

CHARACTER COUNTS!

Aztec News

Adobe Bluffs Elementary



Volume XVII, Issue XV

March 27, 2009

Counselor's Corner contributed by: Katie MacLeod, MSW

According to the book The Unwritten Rules of Friendship: Strategies to Help Your Child Make Friends by N. Elman and E. Kennedy-Moore, children often have friendship challenges because they do not know a set of unwritten rules that dictate social interactions. In their wonderful book, they describe a different type of child in each chapter, review the rules that the child still has yet to learn, and then list activities to help teach these rules. I would like to summarize *some* of the key points from the chapter called "The Little Adult".

Little Adults have many wonderful qualities. They are often responsible, hard-working, poised and articulate. Despite this, they often struggle socially, and suffer as a result. Some of the unwritten rules that Little Adults have not yet learned:

- ◆ The goal of friendship is to connect with people, not to impress them with your knowledge.
- ◆ People do not like to listen to bragging or lecturing.
- ◆ It is not your job to report others' misbehavior.



If you are a parent of a Little Adult, here are some activities you can try to teach your child the unwritten rules of friendship:

- ◆ Cultivate individual friendships. Little Adults often do better with individual friendships versus group activities. Find another child to invite over for an organized play date. Have an activity planned such as playing with Legos, baking cookies or going for a hike. Prep your child before the play date about the importance of listening and others' reaction to bragging.
- ◆ Talk to your child about the differences between tattling and reporting. Children should ask themselves these questions when deciding to report others' behavior: Is anyone in danger? Am I telling because I want to make myself look better? Am I telling because I want to get someone else in trouble? Have I tried everything I can to resolve this on my own?

Little Adults want to make friends just like other children but they often struggle. In their attempts to impress others with their knowledge and superior attitude they often push kids away. Try the suggested activities and if your child continues to struggle socially, please consider reading this fantastic book.



Caring

(March Focus)

- ◆ Be kind
- ◆ Be compassionate and show you care
- ◆ Express gratitude
- ◆ Forgive others
- ◆ Help people in need

Lemonade & Popcorn Fridays! 50¢ each

Support 5th grade class events. On sale April 3 & 17 and May 1, 15 & 29.

Student Council

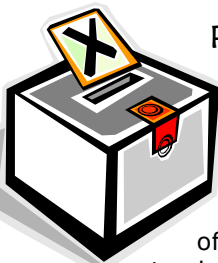
Message: Last week ended "Pasta for Pennies", our fundraiser to fight blood related cancers. We will announce the winning class soon. The class wins a free pasta party from the Olive Garden.



Important Dates:

April 2 - Open House & Art Show 6:30-7:30

April 6-10 - No School District recess



PTA Meeting: ELECTION NIGHT!

Thursday, April 16th 6:30pm @ MPR
ALL PARENTS WELCOME

All parents are warmly invited and encouraged to attend our next Adobe Bluffs PTA Association Meeting. One of the main items on the agenda will be to elect the 2009-10 PTA Board. The Nominating Committee is currently searching for interested people to fill a variety of positions. If you are thinking about getting more involved and want to make a difference in your child(ren)'s educational experience (and others as well), I highly encourage you to contact Ronda Chapman, rondachapman@msn.com chairperson of the Nominating Committee to discuss the various positions and their responsibilities. You can also go to www.capta.org or contact me for more information. Adobe Bluffs has a proud tradition of strong parent leaders and volunteers and, in order for this to continue, our families need you.

I hope you all can make it to the PTA Meeting and I look forward to seeing you there!

Ron Cole, PTA President rcole4@san.rr.com

Willow Grove Educational Foundation Rummage Sale

Saturday, May 2nd
8:30-11:30 AM

Willow Grove parking lot
Questions? Sandra Herman
sandra.herman@gmail.com

ADOBE BLUFFS PTA

Palomar Council
Ninth District,
Inc. CCPTS

8707 Adobe Bluffs Drive
San Diego, CA
92129

(858) 538-8403

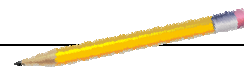
Mark Atkins, Principal
Ron Cole, PTA President
Editor: Jennifer Good
jgoodcause@yahoo.com



Adobe Bluffs Calendar


Looking Ahead

Apr 21-May 1—STAR testing
May 2—Willow Grove Foundation rummage sale



March/April 2009

online <http://adobebluffspta.org/calendar.aspx>

Sun	Mon	Tue	Wed	Thur	Fri	Sat
29	30 Mileage Club	31	1 Mileage Club	2 College Shirt Day Early Release 12:25 Open House & Art Show 6:30-7:30	3 AB Spirit Day Mileage Club	4
5	6	7	8	9	10	11
District Recess - No school April 6-10						
12	13 Mileage Club	14 Foundation meeting 6pm @ Jacanin House	15 Mileage Club	16 College Shirt Day Early Release 12:25 PTA meeting 6:30 pm MPR 	17 AB Spirit Day Mileage Club	18

STAR Testing



Don't forget that California Standards Testing (or STAR test) is approaching. From April 21st through May 1st it's our opportunity to show what we know. All grades (second through fifth) will begin testing at 8:00 so it is important to go to bed early the night before, have a good breakfast, and get to school on time. Students do best when testing is in their regular classroom environment, so please calendar the dates. Having students present during testing is very important. We all know that we cannot help when a child gets sick, but by scheduling dental appointments, etc. outside the testing window, it would help your child show their best level of ability. If you're thinking of taking your student to work on April 23rd, it is right in the middle of STAR testing. We strongly recommend that you do not take your child out of school for this. If it is something you feel you must do, please take your child out when testing has been completed that day (9:00 am for 2nd - 3rd grade and 10:00 am for 4th - 5th grades). Thank you for giving your child their best opportunity to give their best effort.

Adobe Bluffs Recycling Day Benefitting Breast Cancer 3-Day Walk Team Saturday, May 9th from 8-12 noon

Drop off your empty soda cans and plastic water bottles (with the label CA CRV) in front of the school and support your local team BOOBALICIOUS! for the Breast Cancer 3-Day Walk. The 3-Day is a 60 mile walk through San Diego over the course of 3 days in November 2009. All monies benefit **Susan G. Komen for the Cure** and the **National Philanthropic Trust Breast Cancer Fund**, funding important life saving breast cancer research, education, screening and treatment.

Two of the 8 members of team BOOBALICIOUS! are AB moms, Kelly Logan and Amy Jacobs. Amy's mother is a breast cancer survivor and Kelly lost a friend to breast cancer this past winter, she was a PQ mom. They are walking to celebrate the survivors, in memory of those who have lost their battle and for all of us who can make a difference - one step at a time. Each team member has a personal fundraising goal of \$2,300, with a team goal of \$24,000.



AB Science Day



A big thank you to the Science Day Committee led by Mr. Knorr and everyone who helped make AB's 5th Annual Science Day a huge success. The students learned about the water cycle, where our water comes from, and how to conserve this precious resource at the highly entertaining morning assembly.

Lots of parents came on campus to help out with experiments in class and 16 community members came in the afternoon so the upper grade students could learn how science is used in their jobs. The k-1st graders loved seeing the critters from Radical Reptiles. All of this was possible due to your support of our PTA which funded this event. Thanks also to Pat & Oscars for providing some of the food for the presenters and staff.

You can also help by visiting www.The3Day.org and donating to team BOOBALICIOUS! and/or Kelly Logan klogan2@san.rr.com or Amy Jacobs ajacobs1680@yahoo.com

A reminder to all women, early detection is the BEST cure for breast cancer. See your doctor annually and do self exams.