



Aztec News

Adobe Bluffs Elementary



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January 25, 2008

A Winter Jamboree Thanks!

Thank you to the over 130 AB students, AB alumni, parents, grandparents, teachers and staff members along with over 60 students from Westview and Mt. Carmel who worked hard to make it such an awesome day of fun for everyone! A very special thank you for donations from:

- Scott Butler, San Diego's Favorite DJ
- Penasquitos Pets
- Red Robin
- Jose O'Reilly's

Finally, thank you to all of you who attended! We hope you had a fantastic time and we hope to see you next year! If you have any feedback about this event, please let us know.

PTA Take Your Family to School Week February 11-15, 2008

- Feb 11 PTA Assn Meeting
- Feb 14 Meet/Greet PTA Breakfast
- Feb 15 Tile Making and Family Portrait Night

ADOBE BLUFFS PTA Palomar Council Ninth District, Inc. CCPTS

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Zoom Duong, PTA President

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ADOBE BLUFFS GETS A TRACK

Thank you Adobe Bluffs Foundation, students and staff for all of your hard work and fundraising efforts to purchase our brand new, already well used, running/walking track. Since its opening day hundreds of our students and several of our staff members have run/walked on the 1/5 of a mile track and have seen the benefits of having a track at our school.

Having the track for our SPARK (P.E.) time is wonderful. Our students no longer have to dodge holes, mud, and uneven terrain when they run/walk during SPARK. Teachers can easily see all of their students when using the track and therefore can more easily give positive praise and feedback regarding their workout. Our students are also more excited about running/walking during their SPARK time. On several occasions I have had students and entire classes ask me if they can "run extra laps".

The track is also benefiting our 5th graders, who will be taking the Fitness Gram Physical Fitness test in the spring. One of the measurements of the Fitness Gram is running/walking one mile in under a predetermined amount of time based on the students' age and gender. We now have a true measurement of the distance as well as a safer route for them to train and take their fitness test.

Our Mileage Club is also seeing the benefits of having a track. During lunch recess students have the option to run/walk laps and earn toe tokens and prizes for their efforts. We have seen an increase in our members because of the track and a new sense of motivation from our longtime members. I have even heard some of our staff members mention they would like to start their own running/walking club because of the installation of the track.

The benefits of this track will continue through out the year and for years to come. The most important benefit is our students getting healthier and more physically fit which in the long term is priceless.

Nicole Sanseverino
Physical Education Teacher Assistant

California State Fitness Test

Each year students in grade 5, 7 and 9 participate in the California State Fitness Test. The test will be administered in the Poway Unified School District in regular P.E. class during the months of March, April or May.

The fitness test consists of three components: 1) aerobic capacity, 2) body composition, and 3) muscular strength, endurance, and flexibility. To ensure thorough measurement of all three components, the *Fitness-gram* test, a nationally recognized test published by Human Kinetics, assesses the following six major fitness areas, with several performance task alternatives for each area:

- | | |
|---------------------|---------------------|
| Aerobic Capacity | Body Composition |
| Abdominal Strength | Trunk Flexibility |
| Upper Body Strength | Overall Flexibility |

All students in grades 5, 7 and 9 take the physical fitness test, whether or not they are currently enrolled in a physical education class. Students who are physically unable to take all parts of the physical fitness test will be given as much of the test as their conditions permit.



For more information regarding the fitness test, visit the state web site at: <http://www.cde.ca.gov/ta/tg/pf/>. Test results for the State of California and reports for all California public schools can be found at <http://data1.cde.ca.gov/dataquest/>.

Adobe Bluffs Calendar

January/February 2008

MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1 4th Annual Celebrate Diversity Day 6pm—8:30 pm MPR	2
4	5 Foundation Meeting	6	7	8	9

A Look Ahead ...

2/11 PTA Meeting
2/11-15 PTA Take your family to school week
2/14 Valentines Day Meet/Greet PTA Breakfast
2/15 Tiles and Family Portrait Night
2/18 No School Washington Day
2/19-22 No School
2/22 Lincoln Day

Family Portrait Night



Family Portrait Fun is looking forward to taking your indoor family portraits at Adobe Bluffs in the MPR on Friday, Feb 15th from 5pm to 8pm.

For a sitting Fee of only \$30, each family will receive a beautiful 10" x 13" family portrait in either color, or black and white with Adobe Bluffs receiving \$15 from each sitting fee. Login today to www.familyportraitfun.com and register for the event: Adobe Bluffs Elementary, pick your date, schedule your family's sitting time and pay your sitting fee – all in one go! It couldn't be easier!

Portraits will be available to view and purchase on line, approximately 24 hours from your picture taking date. Remember, do so quickly and an additional 10% of your purchases will go back to Adobe Bluffs to help enrich your child's learning environment.

Any questions, call Corrinne Cousar at #858-538-5286.

**AB PTA sponsored
Celebrate Diversity Day
Friday, February 1, 2008
6:00 to 8:30 PM**

It promises to be a night of fun and education as we come together to experience cultures and customs from all over the world.

If you would like to help, please consider the following areas:

___ Bring food from my native country to share as samples. In exchange for your generosity, you will receive 2 Free Kid's Meal Pick Up Stix Certificates and a raffle ticket for a chance to win \$10 Red Robbin Gift Card

___ Set up on the day of the event
4 pm - 6pm

___ Assist with the International Cafe:
6:30 pm to 7:30 pm shift
7:30 pm to 8:30 pm shift

Email zoomduong@yahoo.com if you can help.

Science Day 2008 is coming on Fri. March 28th.



If you are interested in helping out or if you use science in your daily life and would like to be a community presenter, please contact Stephanie Gragg at sgragg@sbcglobal.net.

The science committee is also looking for businesses or individuals who are interested in making a monetary donation towards Science Day so that we may continue to make this day a huge success... one the students and staff look forward to every year. Please contact Stephanie Gragg at sgragg@sbcglobal.net or Larry Knorr at lnorr@powayusd.com if interested.

Keep saving those Box Tops!

Thanks to your good work, AB has earned \$555 this year for much needed supplies. Collection time is February 15 so get those box tops in! Turn them in to the rockets near the office or k classrooms...no soup labels please.

Enter the sweepstakes to win Adobe Bluffs 25,000 extra box tops at BoxTops4Education.com. Questions, contact Deb Ashley @ Ashnet1@aol.com or 858-538-1402.