

PUMA



TRACKS

The PTA Newsletter of Rolling Hills Elementary School

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Next Week

Washington & Lincoln Birthdays/
District Recess. No school

Future Important Dates

Fri. Feb. 29	50's Sock Hop Dance. 6:00 pm MPR.
Tue. Mar. 4	PTA Board Meeting 6:30 pm Room 17.
Wed. Mar. 5	Assembly: <i>Literature Alive</i> K-2: 9:00 am; 3-5: 10:00 am.
Mar. 10-14	Read-a-Thon.
Thu. Mar. 20	Foundation Art Show MPR.
Mar. 31-Apr. 4	Scholastic Book Fair.
Thu. Apr. 3	PTA Association Meeting 6:00 pm MPR. Open House 6:30 pm.
Sat. May 17	Casino Night
Fri. May 30	Olympic Field Day
Thu. Jun. 12	Last day of school. 12:30 pm dismissal.



Keep an eye open for the dates of future Dining Out events and the Talent Show!

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Total school communication

Rolling Hills Elementary School

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Every Child • One Voice

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Affiliated with Palomar Council, Ninth District, CCPTS,
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Counselor's Corner with Jackie Cardinale



We often just think of Thanksgiving as the time to call to mind those things for which we are grateful. It's helpful to our state of mind and happiness to recall the things for which we are grateful on a daily basis. I do this with each of the children with whom I meet. It may be a good bedtime or dinner ritual to start at home. These tips will help cultivate gratitude in your life.

Write a Gratitude Letter. Research by Martin Seligman, Christopher Peterson, and others has shown this to be effective in developing a spirit of gratitude. Write to a mentor, family member or other important person in your life.

Keep a Gratitude Journal. Keep a list of things for which you are grateful. You and your children will start noticing the beauty around you and focus on the positives.

Savor. Take time to notice the simple things that increase your happiness. Awareness is powerful in being grateful.

Think Outside the Box. It's pretty obvious that we are grateful for grandparents, a trip to the mountains, a lovely sunset, or a new puppy. What about being thankful for the difficulty which allowed you to grow or become stronger, to experience your courage or ability to speak out for yourself. Be thankful for those opportunities to serve or help and those relationships which allow you to think of others. *Random Acts of Kindness Week* is in February. Be aware and thankful for the kind acts you can do for another. This not only makes for happiness but adds meaning to life.

Ideas taken from *Greater Good Magazine*. Article by Catherine Price.

PTA Opportunities Knock

Enjoy the Field Trips, Halloween Party, Talent Show, Movie Nights, Puma Tracks, Yearbook, Directory, Chorus, Assemblies, Class Extras, Reading Olympics and much more? The search is on for a few people who want to ensure that these and perhaps other educational and fun activities happen next year.

Every year at this time we begin recruiting volunteers for the next school year. Last week we started the process by electing a nominations committee at the Association meeting. (see page 2) to assemble a slate of candidates for 10 officer positions: President; Treasurer; Secretary; Vice Presidents of Program, Membership, Ways & Means and Community Programs; Financial Secretary; Auditor; Historian.

In addition, the nominations committee and the rest of this year's board will be seeking volunteers for a number of positions that will be appointed by next year's PTA president and ratified by the new Board. All of these positions are very important and require different levels of time commitment and provide an excellent opportunity to get involved with our school.

If you are interested in one of the Board positions or would like more information please contact one of the nomination committee members: Jodi Haight at sjcjhaight@yahoo.com or 858-672-1098; Dave Wigmore at dwigmore@pacbell.net or 858-672-3261; Kerri Wisniewski at kwisniewski@san.rr.com or 858-672-0492.

Elementary and Traffic School?

Due to a number of complaints regarding safety concerns for traffic congestion, double parking, and unsafe driving practices during morning drop-off and afternoon dismissal times, officers from the San Diego Police Department will be monitoring Peñasquitos Drive near the school. Please be aware that tickets can be issued if the police witness infractions of the law.

BOXES OF FIT

YOUR STORE FOR STUDENT APPAREL
and much more!

Final Clearance!

**Prices so low,
we don't need a
register!**



Our store may not have the most sophisticated layout, but you won't find better prices anywhere. Soooo low, we don't need a register. We're just a few steps away from the main entrance!



Get 'em back before they grow out of 'em. If your student is missing a jacket, sweater, maybe a lunch pail or even an umbrella, just stop by our very own Lost and Found: *Boxesofit* and there's a good chance it's on display (or in one of the many 'clothes hampers').

The stuffed ones didn't vote

Last Thursday, Feb. 7, a very productive and fun evening was enjoyed by many PTA families in the MPR. While the kids were busily engaged in making a variety of crafts, PTA members at large voted to approve a revised budget and elect a nominations committee to begin recruiting a slate of officers for next year. (Please see page one for contacts if you wish to help next year).



Standing Room Only—not quite, but a productive meeting of the PTA Association that approved a revised budget and elected a nominations committee.



Carmelle Remillard, PTA President, (left) and Kerri Wisniewski recognizing the Pet Show participants. Ribbons were awarded and all entrants received a certificate of participation.

Coincident with the formalities was the third annual Stuffed Animal Pet Show where students entered their favorite toys in most loved (*worn out*), *scariest*, *best dressed*, *smallest* and *largest* categories. The show was divided between K-2 and Grades 3-5. We had quite a menagerie show up and a very special guest from Canada (President Carmelle Remillard's Dad) came to judge the show. The top three students in each category received a ribbon and all entrants got a certificate of participation on this fun night. And in case you're still wondering, only animals with a verified pulse did the PTA voting.



This animal from the deep was so large, it required parental support to get it to the 3rd stuffed animal pet show and entered in the K-2, you guessed it, *largest* category.



There were lots of crafts to occupy the kids while their parents conducted PTA business.

COMPUTER CORNER

The computer lab is a weekly activity for every class and now we are publishing websites for you to visit at home.

World Book Online

<http://www.worldbookonline.com/>

Obtain username and password from your teacher