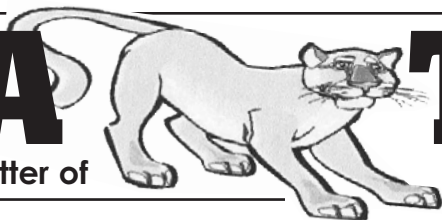


PUMA TRACKS

The PTA Newsletter of

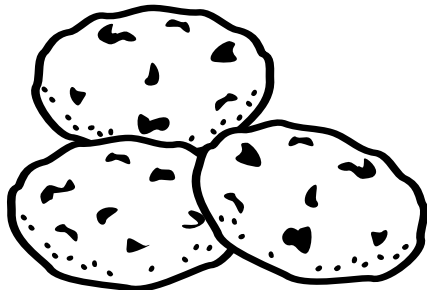


Rolling Hills Elementary School

January 6, 2006 • Volume 4 • Number 15

Annual cookie dough sale begins this week

Rolling Hills students will be selling 10 flavors of frozen Premium Collection Gourmet Cookie Dough from January 6-20 as the PTA holds its annual cookie dough sale.



Forty percent of the money paid to purchase cookie dough will be returned to the PTA, which will invest the proceeds in programs and services such as school assemblies, student awards, transportation for field trips, classroom supplies, the Learning Resource Center, the Community Liaison position, family programs and the student chorus.

The dough is available in either "E-Z school" tubs, which cost \$12 apiece, or "pre-portioned" boxes, which cost \$14 each.

The cookie dough will be delivered before February 14, so you can buy some and make sweet treats for your sweethearts.

Students receive prizes for selling certain amounts of cookie dough. For more information or to help with delivery of the products, please contact Carmelle Remillard, the PTA Cookie Dough Chairperson, at 603-3665.

Student Talent Show scheduled for February

Students interested in performing in the annual Rolling Hills Talent Show and their parents must fill out and return the show sign-up forms by January 9.

The Talent Show, which is sponsored by the PTA, will be held in the Multi-Purpose Room on Thursday, February 9, at 6:30 p.m. and Friday, February 10, at a 10 a.m. school assembly. The sign-up form went home with students on December 16 along with a flyer containing information about the show, including rules and a rehearsal schedule. Copies of the form also are available in the school office.

Rehearsals are scheduled from 2:35-3:30 p.m. on Wednesday, January 11, 18 and 25, with the dress rehearsal set for Wednesday, February 1. For more information, please contact PTA Talent Show Chairperson Barbara Hamilton at 672-5671.

Counselor's Corner — Cyberbullies, and how to protect your children from them

Cyberbullying, using new communication technology to torment others, is taking humiliation to a frightening level. Hiding behind the anonymity of the Internet, cyberbullies are able to hurl threats, trash reputations, and damage fragile egos, usually without being caught. The incredible scope of the Internet means that a cyberbully can reach millions with the click of a mouse.

According to "Online Victimization: A Report on the Nation's Youth," a 2000 study by the University of New Hampshire's Crimes Against Children Research Center, 1 in 17 kids ages 10-17 has been threatened online, and about one-third of them said the incident was very upsetting. A 2002 study done in Great Britain by NCH, a children's charity, found that one in four students had been bullied online.

Some strategies that can protect your children from this new threat:

Learn about new technologies — Instant messages, e-mails, blogs, videos from camcorders or picture phones and how children can be bullied online.

Talk about values with your children — What you want for them and they want for themselves.

Guard passwords — Remind children not to share passwords.

Talk to your child if you believe he or she is the victim of a bully — Often a child being tormented by a cyberbully will be too embarrassed to tell.

Keep copies that document cyberbullying — To strengthen your case if it goes to legal authorities.

Stress the Internet's impact — Encourage your child to think before clicking.

Keep your children safe from cyberbullying. Your children's emotional health is very important for their future.

— Jackie Cardinale, School Counselor

Help needed for Puma Tracks

Needed, urgently: someone to serve as co-editor of *Puma Tracks*, the weekly newsletter published by the PTA for the Rolling Hills community.

We need a volunteer to plan each issue; make sure important things are getting covered; serve as a collection point for articles, ideas and feedback from our readers; write articles or recruit folks to write them; and edit copy.

If you can do this vital job, or know someone who might be able to do it, please contact PTA President Mark Stadler at either rhptaprez@earthlink.net or 672-1481. In the meantime, Mark is your contact person for articles, ideas, questions and comments.

Room 9-ers had many motivations in Fun Run

Was it the Froot Loops or the desire to race the air that made Room 9 kids the champs of the annual Rolling Hills Fun Run last month?

Those speedy third graders in Mrs. Young's class ran the most laps and so they won a class-wide Pizza Party.

The Fun Run raises money to bring physical education back to our children, through the Rolling Hills Foundation, which is run by Rolling Hills parents dedicated to restoring arts and sports programs killed by state budget cuts.

It wasn't about money to the kids in Room 9. For Anthony, it was his fruity breakfast cereal that propelled him to run so fast and so long. For Francisco, running is about freedom to move anyway he wants without anybody telling him how.

Here, according to the Room 9-ers, is what makes them run: "You get fresh air. Air is good." "You get exercise." "Because they make us run." "Because when they keep us inside you can't run inside so when I get outside I love running." "Because I want to be like the air."

The Room 9-ers had strong opinions about the championship pizza that was delivered by the Rolling Hills Foundation: Their choice of toppings included mushrooms, sausage, bacon, Canadian bacon and ketchup. Several purists wanted just plain cheese.

November's top runners recognized

November's top grade-level R.H. Run Club members were:

Kindergarten: Aleksandr K. (room 7, Walker).

First Grade: Mabelle S. (room 5, Cupples).

Second Grade: Audrey B. (room 23, Golden).

Third Grade: Mikey C. (room 13, Coate).

Fourth Grade: Kaitlyn C. (room 19, Sturham).

Fifth Grade: Martin D. (room 20, Wustoff).

A.R. reading list available on school website

A list of all of the A.R. (Accelerated Reading) titles in the Rolling Hills Learning Resource Center as of December 15 is available on the school's website, <http://www.powayusd.com/pusdrhes/default.htm>.

The titles are listed in alphabetical order by title. Also included for each book are the author, reading level, points, number of pages, LRC call number, and quiz number.

The 139-page list is in PDF format; you will need Adobe Acrobat Reader to view it.

December Superintendent's update recognizes holiday accomplishments

The December update by Don Phillips, the superintendent of Poway Unified School District, covers several topics, including the many ways PUSD schools reached out to help others during the holiday season.

Rolling Hills is noted in the update for its Adopt-a-Family Canned Food Drive and the Student Council's coin drive to support local military families, as well as for its participation in the 2005 Support Our Troops Letter Writing and Donations Campaign.

You may access the update at www.powayusd.com/admin/super/monthly_message.htm.

PUMA TRACKS

"Total school communication"

Rolling Hills Elementary School

Principal: Kathleen Marshack
15255 Penasquitos Dr. • San Diego, CA 92129

Office: 858-672-3400

ESS: 858-672-0261

24-hour attendance hotline: 858-672-0857

Email: rhes@sdcoe.k12.ca.us

Website: powayusd.sdcoe.k12.ca.us/pusdrhes

Rolling Hills Elementary School PTA

Every Child • One Voice

President: Mark Stadler • [rhptaprez@earth-](mailto:rhptaprez@earth-link.net)

[link.net](http://earth-link.net)

Affiliated with Palomar Council, 9th District, CCPTS,
California PTA, National PTA

Resolved: to join the PTA in 2006

It's time to join the almost 300 people who have become members of the Rolling Hills PTA in 2005-06. Your \$8 membership supports a PTA unit that sponsors fun, family-oriented events such as the Fall Festival and Renaissance Faire; produces the school newsletter, yearbook and directory; provides volunteers for school activities and raises funds that it invests in programs and services that our school would not otherwise enjoy.

Anyone, not just family members, is eligible to join and support Rolling Hills and our students. More than one family member may join.

PTA membership envelopes are available in the school office. You may fill them out, insert the appropriate the payment and return the envelope to your child's teacher.

Important news, safety alerts a click away!

Is your e-mail address listed with PUSD along with your home address? If your email address is recorded with the district and



Rolling Hills, you will be able to receive immediate safety alerts, the Superintendent's Update and the PUSD e-Bulletin.

PUSD will use multiple forms of communication in an emergency, but not all means may be available in every situation. It is important to have as many options available as possible

Having an email address on file also will enable you to receive a link to *Puma Tracks* as we move to an electronic publication format.

If you haven't yet done so, please give your email address to the Rolling Hills office. If it has changed, please let the office know as well.