

PUMA TRACKS



The PTA Newsletter of Rolling Hills Elementary School

January 14, 2011 • Volume 9, Number 10



Dear Families and Friends of Rolling Hills,

To highlight exemplary models of positive character within our learning community, we have established a "Wall of Honor" in our LRC to recognize parents, family members, and friends who are current or retired first responders (police, firefighters, paramedics, EMTs, etc.), serve in the military and reserves, or are veterans.

If you have a family member or friend who is serving or has served in one of these capacities please submit a picture (preferably in uniform dress if possible) with name, rank, position and a few sentences about the person to the school office. We will be honored and proud to add your loved ones or friends to our "Wall of Honor" display in the library entrance hall.

The Rolling Hills community is a special place for our children and any chance that the staff and I have to honor our families is a true privilege.

Sincerely,
Kathleen Marshack
Principal

Students and Parents

We need your feedback on how technology can help enhance student learning in the classroom. It is important for us to understand how you use technology when outside of school and during the school day. We also need to know your thoughts about technology in the future and how it can improve your educa-

tion. Please take a moment to fill out a short survey at the web address below. When prompted for a secret word, please use *surveyusd*.

<http://www.speakup4schools.org/speakup2010/>

The survey will be closing soon (**January 21st**) so it is critical to complete it as soon as possible. Thank you!



Rolling Hills Elementary School

Principal: Kathleen Marshack
15255 Peñasquitos Drive • San Diego • CA 92129
Office: 858-672-3400 • ESS: 858-672-0261
24-hour attendance hotline: 858-672-0857
Website: www.powayusd.com/RHES

Rolling Hills Elementary School PTA

Every Child • One Voice
Website: www.rollinghillsppta.org
President: Melissa Thurber
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Affiliated with Palomar Council, Ninth District, CCPTS, CAPTA, National PTA



HOW DOES OUR GARDEN GROW?

\$5,000 LITERACY GARDEN GRANT RECEIVED FROM LOWE'S

WE GOT IT!!! What a great way to start 2011!

A huge big thanks to the Grant Committee. We will now have \$5,000 to put towards the Literacy Garden and surrounding area. There will be lots of work to be completed on the garden so if you have a green thumb, or would just like to help make the garden a reality for Rolling Hills, please contact Fred Simons at fred.m.simons@gmail.com.

Eagle Scout Project?

The Literacy Garden is in need of a fence. We'd really like to get this project underway so that the kids, teachers and parents can fully enjoy the Literacy Garden. If you know of anyone interested in helping out with this project, please have them contact Fred Simons at fred.m.simons@gmail.com. Thank you!



An Easy Way to Donate to RHES!

One of our RHES teachers has taken the time to submit a project on DonorsChoose.org. If you're looking for a way to help out RHES students, please go to www.donorschoose.org/donors/proposal.html?id=485678&verify=1820122789&more=true and consider donating to Mrs. Sturhann's project. All donations are tax-deductible and she is only \$126 away from reaching her goal.

Anyone in the world can donate to a project of their choice - we hope you choose to support Rolling Hills kids!!!

Upcoming Events

Jan. 3 rd	School resumes
Jan. 17 th	No School—Martin Luther King Jr. Day
January 17 – 21 st	Pinkberry Frozen Yogurt Dining Out Week
Jan. 27 th	Foundation Art Show
Jan. 28 th	No School (Professional Growth Day)
Feb. 3 rd	Stuffed Animal Pet Show and PTA Meet
February 9 th	Cheeburger Cheeburger Dining Out Night
Feb. 14 th -17 th	No School (President's Week)
Mar. 4 th	Talent Show

January Dining Out—A Week of Yum!

Date: January 17 – 21st

Where: Pinkberry Frozen Yogurt
11975 Carmel Mtn Rd. #606

No Flier needed, just let them know that you are there for the Rolling Hills PTA fundraiser!

*****20% of sales is donated to RHES!
WOW! *****

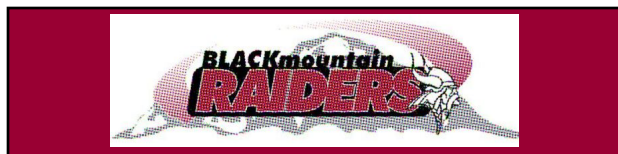


YARD SALE COMING SOON MAY 21st!

Cleaning out your closets and don't know what to do with all the stuff or just organizing the house and found clothes, games and such that you no longer need/want?

Save it for the 2nd Annual Rolling Hills Yard Sale!!

Buy a spot for only \$10 and you keep all the proceeds from your items! After the yard sale is over you can either take what's left or donate it (we'll have a truck there for donations). More information to come - make sure to watch for it!



Black Mountain Middle School Academy Night

Mark your calendars for Wednesday February 23 and find out what the Academy is all about! Academy Information Night will answer all your questions. Parents of 6th, 7th and 8th grade students are invited to attend. The meeting will be held in the BMMS Gym, 6:00-7:30 pm. **Attendance is mandatory** for families wishing to be considered for next year's program.

Other important dates:

- Mon. Feb. 28 Applications due in the office by 3 p.m.
- Fri. Mar. 4 Applicants notified if selected for interview process or not selected
- Mar. 5-12 Interviews
- Mon. Mar. 28 Notification of Academy Acceptance
- Wed. Apr. 27 Mandatory Meet & Greet
- Aug. 8-19 Academy Summer Session.
(Note: moved to end of summer.)
- Aug. 24* School year resumes

FOR MORE INFO VISIT

<http://powayusd.sdcoe.k12.ca.us/pusdbmms/Academy/>

Rolling Hills Spirit Items!

NEW products to include lightweight hoodies (pullover) in grey or navy, water bottles and stainless steel tumblers.

Great gifts for the student, teachers and parents!

Look for order form in Puma Tracks and front office.

Orders due February 26!



ROLLING HILLS

New Design!!



Show some school spirit!!

Order forms due February 26.

Items will be delivered 2-3 weeks later.

Any questions, please contact

Anne McKeirnan—anne.mckeirnan@gmail.com or 858.672.1239



Rolling Hills Elementary School

DESCRIPTION	PRICE	COLOR	SIZE	QTY	TOTAL
1. Youth Unisex Tee	S-M-L-XL \$10.00				
2. Youth hoodie, pull over (navy, grey)	S, M, L \$20.00				
3. Adult Unisex Tee	\$10.00				
4. Classic Ladies Tee*	\$12.00				
5. Adult hoodie, pull over (navy, grey)	S-M-L-XL \$20.00				
6. Stainless steel tumbler (blue)	24 oz \$10.00				
7. Plastic BPA-free Briaza water bottle (blue)	\$10.00				
Total:					

*Ladies tee is sized small so please order one size larger than you normally wear.

Please Have Orders in by February 26 - look for a box in the office or give to teacher. Apparel will be delivered to your child 2-3 weeks after orders are placed by school

Name: _____ Telephone: _____ Email: _____

Teacher's Name: _____ Grade: _____

Paid With: Cash or Check

Cash: _____ Check: _____ Check #: _____

*Make Checks Payable to: Rolling Hills PTA

Any questions, contact:

Anne McKeirnan - anne.mckeirnan@gmail.com

Phone Number: (858) 672-1239

Order Today!

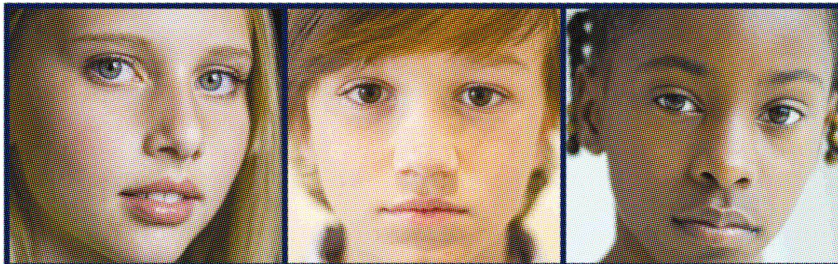


Let us Entertain You!

Mark Your Calendars for the RHES Talent Show! March 4th at 6:30pm

If you're interested in having your child(ren) perform, flyers are available in the front office or e-mail Dianne Buss at bdrjfamily@sbcglobal.net for the form.

Forms are due January 21st, 2011



BRIDGING THE DIGITAL DIVIDE *need*
What Parents Want To Know

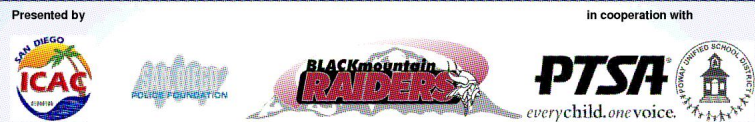
Trends and Dangers in Cyberspace

The internet is an amazing place where kids like to spend lots of time socializing and exploring. Unfortunately, they often encounter too much too soon. The San Diego Internet Crimes Against Children Task Force (ICAC) and the San Diego Police Foundation are providing tools to help kids and parents make smart cyber choices. Parents and concerned adults are invited to attend this important community event at Black Mountain Middle School.



Registration Required! We need at least 75 people to register to hold this event. Go to www.sdpolicefoundation.org or call 858-453-5060.

WHO Adults only Not appropriate for children	WHERE Black Mountain Middle School 9353 Oviedo St. San Diego, 92129
DATE Wednesday, February 2, 2011	COST FREE Community Presentation
TIME 6:30-7:00 p.m. Check in 7:00-8:15 p.m. Presentation and Q&A	RSVP San Diego Police Foundation www.sdpolicefoundation.org 858-453-5060



Recycle Your Cell Phone ~ It's An Easy Call!



Did you know that more than 100 million cell phones are used annually? If we recycled all of them, we would save enough energy to power 18,500 US homes for a year! Do you have an unused cell phone?

When you recycle your unused cell phone you are helping the environment by saving energy and keeping reusable materials out of landfills. Precious metals, copper and plastics from cell phones can be reused saving the energy required to mine and manufacture them. When put into landfills, cell phones release lead and cadmium as they breakdown creating air and water pollution and greenhouse gas emissions.

Please donate your used cell phones and batteries. Ask your family, friends and neighbors to donate their used and unwanted phones.

A collection box is located on campus near the "lost and found" and inside ESS for your convenience.

www.epa.gov/cellphone

**You can make a difference,
 don't stash or trash it – recycle it!**



Back by Popular Demand!

When? Jan. 21 Feb. 4 Feb. 11 Feb 25 March 11 March 25 April 15	Where? In front of Rolling Hills at 12:50p	Flavors? Strawberry Whirl and Peach Perfection
	What? 8oz size smoothie \$2!	
	Available	

**Jamba Juice Smoothies. . .
 All Fruit, totally healthy! Just fruit and juice!**

**ALL SMOOTHIES CONTAIN MILK PRODUCTS AND ARE NON-GLUTEN.
 TRACE AMOUNTS OF ALLERGENS (LIKE PEANUTS) MAY BE PRESENT
 IN THE SMOOTHIES.**

PTA Legislative Advocacy Training
everychild.onevoice.

- WHEN:** Tuesday, January 18, 6-7 p.m., and Wednesday, January 19, 10-11 a.m. (pick one date that works with your schedule)
- WHERE:** San Diego County Office of Education
 6401 Linda Vista Road, Room 304
 San Diego, CA 92111
- WHAT:** "Legislative advocacy" is a fancy-sounding term for getting laws passed and money allocated to promote education and protect children. Training in this area means helping people learn how to promote education and protect children by lobbying law makers.
- WHO:** If you CARE about cuts to education budgets, middle-school students getting recruited by gangs, unhealthy food in school cafeterias, elimination of school nurses, cyber-bullying, kids falling through cracks in the foster care system . . . then YOU have what it takes to be a legislative advocate!
- WHY:** Ninth District PTA is preparing parents to meet with legislators in Sacramento, February 7-8. We also want to train parents to meet with legislators in their home offices, right here in San Diego.
- RSVP:** Bey-Ling Sha
(requested but not required) Chairman, Sacramento Safari
 beyling_sha@yahoo.com
 619-303-7991



5% Back to Schools Program

Every time you shop at Office Depot, remember to mention "Rolling Hills Elementary". Our school will earn credits equal to 5% of purchases to use for **FREE supplies!**

ACTIVE PARENTING OF TEENS



THE TEEN YEARS ARE FILLED WITH CHANGE AND CHALLENGE.



“Active Parenting of Teens’ is a program that helps parents meet the challenges of parenting teens and preteens in today’s turbulent society. Parents will learn the skills they need to communicate effectively with their teens, encourage better behavior, use positive discipline techniques, and teach responsibility.

“Active Parenting of Teens”, presented by Laurie Wong, is a Michael Popkin, Ph.D. series which includes video, discussion, and practical solutions.

YOU WILL LEARN:

- How to talk with your adolescent about violence, sex, alcohol and other drugs
- Solving problems together
- Reinforcing your adolescent’s courage and inner strength
- Building your adolescent’s sense of responsibility
- Communicating effectively and gaining respectful behavior from your adolescent
- How to discipline adolescents
- Ways to make parenting less stressful

SCHEDULE OF CLASSES: 2011

DATES: **Thursdays: 1/20, 1/27, 2/3, 2/10**

Thursdays: 3/3, 3/10, 3/17, 3/24

Wednesdays: 4/27, 5/4, 5/11, 5/18

Twin Peaks Middle School

Mesa Verde Middle School

Meadowbrook Middle School

TO REGISTER:

Please complete the registration form and mail with your check to:
Poway Unified School District
Student Support Services

ATTN: Caring Connections Center
13626 Twin Peaks Road Bldg. 300
Poway, CA 92064

Reservations are accepted on a first-come, first-serve basis. Checks should be made payable to: **PUSD**

You will receive a reminder phone call or e-mail prior to the first class.

For more information, please call:
858-668-4084

COST:

Cost for the series is \$39 for individual, \$69 for couples, plus \$15 for “Active Parenting” book.

Please sign me up for the 2011 Active Parenting of Teens series:

Name (s): _____

Address/City/Zip: _____

Phone(s): Home: _____ Work/Cell: _____

E-mail (for class reminder): _____

Amount enclosed: \$69 couple \$39 Individual Plus Text Book \$15 Total = _____

Series (check ONE):
 Twin Peaks Mesa Verde Meadowbrook

School(s) your child(ren) attend: _____

How did you hear about this workshop?
 School Newspaper Direct Mailing Other