



PUMA TRACKS

The PTA newsletter for
Rolling Hills Elementary School

November 10, 2005 • Volume 4, Number 12

ACE Award winners honored for November

Thirty-three students in grades one through five were honored this month for their Achievement, Citizenship and Effort. The November ACE Award winners, as chosen by their teachers, were recognized in a ceremony November 7 in the Multi-Purpose Room:

Madele F. (Cupples); Nick G., Christine T. (Gray); Chloe H., Anh-Tu P. (Lawless); Rameses H., Sydney W. (Lopez); Sarah H., Michael R. (Herman); Daniel C., Alex Z. (Kajita); Juan A., Hannah S. (When); Audrey B., Gregory P. (Golden); Ava S., Noah S. (Watson); Sydney B., Anthony R. (Coate); Joann G., Sarah W. (Stahler); Shad B., Mitchell S. (Young); Bethany H., Erin K. (Mallory); Alex A., Taylor L. (Sturhann); Siara A., Margaret L. (Harvey); Jacob C., Chloe E. (McNaul); Caitlyn B., Kelsie H. (Wusthoff). Amber R. (When), an October award winner, also was honored. Congratulations, all!

How to receive important news and safety alerts

Is your email 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 communications 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.

A fun time run time for all!

Students run 520 miles in 26th annual Fun Run

Students got physical, had fun, and raised funds at the 26th annual Rolling Hills Fun Run on Nov. 4. All of the participants went home from the Fun Run with a ribbon, a certificate and, for many, wobbly legs. Most importantly, though, they helped to achieve a wonderful goal.

The goal set for this year's Fun Run by the Rolling Hills Elementary Foundation was to raise \$12,000 to purchase the Spark PE program for all classes at the school. (Visit <http://www.sparkpe.org/index.jsp> to learn more about this program/)

For 2 ½ hours during the morning on Nov. 4, kindergartners through fifth graders – and some teachers; thank you, Mrs. Coate and Mrs. Stahler – ran for 20 minutes per grade level and competed for prizes for most laps run per grade. All told, our runners covered 520 miles.

The grand prize winners, Michael M. (top boy) and Courtney C. and Sydney B. (tied

for top girl) received gifts donated by Office Depot and Sue Hites, the Doubletree Golf Resort tennis pro. (See list of the top runners from each class, this page.)

Brittany B., of Mrs. Young's class, collected \$337 in donations, making her the top student in this category. She won two Disneyland tickets donated by Disneyland.

The deadline for submitting Fun Run donations is November 30. The classroom that raises the most donations will receive a pizza party and every classroom that achieves its donation goal will receive a Popsicle party.

The Foundation would like to thank its generous Fun Run sponsors: Blair Rasmussen Construction; Office Depot; Disneyland; Baskin Robbins; the Doubletree Golf Resort; and Sue Hites, tennis pro at the Doubletree.

The Foundation also thanks Angela Simmons, the Fun Run Chairperson. *Puma Tracks* will recognize the long list of Fun Run volunteers in our next issue.

Following is a list of the boys and girls who ran the most laps in the Fun Run for each classroom, with the number of laps they ran in parentheses, and the top girl and boy runners for each grade level in boldface type.

Kindergarten – Mrs. Cupples/5: Kyle B. (19), Amecie L. (20); Mrs. Walker/7: **Ahmed P. (26)**, Cassidy L. (23); Mrs. Tebbets/8: Nathan R. (22), Brianna C. (20).

1st Grade – Mrs. Lopez/2: **Isaac E. (27)**, Shannon O. (26); Mrs. Cupples/5: Thomas S. (22), Christine Y. (21); Mrs. Lawless/6: Evan C. (24), Chiara M. (24); Mrs. Gray/11: **Nick G. (27)**, Erika P. (22).

2nd Grade – Mrs. Stahler/10: Clayton J. (30), Claire A. (26); Mrs. Herman/14: Shaun L. (28), Savannah M. (27); Mrs. Kajita/15: Alex Z. (26), **Olivia H. (28)**; Mrs. When/16: Brian L. (31), Amber R. and Hannah S. (27); Mrs. Watson/21: **Kele F. (32)**, Ava S. (23). Ms. Golden/23: Ryan H. (23) and Kristopher L. (23), Audrey B. (25).

3rd Grade – Mrs. Young/9: Shad B. and Francisco G. (32), Natalie P. (30); Mrs. Stahler/10: Tyler S. (24), Brianna S. (29); Mrs. Coate/13: **Mike C. and Austin R. (33)**; **Sydney B. (33)**. Mrs. Watson/21: **Taylor K. (33)**, Cassie L. (21); Ms. Golden/23: Gregory P. (24), Seulki N. (23).

4th Grade – Mrs. Mallory/18: Cassius D. (31), Astrid C. and Abbey Lisicky (32); Mrs. Sturhann/19: **Michael M. (36)**, Kaitlyn C. and Van T. (30). Mrs. Harvey/22: Zachary S. (26), **Courtney Coate (33)**.

5th Grade – Mrs. Wusthoff/20: Aaron Z. (34), **Kelsie H. (31)**; Mrs. Harvey/22: Jesse H. (30), Breanne R. (28); Mrs. McNaul/24: **Zachary T. (35)**, Sharoll D. and Chloe E. (28).

Character trait for November: Respect

By Jackie Cardinale, School Counselor

During the month of November, we are learning, modeling and focusing on the character trait of RESPECT. This is happening throughout the Poway Unified School District. I have started with the 5th grade for the Character Counts lessons.

Respect means treating others with respect; following the "Golden Rule" (Treat others as you want to be treated); using good manners, not bad language; being considerate of others; not threatening, hitting or hurting anyone; dealing peacefully with anger, insults and disagreements.

Children don't know this automatically. The traits need to be taught and modeled. Below are some discussion topics to make this concept concrete so your child is better able to understand it. Perhaps use one a day or one for several days.

- Name a recent time when you respected a family member's privacy.
- Describe a time this week when you remained respectful, even though you were upset.
- Describe how you treated a family member with respect today.
- Give an example of how you used good manners today.
- Choose a family member and describe what you respect about him/her.
- Discuss how you may treat yourself with more self-respect.

Teachers and parents work together as a team in instilling these qualities in our precious children.

PTA thanks all who have joined thus far

Some 282 of you have joined the PTA so far during this school year and so are supporting programs, projects and activities that benefit our school and students.

All of the Rolling Hills classrooms, from pre-kindergarten through grade 5, have members. During the recent PTA membership contest, classes in three categories (based on enrollment) earned pizza parties: 15 students and fewer: Mrs. Stahler (17 members); 16-20 students: Mrs. Young (22 members); more than 20 students: Mrs. Harvey (29).

Thank you very much, and remember that it is never too late to join the PTA!

Box tops contest update

The count for box tops collected in the recent contest is up to 5,300, which means Rolling Hills will receive \$530 to purchase books for the Learning Resource Center.

This amount puts the school almost halfway toward our goal of \$1,100 for the school year. Keep clipping box tops – a new contest starts soon and runs through February.

Diabetes and obesity in children topic of talk

Pediatrician Philip Goscienski will talk about "Diabetes and Obesity in Children" in the Family Center (Room 17) on Nov. 17 from 6:30-7:30 p.m.

Dr. Goscienski, who has an extensive knowledge of children, infectious diseases and nutrition, will make us aware of this growing problem in children and how parents can prevent it. For more information about him, visit his website at www.betterlifeseminars.com.

Dr. Goscienski has published a book, *Health Secrets of the Stone Age*, based on the idea that our genetic makeup is millions of years old and does not match our lifestyle. As a result, Type 2 diabetes is growing in our society and is expected to double by the year 2015.

Health Secrets of the Stone Age explains diabetes in simple terms and shows how we can avoid this condition. One chapter of the book is devoted to children.

Dr. Goscienski also writes a weekly newspaper column titled "Stone Age Doc." He has a passion for informing the public of the dangers of diabetes and obesity in children.

Costume contest winners listed

Congratulations to the winners of the costume contest at the PTA's Halloween Party, which was October 28 in the Multi-Purpose Room.

Girls: kindergarten, Kayla; first grade, Carly C.; second, Sarah W.; third, Jennifer W.; fourth, Jessica G.; fifth, Gloria Y.

Boys: kindergarten, Austin; first, Eric S.; second, Derek S.; third, Austin R.; fourth, Evan O.; fifth, Stephen X.

Adults (sixth grade and older): first place, Sophia D.; second place, Carmel G.; third place, Cara S.

The PTA thanks our judges: Karen Keefer, Wayne Noble, Karen Shum, and Elaine Wilson.

Monthly update available

The latest monthly update by Don Phillips, Poway Unified School District superintendent, is available at www.powayusd.com/admin/super/monthly_message.htm. He writes about student enrollment, projects to help with Hurricane Katrina relief and other accomplishments.

Correction: *Puma Tracks* misnamed Mrs. Stahler's granddaughter in a page 1 photo caption in our November 4 edition. Her granddaughter's name is Alexis. We regret the error.

PUMA TRACKS

"Total school communication"

Rolling Hills Elementary School

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Affiliated with: Palomar Council, Ninth District, CCPTS, California PTA, National PTA