the Park Charity Contest" and have designed scarecrows that represent the qualities they value most in our future president. The scarecrows are complete and can be

viewed at The Great Park. The 3rd grade teachers are going to be at The Great Park on Saturday October 20, at 1:30pm. Please visit <http://www.ocgp.org/2012/08/help-scare-away-hunger-building-scarecrow-park/> for more information.

A NOTE FROM MRS. RYDMAN...

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