



Weekly News

February 8, 2016

Happy Monday, Wildcat Families,

I hope everyone enjoyed an exciting Superbowl weekend! We have a short four day week this week, but packed with lots of activities. This week's eblast also has several important attachments and flyers featuring camp opportunities for the long weekend, Spring Girls on the Run, Cyber-Night registration information and more.

Family Restaurant Night at Rock & Brews – Wednesday, February 10th

Join us on Wednesday, February 10th from 12:00 – 8:00 pm for our next family restaurant night fundraiser. Please bring the attached flyer. 20% of your purchase (dine-in or take-out), including drinks, will be donated back to Alta Vista! We look forward to seeing you there!

Important Dates for this Week:

Monday, February 8 -

Tuesday, February 9 - 100th Day of School

Wednesday, February 10- Rock and Brew Restaurant Day/Night 10am - 8pm (see attached flyer for details)

2pm Kindergarten Roundup for Prospective Kindergarten Families

Thursday, February 11 - National Make A Friend Day

8:30 Flag Ceremony

Friday & Monday, February 12 & 15 - No School, President's Weekend



BOX ARE WORTH
TOPS 10¢
FOR YOUR **SCHOOL**

**IT'S TIME TO TURN IN YOUR BOX TOPS
DEADLINE IS 2/18**

DID YOU KNOW:

LAST YEAR
ALTA VISTA
EARNED
\$2,395.70

THIS YEAR
WE'VE ALREADY RECEIVED
A CHECK FOR
\$676.20
AND THERE IS STILL TIME
TO EARN MORE

IF EACH FAMILY TURNS IN
JUST **10 BOX TOPS**
OUR SCHOOL WOULD EARN
\$900

HELP US EARN EVEN MORE!

VISIT: WWW.BTFE.COM/EARN/REDEEM-EBOXTOPS
AND ENTER THIS CODE: **LTRYP-TRCNH-EFCC**
for an automatic deposit of
5 BONUS BOX TOPS

Prospective Parent Tours & Kindergarten Registration

Know a family with a prospective kindergarten student for the 2016-17 school year?
Our informational tours and kindergarten registration dates are posted on our
website. Please direct any interested parents to our website for details.



MindUP™ Family Activity Ideas:

Ages 4-6: Conquering the Amygdala Hijack- Feeling Factory
• Help young children identify what they are feeling and how to describe it. Very often, behavior

difficulties (amygdala hijacks) are a result of a young child not having the words to describe what they are feeling and being overwhelmed.

- Practice by acting out faces and guessing each other's feelings so that when the situation is charged with emotion, identifying feelings seems more familiar.
- Move beyond happy, sad and mad. Try frustrated, embarrassed, overwhelmed, jealous, cranky, silly, loving, excited, surprised, and joyful.

Ages 7-10: Conquering the Amygdala Hijack- Settle Your Glitter

- Take a small jar with a screw on lid and fill it almost to the top with water. Add 1 tablespoon of glitter glue. Add another tablespoon or two of fine glitter. Screw the lid on tight and shake!
- Talk with your child about how the jar is like your brain. Notice how hard it is to see clearly when the glitter is spinning. Compare it to when her amygdala is in charge and it's hard to think clearly and make good decisions. When the glitter has settled, compare it to what it's like when her amygdala is calm and she can access her pre-frontal cortex to make good decisions.



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Cyber Safety Parent Night: FREE Childcare and Dinner! – Friday, March 4th

Join us on Friday, March 4th at 6:00 at Alta Vista for a presentation by technology

expert Patti Fitzgerald. See attached flyer. Come learn about the technologies that your children are using and how to keep them safe from cyber predators and other technology threats. Dinner and childcare will be provided free of charge. Childcare will be provided by Jump Bunch, a national sports and fitness franchise, who will lead the kids in fun sports activities and games. RSVP by March 1st using this Sign Up Genius link: <http://www.signupgenius.com/go/30e0b49aead23a1fb6-cyber>

Tickets on Sale Now! Comedy & Magic Club Night – March 22nd

Back by popular demand, join us on Tuesday, March 22nd at the Comedy & Magic Club in Hermosa Beach for an adults only night of laughs. Tickets \$20 and available at our web store only at www.altavistapta.org Limited supply available – **less than 20 tickets left!** See attached flyer for further details.

PTA Board Nominating Committee

The nominating committee is currently working on the slate of nominees for next year's board, which will be posted by February 22nd. Please contact our parliamentarian, Shannon Lee at bfabt@msn.com if you or someone you know is interested in being nominated for a board position for next year **or** if you would like to help out on the nominating committee.



**Interested in
volunteering for the
WATCH D.O.G.S.
program?**

[Click here](#)

We ask that "Dads" volunteer for no more than 2 days per school year to allow all dads the opportunity to participate.

Please indicate your child's teacher's name in the comment section of your signup.

**Want to know more
about the WATCH
D.O.G.S. Program?
Watch our [Orientation
Video](#)**



**School Conversation
Starter**

Starter #20: When were you the happiest today?



Math Superstars

This week starts **WEEK FIFTEEN** of our Math Superstar program and **WEEK FIVE** of our Kindergarten Math Superstar program.



Mrs. Wildes App/Website of the Week

Monster Math is, simply, one of my favorite maths apps I have used with my kids. I've recommended Monster Math before, but it's worth a repeat. It takes the player through the adventure of a monster called Maxx. As Maxx explores new worlds, battles enemies and so on, your kids have to help him through the power of mathematics. It's fun and engaging, and - after an initial purchase - there are no nasty in-app surprises so you can let your kids play on their own.

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. **Weekly Flyers**

Important Dates for the Next Few Weeks:

- Wednesday, February 10th - 100th Day of School
 - Kindergarten RoundUp - 2pm
- Wednesday, February 10th - RBUSD Parent Heart Health Night 6pm
- Wednesday, February 10th - Rock 'N Brew Restaurant Day - 12-8pm
- Thursday, February 11th - National Make a Friend Day
 - 8:30am Flag Ceremony
- Friday, February 12th - No School
- Monday, February 15th - No School
- Tuesday, February 16th - 4th grade field trip to Irvine Park Railroad
- Wednesday, February 17th - National Random Acts of Kindness Day
- Thursday, February 18th - California Healthy Kids Survey for 5th grade students
- Thursday & Friday, February 18-19 - Hands on Art Training in AV Cafeteria
- Friday, February 19th - Third Grade Living Museum
- Friday, February 26th - 8:30am Prospective Parent Tour
- Monday, February 29th - 8:30am Fifth Grade Band Coffee Concert
- Tuesday, March 1st - First Day of Registration for 2016-17 school year
- Tuesday, March 1st - School of Choice registration window begins
- Wednesday, March 2nd - Lift Off Double Day

- Wednesday, March 2nd - Dr. Seuss' Birthday - Pajama Day
- Thursday & Friday, March 3rd & 4th - BMI Testing
- Friday, March 4th - 8:30am Flag Ceremony
- Friday, March 4th - 9:30am Prospective Parent Tour
- Friday, March 4th - 6pm Cyber-Safety Night
- March 7-10th - MINIMUM DAYS, Parent-Teacher Conferences as needed
- Friday, March 11th - No School, End of 2nd Trimester
- Monday, March 14th - Fifth Grade Field Day at RUHS
- March 17 & 18 - Hands on Art Training in AV Cafeteria, Walk through the Revolution for 5th grade students
- Tuesday, March 22nd - Comedy and Magic Night for AV
- Thursday, March 24th - 2nd grade field trip to the Natural History Museum
- Friday, March 25th - No School, Local Holiday
- Monday, March 28th - School Site Council 3pm
- Tuesday, March 29th - Fifth Grade Human Growth and Development Lessons
- Wednesday, March 30th - Battle of the Books 2pm
- Thursday, March 31st - School of Choice Window Ends

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.
- 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.
- Missing a new lunchbox or sweater already? Please encourage your child to check out our lost and found area. To purchase labels that can be used to mark all of your child's belongings and help give back to Alta Vista, visit www.altavista.mabelslabels.com
- 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