

The Eagle's Press

Issue 1 — September / October 2009

Principal's Message

Dear Mt. Diablo Elementary School Community,

Welcome to the 2009-10 school year!

At the end of last school year our school district and districts throughout the state suffered massive budget cuts. Consequently, at Mt. Diablo Elementary School we lost six teachers, one evening custodian, and our vice principal. Fourth grade music has been cut, and GATE summer school and the GATE Science Center have been discontinued. With fewer employees and less funding, we are all working harder to maintain the high caliber of education that we expect at Mt. Diablo Elementary. Fortunately we have an outstanding faculty and staff, along with involved, supportive parents, working together to provide students with the

highest level of education possible during these challenging times.

Please welcome new members to our faculty and staff including **Mr. White**, head custodian; **Mrs. Baez**, school psychologist; and **Ms. Riley**, psychologist intern. All of our new employees come to MDES with valuable experience, outstanding recommendations, and a desire to provide quality services to our students and school community.

Before the school year began teachers participated in staff development related to Professional Learning Communities and the new math adoption. While our primary grade teachers are adjusting to increased class sizes, all teachers are tediously learning and im-

(Continued on page 2)

PFC President's Perspective



We are off to a busy start here at Mt. Diablo Elementary! With Prep Night, the Teacher Luncheon, Yahoo Boo Breakfast, Back-to-School Nights, our first Dine-and-Donate at Rocco's and the September Parent Faculty Club (PFC) meeting behind us, it has been an exciting time to see our teachers, staff and PFC Board and committees hard at work keeping MDE the Distinguished School that it is.

We thought we would start the first message of the year with a short introduction to the PFC. Our PFC is similar to the "PTA" of our own

school experiences. We are a non-profit group charged with managing a budget here at MDE in excess of \$100,000 each year. The PFC activities and responsibilities fall into a few main areas:

- Information and Advocacy – We are YOU! You're all members of our PFC. We aim to inform and we want your input. Through our monthly PFC meetings, the newsletter, e-NEWS and events throughout the year, we want you in-

(Continued on page 4)

Our Mission

Mt. Diablo Elementary School is a learning community that strives to educate the mind and to encourage the heart and spirit of every individual

September Life Skill

Respect & Responsibility

October Life Skill

Cooperation

Principal

Bob Dodson

Office Manager

Karina Hemby

PFC Co-Presidents

Cathy Myers

Yolanda Kowalewski

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Newsletter Staff

Joanne McCluhan

Editor

mccluhan@gmail.com

Next Newsletter

Deadline:

10/23/09

School Directory

The 2009-2010 school directory is nearing completion. If you have not filled out a school directory and permission form you can pick one up in the office. We cannot list your child in the school roster without one of these signed forms!

Please watch your weekly e-blasts

for more information on obtaining a copy once they become available! Haven't signed up for e-blasts yet? Visit the school website and click on the [Update Your e-News Subscription](#) on the home page.



Red Ribbon Week Needs You!



National Red Ribbon begins the week of October 26th. We are looking for a few volunteers that week to help the kids tie ribbons

on the fence, to make a sign on the fence w/red cups, and to handout chalk during recess. If you are interested in helping please contact Michelle Gittleman at 673-3129 or send an email to michellegittleman@yahoo.com.

Kid's Korner

It's time for another great year of Kid's Korner. Is your child interested in being a Student Reporter and writing articles or submitting poetry or short stories for our newsletter? Student Reporters are 4th or 5th graders who like to write and report on all the great things that are happening at MDES and other issues important to kids. Reporters meet once a month on Fridays

to brainstorm topics. Articles are due the Friday following the meeting.



If your child is interested, please send an e-mail to Joanne McCluhan at mccluhan@gmail.com to let her know. She'll e-mail you back with the date and time of the first Reporter meeting in October.

Dine and Donate



Join your MDE friends on Thursday, October 1st for a tasty treat at Cold Stone Creamery. Bring your flyer (available on our website & in the office) to Cold Stone

in Clayton Station and they will donate 15% of your purchases back to the school. Please share flyers with your family & friends. The more people that visit, the more we raise for our school. Thank you!

Lunches

Tired of searching for lunch \$ each morning? Why not prepay! Parents can add funds to a student's lunch account by submitting any desired amount to the office. Checks should be made out to the Mt. Diablo Unified School District. Envelopes and the deposit box are located on the front

counter in the school office. Any remaining balance will roll over to the next school year and even follow your child to Middle School! Can't find your lunch menu? Check out the school website for your online copy!



SAVE THE DATE!

Gift Wrap Fundraiser

9/28 - 10/12

PFC Meeting

Tues 10/20 at 7:00 pm

First Grade Nursery

Rhyme Program

10/16

Next PFC Meeting

10/20 at 7:00 pm

Fall Picture Makeups

10/23

Red Ribbon Week

10/26

Dine and Donate

(Applebee's)

11/3

Veteran's Day

Holiday Recess

11/11

Thanksgiving Recess

11/23—11/27

Vendor Craft Fare

12/2

Dine and Donate

(Pavilion Bar & Grill)

12/2

Winter Recess

12/21—1/3/2010

Halloween At MDE



Students and staff are invited to wear costumes

on Halloween.

In order to keep our children safe and to maintain our learning environment, the following rules will need to be followed:

1. No real or pretend weapons including knives, guns, swords, etc.
2. No overtly scary costumes with blood, guts, human organs, etc.
3. No full face masks or full face paintings. We need to be able to identify students.
4. No inappropriate messages regarding sex, drugs, weapons, violence, etc.
5. Must wear safe walking shoes and follow our dress code regarding appropriate coverage for shirts and shorts.
6. Students should arrive already in costume as they may not apply make-up or change clothing.

PFC President's Message (Con't)

(Continued from page 1)

involved in what happens at MDE and in determining how PFC funds are spent. We need your help, and we always welcome new ideas.

- Curriculum and Program Support – We fund many programs and events at our school that would not otherwise be available for our students. From the instructional aides in every classroom, interns, extra yard duty support and computer lab teachers to contributions for the reading resource program (Kaleidoscope) and other student enrichment programs, we fund what the district cannot. We also provide curriculum support to buy materials the school cannot afford. This year we are able to provide stipends to each classroom and to each grade level to further augment the technology, materials and supplies the teachers and classrooms need. In the past we have funded items such as computers, technology upgrades, air conditioning, landscape and other school facility improvements. We also fund the PEP program, recess supplies, library support, Red Ribbon Week, paper for the teachers, ongoing technology improvements and much more. We are always striving to make the school the best it can be for our teachers and, therefore, for our students.

Our district is at bare bones, so we support where we can, and our continued ability to do that comes from your generous support of our fundraising activities.

- Building Community – Throughout the year, our PFC plans some fabulous events to bring our MDE community together. From Movie Nights and the Talent Show/Dinner, to dances and Science Night, our focus is on building a strong school community.

There are many ways to become involved with Mt. Diablo Elementary. Whether it is with the PFC, in the classrooms, or in a support role on your own time, there really is something for everyone.

Visit the school website at www.mdusd.k12.ca.us/mountdiabloelementary and subscribe to our e-NEWS list for electronic news and information updates. If you have any questions, feel free to contact any of the PFC members (our names, numbers and email addresses are also on the website). We are proud to have our children at Mt. Diablo, and we are so excited about what this school year will bring. Please jump in at any time!

Cathy Myers
Yolanda Kowalewski
PFC Co-Presidents



Brick Fundraiser

Phase One of our Brick Fundraiser is completed! Thank you Mary Del Monte for all of your efforts on this lasting project. If you haven't had a chance to admire the bricks that were installed over the summer, please stop by the Pathway to Success in front of our school (at the Flagpole) - they look great!

We are now in Phase Two of the Brick Fundraiser so if you haven't had an opportunity to participate now's your chance! Bricks are not limited to current MDES students/families. Please consider purchasing a brick for alumni, former teacher, or anyone you'd like to honor. Orders will be taken through Spring 2010 with plans to complete the pathway to success next summer.

For more info or to obtain an order form please contact Kelly Tuohey at ktuohey@pacbell.net - Don't miss out on this opportunity!

eScrip News

Did you know that you could be earning money for our school each time you do your everyday shopping, dining & more?

Please visit www.escrip.com and register your your Safeway, Macy's, debit/credit cards so that every time you shop at hundreds of merchants, a portion of your purchases will be donated back to MDES. It doesn't cost you a thing & it has the possibility to raise lots of money for our school! Encourage your family & friends to register as well. The link to eScrip's online shopping mall (over 1,000 merchants, same prices as regular online shopping, available to anyone) is also on our school's website.

SHARES CARD



In addition to eScrip, if you shop Lucky or FoodMaxx, make sure that you're using your SHARES cards at checkout so that up to 3% of your purchases will be donated to MDES. If you haven't received a SHARES card, or would like extras to share with family & friends, please contact Kelly Tuohey at ktuohey@pacbell.net.

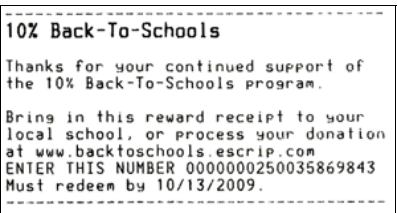
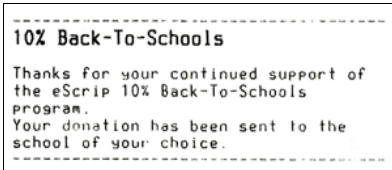
Thank you Kelly for organizing this worthwhile program to help our school community! If you have any questions about either of these programs please contact Kelly Touhey at ktuohey@pacbell.net.

Back to School Bonus From Safeway



Once again Safeway has contributed an additional 10% back to schools through eScrip over the past few weeks. For the past 2 years, MDE has been one of the top 200 schools during this promotion, earning us a \$1,000 bonus from Safeway. Let's see if we can be one of the top 200 schools again this year.

Starting on September 18th, a redemption code will be printed at the bottom of your Safeway receipt. If your receipt looks like this→ you don't need to do anything. You're already registered with eScrip & your donation has been sent to the organizations you've selected to support!



←If your receipt looks like this, please send the bottom portion of your receipt to school (attn: Kelly Tuohey) no later than October 13th. You can also redeem your receipt by visiting www.backtoschool.escrip and selecting Group ID # 137104689 (Mt. Diablo Elementary PFC).

Please ask your family, friends & neighbors for their receipts as well to help us earn the \$1,000 bonus!

Life Skill for the Month of September:

Respect & Responsibility

RESPECT

Mt. Diablo Elementary School will be focusing on developing Respect as the Life Skill this month. In the classrooms, teachers will be working with students on what Respect is and how to be Respectful. Students will learn how to listen, share, use good manners and "I-Messages." Respect is showing consideration for others. To be able to respect others and the limits they set, one must first be blessed with a sense of respect for oneself. In teaching children respect, parents can demonstrate by understanding their child's viewpoint in different situations and be respectful of those positions, even if parents disagree with them. By modeling understanding and acceptance of others, parents will help children learn to understand others. Children will learn that Respect is reciprocal.

Below are some suggested activities:

Do something kind for a person in your family or neighborhood. For example: help a brother or sister with homework; help a parent with a household chore. You may also want to share something with another family member or friend. Both these acts can help children to see the benefits of being respectful. Have a "Dress Up Dinner" occasionally to practice good manners. Put out your best dinnerware and ask people dress up. Discuss how this dinner is different or the same from other dinners. What did they like about it? Practice using good manners at home, like saying "please", "thank you", "you're welcome", "excuse me." Have a special award/reward

for the person who uses the best manners for the day, week and/or month. You may also invite people to play "I Spy" good manners. Try using an "I-Message" when you are upset, angry or happy. Ask the person how they felt when they hear the I-Message. For example: "I feel sad when you hit me, because it hurts, and I would like you to please stop hitting me."

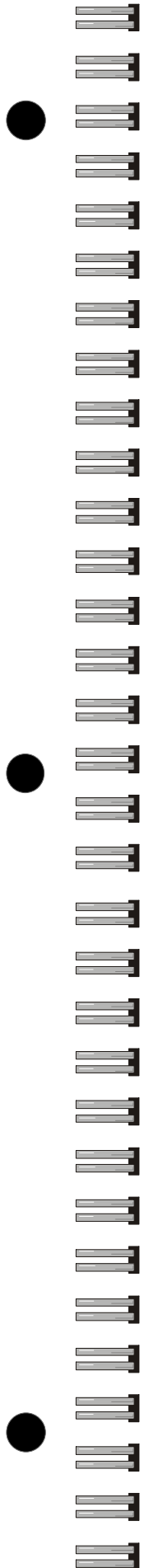
RESPONSIBILITY

Mt. Diablo School will also be focusing on Responsibility as a second Life Skill this month. In the classrooms, teachers will be working with students on understanding what it means to be Responsible. Students will learn to take ownership for their actions and accept consequences.

They will also develop time management skills to help them become responsible for their learning. To be responsible is to be accountable for your actions. Children have to be taught to move beyond thinking only about themselves and to see the greater good that engaging in responsible behavior can bring. Taking responsibility for one's actions means thinking about the outcomes and impacts before saying or doing things. We need to teach and model responsible behaviors and habits to children. Lots of practice with plenty of positive reinforcement from parents and other caring people can help foster responsibility in children. Below are some suggested activities: Make a list of three things for which you are responsible at home. Example: cleaning your room, taking out the garbage or

folding laundry. Make a chart of your responsibilities and check off completed tasks. As a family, celebrate the end of the successful week or month. Invite each person to share feelings. How does it feel when you have finished that task? Rotate jobs the next week. Make sure you **demonstrate and explain** the job several times, so the child will have the ability to perform the job. With your family, make a list of chores, as well as the consequences for not doing them. If someone does not do their job, they need to accept the consequences set forth as a family. Ask that person how it feels to accept the consequence. Is it fair or not? Have your child be responsible for bringing backpacks and other school items back and forth to school. Children need to be given opportunities to practice responsibility, as well as an opportunity to prove that they are responsible. Find other things for which they can be responsible, such as doing an errand, looking after a sibling, etc. Ask the child if they are being responsible. How do they know?

When your child leaves clothes, toys, or other things lying around, gather them in a "Saturday Box" where they are unattainable until the next Saturday. They will quickly learn to put their things away where they belong. Children need to understand they are accountable for their actions and that there are consequences to not being responsible.



You're Invited Coupon Books



The You're Invited Value Guide sale exceeded the 800 books we were hoping to sell! We were over 900 books at the time of this print!

Congratulations to the following students for fabulous 5 books

or more sales: All of these students received a free coupon book and a jungle pass, that included a slice of pizza, drink, and tokens!! Way to work hard and get rewarded:

Parents: IF your child sold 5 or more and is not on this list: please call: Mary Del Monte at 980-2152--before 8:00 p.m. No calls after 8:00 please. I have all of the orders, and someone could easily get missed.

- Room 1: Abby
- Room 2: Matteo Mitchell, Alyssa Butticci
- Room 3: Iris, Rose, Derrick, Zoey, Sabrina Lewis
- Room 5: Adrian
- Room 6: Hanna Catalano, Rochelle Cloven
- Room 7: Scott, Justin, Abby
- Room 8: Armin Ghandi
- Room 9: Sydnie King, Angelica, Riley Claunch
- Room 11: Jack Garner, Madison Moore, Emma Willis
- Room 12: Emma Skow, Haley Callaghan
- Room 13: Lots of participation, but no one sold 5! Great job class

- Room 16: Ean Tsao, Nicholas Chaves, Jordan Tillman, Anthony Leontini
- Room 20: Kennedy Murphy
- Room 21: Michael Nelson, Ava Miller, Jenny Linderman
- Room 22: Lots of participation, but no one sold 5! Great job class
- Room 25: Nick Harrison, Zachary Cegielski, Justin Register, Megan Morimoto, Sarah AKU Johnson
- Room 27: Charlie Bornemann
- Room 29: Nobody sold 5, great effort
- Room 30: Brooke Weber, Alison Harkness, Ashlyn Givens
- Room 31: Nobody sold 5, great effort
- Room 33: Mikaela Delgadillo, Joe Butler
- Room 34: Gwendolen O'Connor, Megan Grimshaw, Victoria McMenomy, Carter Harris, Konlan Rondini, Vincent Del Monte
- Room 35: Cecily Sotomayor, Brice Bechtell
- Room 36: Makenzie King
- Room 37: Ashley Jackett, Alexandra Pickolick
- Room 38: Nobody sold 5, great effort
- Room 39 : Jordan Robichaud, Jordan Aszklar, Michael W.
- Room 40: Nobody sold 5, great effort

- You're Invited winners:** 1st place \$100.00 for 41 books sold: **Rochelle Cloven**
 2nd place \$50.00 for 20 books sold: **Konlan Rondini**
 3rd place \$25.00 for 16 books sold: **Sabrina Lewis**
 \$100 raffle winner for selling 2 or more: **Lexi Cichurski**

Everyone who sold at least one book received a porcupine ball Congratulations to all of our students who participated - great job!

Coupon of the Month
 Ed's Mudville Grill--He wants us to use the coupon - go eat at Ed's!!!

Life Skill for the Month of October:

Cooperation

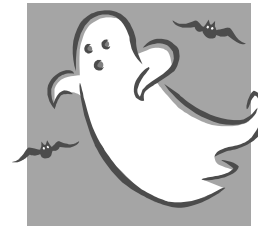
During October all of Mt. Diablo School will be focusing on the Life Skill – Cooperation. In the classrooms, teachers will be working with students on what Cooperation is and how to cooperate. Students will be practicing how to share ideas, accomplish goals, cooperate in their learning, and have a tolerance of differences.

Cooperation is to work together toward a common goal. Cooperation is a skill children will need to survive and succeed in the future world. People need to work together and get along with one another, differences and all. Children can learn and practice being cooperative in many ways. Providing cooperative learning activities where children need to compromise, tolerate, and accept differences allows children the opportunity and experiences to understand other points of view and to learn from one another. Below are suggested activities that can assist teaching cooperation.

- 1 To help organize a household task, divide tasks into parts: Plan a meal, shop for the food, prepare the meal, set the table, clean up afterward. This way the family is cooperating as a “team” and each has a part in accomplishing the goal of preparing a meal.
- 2 Read a book or watch a television show. As a family identify people, characters that are cooperating. Be sure to explain WHY and

HOW they think cooperation is being used. There are many wonderful books about cooperation. Ask your child’s teacher for suggestions.

- 3 Ask your child the following questions after talking about Cooperation:
 - When do you like working with others?
 - When do you like or need to work alone?
 - What jobs at home should we turn into “teamwork” jobs? It is very important to respect a child’s preference to work alone, but is equally important to create non-threatening situations when working cooperatively is an alternative choice. Children will inevitably need to learn to work with others and helping them to get used to these experiences can ease the transition.
- 4 Create an environment of “team-work” in your home by working together on an outdoor, household or neighborhood project. You may want to hold a “Pot-luck” dinner where each person brings one item of the dinner. Invite relatives or close neighbors.

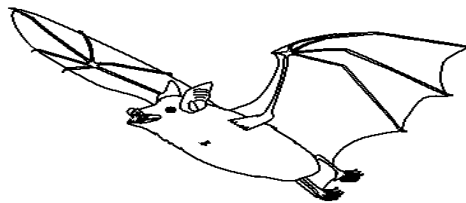


Unscramble the letters to find the words in our

Going Batty! Anagram

Hidden word (circled letters)

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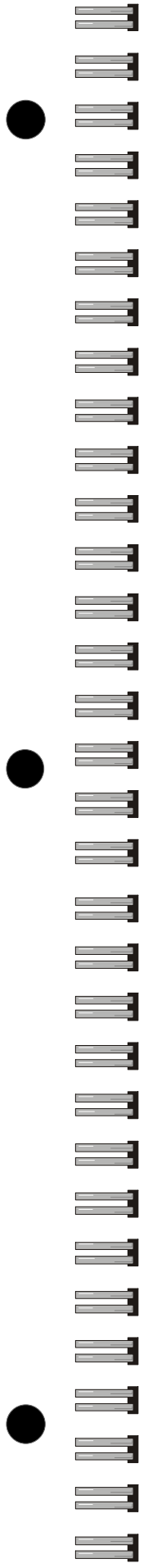


- g r e f i @ n s _____
- n w b r @ _____
- h t e t e _____
- t r @ i o b i v s n _____
- v m p @ i e a _____
- r r f @ y _____
- s g @ w i _____
- m e @ i t i n g h _____
- s @ e f r y _____
- s t i n @ e s _____

Answer Key



- Insects
- Flyers
- Nighttime
- Wings
- Furry
- Vampire
- Vibrations
- Teeth
- Brown
- Fingers
- Hidden Word: Nocturnal



BECOME AN EAGLE SPONSOR!

This year, in response to the drastic school district budget cuts, your Parent Faculty Club introduced the **\$1/day fundraising campaign** and set the goal for ALL Mt. Diablo families to become Eagle Sponsors and support the Education Fund with their donations. So far, we've had a great response, but we are still very shy of our 100% family participation. Without *your* financial support, we will not be able to provide all of the wonderful educational enrichment programs and campus improvements that benefit ALL students. Please become an Eagle Sponsor!



Thank you to the many families who have already become Eagle Sponsors! Your generous support is VERY much appreciated.

October is United Way Pledge Month

During the month of October, over 500 regional employers will be participating in United Way pledge drives. These drives offer Mt. Diablo families another easy way to participate in the Eagle Sponsor program. Check with your employer to see if they will be participating in the United Way pledge drive this month. If they are participating, make sure to complete the "Designated Gift" section on the pledge form, directing your gift to "Mt. Diablo Elementary Parent Faculty Club", P.O. Box 720, Clayton, CA 94517. Please complete the Eagle Sponsor Donation Form (below) and return it to school so that we can make sure you are credited for your United Way donation. Eagle Sponsor donations through United Way can be made in one payroll deduction or spread out over the year. This is a great way to get a tax deduction for 2009 before the year is over!

Complete this form and return with your check payable to MDPFC via your child's teacher, the school office, or mail to MDPFC, P.O. Box 720, Clayton, CA 94517. For further information, contact Lisa Miller, Eagle Sponsor Chair, lkmintegrity@sbcglobal.net or 925-673-3369.

1. I will donate **\$180 per child – one dollar for each school day** – to the PFC through the Eagle Sponsor Program:
 \$180 x _____ children = _____ Other \$_____ (any amount is appreciated!)
2. I will designate MDPFC as the recipient of my United Way Donation for \$_____
3. My employer will match my donation in the amount of _____.
4. I want to contribute an additional amount to the newly designated "Instructional Support" PFC Program. I understand this money is to be used solely to fund additional aides and/or yard duty relief for teachers so their time is spent on classroom instruction. Amount to Instructional Support: \$_____

Total amount of donation: \$ _____ Date _____

Student Name _____ Grade _____ Teacher _____

Student Name _____ Grade _____ Teacher _____

Student Name _____ Grade _____ Teacher _____

Parent/Guardian Name (s) _____

Email : _____ Phone# _____

Address _____