

Call of the Wildcat

Pomerado
Elementary School



A California Distinguished School
April 2009
Volume XIX, Issue 8

Principal's Message, Lisa Danzer

STAR testing, otherwise known as the Standardized Testing and Reporting assessment, begins on Monday, April 20th. Pomerado students in grades two through five will take the test. Our STAR testing is scheduled to take place April 20-28, usually between 8:15 and 11:30 AM. **Please do not plan vacations or appointments during this testing time.**

This test will assess Language Arts and Mathematics for all students. Fifth graders also take a Science portion. The test is administered by the classroom teachers and scored by the state. The test results become part of your child's cumulative record that follows the student through high school. The teachers provide practice for the students in test-taking skills and teach the grade level standards assessed all year long.

The most important factor for successful test-taking is the attitude of the students, parents, and school staff. If the child knows that taking the test and doing their best is considered really important by the adults in their lives, their effort becomes sharper and more focused. Please note that your child needs plenty of rest and a good daily breakfast at all times and especially during testing. Please make sure your student arrives at school on time. Teachers will be posting "testing" signs on classroom doors to eliminate interruptions.

In addition, the week of April 20th is National PTA's "Turn Off the TV Week." I challenge you and your family to participate this year. "Turn Off the TV Week" is an opportunity to spend more quality time together in the evenings engaging in a variety of fun activities. We encourage families to come together to read, exercise, play board games, and talk. The PTA will be teaching children about alternatives to television and discussing the benefits of these activities. Research supports limiting television viewing increases academic achievement.

Enjoy your spring break April 6-10. I hope to see you on campus this month.

Construction Update

Our theme for the year is "Building a Better Tomorrow for our Students and Community." Phase 2 classes (Rooms 5-12) have returned to their beautiful new renovated rooms and Phase 3 (Rooms 13-20) classes are now in the portables until May. Our new kitchen and lunch shelter will open this month.

Please know that our main focus is safety and learning as we undergo construction. Traffic and parking continue to be a challenge. Always be on the lookout for student safety and notify the office if you have any concerns. There are occasional inconveniences but construction is moving along and we can see new progress each day. Thank you again for your flexibility and patience.

The projected timeline for each phase continues to be approximately eight weeks with final project completion in summer of 2009. We all look forward to opening school in the fall with a completely renovated facility.

Upcoming Events

April 2 Rocket into Reading
2:15pm in LRC

April 3 PTA Association
Meeting and Election
1:15pm Library

April 6-10
No School Spring Break

April 15 Wildcat Wednesday
8:00am

Spirit Day

Apr 15/16 Fun Run Prizes
Distributed

April 17 2nd Grade Parents to
Lunch 11:50am

Wear your Fun Run T-
shirts

Foundation Meeting
1:30pm LRC

April 20-24
Turn Off TV Week

April 20-April 28
STAR Testing

April 21 The Ned Show
Time TBA

April 22 Jump Rope for Heart
at all Lunches

April 28 Site Council Mtg.
2:45pm Rm. P-6

PTA[®]

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This Newsletter is Prepared by:
Pomerado Elementary PTA
Palomar Council, Ninth District

PTA NEWS

PTA President's Message, Rosie Bell

It was fun to see so many of you at our Family Movie Night last month! PTA was able to bring you this free event because so many parents support PTA financially. Thank you! Also, congratulations to our Pomerado Foundation and all their volunteers on a successful "Fun Run." This wonderful event gets kids to be physical in a fun venue while supporting needs in the classrooms and our school's Running Club. Everyone is a winner, especially our school!

A big thank you to those parents who are stepping forward to assist with PTA programs next year. We still need a few more willing parents who can commit to help with PTA events. A little effort can go a long way in benefiting your child and our school!

In honor of our Teacher Appreciation Week, I want to thank the very fine staff we have at Pomerado for all they do. As families, we are fortunate to be teamed with such caring, dedicated adults who work to make our children the best they can be. I have the opportunity to spend quite a bit of time on our campus and see firsthand the efforts made on behalf of our kids. From office staff, custodial staff, teachers, aides, specialists, counselors, and yard duties, I see a group of people who truly make a positive difference everyday in the lives of our children. I hope your family and your child take a few moments to express your personal thanks to those who really do make a difference at Pomerado.

This is a difficult financial time for our school, district and state. Budget cuts will make educating our students a more challenging task. You can make a difference by writing to your representatives at the State level. Please visit the 9th District PTA website at www.ninthdistrictpta.org for information and form letters.

Upcoming May Events

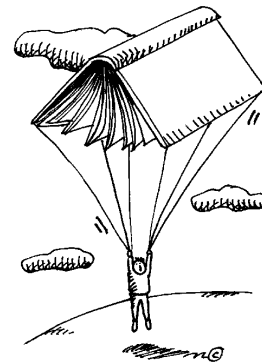
**April 13th
Spring Fundraiser –
Coupon Books sales begin!**

**Turn Off the TV Week
is April 20th-24th**

**For More Info Visit:
www.tvturnoff.org**



**May 19th-21st
Buy One, Get One Free Book Fair**



**May 19th
Muffins with Mom 7:30am**

**May 21st
Chalk Art Festival and Open House**

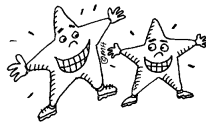


ANNOUNCEMENTS

Kindergarten Registration Starts May 11th

Kindergarten registration for the 2009-2010 school year will begin on May 11th at Pomerado. All required paperwork must be completed and submitted before a child is eligible for admittance. If you have any questions, please come to the school office or visit www.powayusd.com.

STAR Testing for Grades 2-5 April 20th-28th



Eight Ways to Be a Test-Taking STAR

1. Get plenty of sleep the night before the test.
2. Eat a healthy breakfast and wear clothes that are comfortable.
3. Pay close attention to test directions.
4. Answer the easy questions first.
5. Read every answer before you choose one.
6. If you're not sure of the answer, rule out the choices that you know are wrong. Then pick the best answer that is left.
7. If you have time, check over your answers before you turn in the test.
8. If you start to feel stressed, take some deep breaths to relax

POWAY UNIFIED SCHOOL DISTRICT Integrated Preschool Opportunity

Poway Unified School District is pleased to offer for the 2009-2010 school year, Integrated Preschool Programs at Pomerado Elementary and Deer Canyon Elementary schools. They will serve 3 to 5 year old children with and without special needs. A general education developmental curriculum will include both large and small group circle time, play, and language activities. Other skills and activities that are introduced are music and rhythm, self help skills, thinking skills, language arts, social skills, number concepts, gross and fine motor skills. The children who have special needs may experience difficulty in one or more of the following areas: speech and language, play skills, and social skills. The success of the integrated program greatly depends on the inclusion of children without special needs who act as models as all children learn together.

Our preschool staff will meet with you and arrange a class visitation and provide information about enrollment.

- **Class Time:** M-F, 5 hours per day (Alternate times will be considered)
- **Options:** 3 and 5 day options available.
- **Cost:** Five day program is \$310 a month. Prorated rates are available for other options. There is also a one time, non-refundable \$50 registration fee

Currently, there are openings available and registration will be accepted on a first come first serve basis. If interested, please contact **Barbie Shrier at 858-668-4103**

Counselor's Message, Victoria Cull, MA MS

BANISH THE T.V. FROM YOUR CHILD'S BEDROOM

A growing body of evidence shows strong links between a TV in the bedroom and numerous health and educational problems.



Children with TV's in their bedrooms:

- Score lower on school tests
- Are more like to have sleep problems
- Are more likely to be overweight

One study of 80 children found that having a TV in the bedroom increased viewing time by nearly nine hours a week!

When researchers monitored viewing time and reduced it by half they found that children's relative body mass index dropped and they snacked less, consuming significantly fewer calories per day.

Common sense tells us that when kids isolate themselves in their bedrooms with their TV's it cuts down on meaningful family time. Don't allow the media to be your child's parents! Spend some time outdoors together: toss a ball, go for a walk, play a game, TALK and LISTEN! Make these years count. They grow up fast.

Sources: New York Times March 4, 2008

The Archives of Pediatrics and Adolescent Medicine March 2008

Fifth grade Boosters Continue To Bring in Your BoxTops

Fifth Grade Boosters are continuing to collect BoxTops. Please bring them to the container located in the office.




To everyone who donated plastic bags for the Wal-Mart recycling program. It was a great success and we will do it again next year!



APRIL 2009

Character Trait of the Month: CARING



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Teacher Appreciation Week March 30-April 3			1	2 Rocket Into Reading 2:15pm	3 PTA Association Mtg & Election 1:15pm Library	4
			5	6	7	8
No Classes - Spring Break						
12	13 PTA Spring fundraiser Kick-off Coupon Book Sales begin	14	15 8am Wildcat Wednesday on Playground Fun Run Prizes Distributed	16	17 Wear your Fun Run T-Shirts 2nd Grade Parents to Lunch 11:50 AM Foundation Mtg. 1:30pm LRC	18
19 STAR TESTING April 20 Through April 28	20 Turn Off the TV Week  STAR Testing	21 The Ned Show Time TBD STAR Testing	22 Jump Rope for Heart at Lunches STAR Testing	23 STAR Testing	24 STAR Testing	25
26	27 STAR Testing	28 2:45pm Site Council Meeting Rm. P-6 STAR Testing	29	30	May 1 PTA Meeting 1:15pm Library	May 2

Pomerado Elementary School
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IMPORTANT NUMBERS

School Office 748-1320

Absences 679-2604

ESS 679-8946

Preschool 486-9170

2008-2009 PTA Board

President – Rosie Bell
Secretary – Angel Ryan
Treasurer – Lisa Othmer
V.P. Membership – Patti Hime
V.P. Ways&Means – Michele Brindle
V.P. Programs – Ningrit Flud
Parliamentarian – Shaby Tolo
Auditor – Tracee Ellis
Historian – Lori Romero
Teacher Rep – Karen Risher

NEWSLETTER NOW AVAILABLE ON-LINE AT THE SCHOOL WEBSITE
www.powayusd.com/pusdpoes