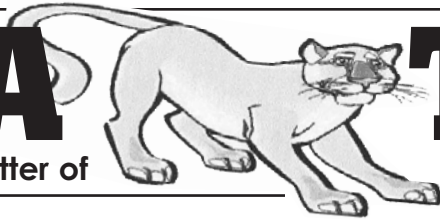


PUMA TRACKS

The PTA Newsletter of



Rolling Hills Elementary School

January 20, 2006 • Volume 4 • Number 17



Talent Show schedule change made

Due to the large turnout of talented students and a desire to accommodate more parents who want to see them perform, the PTA has changed the schedule for this year's Talent Show.

The show will be presented in two school

assemblies on Friday, Feb. 10. Performers in kindergarten-grade 3 will perform for K-3 classes at 8:15 a.m. and those in grades 4 and 5 will perform for 4-5 classes at 9:40 a.m. We also will have an evening show on Feb. 10. The show will begin with K-3 performers at 5:30 p.m.. Following a 15-minute intermission, students in grades 4 and 5 will go on stage at about 7 p.m.

For more information or if you would like to help out, please contact PTA Talent Show Chairperson Barbara Hamilton at 672-5671.

Your PTA needs you

The Rolling Hills PTA Board needs several volunteers to handle important tasks during the rest of the school year.

We need a person to organize our annual staff appreciation event and make sure we have refreshments at other functions. We also need someone to organize our week-long spring book fair, which will be held April 3-7 in the LRC.

In addition, we continue to seek someone to serve as co-editor of this newsletter. We also welcome people who would like to write articles about our teachers and staff members and about things going on around school.

Other positions, requiring varying levels of time and commitment, remain open as well. In addition, the PTA will soon begin seeking candidates for all board positions for the 2006-07 school year. For more information, contact PTA President Mark Stadler at either rhptaprez@earthlink.net or 672-1481.

Jan. 31 Souplantation dinner supports school

The PTA is sponsoring a Rolling Hills "Fun-Raiser" Night at the Rancho Bernardo Souplantation, 17210 Bernardo Center Drive, on January 31.

Take your family to the restaurant between 5 and 8 p.m. on that day, present the Fun-Raiser flyer that will go home in student information packets on January 26 and purchase a meal and a beverage.

Souplantation will donate 15 percent of the sales generated by Rolling Hills families during that time to the PTA. You must purchase both a meal and a beverage in order for Rolling Hills to receive credit for your participation. No other coupons or discounts will be honored during this event. For more information, please contact Beverly Ronningen of the PTA at 672-0030.

Letter from the president: How about an "e-newsletter"?

What would you do with an extra \$1,100?

I can tell you what the Rolling Hills PTA might do with such a windfall. We might buy more books for the Learning Resource Center. Or increase our "mini-grants" to teachers. Or hold more evening family programs.

Or do a little less fund-raising.

Why \$1,100? That's the amount the PTA has budgeted this year to produce this newsletter. That's how much we estimated last summer that it would cost to produce a paper copy of *Puma Tracks* every week for each family and staff member in the Rolling Hills community.

Now, what if we didn't have to buy the paper and make the copies? What if *Puma Tracks* was an electronic publication?

This is what the PTA Board is considering, as part of our ongoing effort to make sure we use our precious funds as efficiently and effectively as possible. The trend at PUSD schools is to "go electronic" — to send students' families an e-mail with a link every time they publish a newsletter rather than make paper copies. We would be able to publish as many stories in our e-newsletters as we need to without page limitations. And we could publish photos of our staff and your students in bright, crisp color.

We're part of the way there. You may know that *Puma Tracks* is one of the useful things you can find on Rolling Hills's website (<http://powayusd.sdcoc.k12.ca.us/pusdrhes/>).

We know you view *Puma Tracks* as a great source of information about our school. In the most recent parent survey, almost every respondent indicated that they read our newsletter. Now, we need to decide whether an electronic version would continue to meet the needs of our community while saving the PTA some money that we can use for other worthwhile purposes. (And save some paper, too.)

If you have any thoughts about this topic that you want to share, please send them to me at rhptaprez@earthlink.net. Thank you!

— Mark Stadler
Rolling Hills PTA President

Counselor's Corner: Keep track of what your kids see, hear on Internet

The Internet can be a wonderful resource for kids. They can use it to do research for school reports, communicate with their friends and teachers, and play interactive games.

That access also can pose problems. That's why it's important for you, as a parent, to monitor what your children see and hear on the Internet. Talk to them about your concerns and take advantage of sources available to protect them from potential dangers.

Following are some ideas from KidsHealth.org (<http://www.kidshealth.org/>) to get involved:

- *Be computer-literate and learn how to block objectionable material.*
- *Keep the computer in a common area so you can better monitor your child's activity on it.*
- *Share an e-mail account.*
- *Bookmark your child's favorite sites for easy access.*
- *Spend time together online.*
- *Forbid your child from entering private chat rooms.*
- *Monitor credit card and phone bills for unfamiliar charges.*

— Jackie Cardinale
School Counselor

Find A.R. book list 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.

Parental involvement key to keeping kids safe

Every minute of the day, children are solicited and victimized online. The San Diego District Attorney's Office warns that predators are relentless in their pursuit of children. To combat Internet crimes against children, we must work together because the responsibility to protect children belongs to all of us.

The DA's office is working with law enforcement, educators and others to develop a program that teaches parents and community leaders how to protect children on the Internet. The goal is to reduce online victimization, increase the level of reporting of criminal activity and provide resources for families to help them guard against Internet dangers.

The most important and effective way to protect children online is parental involvement and supervision. Your children need both to travel safely through cyberspace.

If you think your child is a victim, you can contact the local Internet Crimes Against Children Task Force at <http://www.sdicac.org> or 858-573-0689 or the National Center for Missing and Exploited Children at <http://www.ncmec.org/> or 800-THE-LOST.

The DA's office offers a website with more information, some of which is reproduced on this page. You may visit this website at <http://www.sdcda.org/protecting/children.php>.

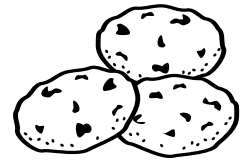


Volunteers sought for LRC

We need volunteers to help out in the Learning Resource Center. If you can help out, please see our acting LRC Clerk, Barbara Hamilton, in the LRC between 8 a.m. and noon on weekdays.

Cookie Dough sale reminder

The PTA's annual Cookie Dough sale ends on January 20.



Students and parents, please turn in your orders and payments as soon as possible.

The products will be delivered in early February. We will let you know the exact date and arrangements for pickup as soon as possible.

For more information or to help with delivery of the products, please contact Carmelle Remillard, the PTA Cookie Dough Chairperson, at 603-3665.

We need foreign stamps for festival

Heads up! The PTA is collecting canceled stamps from foreign countries for the school's upcoming



Multicultural Festival. If you have any to contribute, please drop them off at the office. Thank you!

Another reason to join the PTA

You should join the PTA because it benefits your child and our school. More than 85 rigorous research studies conducted over the past 30 years prove that kids do better in school when their parents are involved. Test scores improve. Attendance increases.

PUMA TRACKS

"Total school communication"

Rolling Hills Elementary School

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Rolling Hills Elementary School PTA

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