

# CALL OF THE WILDCAT

Pomerado  
Elementary School



A California Distinguished School  
October 2007  
Volume XVIII, Issue 2

Pomerado Foundation invites you and your family to the

## 2007 Family Picnic & Silent Auction

October 25, 2007 4:30-7:00pm

Pomerado Elementary Playground

Auction items include: Principal's parking space, gift baskets, front row seats at 5th Grade Promotion and much more! Come and enjoy good company while supporting technology for our school.



### MESSAGE FROM THE PRINCIPAL, LISA DANZER

This coming Wednesday, October 3<sup>rd</sup>, our PTA is promoting Walk Your Child to School Day. I hope you can walk or bicycle to school with your child. This is an ideal opportunity for you to speak with your child about important safety issues as they travel to and from school each day. Remember to discuss stranger dangers as well as basic traffic safety and utilizing the designated crosswalks when crossing our busy streets.

October 22-26 is Character Counts and Red Ribbon Week. The PTA along with our classroom teachers will be focusing on the Six Pillars of Character: Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship. Please take this time to ask your child questions about the Six Pillars of Character and discuss how you can show good character at home with your family as well as in school. Students will also be focusing on making good choices for healthy and drug free living.

Parent Teacher Conferences are scheduled for Thursday & Friday, November 1 & 2. There will be no school for students on these dates. You will be contacted by your child's teacher this month to schedule a conference. All parents are encouraged to make time in their busy schedules to attend the parent teacher conference. Ongoing teacher and parent communication is essential for student achievement. At the conference the teacher will review your child's Progress Report, grade level standards, learning goals, and share ways to support learning at home. I look forward to seeing you at school this month.



### Fifth Grade Student Store Now Open

After School on Fridays  
Near Room 9



Ice Cream  
Popsicles  
Candy



### UPCOMING EVENTS

- Oct 3 Walk Your Child to School Day
- Oct 4 **Rocket Into Reading 2:15pm MPR**
- Oct 5 PTA Meeting 1:15pm in Library
- Oct 8 Picture Makeup Day
- Oct 10 8am Wildcat Wed and Assembly
- Oct 11 Family Portrait Night  
Foundation Meeting 6:30pm in Library
- Oct 12 "Reflections" Projects Due
- Oct 18 PTA Student Book Exchange
- Oct 19 Grade 4 Parents to Lunch 12:25pm
- Oct 22-26 **Red Ribbon and Character Counts Week**
- Oct 24 Spotlight Assembly K-2, 8:15am  
Grade 2 Performs
- Oct 25 **Foundation Family Picnic and Auction**
- Oct 31 Halloween Dress-up

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

**PTA**  
everychild.one voice.®

**PTA President Message, Rosie Bell**

We have several wonderful parent groups at Pomerado working together to *benefit all kids*. I would like to highlight some of the great things they are doing for our school. All these groups are run by parent volunteers with one purpose – *to benefit all kids* at Pomerado!  
Thank you for your continued support of these efforts!

- **PTA provides enrichment opportunities to your child and supports teachers and your family.**

*Just this month PTA will provide for your child:*

**Healthy Lifestyle** – Walk to School Day and Running Club

**Reading Enrichment** – Book Exchange

**Promotion of Good Choices** - Red Ribbon/Character Counts Week

**Family Communication** – School newsletter and website

**Art Opportunities** – Art docents and “Reflections” program

- **FOUNDATION provides the best technology resources for your child.**

*With your support at this month’s Family Picnic and Auction, the Foundation will be able to provide:*

**World Book Online** subscription for the school and families.

**Technology Equipment** – Doc-U-Cams, LCD projectors, computers, digital cameras, and laser printers.

**Updated Software** for computer lab and classrooms.

- **FIFTH GRADE BOOSTERS fund amazing activities for the 5th grade class to make a very memorable last year at Pomerado.**

*This year the boosters will fund, with your support:*

**Riley’s Farm Field Trip** – An outstanding hands-on colonial life experience otherwise cost prohibitive to families.

**Graduation activities** – Organize and subsidize graduation ceremony, special 5th grade graduation activities and gifts.

**Q & A**  
**Q: Have you noticed the ice cream scoops on the classroom doors?**

**A:** Each scoop represents a parent that has joined PTA from that classroom (the cone is the teacher’s membership in PTA). The class in each grade level that has the most PTA members will get an ice cream party! Membership to PTA is \$8.00 for the school year, and membership envelopes are in the school office.

**Join PTA Today!**



**PTA Reflections Theme  
“I can make a difference by...”  
Projects Due Friday October 12th**

Hurry, time is running out! All of our students, from K – 5, are invited to participate in this very exciting program. Celebrate your talents by submitting your creative work of art in any of the following formats: literature; visual arts; photography, music; dance choreography; film/video productions. Put on your dancing shoes, grab a camera, or pick up a pen or paintbrush and create! This program is one you don’t want to miss! And...our students are also invited to participate in the Reflections Theme Search for 2009-2010. All Reflections Entry Forms are available in the office. Specific details and guidelines are reflected in the packets. Pick up yours today!



**Join Schools Around the World  
October 1-5  
for a Week of Walking!**

Our school is participating again this year in the **International Walk to School Week, October 1-5**. Our PTA will be on campus **Wednesday morning, October 3rd to celebrate Walk to School Day**. On that day we will be handing out refreshments to those that walk to school!



**The “Caring for Coins” Box  
is in the school office.**

Place your loose change (or even dollars) in the “Caring Coins” box. This money will go towards food and clothing gift cards for our Pomerado families in need!



**Family Portrait Night is  
Oct. 11th. from 5-8pm in MPR.**

This is an opportunity for you to have professional family photographs taken while earning money for PTA. Visit the school website to schedule your sitting time.



**Cartridges for Kids is back!**

Please collect and turn in for recycling all of your ink/laser jet cartridges, cell phones, laptops, PDAs, ipods, digital cameras, video games (in original case), working DVDs (in original case), and video game systems with accessories.

The green recycle can is located in front of the office. This was a very successful fundraiser for PTA last year, so let's do even better this year!

**Halloween Dress Up Day, Oct. 31st**

All students are invited to participate in our Student Council’s Halloween Dress Up Day on Wed., October 31st. Students may wear school appropriate Halloween costumes. They must be able to sit comfortably at their desks and easily use the restroom. No masks, no weapons of any kind real or pretend are ever allowed at school, no excessive blood & gore...it will scare the teachers and our younger students! We will have an all school parade mid-morning to show off our school spirit.

**Needed: Kindergarten T-shirts**

Please consider donating your child’s yellow Pomerado Kindergarten T-shirt so that we have extras on hand. Shirts can be dropped off in either of the Kindergarten classrooms.

**Referrals for GATE Testing due Oct. 5th for Test on November 3rd**

PUSD is accepting referrals for students in grades 2-5 for Gifted and Talented Education (GATE) evaluation. If you believe that your child may require GATE services, please go to the school office for more information and to complete a parent questionnaire. More information, and additional test dates throughout the year, can be found at the PUSD website:

[www.powayusd.com/teaching/learning/gate](http://www.powayusd.com/teaching/learning/gate)

**CHARACTER TRAIT  
OF THE MONTH:**

Respect

**PARENT’S CORNER**

**COUNSELOR’S MESSAGE**

**Victoria Cull, MA MS** 858-748-1320 x 2210

**Do Emotions Affect Learning?**

*(Excerpts from an article by Cheryl Clark, ISU Extension Families Specialist)*



The short answer is yes! Appropriate expression of emotions should be encouraged so that the emotions do not get in the way of learning.

When we are faced with stress, verbal disagreements, pressure to perform academically or to meet deadlines, our body responds and our brain may release cortisol, the chemical that warns our body of “flight or fight.”

On the other hand, endorphins are “good” chemicals that are released during exercise and positive social contacts like compliments or warm hugs.

The memory center is closely tied to emotions as well. So memories formed during specific emotional states tend to be more easily recalled during a similar emotional state later.

**WAYS YOU CAN HELP**

- Parents and teachers are important role models for students. When we express and deal with our feelings in appropriate ways, the child learns to do the same.
- Reducing the level of stress at home and school can be done in several ways: (a) teach relaxation techniques, (b) encourage exercise (c) enjoy music (d) encourage positive social interactions, and most important of all: (e) establish routines so that the child feels safe and knows what to expect from his/her day.
- Acknowledge and validate your child’s feelings, but at the same time, encourage independence and self-confidence. Let your child know that you won’t do it for him/her, but you will be there to provide parameters and healthy support.

**MORE THAN IQ GOES TO SCHOOL WITH YOUR CHILD**

More than IQ intelligence goes to school with your children. The whole child goes to school – brains, nervous system, muscles, emotions, teeth, hands, feet, arms, legs, and much more.

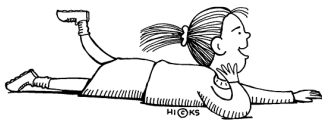
Children grow and develop in four major areas: physical, emotional, social, and intellectual. All must be recognized and nurtured.

**CHILDREN HAVE:**

- Physical needs for food, exercise, sleep, growing.
- Social needs for playtime, family, friends, community.
- Emotional needs for security, comfort, love, stability.
- Intellectual needs for stimulation, creative expression, academics.


All of these individual parts together go to school, all wrapped up in one small, neat package – your child. It is a myth to think that intelligence alone is the cornerstone for success in school or life. Intelligence alone can’t control the pencil in the child’s hand unless the muscles have developed. Intelligence alone can’t see the print on a page if the eyes are not able to focus. Intelligence alone can’t make friends if the child’s emotions are fear, frustration, and anxiety. The reality is that even the most intelligent children may fail if their other needs are not met, and eventually the struggle to keep up will create an imbalance.

Your child’s personality, temperament, motivation, emotional make-up, home environment, learning style – all of these play a role in achievement at school. If your child is struggling in any area please contact your child’s teacher and/or our school counselor, Victoria Cull at extension 2210, for assistance. We want every child at Pomerado to be successful.



# OCTOBER 2007



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Character Trait of the Month:</b> <b>RESPECT</b>	1	2	3 PTA Walk Your Child to School Day	4 Rocket Into Reading 2:15pm MPR  Title I/ELL Mtg. 2:45pm Library	5 PTA Mtg. 1:15pm Library	6 Saturday Community Learning Center 8am-12pm
7	8 Picture Day Make-ups	9	10 Wildcat Wednesday 8:00am on playground	11 Family Portrait Night 5-8pm MPR  Foundation Mtg. 6:30pm Library	12 -Kindergarten to Bates Nut Farm -Fire Safety Assembly Gr. 2 & 3 at 1:45 in MPR -“Reflections” Projects Due	13 Saturday Community Learning Center 8am-12pm
14  Keep Collecting Box Tops for Fifth Grade!	15	16	17	18 PTA Student Book Exchange	19 Grade 4 Parents to Lunch 12:25pm	20 Saturday Community Learning Center 8am-12pm
21	22 CHARACTER COUNTS and RED RIBBON WEEK	23	24 Spotlight K-2 8:15am Gr. 2 Performs	25 Foundation Family Picnic and Auction	26	27 Saturday Community Learning Center 8am-12pm
28	29	30 ELL Mtg. in MPR 8:15am	31 Halloween Dress-up and Parade Day	<b>Upcoming November Events:</b> <b>November 1-2: No School due to Parent/Teacher Conferences</b> <b>November 12-16: Scholastic Book Fair</b> <b>November 13: Donuts with Dads</b> <b>November 14: Family Math Night</b>		

**Pomerado Elementary School**  
**Poway Unified School District**  
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 Poway, CA 92064  
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**Newsletter Editor:** Lisa Othmer  
 PomeradoNews@sbcglobal.net  
  
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### IMPORTANT NUMBERS

**School Office 748-1320**

**Absences 679-2604**

**ESS 679-8646**

**Preschool 486-9170**

**2007-2008 PTA Board**  
**President** – Rosie Bell  
**Secretary** – Lori Romero  
**Treasurer** – Patti Hime  
**V.P. Membership** – Trinity Opstad  
**V.P. Ways&Means** – Michele Brindle  
**V.P. Programs** – Lisa Othmer  
**Parliamentarian** – Lesa Benham  
**Auditor** – Tracee Ellis  
**Historian** – Yomila Cruz  
**Teacher Rep.** – Karen Risher

**NEWSLETTER NOW AVAILABLE ON-LINE AT THE SCHOOL WEBSITE**  
[www.powayusd.com/pusdpoes](http://www.powayusd.com/pusdpoes)