



# Aztec News

## Adobe Bluffs Elementary



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The PTA has been bringing families and schools together since founded on February 17, 1897. Adobe Bluffs will be participating in celebrating this vision during **Take Your Family to School Week— February 10–16, 2008**. This event embodies the PTA's founding principles: When it comes to children's education, the best way to get involved is to become part of the school community.

We encourage you to volunteer in your child's classroom and participate in events sponsored by your PTA next week.

**Mon, Feb 11<sup>th</sup>** - Learn more about your PTA at the **Assn Meeting at 6pm** in the Library

**Wed, Feb 13<sup>th</sup> – Family Day at Mileage Club**. This is a great opportunity to see our new track and enjoy some exercise time with your child. Mileage Club occurs during the following lunch periods: 1st-2nd grades 11:30am, 2nd-3rd grades 11:50am, and 4th-5th grades 12:10pm.

**Thursday, Feb 14<sup>th</sup>** - Start your morning out right by finding out more about the people who make your PTA tick at the **Meet and Greet your PTA Breakfast (8am to 9:30am)**

**Friday, Feb 15<sup>th</sup> - Family Portrait and Tiles Night.**

**ADOBE BLUFFS PTA**  
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Mark Atkins, Principal  
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## School Counselor Week (Feb 4-8)

### What Does an Elementary School Counselor Do?

By Katie MacLeod, MSW

In honor of School Counselors week (February 4-8), I have decided to write a brief article on the various duties of an elementary school counselor. An Elementary Counselor is a professional counselor with a master's degree in Counseling, Educational Social work or another related field. A full time counselor has the ability to work in depth with a school. With the parent's permission, he or she is available to talk to individual students about issues that might be bothering them in class, at home or on the playground. A school counselor is also available to meet privately with parents who have questions about their child's emotions or behaviors or who simply needs referral information on where to go for help on a variety of issues.

Full time school counselors spend a lot of time in the classroom teaching lessons on bullying prevention, anger management, and friendship issues. They also meet with teachers, brainstorming with them on ways to best meet the needs of various students. They also supervise the widely respected PIP program which helps children grades k-3 learn social skills such as anger management, impulse control and empathy. Each counselor has their individual passions and will create programs based on those passions. For example, some counselors create "Conflict managers" programs that teach children how to resolve problems on the playground peacefully. Others hold parent workshops while others create mentoring programs at their sites. Each counselor meets weekly with their principal and assists the principal with any students who are not achieving their potential or who are struggling in any way. A school counselor is an integral part of any campus and is essential in a school's success.

In PUSD Elementary School Counselors are funded through grants and school funds. Counselors can work anywhere between 5 days and 1 day at a school site depending on the grants that are received. This year Adobe Bluffs has a one day a week counselor, Katie MacLeod. She can be reached on Mondays at 858-538-8403 ext 3155.

### ADOBE BLUFFS PTA NOMINATING COMMITTEE

Although the school year is only half over, it is already time to begin the process of electing next year's PTA Board. We are looking for PTA members and new parents who are interested in serving on the Nominating Committee. The members of the Nominating Committee are responsible for finding qualified candidates for PTA Board positions upon which the Association will vote in May. We are also looking for parents who would like to submit their name to serve on the PTA Board. You must be a PTA member to serve in either capacity. It's not too late to become a PTA member now! The elected positions are as follows:

President	Executive Vice President	1 <sup>st</sup> VP Membership
2 <sup>nd</sup> VP Programs	3 <sup>rd</sup> VP Volunteers	4 <sup>th</sup> VP Legislation
Treasurer	Recording Secretary	Financial Secretary
Auditor	Historian	

If you are interested, please contact Ron Cole, PTA Parliamentarian, at [rcole4@san.rr.com](mailto:rcole4@san.rr.com) or (858) 538-1699. Also, please join the PTA for our February Association Meeting February 11<sup>th</sup> at the Adobe Bluffs MPR from 6 – 7:30pm. Come find out about the great things the PTA is doing for our school and how you can become a part of it!

# Adobe Bluffs Calendar

February 2008

**A Look Ahead ...**

MON	TUE	WED	THU	FRI	SAT
<b>11</b> PTA Take Your Family to School Week! PTA Assoc Meeting	<b>12</b>	<b>13</b> Family Day at Mileage Club	<b>14</b> Happy Valentine's Day! PTA Meet/Greet Breakfast	<b>15</b> Tiles/Portrait Night	<b>16</b>
<b>18</b> No School Washington's Birthday	<b>19</b> No School	<b>20</b> No School	<b>21</b> No School	<b>22</b> No School Lincoln's Birthday	<b>23</b>

2/26-27: Vision/Hearing Screening  
 2/28: Sizonomics Math Assembly  
 2/29: Primary Sing Yearbook love line deadline  
 3/5-6: Book Exchange  
 3/6: Run to Play Fundraiser

## 5th graders: The deadline for OCIS-PE applications is March 22nd.

Off Campus Independent Study for Physical Education (OCIS-PE) is a program designed to assist athletes with their training schedules by allowing the student to take their Physical Education class at their training facility, under the direct supervision of their coach. The coach or trainer working with the athlete MUST be CPR/First-Aid certified in order to be considered. OCIS-PE must be a significantly different program that involves an activity in which the applicant competes at a state, regional, or national level. A major factor in determining acceptance or rejection of this request will be the difference between a recreational and a competitive program. OCIS-PE is not allowed for any team sports. Those parents that are interested in completing an OCIS-PE application need to go to [www.options4kids.com](http://www.options4kids.com) click on the OCIS-PE link and download the application. The application must be returned by the March 22nd deadline to be considered for OCIS-PE next semester. Please return the applications to PUSD-Alternative Programs located at 13626 Twin Peaks Road, Poway, CA 92064.



### FREE Parent Education Opportunity Adobe Bluffs PTA Presents

#### "Recognizing and Dealing with Anxiety in Children"



The presentation will be facilitated by Leslie Fadem, M.A. and focus on the natural anxieties that children experience at different stages, what stressors increase anxiety and how to know when to get help. Leslie K. Fadem, M.A. is a Licensed Marriage and Family Therapist in private practice specializing in the treatment of anxiety disorders and trauma recovery. She provides direct treatment to children, adolescents and adults, facilitates anxiety support groups and provides training and consultation to parents and teachers. She volunteers on the San Diego County CISM Team, the Crisis Response Team for the Poway Unified School District and is an approved trainer for the International Critical Incident Stress Foundation.  
**This PTA sponsored event will take place on February 28<sup>th</sup> at the Adobe Bluffs Elementary School Multipurpose Room from 6:30 – 8:00pm.** Please feel free to contact Ron Cole at [rcole4@san.rr.com](mailto:rcole4@san.rr.com) with any questions.

### REMINDER TO PTA CHAIRS!

Chairpersons – Please remember to submit your Expenses/receipts for reimbursement ... as you spend.

We would like to be able to present accurate financials at The February 11<sup>th</sup> PTA Association meeting.

Submit your PAFs today! To do so quickly and easily, go to the PTA website at <http://adobebluffsppta.org>, click on forms, and pull up the Payment Authorization Form. Fill it out using your pc, print it, and put it in the Treasurer File in Room J (where there are also forms available).

By turning in your expenses in a timely manner, you help ensure the PTA has an accurate and up-to-date accounting of funds and budget. If you have any questions, please feel free to contact Laura Nagro at [lnagro@san.rr.com](mailto:lnagro@san.rr.com)

Thank you for all you do for our school and our children!





# Adobe Bluffs Tiles & Portrait Night

Friday, February 15, 2008 from 5:00 pm - 8:00 pm

sponsored by your PTA

We know you've seen those totally cool colorful tiles mounted on the wall and wondered, how do I get a tile up there?! Here's your chance...back by popular demand is **TILE NIGHT** on **Friday, February 15<sup>th</sup>** from **5:00 pm - 8:00 pm** in the MPR. It will work just like going to one of those fun ceramic studios but cost less and you will be creating a masterpiece that will be mounted on a campus wall and proudly displayed for years to come.

Tiles are \$15 each; order three or more for \$12 each

**Special Discount:** Don't forget Family Portraits is being conducted on the same night. If you purchase a family portrait or a group buddy shot (\$30 for the sitting fee and one portrait), you qualify up to \$10 tile discount, making each tile only \$5 each (max 3). Note, there are no walk-ins for photos. Be sure to sign up for your photo shoot before the 15<sup>th</sup> at [www.familyportraitfun.com](http://www.familyportraitfun.com).

Don't miss this opportunity to get a great family or buddy portrait, have fun, show off your artistic abilities and make a lasting impression at Adobe Bluffs! For tiles, cash or checks only, payable on Friday, see you there!



*Celebrate Diversity Week would not  
our principal, Mr. Mark Atkins,  
Delegates (table presenters), models,  
uted food samples, and students from Westview Key Club, Westview ASB Community Service  
Commissioner, and Mt. Carmel Key Club. Each one of you has enriched our  
children with an appreciation and celebration of our diverse families within Adobe Bluffs.*

*have happened without the support of  
Teachers, Staff, volunteers, Cultural  
performers, families that have contrib-*

*Special Thank you to our Sponsors:*

*Adobe Bluffs Pta, Jose O'Reilly's, Peet's Coffee & Tea, Ariana Kabob House,  
Betchay's Pancit Lumpia & Grill, Washington Mutual, Pick up Stix, Brian Davey,  
DDS, N.Y. Giant Pizza, Celia Lawley ([www.fiddlegirl.com](http://www.fiddlegirl.com)), Golden Dragon Chinese  
Kung Fu Shao Lin Kung Fu Center, and Red Robin.*

