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Addison eAdvisor

October 19, 2009

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Calendar

EVERY WEDNESDAY:
1:15 pm Dismissal,
Grades K-5

Month of October

Kinder dismissal
12:00 noon M,T,Th,F

Saturday, October 24

6:30 pm Addison Auction
Lucie Stern Community Center

Tuesday, October 27

No Homework Night

Friday, October 30

Halloween Breakfast & Parade
7:45 am to 9:15 am

Sunday, November 1

Daylight Standard Time (fall
back!)
2:00 am

Thursday, November 5

Principal Moment...

Just six days and counting until you get to "walk the plank" to Addison's annual silent auction, which is themed this year as the "**Treasure of Addison.**" The culmination of months of complex planning, coordination, and solicitation by this year's auction chairs, Corrie Sid and Marina Zago, it will be a delightful, community friendly event from which we generate the great majority of the PTA budgeted revenue for the 2009-10 school year. Tickets are just \$20 in advance and \$25 at the door; the silent auction donations are diverse and friendly to every wallet; and two live auction items will prove the culmination of the evening. Dancing, a great band, delectable party hors d'oeuvres, and the chance to converse, compete and celebrate with your friends and neighbors will make this an evening not to miss. If you need financial support for the tickets; please see me confidentially, I'm happy to make those arrangements. I look forward to seeing you there.



The fifth grade overnight trip on the **Balcutha**, a 19th century tall ship in the San Francisco Bay, located by the Maritime Museum, is a critical part of the fifth grade curriculum. Besides helping to build a stronger classroom community, the Balcutha experience provides children with a vivid, personalized window into how and why San Francisco developed. It holds them to high expectations in terms of personal conduct and positions them for increasing independence and confidence. It is a remarkable experience, and one that I believe is beneficial for every child. Please see me or your child's teacher

PTA Meeting, Library
7-9:00 pm

Wednesday, November 11
Veteran's Day
-NO SCHOOL-

Quick Links

[Parent Education](#)
[Sports Opportunities for Kids](#)
[Community Kiosk](#)
[Palo Alto Council of PTAs](#)
[Palo Alto Unified](#)
[PTA en Espanol](#)

Special Thanks To

Palo Alto Toy and Sport

PTA Information

[Join Our Mailing List!](#)

Want to publish an article or event in our newsletter? Send a short write-up to advisor@addison.addison.pausd.org before noon on Wednesday for publication the following Monday.

Principal: John Lents
PTA co-Presidents:
Jeanese Snyder and Dara Knoblock
Editor of the Week: Maria Chabane

Visit [Addison's Website](#)

should you have further questions about this opportunity.

Playing with Poetry, beginning this week in second grade, is an outreach program of the TheatreWorks organization. Partnering with Addison for the past several years, this classroom-based experience integrates poetry with physical movement and provides yet another means through which children can find school and interpersonal success. Funded in part by the PTA, this program is part of a multi-faceted approach to our educational program in which children learn not only academic skills, but also those that contribute to physical, emotional and social health.

And finally, here are some staggering figures gleaned from an article in the Santa Barbara Independent newspaper:

- In one generation, the percentage of people who reported that the outdoors was the most influential environment of their childhood dropped from 96% to 46%.
- Childhood asthma has increased by 160% since 1980.
- Half of all North American children will be overweight by 2010.
- The average kindergartner has watched more than 5000 hours of TV by age five. (That's more than enough hours to earn a college degree.)

So with that information in front of us, let's bring this article to a close and free you up to take a walk or kick a ball around in the backyard. It's for your own good and that of future generations.

John R. Lents, Principal

PTA Co-Presidents' Corner

Now that we're truly in the swing of the school year, it's time for a bit of PTA "housekeeping."

Gift Wrap Goal Update: Gift wrap sales totaled over \$10,000, which brought in over \$5,000 for the Addison PTA (the PTA gets 50% of sales) and exceeded our target. Addison's goal was communicated incorrectly as needing to hit \$15,000 in sales for a net of \$7,500, but our actual goal was \$3,750 net (\$7,500 in sales). So, thank you for helping us not only meet our goal, but surpass it!

PTA Bylaws Update: Updates to the PTA Bylaws that were submitted in 2007 have been approved and the final version was just received. A copy is on the PTA bookshelf in the office for those interested in reviewing them.

PTA Calendar: The PTA Calendar has been updated and posted in the PTA Bulletin Board, the glass case outside the Addison Library near Room 4.

Daylight Savings Reminder: On Sunday, November 1 (two weeks from now), Pacific Daylight Standard time begins at 2 a.m., so remember to turn those clocks back for an extra hour!

PTA Meeting: The next PTA Meeting is scheduled for the evening of Thursday, November 5, from 7-9pm in the Addison Library. This is a great opportunity to hear what is going on at Addison if you can't make it to the Thursday morning meetings.

Dara Knoblock and Jeanese Snyder
PTA Co-Presidents

Auction Update

Ahoy Mateys!

This is our last update before the big day!!!! As you know, the Addison Auction is this Saturday, October 24th at Lucie Stern Community Center, and we are bursting with excitement! Today you should have received the **Auction Catalog** in your Monday envelope. If you did not receive one, there are extra in the office, please pick one up. This catalog contains over 180 items, which is a ton of pirate booty! Please take a moment to review the items in preparation for your bidding frenzy come Saturday night. You do not want to miss out on your favorites, so studying this book will help you come prepared to shop!

As mentioned last week, you do not have to attend the auction to bid on items, just see the **absentee bidder section** of the catalog. All Absentee bid sheets must be turned in to the Auction Box in the office no later than Friday, October 23 in order to be considered a valid bid.

Also, we have a new "**just buy it**" selection of items this year. If none of the Auction items float your pirate ship and you still would like to support that Addison PTA at the Auction, then you have the option to contribute money towards specific items that have been or will be purchased for the school with the money raised from the Auction.

Last week we set up tables around campus to sell tickets as well as present some of the items on the auction block this year. We will be doing the same again this week. Below is the summary of our Live Auction Items!

In previous years we have had several items to bid on in our **Live Auction**. This year, we

have only 2, but they are sensational! The first item is a Treasure Chest filled with all sorts of items donated by our Palo Alto Merchants. We are calling it "A Taste of Palo Alto"! This fine antique treasure chest and it's contents have an estimated value of over \$1000. The final Live Auction item is a Mystery! We are not telling ya what it is until the moment of bidding. All pirates will want to be in attendance for the unveiling of this amazing treasure. It is sure to be something everyone will want to bid on.

We have planned **THE PARTY OF THE YEAR** for this fine Addison Parent Community! You can still buy tickets through Wednesday, October 21 for \$20/person and you can buy them at the door for \$25/person. Can't wait to see everyone there in Pirate wear!

Corrie and Marina

Health

How to Stay Healthy This Flu Season

When kids come into contact with germs, they can unknowingly become infected simply by touching their eyes, nose, or mouth. And once they're infected, it's usually just a matter of time before the whole family comes down with the same illness.

Vaccination is not the only way to help prevent the flu. Here are steps you and your family can take to stay healthy this winter. Hand washing is by far the best way to prevent germs from spreading and to keep your kids from getting sick.

- Perhaps the simplest and most effective way is to wash your hands often- with soap and warm water. Rub your hands vigorously together and scrub all surfaces. Wash for at least 20 seconds. (Tip: have your children sing the "Happy Birthday" song twice while washing.) It is the soap combined with the scrubbing action that helps dislodge and remove germs. Use regular soap. Antibacterial soap is not necessary. These soaps may contribute to the growing problem of antibiotic resistance.
- When soap and water are not available, use alcohol-based disposable hand wipes or gel sanitizers. You can find them in most supermarkets and drugstores. If using a gel, rub the gel in your hands until they are dry. The gel doesn't need water to work; the alcohol in the gel kills germs that cause colds and the flu. However, alcohol-based disposable hand wipes or gel sanitizers do not remove dirt.
- Avoid touching your eyes, nose or mouth. Germs are often spread when people touch something that is contaminated with germs and then touch their eyes, nose or mouth. Germs can live for a long time (some can live for 2 hours or more) on surfaces like doorknobs, desks, keyboards and tables.
- Cover your mouth and nose when coughing or sneezing into your arm. Viruses that infect the nose, throat and lungs cause illnesses like the flu (influenza). The flu usually spreads from person to person when an infected person coughs or sneezes and the droplets from the cough or sneeze move through the air and are deposited on the mouth or nose of people nearby. So, always cough or sneeze into a tissue and then throw it away. Cover your cough or sneeze if you do not have a tissue. Then, wash your

hands, and do so every time you cough or sneeze.

- If you feel ill, stay home from work and keep sick kids home from school or daycare. And keep in mind; most people with flu will recover just fine.

For more information visit www.cdc.gov/flu/protect/stopgerms

Katie Shade - Parent and PTAC Co-VP Health and Safety

Community Announcements

Palo Alto City Library Celebrates Teen Read Week

Oct. 18-24, Mitchell Park Library and Main Library

Teens in grades 6-12 are invited to celebrate Teen Read Week at Mitchell Park Library and Main Library. The theme of Teen Read Week is 'Read Beyond Reality' and teens can enjoy cool fun, prizes and pizza when they participate in a week of Harry Potter Mania. At Harry Potter Wii Madness, Wed. Oct. 21, 3-4:30pm, Mitchell Park Library, teens can play the latest Harry Potter game on the Wii, or snack on pizza while playing some Harry Potter board games, Pre-registration is required (www.cityofpaloalto.org/library) and space is limited. All week, teens can play Spot Norbert the Dragon, where there will be 3 dragons 'hidden in plain sight' in the Teen Zones at both Main and Mitchell Park libraries. Spot a dragon, bring it to the Reference Desk and win a really cool Harry Potter prize.

Measure A Neighborhood Meetings

Wed. Oct. 21, 6:30-8pm, Staff Lounge, Gunn High

The Palo Alto Unified School District will hold a Gunn High School Neighborhood Meeting to present an update on the Group 1 projects of Measure A: Classroom Buildings A & B, a New Gymnasium, Portable Relocation Plans, and the Interim Parking and Drop-Off plan. The presentation will be given by Deems Lewis McKinley Architecture.

Thurs. Oct. 22, 6:30-8pm, Library Paly High

The Palo Alto Unified School District will hold a Palo Alto High School Neighborhood Meeting to present an update on the Measure A Group 1 projects: Math and Social Studies Building, Media Arts Building, Bleacher Replacement, and the Portable Relocation Plans. The presentation will be given by Deems Lewis McKinley Architecture, who will also discuss the exterior concept design of the new buildings.

A View of Youth Stress: Warning Signs and Strategies

for Coping and Dealing with Stress from the Experts

Wed. Oct. 21, 6:30pm, Cubberley Auditorium, 4000 Middlefield, Palo Alto. The Palo Alto Council of PTAs will host a program on middle- and high-school stress, removing the pressure to be perfect and opening up about depression in conjunction with Lucile Packard Children's Hospital and Adolescent Counseling Services. The panel will include Frances Wren, MD, Lucile Packard Children's Hospital, Child and Adolescent Psychiatry, Philippe Rey, Psy.D, Adolescent Counseling Services, and a Student Panel of middle and high school students. Resource fair 6:30pm, panel discussion and Q&A 7-8:30pm. Flyer: palylink.paloaltopta.org/enews0910/stressforum.pdf Info: PTA Web site, paloaltopta.org, 400-6960, or sdykwel@kwrpa.com, Packard Children's Hospital, www.lpch.org under "Your Child's Health University" and "Parent Education Corner".

Parent Ed Program: I Think My Child Needs Help - Now What Do I Do?

Wed. Oct. 21, 7-9pm, Covington Elementary School Multi, 205 Covington Rd, Los Altos. A presentation for Special Ed. parents just getting started. The first hour will be a panel presentation by a developmental psychologist, a physical therapist, an occupational therapist, and a speech pathologist who will cover how they assist families who are seeking initial help. Dr. Steve Newton, a Los Altos-based developmental psychologist will discuss private testing and evaluation as well as psychological therapies. During the second hour, the floor will be open for questions and concerns. Sponsored by the SELPA 1 CAC (www.selpa1cac.org)

Gunn High School Fall Choral Concert

Sun. Oct. 25, 7pm, Grace Lutheran Church, 3149 Waverly Street, Palo Alto

This annual Fall Concert, presented by the Gunn Choral Department features three excellent Choirs: Concert Choir, Treble Choir and the Chamber Singers, under the direction of William Liberatore. They will perform a program of culturally rich and diverse choral music from around the world. Tickets will be available at the door: \$7 adults, \$5 students. Info: contact Mr. Liberatore, gunnchoir@aol.com, 354-8287

Schola Cantorum Invitational Choral Festival

Saturday, Oct 17, 8pm, First Congregational Church, 1985 Louis Rd, Palo Alto

Palo Alto High School Choral Department joins four local groups to perform works of Kirke Mechem, under the direction of Gregory Wait of Schola Cantorum, in an event that promises to dazzle. Tickets available at the door. For more info, contact palychoirs@mac.com.

Partners in Education Offers Middle School Tours

Fifth-grade parents are invited to visit the district's middle schools in a private tour offered by Partners in Education (PiE). Adults only, space is limited, advanced reservations are required. Please e-mail PiE at info@papie.org with your name and the one school you'd like to visit. All tours will last about 2 hours and start about 8:30 a.m. Tour Dates: JLS - November 4, Jordan - October 27 and Terman - October 28 or November 6 (choose one).

PACCC Dine For Kids

Thurs. Nov. 12

Dine For Kids is an annual community event that raises funds to provide quality child care to low-income families. Palo Alto Community Child Care (PACCC) families, supporters and the community at large will dine out at participating restaurants, enjoy some delicious food and share a wonderful evening. Participating restaurants will then donate 10 - 25% of their evening's proceeds to PACCC. All funds raised by Dine For Kids directly support the 150-plus children currently enrolled in the PACCC Child Development Subsidy Program. Please check the PACCC website (www.paccc.com) for updates on participating restaurants and sponsors. Also included in the event is an on-line auction that runs Nov. 5-16.

Parenting children with special needs:

Finding the balance between the joy and the sorrow

Mon. Nov. 16, 7:30-9pm, Boardroom, 25 Churchill

Parent Education Seminar sponsored by Community Advisory Committee for Special Education. When you have a child with special needs, it is normal to be traumatized and have a range of difficult feelings which can impact all of the relationships within a family. Dr. Susan Markowitz reminds us through her presentation to recognize the complexity of family dynamics and to work on each relationship within the family in order to strive toward finding a balance between joy and sorrow. She defines achieving balance as a movement toward what is missing in your repertoire within any of the relationships in your family. Dr. Markowitz is a licensed psychologist with a practice in Menlo Park. She has been working with families with special needs children for many years.

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