



Juan Cabrillo Elementary School

Principal's Welcome...

Dear Cabrillo Parents,

It is hard to believe but yes it is true, it is time to head Back-to-School. Whether your child is in Kindergarten or third, or even fifth grade, you may be thinking right now how ready you are for him/her to start school. The days of summer are filled with all sorts of fun, families and adventure, but kids get restless and parents start to feel the need to get back to routines. So when those Back-to-School ads hit the TV and papers, the smiles come out.

Then the day actually arrives. The emotions hit us, whether my daughter was starting preschool, kindergarten, middle school or even college, I started crying the minute after I said goodbye. And she was always so brave. Even though I could see she wanted to cry and flee the chaotic classroom/school campus setting, she didn't. But me? I was always a mess.

I worried about her. Thoughts such as this school's so different than the small, safe preschool when she headed to kindergarten. Or afraid that she didn't have friends yet when leaving her at the college campus. In each new setting, elementary, high school, college, etc. there were so many new rules – in class, at recess, in the hallways—even I felt confused and overwhelmed.

I remember one year, as I left the building, a man wearing a school badge standing sentry at the entrance saw me wiping my eyes. "It's OK," he said gently. "They have to grow up."

He knew! Somehow this schoolyard sage knew I wasn't weeping over a parking ticket, but from the fear that my little girl wouldn't be OK, that she needed to be saved. Who else to do the job than her fiercely protective mom (No! I didn't say "helicopter mom," I said "protective",) who at that moment was concocting a dramatic rescue plan to pull her daughter immediately out of this place and homeschool her until she went off to graduate school. Unless, of course, she still wanted to live at home for, like, forever.

SMMUSD

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AUGUST/SEPTEMBER CALENDAR OF EVENTS

- ☺ 8/9 Office Open
- ☺ 8/21 Back-to-School BBQ & Class List Postings 5-7 pm
- ☺ 8/22 School Begins-8:10-12:40
- ☺ 8/22 PTA Parent Welcome Coffee-MPR @ 8:15 a.m. followed by NEW 1st-5th Parent Orientation at 9:00
- ☺ 8/22 Dismissal 12:40-TK-5th
- ☺ 8/23-24 Preschool, TK & K Early Dismissal -Parent Conference & Orientations
- ☺ 8/25 Minimum Day Friday-12:40 -Preschool-5th
- ☺ 8/29 BACK-to-SCHOOL NIGHT-Preschool-1
- 9/5 Back-to-School-2nd-5th



Principal's Message continued...

The moment was so powerful because, like a good parent, he kindly yet firmly reminded me that the best way I can help you this year at school, and in the many school years to come, is to let you go, to let you grow up. Not that this will be easy, for either of us. The truth is that growing up and going to school can be really hard.

But this is where a parent's education comes in, learning that hard work is part of the deal, that the best of parental involvement means supporting and cheering on our kids and the teachers who work so hard in the name of learning. It's hard to make new friends, to learn to read and write and add, to do the hula hoop with the big girls on the blacktop. Hard isn't bad. When we accomplish something difficult, not only do we learn new skills, we discover with pride that we're capable and resilient and even more prepared for the next challenge.

It is not easy to learn this with as you watch your children each developmental milestone jet-tisoned into another scary educational voyage. It is easier to save them from the painful moments. It is natural as parents because we want our children to always to be happy. But I found out that my good intention to act as a human Band-Aid from school's inevitable wounds wasn't protecting my child, but rather sending an unspoken message that she wasn't able to handle it. She found determination, perseverance and strength when I backed off.

So this year and in the years to come, to help your child succeed at school, even when you are terrified, my vow as principal is always to tell you the parents that You Can do it, and that the teachers are here to help your child and you along the way. I'll remind you that together as a "Home-School Team" we will ensure your child succeeds. How? By building a positive growth mindset, using the bucket-filling character keys (example, perseverance), becoming a social-engineer, implementing the 5 C's for knowing how to learn and access resources, and focusing on what appears to be a challenge as opportunity for life-long learning and success.

HAND-IN-HAND, TOGETHER WE ARE GOING TO MOVE FROM GOOD TO GREAT!

Filling Buckets and Developing the Future Together,

Dr. Pam Herkner

Principal

Don't forget:

Please go to our website to complete necessary FIRST DAY PACKET forms for the start of school.

IF you are unable to complete them online paper copies will be available at the Back-to-School Picnic
www.cabrillo.smmusd.org

A Culture of Compassion, Care & Kindness: CABRILLO KIDS CARE

The overall goal is to create a kind, caring compassionate learning environment for ALL using the embedded core value of ALL kids can learn just in different ways and at different rates. This supports our belief that there is "a place at the table for every child" who attends Juan Cabrillo. By implementing the Responsive Classroom philosophy both inside and outside the classroom, along with the school-wide Code of Conduct and "ABCs of Cabrillo Pride" all members of the Juan Cabrillo School community are responsible for ensuring a safe, compassionate and supportive learning environment.

The research is clear, Social programs build healthy student-teacher relationships that foster better learning. Social programs condition students to receive acknowledgement for academic progress and good behavior from both their peers and their teachers. This, in turn leads students to be more invested in their education.

A "Bucket-filling Organization" starts with bucket-filling adults who understand the concept, see its simplicity and effectiveness, and work together to follow the three rules to build a culture of kindness, respect and encouragement that ripples across and down to others. As we kick-off a new school year of learning, why not make a promise to learn and practice together the three rules of bucket filling:

1. Be a Bucket Filler: Be kind to others and to yourself.
2. Don't Dip: Don't judge, criticize, hurt, put-down, or bully others or yourself!
3. Use Your Lid: Protect the good thoughts and feelings inside your bucket and the buckets of others.

How FULL is Your BUCKET?

Everyone has an **invisible bucket**. We are at our **best when our buckets are overflowing** - and at our worst when they are empty. Everyone also has an **invisible dipper**. In each interaction, we can use our dipper either to fill or to dip from others' buckets. Whenever we **choose to fill others' buckets, we in turn fill our own!** Research shows that regular recognition and praise increases productivity, group performance and results. **Thanks for keeping the buckets of the Cabrillo community filled!**

Nothing fills a bucket like learning something new and developing a new skill - something interesting, exciting and useful that makes you happy. As you increase your awareness of your bucket and what fills and empties it, you embrace the opportunity to excel in the wonder filled world around you. Keep filling buckets!





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CURRICULUM, CHARACTER AND COMMUNITY

Juan Cabrillo School emphasizes **CURRICULUM, CHARACTER and COMMUNITY** to improve student achievement and prepare them to be lifelong learners.

We believe that to be successful in life you must be smart, demonstrate good character and be a social engineer. Our **CURRICULUM** must teach children "how to" learn and access their resources. Using the five Cs of collaboration, cooperation, critical thinking creativity and compassion, Juan Cabrillo prepares students for the future. We believe that children learn in different ways and at different rates, therefore the curriculum must be differentiated for ALL children to allow them to grow and achieve to their maximum potential. achieved?

It has been said **CHARACTER** is what you do when nobody is watching." Thus the Cabrillo Kids Care Code of Conduct.

Finally, **COMMUNITY** is a very important part of any school but at Cabrillo it is the backbone of our educational program. You have heard the saying "It Takes a Village to Educate a Child". Thanks to the Juan Cabrillo Village, the students at this school have been enriched with many extras which have made their educational program more meaningful and powerful. Parents, community members, and professionals have made a huge difference through their sharing of time, expertise, energy and donations.



DOLPHIN C.O.D.E.

The letters in C.O.D.E. each represent an important trait.

C=Choose Character O=Own Your Learning D=Demonstrate Respect and E=Envision Success.

First, the **C in C.O.D.E** stands for Choose Character. Choose Character means to show integrity by demonstrating the bucket-filling character keys. Character is what you do when nobody is looking!

Next, the **O in C.O.D.E** stands for **Own Your Learning**. Own your learning means that you are in charge of you. How much you learn depends on your effort. All that is expected is that you give your best effort every day. Perseverance and determination pay-off when you own your learning.

After that, the **D in C.O.D.E** stands for **Demonstrate Respect**. Demonstrate Respect means to be responsible and make smart choices. The most IMPORTANT Bucket-filling character key at Cabrillo is the Golden Rule: Respect which means to treat people the way you want to be treated.

Last but not least, The **E in C.O.D.E** stands for Envision Success. Envision Success means to picture yourself being successful in life. The other thing it means is to practice to be successful. It also means to know that you will be successful. Your **Attitude and Willingness to 'Be the Best that You Can Be'** makes the difference!

AUGUST

RESPECT

**FILL OUR BUCKETS
WITH RESPECT**