

# Aztec News

## Adobe Bluffs Elementary



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October 31, 2008



### Responsibility (November Focus)

- ◆ Do what you are supposed to do
- ◆ Persevere: keep on trying!
- ◆ Always do your best
- ◆ Use self-control
- ◆ Be self-disciplined
- ◆ Think before you act - consider the consequences
- ◆ Be accountable for your choices

### Important Dates:

#### Monday, Nov 10

Take a Veteran to School Day

Students wear

**Red White and Blue**



#### Tuesday, Nov 11

Veteran's Day—No school

#### Friday, Nov 14

Cultural Diversity Potluck @ MPR 6-8pm



### Counselor's Corner "GEMS" Submitted by: Katie MacLeod, MSW, AB Counselor

Frequently, children come to their parent to connect. It is almost as if they were little gas tanks that needed to be replenished many times a day. A GEM is a brief encounter with your child that fills up their tank with connection and love. This is the time to be in complete awe and admiration for the miracle in front of you. When children's gas tanks are full, they go merrily off to face the wonderful world of children!

Children need to feel connected. If they don't feel connected in our homes, churches, schools and communities, often times they will find connection through alcohol and drugs, gang involvement, and inappropriate use of the internet. The National Family Institute reports that "the average child in America receives only 12.5 minutes per day in communication with his parents. Of that time, 8.5 minutes are spent with the parent correcting, criticizing, or arguing. This leaves only **4 minutes per day** for the instruction of values, morals, ethics, attitudes, and self-esteem." GEM's help your child feel acknowledged, important, cared for, and valuable. When children get this kind of attention, they have little need to use misbehavior in order to get attention.

In her book *Your Child's Self-Esteem*, Dorothy Briggs describes a **Genuine Encounter Moment** as focused attention. Such attention carries a special intensity born of direct, personal involvement with your child. "Many parents are with their children physically, but mentally their focus is elsewhere. Togetherness without genuine encounter is not togetherness at all," she writes.

Here are 6 Steps to Giving Children G.E.M.S:

1. **Remove anything from distracting you:** (i.e. cell phones, T.V., newspaper, etc.)
2. **Interact at a child's eye level:** (For example: When you're speaking to your children bend down to their height.)
3. **Make friendly eye contact.**
4. **Lovingly touch:** You don't always have to respond verbally to your children. A gentle rub on the back or your hand on their shoulder can speak volumes!
5. **Give 100% focused attention**
6. **Respond from the heart, not the head.**

*"In the final analysis, it is your relationship with your child even more than the use of good techniques that gets you smoothly through the day."* - Louis Bates Ames

(Excerpt taken from: "Redirecting Children's Behavior" by: Kathryn Kvols.)

### Student Council Update

The Student Store opened on Tues, Oct. 28, at morning recess. It will be open every Tues at recess for students to buy school supplies. The Student Store is located next to the MPR near the snack area. Come by and see our new items!

Student Council had their first meeting on Tues, Oct 14th. Officers and Room Representatives are very excited about their new responsibilities. Currently they are working on developing new ideas for spirit days and other ways that Student Council can continue to make a positive atmosphere at Adobe Bluffs.



### Character Counts! Family Night

The Character Counts! Committee thanks all the families who attended Character Counts! Family Night. We had a great turnout and everyone had a wonderful time. Our 2008 bookmark winners are:

- ◆ Kindergarten - Gerrit Erikson
- ◆ First Grade - Cambria Martinez
- ◆ Second Grade - Alyssa Domingo
- ◆ Third Grade - Alanna Groesbeck and Mackenzie Oribello
- ◆ Fourth Grade - Hannah Gong
- ◆ Fifth Grade - Megan Lowrie

Thank you to all students who submitted a bookmark!

### ADOBE BLUFFS PTA

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# Adobe Bluffs Calendar



## Looking Ahead

Nov 17-20  Book Fair

Nov 24-28 No school (Thanksgiving)

## November 2008

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

Sun	Mon	Tue	Wed	Thur	Fri	Sat
2	3 Mileage Club	4 GATE testing request deadline Foundation Mtg 6-7:30 @ Vollrath's	5 Mileage Club	6 College Shirt Early Release 12:25 2:30 Xcountry meet@MCHS	7 AB Spirit Day Mileage Club Spirit wear order deadline	8
9	10 Mileage Club Take a Veteran to School Day 9-9:30 assembly	11 Veteran's Day - No school	12 Mileage Club Food drive donation deadline 	13 College Shirt Early Release 12:25 PTA mtg 6:30-8 @ LRC	14 Cultural Diversity Potluck 6-8 @ MPR 	15

### Thanksgiving is the Time for Giving

PTA food drive for local families in need Oct 27 - Nov 12

Donated items will be distributed via Friends & Family Community Connection <http://ffcc-sd.org/>. The deadline for donations is Wednesday November 12. The yellow collection box is located inside the gate near the kindergarten classrooms. Gift cards to Albertsons and Stater Brothers will also be accepted. They will be used to purchase turkey and/or fresh foods. These stores are within walking distance of the families. Questions? Jessica Chiang (619) 203-7003.



### Take a Veteran to School Day

Adobe Bluffs families, please join us on Mon., Nov. 10th as we welcome Veterans from our community. Our community sponsor, Time Warner Cable, along with Tiffany Lynch, the community service liaison, planned a wonderful day for our local veterans including our own Mr. Richard and Mr. Ernie.

*Take a Veteran to School Day* begins at 7:45 with a catered breakfast for all veterans. Then from 8:30-9:00 AB teachers and students "host a veteran" in their classrooms.

All families are welcome to attend an assembly in the MPR from 9-9:45. **Please have your child dress in Red, White, and Blue** to show our patriotism in honor of our veterans. We are expecting about 40 veterans. To include a friend or family member please contact AB teacher, Amanda Nobles at [anobles@poway.usd.com](mailto:anobles@poway.usd.com) as soon as possible. We are expecting a great turn out including some special guests.

The items we need are:

- ◆ canned corn 
- ◆ canned green beans
- ◆ canned sweet potatoes/yams
- ◆ cranberry sauce (canned)
- ◆ gravy (canned, jar or mix)
- ◆ stuffing (boxes or bags)
- ◆ corn bread mix
- ◆ applesauce
- ◆ onions 
- ◆ bags of potatoes
- ◆ instant mashed potatoes (box)
- ◆ apple juice (1/2 gal)
- ◆ aluminum foil
- ◆ aluminum disposable roasting pans
- ◆ gift cards (Albertsons or Stater Brothers only) Put cards in the secure PTA box in office)

AB Variety Show "Twist and Shout" Friday, Jan. 30, 7:00-9:00pm

Look for flyers and permission slips in red folders and on the website soon.

Important dates:

Frid, Nov 21: Permission slips due  
Thurs Dec. 4 auditions  
(times to be announced)

Thurs. Jan. 15 & 29, 12:30 - 3pm  
mandatory rehearsal

**PLAY BALL! PQ Softball**

(girls 5-14) Open registration is Nov. 8, 1-4pm at the Canyonside Rec Center. Go to [www.pqgsa.org](http://www.pqgsa.org) for more information.

PTA Sponsors   
Fall Book Fair Nov. 17-20th

Book Fair hours:

Mon, Tues, Wed 8-2:30pm  
Thurs 8-1pm AND 5:30-8pm

Location: Room 24

For more info or to volunteer, contact Elba Owen at [elbaowen@sbcglobal.net](mailto:elbaowen@sbcglobal.net)

**Cultural Diversity Potluck** 

Friday, Nov 14th, 6-8pm, MPR

Bring a dish (serves 12) to share. Crafts for the kids. Questions? contact: Patty Verhage at 858-484-5743 or [pjjv@sbcglobal.net](mailto:pjjv@sbcglobal.net)

**Adobe Bluffs Spirit Wear**

Show your school spirit with AB apparel, embroidered with a design chosen by the 5th graders. There are several colors and a variety styles to choose from. Samples can be seen in the office. Order forms and money due Fri. Nov. 7.