

## Come to PTA meeting and superintendent's presentation on Feb. 16

Everyone in the Rolling Hills Elementary community is invited to participate in the next Rolling Hills PTA Association meeting, which will begin at 6:30 p.m. on Thursday, February 10, in the Multi-Purpose Room. Dues-paying PTA members are eligible to vote at the meeting.

During the meeting, PTA members will be asked to elect the Nominations Committee for the 2006-07 PTA Board, approve revisions to the Standing Rules recommended by the PTA Executive Board and adopt the final 2004-05 audit. In addition, PTA Treasurer A-Quan DeShano will give a report on PTA finances since the last Association meeting in September. The PTA also will present past president's pins to Patricia Tracy, the unit president in 2003-04, and Ron Bostater, unit president in 2004-05.

Following the meeting, Don Phillips, superintendent of the Poway Unified School District, will give a presentation for parents on college readiness and how it begins in elementary school.

For more information, please contact PTA President Mark Stadler at [rhptaprez@earthlink.net](mailto:rhptaprez@earthlink.net) or 672-1481.

## Students recognized for achievement, citizenship and effort

Congratulations to the 32 students in grades one through five who received ACE (Achievement, Citizenship and Effort) Awards in January for their classroom excellence. The students, who were selected by their teachers, and their parents were honored at a meeting on January 24 in the Multi-Purpose Room.

*The January ACE Awards winners are:* Cherokee M. and Derek S. (Wusthoff); Sharoll D. and Kyle S. (McNaul); Bronte B. and Christopher W. (Harvey); Bekah B. and Austin L. (Sturhann); Cassius D. and Elsa M. (Mallory); Arvind D. and Kelly M. (Young); Claire A. and Byeong N. (Stahler); Brett E. and Tekla S. (Coate); Sharlee D. and Cassie L. (Watson); Truong D. and Ryan H. (Golden); Zoe D. and Brian L. (When); Tanya K. and Kathleen T. (Kajita); Shawn L. and Huy T. (Herman); Nicholas K. and Melissa M. (Lopez); Tawni C. (Lawless); Conan G. and Pearl L. (Gray); and Isaiah F. (Cupples).

Nicole D. (Gray), a December award winner, also was honored.

## Reminder: Dine at Souplantation on January 31

The PTA is sponsoring a Rolling Hills "Fun-Raiser" Night at the Rancho Bernardo Souplantation, 17210 Bernardo Center Drive, on Tuesday, January 31 between 5 and 8 p.m.

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 to the PTA.

For more information, please contact Beverly Ronningen of the PTA at 672-0030.

## Counselor's Corner — 8 keys to success in school

I attended a workshop given in December by a well-known presenter from the San Diego County Department of Education. What I learned, in a nutshell — actually, in 4 1/2 hours — can make the difference in your child's school success. I will outline the points here and elaborate on them in future newsletter articles.

School Success is dependent on:

*Decreasing High-risk Behaviors.*

*Prevention Curriculum* – In the Poway Unified School District we use Second Step, Steps to Respect and Too Good for Drugs. These are all researched-based and proven to be effective.

*Physical Fitness/Health* – As parents you have a powerful impact on both of these areas of your child's health, and they are vital to success in school. Good nutrition, especially eating breakfast, and getting daily exercise have been shown to improve academic, physical and mental health. Be creative.

*Connectedness to School* – Having friends and caring adults at school promote learning.

*Safe Environment* – Improved learning is fostered when your child perceives he or she is safe at school and in the neighborhood.

*Developmental Assets* – These include both external assets such as support, empowerment, expectations of adults and constructive use of time *and* internal assets such as commitment to learning, positive values (the character traits we teach apply here), social competencies and positive identity. More on this later.


*Parent Involvement* – This is HUGE. Studies going back 35 years support the theory that children do better academically when their parents are involved in their school.

*Attendance* – Regular attendance substantially benefits students. Children who attend regularly and are on time to class learn more and adjust better socially.

I think you'll agree that we want to do whatever it takes to give our children all they need for the future and for success now and in their adult lives. The above eight areas have been proven effective.

— Jackie Cardinale, School Counselor

# FEBRUARY 2006

Monday	Tuesday	Wednesday	Thursday	Friday	Sat./Sun
	JAN. 31	1	2	3	4/5
	Assembly: <i>Sleeping Beauty</i> Opera • 10:00am & 1:00pm  <b>Souplantation Dinner Fun-raiser!</b>				
6	7	8	9	10	11/12
	PTA Board meets • 6:30pm • Family Center			Talent Show <b>Morning Assemblies</b> • K-3: 8:15 • 4-5: 9:40  <b>Evening show</b> • K-3: 5:30 • 4-5: 7:00 • MPR	
13	14	15	16	17	18/19
	 Valentine's Day	Foundation Board meets • 7:00pm	PTA Association meeting • 6:30 p.m. PUSD Supt. Phillips • 7 p.m. • MPR		
20	21	22	23	24	25/26
<b><i>President's Week / District Recess — No School!</i></b>					

***President's Week / District Recess — No School!***

27	28
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## Opera presents *Sleeping Beauty* for students

Students will seem — and hear — a story about a snoozing princess, a heroic prince, a fearsome dragon and a humorous court jester when the San Diego Opera Ensemble brings *Sleeping Beauty* to Rolling Hills. The six young professional singers who compose the Opera Ensemble will present *Sleeping Beauty* twice — at 10 a.m. for students in kindergarten through second grade and at 1 p.m. for students in grades two/three through five on January 31.

## Buy a ball, support P.E.

Buy a new football or basketball from the Rolling Hills Foundation in February and support the school's physical education program. The Foundation, the non-profit organization that provides P.E., art and music instruction to all Rolling Hills students, will sell Sportime Max footballs and basketballs after school on February 3, 10 and 17 by the flagpole. The balls cost \$11 each, of which \$4 will be returned to the Foundation to help fund the school P.E. program. For more information, contact Lorena Welch of the Foundation at 672-1893.



**PUMA TRACKS**  
*"Total school communication"*

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**Rolling Hills Elementary School PTA**  
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Affiliated with Palomar Council, 9th District, CCPTS,  
 California PTA, National PTA