



Aztec Weekly

Adobe Bluffs Elementary



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Aztec Weekly

On-Line To reduce expensive paper and reproduction costs this newsletter will be posted on the school website at www.adobebluffs.com.

Thank you for supporting this paperless means of communication; and our goal of encouraging and promoting conservation.



Trustworthiness

(August/September Focus)

What does Trustworthiness mean?: Be honest - Don't deceive, cheat or steal - Be reliable-Do what you say you'll do - Have the courage to do the right thing - Build a good reputation - Be loyal-stand by your family, friends and country.

WANTED

Adobe Bluffs Elementary is currently looking for 2 people to help out with recess duty between 9:40 and 10:25am. These are paid positions and if you are interested, please contact Mark Atkins at 538-8403.

ADOBE BLUFFS PTA

Palomar Council
Ninth District, Inc. CCPTS

8707 Adobe Bluffs Drive
San Diego, CA 92129
(858) 538-8403

Mark Atkins, Principal
Zoom Duong, PTA President

Co-Editor: Ron Cole



Counselor's Corner

I have recently read a fantastic book about childhood friendship issues called The Unwritten Rules of Friendship by Elman and Kennedy-Moore. I liked the book so much that I wanted to share it with all of you. Each chapter of the book describes a different type of child. It explains that there are unwritten rules about friendship that these children simply haven't learned. By teaching your child these rules, they can avoid years of undue suffering. The book covers nine types of children ranging from "The Pessimistic Child" to the "Sensitive Soul" to "The Little Adult". Each chapter lists the unwritten rules that the child must learn, specific activities that a parent can do to help teach those rules and ways that the school can help support your efforts. Today I would like to share with you some of the information from the chapter titled:

"The Vulnerable Child".

Your child may be a Vulnerable Child if they

- are often singled out to be picked on.
- dread going to school because other children are "so mean".
- have trouble seeing when their behavior annoys other children.

Some of the Unwritten Rules that your child must learn are:

- Vulnerable body language attracts bullies.
- There is safety in numbers. You don't have to stay around people who are unkind to you.
- Watch people's body language to recognize when they are becoming annoyed.

When someone says "stop", stop.

Activities that teach the Unwritten Rules:

- Teach an assertive stance, practice that stance at home. Practice assertive responses to bullying. Again, practice those responses at home.
- Build connections between your child and other children.
- Build confidence. Identify their strengths and choose activities that play upon those strengths.
- Help your child identify annoyance cues.

This is just a sampling of what is taught in this useful book. If you have questions of comments, please feel free to email me, Katie MacLeod, MSW, at kmacleod@powayusd.com.

Adobe Bluffs Volunteer's off to a successful start!

With the start of school only a couple of week's past the AB Family of Volunteer's have already been hard at work. Volunteers have given their time and donations to ensure that the Teacher's had a wonderful Back to School Breakfast on Monday August 20th, provided refreshments and donations for Coffee with the Principal on the first day of school and at Back to School Night on the 30th. A big THANK YOU goes out to all who helped.

Volunteer opportunities are plenty at Adobe Bluffs at Adobe Bluffs and if you were unable to attend Thursday's volunteer meeting then mark your calendar's for September 20th where the PTA will be holding a family Welcome Back Celebration after their first Association meeting, everyone welcome. At this celebration your children can hand in their Mission Impossible achievements (Box Tops, Grocery Cards and plastic bags) for raffle tickets and there will be many opportunities to see what pro-

grams your PTA membership and Hassle Free donations fund. PTA members and Chairpersons will be on hand to ask questions on how you can best use your volunteering time and guide you to the programs that interest you.



Health Corner

A reminder to all 4th grade Parents: Please make sure your 4th Grade Student Health Information Forms that were put in your first day packets have been returned to the front office. PUSD H-21 can be found on the bottom left hand corner.

Lunches:

Parents: Please make sure you have either packed your child a lunch each morning or have provided

Adobe Bluffs Calendar

September 2007

MON	TUE	WED	THU	FRI	SAT
10 MAPS Testing Begins	11 Foundation Meeting	12	13 College spirit day—wear your favorite college apparel!	14 Show your Aztec Pride by wearing red today!	15
17	18	19	20 YMCA sports clinic 12:30: Floor Hockey PTA Assoc. Mtg. & Welcome Back Celebration @ 6pm in MPR	21 Show your Aztec Pride by wearing red today!	22

A Look Ahead ...

SEP 28th - Prof. Growth Day
NO SCHOOL

SEP 21st - K-3 Friday Sing

OCT 4th & 9th - School Pictures

OCT 11th - PTA Executive Board

OCT 31st - Early Release

NOV 1st & 2nd - Conferences

NOV 12th - Veteran's Day
NO SCHOOL

English Language Learners Parent Meeting

Parents and families of our English Language Learners, grades Kindergarten through 5th grade, we want to welcome you back to school this year and meet you. Our first Adobe Bluffs Parent Meeting will be Thursday, October 11th at 6:30 p.m. - 7:30 p.m. The meeting will be at Los Penasquitos Elementary School. You will be able to meet teachers from Adobe Bluffs and the middle school and high school that your child will attend in the future. Black Mountain Middle

School, Oak Valley Middle School and Mt. Carmel High School teachers will be there to meet you. We hope you will come to learn more about our program for your child in the English Language Learner program.

If you have questions, ask your child's teacher or call, Mrs. Mulligan or Mrs. Reddell, the coordinators for this program, at Adobe Bluffs 538-8403. Childcare and refreshments are available at this meeting.

We will send you a letter with more information and directions the week of October 1st. We look forward to meeting you. Please plan to attend.



Traffic Circle Volunteers Needed!

Traffic circle is in need of a few volunteers and it offers many perks. Getting up a little early, smiling and saying good morning to other parents and students, and of course opening door to expedite traffic, what an adventure! So don't miss out on another day of this wonderful experience!

Please contact Kevin Elliott a kelliott@san.rr.com to help.



Rancho Family YMCA Sports Clinics offered at Adobe Bluffs

This year Adobe Bluffs is teaming up with the Rancho Family YMCA to offer Monthly Sports Clinics to all of our students. Each clinic will focus on a different sport, covering skill development activities, followed by skill-based games, and concluding with a scrimmage to enhance the use of those skills. All students will be grouped by age and skill level. These clinics were developed to give Adobe Bluffs students an introduction into the sport as well as an understanding of teamwork and good sports-

personship. Rancho Family YMCA certified instructors will lead these fun and exciting sports clinics on either the blacktop area or the grass field from 12:30 - 2:00pm:

September 20th: Floor Hockey
October 25th: Active Games/
Lacrosse
November 29th: Flag Football-
January 24th: Basketball
March 20th: Volleyball
April 24th: Track & Field

For a one time fee of \$13.00 per student, your child(ren) can

enjoy all of these sports clinics. If interested, please fill out and return the registration form by September 14th (you should have received one in your child(ren)'s red folder or you can pick one up in the office on the spinner rack by the door; also make sure the fee is included and, if including a check, please make it out to **Adobe Bluffs PTA**). Also, if your child is an ESS student, please notify ESS that your child will be participating in the sports clinics on the above days and that they will arrive at ESS when the clinic is completed. Finally, we

are also looking for parents interested in volunteering to help the Rancho Family YMCA instructors. If you would like to volunteer or have any questions, please contact Ron Cole at rcole4@san.rr.com or 538-1699.

