

October 2017

# Juan Cabrillo

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Dear Juan Cabrillo Parents,

On Friday, October 6, 2017 we had our first monthly school-wide Gathering. Instead of the regular Morning Meeting, it was a school-wide Morning Gathering. Together we raised the flag and said the pledge. Next, we did a spirit cheer as a greeting: "We've got spirit, how about you?" with some enthusiastic class cheering to follow. This was followed by Sharing: Cabrillo Kids Care-our message about being Bully-free. Using a volunteer, I shared how when the paper is crumpled up and thrown on the ground despite apologizing to it and reopening it, the paper is never the same. Try this activity at home again with your child. Take a piece of paper. Then ask one of your kids to crumple it up. Next have him/her throw it on the ground and then stomp on it. Finally ask your child to pick it up and apologize for crumpling up and throwing it on the ground. Then re-open the piece of paper and smooth it out the best that you can. What you notice is that despite apologizing to the paper (smoothing it out) it is never quite the same. Using that paper as an example, the message is that being bullied hurts and bruises people forever. Unkind words do hurt. The old saying, "sticks and stones may break my bones but words will never hurt me," is just not true. After sharing that example and reminding the kids of the Story "Bully Beans" by Julia Cook, we reviewed the Cabrillo Kids Care message. Next was our Group Activity: STAR AWARDS presented by each teacher. Success Through Accepting Responsibility. Each teacher presented an award to a student for being the citizen of the month of September. We also gave a huge round of applause to the students with perfect attendance for the month of September! Finally the Morning

## Cabrillo Kids Care



## Important Announcement

**Thursday, October 12, 2017**

**4<sup>th</sup> grade Winds & Strings @ 6:30 p.m.**

**4<sup>th</sup> & 5<sup>th</sup> grade Chorus @ 7:00 p.m.**

**5<sup>th</sup> grade Winds & Strings @ 7:30 p.m.**

MHS Band Room: Mr. Ravaglioli

MHS Orchestra Room: Mr. Pawling

Cabrillo MPR: Mrs. Klenk & Mr. Lorenzini

Cabrillo MPR: Mrs. Justin

**Thursday, October 19, 2017**

**School Site Council Meeting**

**3:15-4:30 in Library**

**5:30 ELAC at MHS**

Gathering ended with our Message which was the Bucket Fillers Pledge.

- **Bucket Filler's Pledge**
- **I Promise to do my best every day**
- **To be a bucket filler,**
  - **Not to dip,**
- **And use my lid for myself and others**
  - **At home,**
  - **At school,**
- **And everywhere I go.**

## Keep Your Students Moving!-Bike it-Walk it Day!

Studies show that students who are more active throughout the school day can focus better, process information faster and retain information longer. To integrate movement in the classroom, encourage teachers



to:

- **Set aside five minutes every morning to start the day off with some movement.**
- **Incorporate movement in learning activities.** Students can move around the room to view visual aids. They can come to the front of the class to answer questions or write on the board.
- **Implement physical activity during transition times.** Students can do jumping jacks, push up or run in place before they are dismissed for lunch, for example.
- **Schedule regular breaks.** After long periods of intense work, ask students to stretch, touch their toes or do other simple exercises

## PE

Thanks for helping us make PE a good experience by sending your child dressed appropriately and wearing tennis shoes. During PE the students are learning about different sports through cooperative activities and collaborative games. By encouraging him/her to participate, to give it a try and do his/her best your child will learn skills and strategies for developing a healthy life-style.

## SAFETY REMINDERS

Here's what parents can do to help us keep children safe in an emergency:

- **Make sure your child's emergency cards are up to date.** This includes health information about anything that we should know to keep your child safe in emergencies. It also includes current emergency contact numbers for you anyone authorized to pick your child up in an emergency.
- **Check your phone messages and e-mail.** During emergencies, we push out notifications to parents via the Blackboard Connect Messaging System (and e-mail if you have given us your e-mail address).
- **Give the health office any emergency medication or health devices your child may need if they need to remain at school in an emergency.** A 72-hour supply of any daily medication and devices such as asthma inhalers, epi-pens, etc. and a signed medical release form so we can administer as needed are important for any children with chronic health conditions.
- **Please try to remain calm and do not call the school.** As soon as we or the SMMUSD Emergency Operations Center is able, we will push out status information to parents via dialers. We try to keep phone lines clear for emergency communications.
- **If you are at school when an emergency occurs, cooperate with school staff and first responders and follow our safety protocols.**
- **In a natural disaster tune to emergency radio stations:** KFWB (AM 980) or KNX (AM 1070).
- **In the event of a lockdown, please wait to come to school until the lockdown is lifted and we call you.** The area around the school may be unsafe or blocked for an investigation and a crush of parents rushing to school can actually make it take longer to resolve the matter.

**When you come to pick up after an emergency: come to the gate designated in the message; wait outside the gate; bring your photo ID; and be prepared to wait while we make sure that children are dismissed only to an authorized person.**



## READING MATTERS

Birth to age five is critical moments/years in the development of the brain. Reading Aloud for 15 minutes will significantly influence your child's ability to learn.

**MORE CONVERSATION-BETTER VOCABULARY...**By age 4 kids whose parents talk to them will have heard 30 million more words than their peers whose parents don't talk to them.

One of the best books available for Parents about reading aloud to kids is by the author Jim Trelease. In his books he teaches how reading aloud to our kids at any and all ages will teach and increase a child's ability to read. It will also develop their vocabulary which is the root to student success in all subject areas in school.

The BOOK FAIR IS COMING the Week of November 6 during Parent-teacher Conferences.