



Weekly Wildcat News

February 21, 2017

Happy Tuesday, Wildcat Families,

I hope that all of our families enjoyed the long President's Day weekend. Please join us on Wednesday, February 22nd from 12:00 – 8:00 pm for our next family restaurant night fundraiser at Rock & Brews here in South Redondo. Please bring the attached flyer. 20% of your purchase (dine-in or take-out), including drinks, will be donated back to Alta Vista! **Reservations are highly recommended.** We look forward to seeing you there!

During this week and next, Alta Vista will be celebrating a few of the most exciting days of the year; the 100th Day of School and the birthday of Dr. Seuss with Read Across America Week, February 27th - March 3rd. Check out some of our spirit days for that week on the attached flyer.

Important Dates this Week:

Tuesday, February 21st - 100th Day of School

8am Wellness Council Meeting

Fifth Grade Physical Education Testing all week

Wednesday, February 22nd - 8:30am Prospective Parent Tour

Rock & Brew's Restaurant Night (see attached flyer)

Thursday, February 23rd - PE Makeup Day

Hands on Art Training in AV Cafeteria

Friday, February 24th - National Fake Mustache Day

Hands on Art Training in AV Cafeteria

3rd grade Living Museum



The COLOR RUN!

6th Annual Chase Stecyk Fun Run! – The Color Run: March 1st

This amazing event is next week! Currently Mrs. Cosgove's class is in 1st place with 52% of their goal raised, with Ms. Nickles and Boiko in 2nd and 3rd. The top classroom will win a Glow-in-the-Dark Dance Party with Mrs. Wildes.

Register now for our most important fundraiser of the year and the event the kids love the most! See attached flyers for information about the Fun Run, online registration, other fundraising options and the amazing awards, **such as a chance to win a Fitbit for everyone who registers online and much, much more!** Just follow these easy steps:

- Go to thegetmovincrew.com
- On the webpage, click on the gold star under the Let's Get Movin' red square to start the registration process and create an account (*you can use your login in from last year if you participated last year!*)
- Click on the red student button in the upper right corner to edit the Student page with your student's information. For school, use the drop down menu or type in Alta Vista Elementary, activate your online pledge profile and add a picture!

Volunteers are needed to help out with this event. Please sign-up here: <https://www.signupgenius.com/go/9040849A8AC29A31-alta1/11780780>

**REMINDER - THE WANTED BOX TOPS DEADLINE IS
Friday 02/24**

Please include student name, classroom/teacher in all your submissions.



**BMI Assessments for students in
grades K, 1, 3 & 5**

Your child's health is the foundation for a productive

and enjoyable adult life. To give students the tools they need to develop lifelong healthy habits, your school has been partnering with the Beach Cities Health District to deliver the **LiveWell Kids Program**. This dynamic, eight-month nutrition and garden education program is designed to create healthy lifestyle behaviors in children.

LiveWell Kids provides educational, hands-on learning opportunities about nutrition, physical activity and healthy lifestyles, and encourages kids to apply the practical tips and tools they learn in their daily lives. Throughout the year, students participate in docent-led nutrition lessons, exciting physical activities designed to keep kids moving, and a school garden lessons that provide a first-hand look at the entire life cycle—from sowing seeds to harvesting to eating. LiveWell Kids also supports farm fresh fruits and vegetables in the cafeteria.

In February and March, all RBUSD students in Kindergarten, 1st, 3rd and 5th grades will have their height and weight measured, which are used to calculate their Body Mass Index (BMI). This is a screening tool used to determine a child's body composition, which LiveWell Kids uses to gauge the prevalence of obesity in the school as a whole. All data collected will remain strictly confidential.

BMI assessments can be one helpful tool in monitoring your child's development. **Please keep in mind that, like all screening tools, BMI assessments may yield false positives or negatives, and results should be reviewed with your child's doctor.**

If you do **NOT** want your child to participate in BMI assessments, please sign the waiver that was sent home with your child or attached to this eblast. Feel free to contact Tessa Dent at (310) 374-3426, ext. 124, or Tessa.Dent@bchd.org if you have any questions.



The WATCH D.O.G.S. are back!

Want to be a member of the WATCH D.O.G.S.?

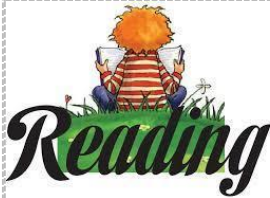
We're using SignUp.com (the leading online SignUp and reminder tool) to organize our upcoming SignUps.

Here's how it works in 3 easy steps:

- 1) Click this link to see our SignUp on SignUp.com: <http://signup.com/go/z9SANm>
- 2) Review the options listed and choose the spot(s) you like.
- 3) Sign up! It's Easy - you will NOT need to register an account or keep a password on SignUp.com.

Note: SignUp.com does not share your email address with anyone. If you prefer not to use your email address, please contact me and I can sign you up manually.

We ask our fathers to limit their sign ups to no more than 2 per year so that all of our Fathers can have an opportunity.



How to have a productive reading conversation with your child - prompts for supporting your reader

Productive Talk Question #17: Look at the dialogue in the text. What does the dialogue tell you about how the characters are feeling or thinking?



Alta Vista PTA



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Fun Run T-Shirt Contest Winner Announced

As announced during last week's Flag ceremony, we would like to congratulate Danny Arellano for winning the 5th grade Fun Run T-shirt design contest. We are excited to see Danny's designs on everyone's shirts next week. Each grade level will get a different color shirt!



Family Restaurant Night at Rock & Brews – Wednesday, February 22nd

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Announcing the 2017 Alta Vista Variety Show – March 10th

Please see attached flyer and application if you are interested in participating in this year's Alta Vista Variety show, *Wildcats Got Talent*, schedule for 6:00 on March 10th at the Parras Gym. The 1st audition/practice is schedule for Thurs. Feb. 23 at 2:30 at the flag assembly area.



Tickets on Sale NOW for Comedy & Magic Fundraiser – March 21st

Join us on Tuesday, March 21st for our annual parents night out at the Comedy & Magic Club in Hermosa Beach. Due to limited seating, you can only Buy Tickets ON-LINE on our PTA website. TICKETS ARE FIRST COME, FIRST SERVE. Girls' Night Out? Dads' Night Out? Date Night? Get your babysitters now! This is a fun event that you won't want to miss. Ticket Price is \$25.00 per person. Additional donations are welcome. See also attached Flyer. We hope you can make it! Link to Buy Tickets is: <https://altavistapta.myschoolcentral.com>

Performers for the Family Carnival

Is your child a member of a dance troop, demo team, etc. and like to perform at the Alta Vista Carnival on April 29th? If so, please reach out to Shannon Lee (bfabt@msn.com) for more information. The Carnival committee has some open spots for teams to display their talents.

Other Ways to Connect with and Support Alta Vista PTA

Check out our website at www.AltavistaPTA.org and Like us on our **new** Facebook page: <https://www.facebook.com/altavistapta>. Also check out our website for information on easy fundraising opportunities such as [*Amazon Smile*](#) and [*Mabel's Labels*](#).



Growth Mindset Corner

As a parent what triggers YOUR fixed mindset?

Carol Dweck offers the following advice for educators and parents when considering our OWN fixed mindset triggers.

- Watch for a fixed-mindset reaction when you face challenges. Do you feel overly anxious, or does a voice in your head warn you away?
- Watch for it when you face a setback in your teaching or parenting, or when children aren't listening or learning. Do you feel incompetent or defeated? Do you look for an excuse?
- Watch to see whether criticism or complaints brings out your fixed mindset. Do you become defensive, angry, or crushed instead of interested in learning from the feedback?
- Watch what happens when you see another parent or teacher who's better than you at something you value. Do you feel envious and threatened, or do you feel eager to learn?
- Accept those thoughts and feelings and work with and through them. And keep working with and through them.

- Remember, you're on a growth-mindset journey, too.



Prospective Parent Tours & Kindergarten Registration

Know a family with a prospective kindergartner or new student for the 2017-18 school year? Our informational tours and kindergarten registration dates are posted on our website. Please direct any interested parents to our website for details.

Student Absences

Just a reminder that all student absences need to be reported to our main office at 310-798-8650 every day that your child is going to be absent. Our office calls all of the families of absent students if we do not hear from you by 10am.



Did you hear?

GIRLS ON THE RUN IS COMING TO Alta Vista

Girls on the Run is a transformational learning program for 3rd to 5th grade girls. The goal of the program is to unleash confidence through accomplishment while establishing a lifetime appreciation of health and fitness. Girls build confidence through dynamic, conversation-based lessons and fun running games. Girls do not have to be runners to enroll, learn and have fun! The program culminates with a celebratory 5K event on Sunday, May 21st. Every girl enrolled in the program receives:

- GOTR Water Bottle
- GOTR T-Shirt
- 5K Event Finisher's Medal
- Registration to the 5K
- An End-of-the-season Team Celebration
- A Lifetime of Healthy Habits!



10 Week Program
Fee Only \$225

REGISTER AT
www.gotrla.org
Before March 6

Spaces are limited.
Register early to reserve your spot!



Starts Tuesday
March 14th

Meets TUESDAYS & THURSDAYS 2:30-4:00PM

(626) 590-4770
program@gotrla.org
556 S. Fair Oaks Ave, #101-307
Pasadena, CA 91105

www.gotrla.org
 [Facebook.com/gotria](https://www.facebook.com/gotria)
 [Twitter.com/gotria](https://twitter.com/gotria)
 [Pinterest.com/gotria](https://www.pinterest.com/gotria)

Redondo Union High School Theatre Arts
presents

SHREK The Musical

Based on the DreamWorks Animation Motion Picture and the book by William Steig

Directed & Choreographed by Melissa Staab

Musically Directed by Mathew Capurro

Original Production Directed by Justin Moore and Rob Ashford

March 24, 25, 31
& April 1 @ 7pm
April 2 @ 2pm

Tickets \$10 Presale
or \$15 at the Door

Purchase Tickets online at www.ruhedrama.com
From the Cast/Crew or at the
RUHS ASB Office

Redondo Union Auditorium | 1 Seahawk Way | Redondo Beach, CA 90277

Book and Lyrics by David Lindsay Aherne | Music by Jeanine Tesori

Originally produced on Broadway by DreamWorks Theatrical and Neal Street Productions

SHREK THE MUSICAL is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI. www.MTIInternational.com

Theatre Non-Profits Organization

Our district is happy to announce a new consolidated site for all district flyers featuring community events. Please [click here](#) to view all of the latest flyers available to families and our community. Looking for a flyer specific to Alta Vista and our after-school programs?

[Click here](#) to be directed to our home page that houses all of our latest flyers.

Important Dates for the Next Few Weeks:

Tuesday, February 21st- 100th Day of School

Wednesday, February 22nd - 8:30am Prospective Parent Tour

Thursday and Friday, February 23rd - 24th - Hands on Art Training in the AV Cafeteria

Friday, February 24th - 8:30am Flag Ceremony

3rd Grade Living Museum

Monday, February 27th - March 3rd - Read Across America Week

Wednesday, March 1st - Jog-A-Thon

LIFT OFF Double Day

Thursday, March 2nd - Dr. Seuss' Birthday - Pajama Day

Friday, March 3rd - 1:55pm 5th Grade Band Coffee Concert

Monday and Tuesday, March 6th & 7th - BMI Testing for grades K, 1, 3 and 5

Tuesday, March 7th - 8:30am Prospective Parent Tour

Thursday, March 9th - 8:30am Room Parent Meeting

Friday, March 10th - 8:30am Flag Ceremony

AV Variety Show

March 13 -16th - MINIMUM DAYS - Parent/Teacher Conferences

Friday, March 17th - Trimester Break - NO SCHOOL

Monday, March 20th - Dental Screening

International Acts of Happiness Day

Tuesday, March 21st - Comedy and Magic Night

Wednesday, March 22nd - 5th grade Field Day at RUHS

Thursday, March 23rd - Hands on Art Training in AV Cafeteria

Friday, March 24th - Hands on Art Training in AV Cafeteria

Ways to Support Alta Vista:

Join the PTA!

Consider donation to the Redondo Beach Educational Foundation. Go to www.rbef.org/donate

Student absences cost the school \$38 per day per child. Families are welcome to repay that cost directly back to Alta Vista if able.

Shopping Online? Please help Alta Vista PTA by shopping through Amazon Smile. At no cost to yourself, Amazon will donate 0.5% of your purchase price to Alta Vista PTA. Remember to select Alta Vista PTA as your cause or use this link. (Tip: if you bookmark this link when it opens you can make sure you are shopping in Smile. <http://smile.amazon.com/ch/95-3154489>

Looking to purchase a new lunchbox or lunch gear? Go to www.mightynest.com where 15% of your purchases will go directly back to Alta Vista.

Don't forget to collect and return your General Mills Box Tops for Education. Every boxtop is money for our school!

Go to mycokerewards.com/school, enter your Coca-Cola product codes and donate to our school. Our school can redeem the points for much needed physical education equipment.

Stopping by Jamba Juice on a warm summer day? Just show the PTA Jamba Card when making a purchase.

Have a wonderful week,

Mrs. Wildes