

Newsletter



Keeping the lines of communication open between parents, teachers, administrators and the community strengthens our school and benefits our children.

A Monthly Newsletter

Issue 2 Volume 2 Aug 2008

Preparing for the First Day of School

Here are some steps to making the First Day of School a positive experience.

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SPARK

The Elementary Physical Activity Program for the District

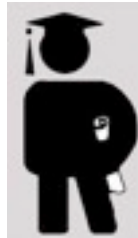
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Scholarship Programs

PTA offers scholarships to teachers, nurses and PTA volunteers.

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Safety Links

Websites to learn more about keeping safe

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Around and About

With the moderate weather of the Central Coast, there are many activities planned for Lompoc and surrounding communities.

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President's Corner

Your PTA President is Laurie Carter, who can be reached at no.wonder@verizon.net

Dear Friends of the PTA,

Where has the summer gone? I remember long summers in Virginia with lots of playing outside in the sticky heat. We'd stay out until the mosquitoes drove us in and it was time to wash the lines of dirt from our neck and arm creases. Those were carefree days of riding bikes, playing baseball in the backyard, going to the beach and singing loudly and badly from the swing set!

As an adult, I am increasingly grateful for the very simple summers of my youth. Making Barbie camps among the roots of great pine trees taught me to be creative, as did making mud pies in Grandma's yard and playing school bus on her front steps.



PTA Vision: Making every child's potential a reality.

PTA Mission: To be a powerful voice for all children,

A relevant resource for families and communities, and

A strong advocate for the education and well-being of every child.

Our family was large with ten kids. We couldn't afford music lessons, Little League, or big vacations. Holidays were spent with picnics and parades. The pace was leisurely. The summers were endless!

When the new school year finally drew near, we couldn't wait to sport our new school clothes and shoes and pack the book bag with pads of paper and new pencils.

As our present summer vacation time nears an end, I hope you have all slowed down a bit and enjoyed every moment of the day. We are only children once and our summer experiences will stay with us for the rest of our lives.

Here's to happy summer memories!

Fondly,

Laurie Carter



PREPARING FOR THE FIRST DAY OF SCHOOL

How you get your children started in the new school year will set the tone for their success. Better prepared children have a better chance of doing well. The following are suggestions by the American Academy of Pediatrics on how to best prepare children for a successful academic year:



Calm their fears. Let them know it's normal to feel nervous about the first day of school. Encourage them to talk about their feelings.

Focus on the positives. Don't build up unrealistic expectations about how great the school year will be. Be upbeat, however, by reminding them that they'll see old friends and meet new ones and that teachers are there to help them.

Visit the school before it opens. This helps especially young children to become familiar or reacquainted with the school. If possible, try to meet with your children's teachers.

Get a neighborhood child to serve as a buddy. If your neighborhood has children who attend the same school as your child, arrange for them to travel together. On the first few days of school, it might be a good idea to walk with your children to the bus stop or to school.

Review safety rules. Go over safety measures regarding traffic and strangers.

The SPARK Elementary Physical Education Program

A Healthy Beginning:

The SPARK (Sports, Play and Active Recreation for Kids) Programs began studying elementary physical education in 1989, and today, the name SPARK represents a collection of exemplary, research-based physical activity/nutrition programs. The original SPARK study was initially supported by the Heart, Lung and Blood Institute of the National Institutes of Health.

Results:

Numerous refereed publications (40 to date) have reported The SPARK Programs elementary physical education (PE) program effects, including papers showing evidence of achievement in the following variables:

- Physical activity
- Physical Fitness
- Lesson context and teacher behavior
- Academic Achievement
- Motor skill development
- Student enjoyment of the program
- Adiposity
- Long term effects/institutionalization
- Process measures (parent behavior, teacher acceptance of the program)

Honors:

SPARK elementary physical education has been selected as the intervention program in many important research studies and cited in the Surgeon General's Report as a "school-based solution to our nation's health care crisis." SPARK PE was validated by the National Diffusion Network of the U.S. Department of Education in 1993 and earned "Exemplary Program" status.

Sharing Good News and Growing:

Following the research phase, the elementary PE program was expanded to focus on dissemination. Over the years, additional research has led to the creation and development of:

- Early Childhood (ages 3-5)
- Middle School PE (grades 6-8)
- High School PE (grades 9-12)

- After School (ages 5-14)

Each program is a complete package of curricula, staff development, extensive follow-up consultation, and equipment (via our corporate sponsor, Sportime).

Scholarships from California PTA

Continuing Education - Credential Teachers and Counselors

Scholarships are available annually from the California State PTA for continuing education use, including summer study, from January 1 through December 31.

Application: See a local PTA officer for an application. Applications and reference forms with letters must be received in the California State PTA office by close of business November 15. When November 15 falls on a weekend, applications are due in the State PTA office by close of business the following Monday. Postmarks will not be accepted

Qualifications: Scholarships are granted to credentialed teachers and counselors who were employed full time in the public schools in California during the preceding academic year, who have a minimum of three (3) years teaching/ counseling experience in public schools, who have a full-time teaching or counseling contract for the current year and who plan to continue as a teacher or counselor. Applicant must be a member of a PTA/PTSA unit in good standing and teach or have a counseling position at that PTA/PTSA school.

Selection: Recipients are selected by the California State PTA Scholarship and Grant Committee. Upon proof of enrollment, a check for the scholarship is sent to the recipients accredited college or university to be credited to the recipients account.

Continuing Education - School Nurses

Scholarships are available annually from the California State PTA for continuing education use at Board of Registered Nurses-(BRN) approved institutions and/or providers from January 1 through December 31.

Application: An application can be obtained through your local PTA officers. Applications and reference forms with letters must be received in the California State PTA office by close of business November 15. When November 15 falls on a weekend, applications are due in the State PTA office by close of business the following Monday. Postmarks will not be accepted

Qualifications: Scholarships are granted to licensed registered nurses who have been employed as school nurses in the public schools in California during the preceding academic year, who have a minimum of three years nursing experience in the public schools, who have a nursing contract for the current year and who plan to continue as public school nurses. Applicant must be a member of a PTA/PTSA unit in good standing and have an assignment in at least one PTA/PTSA school.

Selection: Recipients are selected by the California State PTA Scholarship and Grant Committee. Upon proof of registration and completion of a BRN-approved continuing education course, a check for the scholarship is sent to the recipient as reimbursement.

Continuing Education - PTA Volunteers

Scholarships are available annually from the California State PTA to be used for continuing education at accredited colleges, universities, trade or technical schools. These scholarships recognize volunteer service in PTA and enable PTA volunteers to continue their education. The scholarships may be utilized during the period January 1 to December 31.

Application: An application and reference form are located in the Toolkit, Forms 451-456. Applications and reference forms with letters must be received in the California State PTA office by close of business November 15. When November 15 falls on a weekend, applications are due in the State PTA office by close of business the following Monday. Postmarks will not be accepted

Qualifications: Applicant must have given three years volunteer service to PTA/PTSA and must hold current membership in a PTA/PTSA unit in good standing.

Selection: Recipients are selected by the California State PTA Scholarship and Grant Committee. Continuing volunteer service in PTA/PTSA is a major criterion in the selection of scholarship recipients. Upon proof of enrollment, a check for the scholarship is sent to the recipients accredited college, university, trade or technical school to be credited to the recipients account.

Safety Links

[Take 25: Help Kids Stay Safe](#) — A child safety program for parents and PTA leaders.

[National Center for Missing and Exploited Children](#)

[National Crime Prevention Council Child Safety Network](#)

Around and About



With weather as moderate as that of the Central Coast, you can enjoy year around outdoor fun! And for the few days that it rains, you'll find plenty of indoor distractions, too!

Purisima's People Day
August 2, 11 a.m. - 2 p.m.
La Purisima Mission, 733 3713

736 4567 Location: 100 block of South H Street
Contact: Chamber office 805 736 4567

Lompoc Civic Theater
"Ruthless - The Musical"
August 8 - 10, 15 - 17, 22 - 24. Call 735-ACT1 for details

Mission Life Day
August 16, 11 a.m. - 2 p.m.
La Purisima Mission, 733 3713

Olde Towne Market
From Friday, July 11 2008
To Friday, August 29 2008
5:00pm - 7:00pm Friday of each week. Olde Towne Market runs on Friday nights, July 11 through August 29 in downtown Lompoc from 5-7 p.m. Each night has a different theme, with family entertainment, vendors and food. The popular Friday night Farmers Market relocates to Cypress Ave. and South H St. as a part of the festivities. To participate as a vendor, contact the Chamber at 805

Village Days
August 23, 11 a.m. - 2 p.m.
733 3713

Lompoc Police Dept Car Show For Special Olympic
Ryon Park, hundreds of cars, raffles, BBQ, and family fun all day long. www.lompocpd.com

Cachuma Lake Wildlife Cruise
Offered Fridays, Saturdays and Sundays 10 a.m. - noon and again on Fridays and Saturdays 3 - 5 p.m. Santa Barbara County Park

naturalists lead 2-hour cruises that focus on local and migratory wildlife, flora, cultural history, and geology. \$15/adults \$7/kids (4-12 years old, please. No children under 4.) Reservations: 686 5050 weekdays, 686 5055 weekends. \$8 Park Admission per vehicle. Cachuma Lake Recreation Center Hwy 154, Santa Barbara website: www.cachuma.com



launched its summer

schedule, offering family fun for all ages. Guests can ride two giant 600-foot curving waterslides from a hilltop overlooking Lopez Lake to a grand splashdown at the bottom, or plunge 38 feet down on the area's only giant half-pipe thrill ride, STAMPEDE! Pony Pools and Slides include two wading pools for kids ages 9 and younger, three mini-slides and two waterfall trees. In addition, there are four hot spas to relax in and a snack bar with a selection of food, beverages and treats to purchase. New this year, ride the Lopez Lake Shuttle to Mustang Water Slides and get free park entry and \$1 of admission every Wednesday through Saturday. For hours and prices or more information, visit our website

or call 489 8898.
www.mustangwaterslides.com

Free Family Films at Edwards Cinema Santa Maria
August 05, 2008 - August 06, 2008. Regal Entertainment Group, owner of Edwards Santa Maria 10 Cinemas is hosting a nine-week FREE Family Film Festival on Tuesday and Wednesday mornings at 10 a.m. Seating is limited, so get there early. This week enjoy Everyone's Hero (G) and The Water Horse: Legend of the Deep (PG). Edwards Santa Maria 10 Cinemas, 1521 South Bradley Road, Santa Maria



HOW TO BE A KID AGAIN

- Dot all your "i"'s with smiley faces. • Sing into your hairbrush.
- Grow a milk mustache. • Read the funnies; throw the rest of the paper away.
 - Dunk your cookies. • Step carefully over sidewalk cracks.
- Try to get someone to trade you a better sandwich. • Give someone a hug around the neck. • Blow the wrapper off a straw.
- Refuse to eat crusts. • Make a face the next time somebody tells you "No."
 - Ask "Why?" a lot. • Have someone read you a story.
- Wear your favorite shirt with your favorite pants even if they don't match.
 - Eat dessert first. • Say "duh" when stuff is obvious.
 - Put an orange slice in your mouth, peel side out, and smile at people.
 - Innocently say your prayers. • Ride a roller coaster two times in a row.
- Run through the sprinkler with all your clothes on. • Lick all the cream out of an Oreo before you eat the cookie part.
 - Eat just the chocolate stripe out of your Neapolitan ice cream.
 - Start thinking now about what you want for your next birthday.
 - Lie on your back in a field and look at pictures in the clouds.

Officers of the Board

- Laurie Carter — President**
- Teresa McIntyre — 1st Vice President/Programs Chair**
- Beverly Wilson — 2nd Vice President/Membership Chair**
- Kathy Bleak — 3rd Vice President/Ways & Means Chair**
- Lynette Martin — Treasurer**
- Vicki Blackstone — Secretary**
- Deanna Liberotti — Parliamentarian**
- Stephanie Ledgerwood — Historian**
- Lynda Gordon — Auditor**

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