



Weekly Wildcat News

September 19, 2016

Happy Monday Wildcat Families,

A big thank you to all of our families for joining us last Thursday night. For those families who were unable to attend Back to School Night, please visit our website at www.altavista.rbusd.org to find our school-wide presentation.

If you haven't already done so, please consider joining and supporting the PTA and donating to the Redondo Beach Educational Foundation. These two groups are pivotal to the success of our students, school and district. See information below on how you can best support these two groups.

Important Dates this Week:

Wednesday, September 21st - Ruby's Restaurant Fundraiser - See attached flyer for details.

Monday, September 26th - Fifth Grade Science Camp Fundraiser - Fresh Brother's Restaurant Night

MINDUP

Mindfulness Bell



During my back to school night presentation, I talked about the importance of reinforcing "brain breaks" at home as well as school. A brain break is a really effective way to teach your child and family to calm the amygdala and increase focus. A sample brain break scrip is include here for any family who would like to try one at home. If you don't have a chime, try an easy app called "Mindfulness Bell" instead.

Introduction:

It is a time to give your brain a break, so it can relax, focus and learn better. Please focus on your breath. The goal is not to count the number or inhale and exhale as a group, just to focus on your breath.

Start by planting your feet solidly on the floor. I invite you to be present in this moment and close your eyes. If you are not comfortable closing your eyes, please look down at your palms to be respectful of others. Since this is an invitation, you have the choice whether to participate, but you may not distract others. Please try to keep your body perfectly still, with no opening of papers, talking, or moving around. Just be still. It's only a short time so you can do it. If you hear a noise, (unless it is the safety alarm) just hear it, and then refocus on your breath. Remember we do this to give ourselves the opportunity to calm down and know that we are in charge of our minds and bodies.

Steps:

1. Say – When you hear the chime, listen to the sound as long as you can, and focus on your breath.
2. Ring Chime (wait approximately 15 seconds).
3. Say – Bring your attention to your breath

(wait 15-30 seconds).

4. Say – If your mind wanders, that’s ok, just bring your focus back to your breath (wait 15-30 seconds).
5. Say – Feel your belly rising and falling (wait 15-30 seconds)
6. Say – When you hear the chime again, listen as long as you can. When you can’t hear the sound any longer, slowly, gently, open your eyes and look to the front of the room.
7. Ring chime and wait for the sound to finish.

Say softly – Thank you for being mindful today.



The Redondo Beach Educational Foundation

Another school year is upon us, and we have much to be excited about for our kids and the upcoming year. We launch this week with the RBEF Investor Drive, designed to raise funds, awareness and volunteer participation for RBEF, without which our kids would be left without critical programs in areas such as college prep, world-class science, arts, music, counseling, and athletics.

Our world-class schools *rely* on RBEF to fund these programs. These programs are designed to create the most well-rounded kids in the South Bay, and they need your support. RBEF’s *Investor* drive **is taking place NOW through September 30th**.

Across the district, much has taken place during the summer and many of our kids are off to achieve their big dreams (many made possible in part by RBEF). In the coming weeks, we will bring you these stories and ask if you have a story yourself of a child, teacher, alumnae or community member that is

special or has had an impact. We'd love you to share these stories with us.

However, our focus for the next 2 weeks is on the Investor Drive, and **WE ARE ASKING YOU TO PLEASE INVEST in OUR KIDS BY DONATING TO RBEF BETWEEN NOW AND September 30th.**

We need every family to invest in our kids and help RBEF provide programs that allow our kids the opportunity to access the world-class programs RBEF provides. We are asking you to please consider investing \$500 in our kids through RBEF to help achieve our goal of raising \$500,000 district-wide. You can make a one-time donation or pledge to make monthly contributions and any donation amount is welcome.

Go to RBEF.org to make your contribution to our kid's future. If more convenient, you may also drop off a check at your school's office. Please join us in supporting RBEF.

Your support *today* will have an everlasting impact on Our Kids, Our Community, and Our Legacy. Thank You!

Remember, investments can be made as one-time contributions or in monthly installments and any amount is appreciated. For as little as \$20 a month, your family could make a significant difference for our kids, our community, and our legacy. To invest, come visit the school office or go to www.rbef.org.



Alta Vista PTA

Let's hear your ROAR! Join PTA Today!

Our Donation and Membership drive is going strong, however, we need your help to reach our \$35,000 flat fee donation goal. Our goal is \$10,000 more than last

year because there will NOT be a Fall catalog fundraiser this year, and the Fun Run is not until Spring!

Join PTA today for only \$10 and make a flat fee contribution starting at \$50 and receive a FREE gift! (see attached flier for details). Your donations are critical because they help support over \$112,000 of funding for programs such as Hands on Art, field trips, assemblies, teacher educational funds, and much, much more!

Free gifts (except T-shirts) that were not picked up at back to school night, will be delivered to your student's classroom. T-shirts and other Wildcat gear purchases made through Sept. 30th will be delivered to classrooms by mid-October.

Donations can be made and PTA memberships, Wildcat gear and Yearbooks can be purchased at our web store at <https://AltaVistaPTA.myschoolcentral.com>, or by completing and submitting the attached 2016-2017 PTA Order Forms and returning them to our front office or your teacher.

Volunteer Opportunities: Alta Vista Needs YOUR help!

Alta Vista has a variety of volunteer opportunities – there is something to fit every schedule. Our programs simply cannot exist without your volunteer support. Please see attached Volunteer Opportunity Descriptions and Sign-up form. Please either submit the attached form to your teacher, or go paperless and complete the school's online Google Forms Classroom Directory & Volunteer Sign-up at <https://goo.gl/forms/1J7yspq6WO2Mstjz2>

Ruby's Diner Fundraiser – Sept. 21st

Our first family restaurant event of the year will be this Wednesday, September 21st from 11:00 to 9:00

at Ruby's Diner in the Redondo Beach Marina. That's right, you can go for lunch too! Just bring the attached flyer and Alta Vista PTA will get 20% of the proceeds. See you there!

Mandatory Room Parent Meeting – Sept. 27th

All room parents are invited to join our mandatory room parent meeting on Tuesday, Sept. 27th in the cafeteria at 8:30 am. We'll be covering the most updated room parent guidelines so it is important that you please attend. If you are unable to make it, please contact our Room Parent Coordinator, Josie Herbert at avpta.roomparents@gmail.com so that we can make other arrangements.

Reflections Art Contest Workshop - Sept. 28th

Reflections is a National PTA art program. This year's theme is "What's Your Story" and there are multiple categories including visual arts, dance choreography, film production, literature, music composition and photography. See attached flyer, rules and entry form. PTA will be hosting a series of workshops to provide information, materials and guidance for this great program. The first drop-in workshop will be after school on Wednesday, Sept. 28th from 1:30 – 3:30 in the cafeteria. Drop in anytime. Please contact our reflections chair, Jackie Brann at Jackie@5branns.com with questions and stay posted for additional workshop dates.

First PTA Meeting of the year – Sept. 30th

Please mark your calendar for the 1st PTA Meeting of the year on Friday Sept. 30th at 8:00 am in the cafeteria. We will only have 5 Association meetings this year, so please don't miss out! This is a very important meeting as we will be approving the budget for the current school year. Coffee and refreshments will be served. Also, all PTA members will receive a FREE gift, compliments of the PTA!

Family Movie Night & 5th Grade Fundraiser – Oct. 7th

Join us Friday, October 7th at 6:00 our first PTA community event of the year Family Movie Night! Popcorn, dinner & deserts will be sold by the 5th grade parents to fundraise for 5th grade events. More info coming on how you can help!

Ways to Connect with Alta Vista PTA

Check out our website at www.AltaVistaPTA.org and Like us on our **new** Facebook page: <https://www.facebook.com/altavistapta>

Stay tuned for upcoming new ways to connect with us!



College-Going Corner -

Start College Conversations Early

Moms, Dads and guardians! It's never too early to start thinking about college and savings. This week's homework: go to www.savingforcollege.com and use one of the quick tools to help you set up a 529 plan or determine what college will cost by the time your child is ready to go.



We are so excited to announce that Girls on the Run will be returning to Alta Vista for another fabulous Season! Whether your daughter is new or a seasoned Superstar, I guarantee she will have a fun learning experience and we would LOVE to have her join!

[Online Registration](#) has begun! Please be sure to save your spot by registering today! We are excited to offer this opportunity for the girls to participate right after school is dismissed! We hope it is also more convenient for parents

too!

Here is a list of Fall Details you won't want to miss:

- **Where:Alta Vista Elementary School**
- **When: Tuesdays/Thursdays 2:45 - 4:15 pm**
- **The first date of practice is Tuesday, 10/4 and the last day on Thursday, 12/15**
- **5k Details:Sunday, 12/11 - with more details to come!**

We have an exciting, action-packed 10-week program planned with games, activities, and important lessons led by a wonderful set of enthusiastic coaches!

Topics covered include:

. Weeks 1-4: Self-care, self-awareness, knowing self

. Weeks 5-7: Connectedness: Selecting healthy relationships and keeping them healthy

. Weeks 8-10: Celebrating and sharing our strengths

Each lesson consists of an introduction, getting-on-board activity, warm-up, workout and discussion, and wrap-up with a big Girls on the Run cheer! The lessons are set up so that the workout gradually increases and the girls build up their endurance to prepare for their 3-mile walk/run over the 10 weeks.

If you have any questions, please feel free to contact me at [\(323\) 806 - 5130](tel:3238065130) or stephanie@gotrla.org.

Thank you and we are looking forward to having your daughter join us for another amazing season!



Join us for a fundraiser to support

Alta Vista's 5th Grade Science Camp.

20 % of all proceeds will be donated back to Alta

Vista.

Monday, September 26th

11 am- 9 pm

Fresh Brothers

407 N. Pacific Coast Highway

Redondo Beach

310-374-5678

Flier applies to dine in, take out, or delivery. Be sure to bring in this flier, give to the delivery driver, or add a comment when ordering online.

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.

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:

- Wednesday, September 21st - Ruby's Restaurant Night
- Tuesday, September 27th - 8:30am Room Parent Meeting in AV Cafeteria
- Wednesday, September 28th - Reflections Workshop 1:30-5:30pm
- Friday, September 30th - 8am PTA Meeting
- Monday, October 3rd - Local Holiday, No School
- Wednesday, October 5th - 5:30pm RBUSD State of Education at RUHS Auditorium
- Friday, October 7th - PTA Movie Night 6pm
- Wednesday, October 12th - Local Holiday, No School
- Thursday & Friday, October 13th - 14th - Hands on Art Training in AV Cafeteria
- Thursday, October 20th - 10:30am Great California Shakeout

- Sunday, October 23rd - Skechers Friendship Walk
- Monday & Tuesday, October 24th & 25th - School Pictures Day
- Wednesday, October 26th - LIFT Pupil Free Day
- Thursday, October 27th - MINIMUM DAY - Staff Professional Development
- Friday, October 28th - 8:30am Halloween Parade
- Monday, October 31st - NO SCHOOL, Teacher Professional Development Day
- Wednesday, November 2nd - LIFT Pupil Free Day, LIFT OFF Double Day
- Thursday & Friday, November 3-4 - Hands on Art Training in AV Cafeteria
- November 7 - 10 - Fifth Grade Science Camp
- Thursday, November 10th - Reflections Contest Entries Due
- Friday, November 11th - No School, Local Holiday

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.
- Do you shop Amazon as much as I do? Try Amazon Smile instead! Go to <http://smile.amazon.com> and designate Alta Vista PTA and a portion of all your purchases will go back to support our school.
- 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.
- Keep collecting your Galleria receipts! Just shop and log receipts from any South Bay Galleria stores and restaurants until December 31, 2013. Receipts can be logged at Guest Services anytime during the program. Remember to tell your family, friends, neighbors and co-workers to log their receipts. Anyone can support AV in the Galleria School Rewards Program!
- 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