



Rio Minders

Sept. 30, 2005

From the Principal's Desk

Dear Seahawk Community:

It's been an exciting couple of weeks at school. As you have already heard, Rio del Mar Elementary earned the prestigious No Child Left Behind Blue Ribbon. We are the first public school in Santa Cruz County to earn this distinction, and we are one of only forty-one schools statewide. One teacher and I will represent the school community at an award ceremony hosted by the U.S. Department of Education in November. Upon our return, we will hold a community celebration.

Last week, our third grade welcomed an additional teacher. As you have known since the start of the year, we experienced an increase in enrollment—especially impacting our third grade and kindergarten. Ms. David joins our staff as a teacher supporting all of the third grade classrooms and teaching the science curriculum. A welcome reception was held on Wednesday the 28th.

As mentioned at Back-to-School Night, we are beginning to redesign our library into a Library / Media Center. We are looking for people who have expertise with libraries. If you have library experience (or know of someone who has this experience) and would like to help, please contact the office.

If you are interested in helping design the new library facility, we would love to have your ideas. The library design team will

work with the School Site Council in an endeavor to come up with a facility that supports student literacy and curiosity.

Spanish instruction is back at Rio. Last spring, Catherine Murray, a retired Aptos High School Spanish teacher, worked with our third grade classes. This fall, Ms. Murray is working with the fourth grade students, completing a year of Spanish language instruction. In the spring, Ms. Murray will work with our third grade students again.

Rio Responds campaign is in its final days. As you may recall, Rio's student leadership team organized a "Pennies for People" and "Popcorn for People" in an effort to raise funds for victims of Hurricane Katrina. So far, our efforts have raised nearly \$400.

Finally, this is the last issue of the Rio Minders that we will be sending home in paper. If you haven't already signed up to receive the Rio Minders electronically, send an email to Rio_Parent@pvusd.net; include the name of your student(s) and teacher(s) names. You will also be able to access the Rio Minders via the school web page or pick one up in the office.

Thank you all for your continued support.
Mike Heffner

Dates to remember

- ◆ North Zone Advisory Council
Mon. Oct. 3rd
from 7 - 9pm at AHS in the Career Center.
- ◆ School Site Council Meeting
Tues. Oct. 4th
at 2:30pm in library.
Free childcare available.
- ◆ Parent Alliance Meeting
Tues. Oct. 4th
at 6:30pm in library.
Free childcare available.
- ◆ Schedule Change!!
Wed. Oct. 5th
Dismissal at 12:05pm for grades 1 - 6.
- ◆ Harvest Festival Committee Meeting.
Thurs. Oct. 6th
at 8:00am in the cafeteria.
- ◆ Monte Fireworks Show
Sat. Oct. 8th
from 1:00 - 10:00pm at Seacliff State Beach.
- ◆ Harvest Festival
Fri. Oct. 14th
from 4:00 - 8:00pm on the upper grade playground.
- ◆ Schedule Change!!
Wed. Oct. 19th
Dismissal at 2:05pm.
- ◆ Parent/Teacher Conference Week
Oct. 24th - 28th
from 12:20 - 3pm.
(12:05 dismissal each day.)
- ◆ Parent Education Night
College Planning
Oct. 27th
Time TBA.

Third Annual Harvest Festival & Family BBQ

Friday Oct. 14th 4 - 8pm , Rain or Shine

All students, staff, family and friends are welcome!

- Eat!!** BBQ burgers, sausages, hotdogs.... bake sale goodies.....
cotton candy & gourmet popcorn....
- Drink!!** Coffee, hot cocoa, mulled cider & soft drinks.....
- Be merry!!** Dunk tank for the principal..... rock climbing wall..... bounce house.....
face painting.....cake walk.....carnival games.....pumpkin patch.....
music & more !!!

All proceeds support the Parent Alliance. Contact Lori Harris to volunteer a one hour shift.
831.688.8627 loriepicwines@hotmail.com

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www.Riodelmar.santacruz.k12.ca.us

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www.pvusd.k12.ca.us

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RioMinders

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School News

- **Tickets for the New Car drawing on sale starting Sept. 30th !** \$5 each or 6 for \$25. Drawing date is Nov. 5th at Subaru of Santa Cruz. Tickets available on Fridays after school in the quad and on Wednesdays after school in the office.
- **Monte Fireworks Tickets!!** Buy from Parent Alliance and \$5 of \$15 goes to Rio!
- **Volunteers Needed for the Book Fair !! Oct. 24 - 28th (Conference Week)**
If you can help, call Stacey Ely (684-0537) to sign up for a shift.
Thanks! Diana Sawyer, The Librarian
- **Bus Passes**
If your child does not have a permanent bus pass and needs to take the bus, please remember a \$1.00 ticket must be purchased from the front office.
- **Wanted : New or Used Wheelchair**
We need at least one collapsable wheelchair to transport children from the upper playground. Large child to small adult size. Thanks!! Nurse Chris
- **Cold and flu season reminders**
For everyone's health : A child should not be sent to school with the following symptoms : sore throat, runny nose, cough, stomachache, fever, or rash. If any of these conditions arise at school, a child may be sent home. Also, do not send children back to school until they have been fever-free for 24 hours.
- **Heartfelt Thanks** to the Fischers and the Robinsons for their contributions to our kindergarten class. It's parents like you who make us a Blue Ribbon School. Edie Abendschan.

And now a word from our Assistant Principal...

Dear Rio Parents and Guardians,

Do your children eat a healthy breakfast? By many reports, 40% of kids don't.

Studies indicate that students who eat breakfast before starting school have a general increase in math grades and reading scores, increased student attention, reduced nurse visits, and improved student behaviors. Also, children who eat a healthy breakfast meet their daily nutritional needs, keep their weight under control, have lower blood cholesterol levels, attend school more frequently, and make fewer trips to the school nurses office complaining of tummy aches.

We all know that breakfast is the most important meal of the day, but in many families, breakfast is simply squeezed out of the busy morning routine. Many specialists say that breakfast is not something to overlook, especially for children.

But remember that breakfast doesn't have to mean home-made waffles or french toast every day. There are many quick and easy breakfasts that you can give your kids that are also nutritious.

According to the American Dietetic Association, these can include

- * ready-to-eat cereal with fruit and milk
- * toasted bagel with cheese
- * fruit-filled breakfast bar and yogurt
- * toasted waffle topped with fruit and yogurt
- * fruit smoothie (fruit and milk whirled in a blender)
- * peanut butter on whole-wheat toast

You'll notice all of the choices above include some form of protein that will help sustain your child throughout the morning until snack recess and then lunch.

Involve your children in the discussion about healthy breakfast choices. Keeping a short list of fast and easy nutritional choices that I can offer each morning helps me when I am rushed and somewhat brain dead in the early hours of the day.

Finally, one of the best ways to improve our children's health and well-being is to start eating regular, balanced meals and snacks ourselves. Our habits will rub off on our children.

If you'd like more quick, easy and *nutritional* breakfast ideas, log onto;

www.keepkidshealthy.com.
www.bcma.org/HealthyKids/2MealsSnacks
www.bhg.com/home/Healthy-Breakfast.

Sincerely,
Deb Dorney, Assistant Principal