

# Pleasant Valley Elementary

## PV Views

September 25, 2009

"Where Eagles Fly"



### Contact us

**Terry Gavin Brown**  
Principal

**Julie Spaan**  
Office Manager

**Linda Blum**  
PTA President

**Attendance Recorder**  
897-6264

**Office**  
897-5104

**Website**  
[www.pveagles.org](http://www.pveagles.org)

**Newsletter Submissions**  
[news4pv@yahoo.com](mailto:news4pv@yahoo.com)

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### PV Event Calendar

**September 26th**  
Rock 'n Blues

**September 30th**  
Native American Day

**October 7th**  
Walk to School Day

[Click here to view the full school calendar.](#)

### Lunch Menu

**Mon-Sept. 28**  
Baked Chicken Bites  
OR Chicken Caesar Salad

**Tues-Sept. 29**  
Pizza Stuffed Crust

**Wed-Sept. 30**  
Teriyaki Chicken  
Dippers OR  
Taco Salad (chicken)

**Thurs-Oct. 1**

**Fri-Oct. 2**

### Quick Links

[PV Eagles Website](#)

[School Fuel](#)

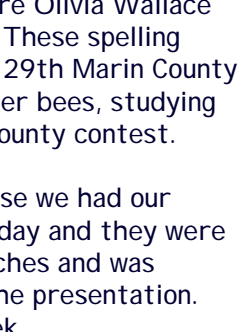
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[Superintendent's Monthly Newsletter](#)

### From the Desk of Terry Gavin Brown

Dear Pleasant Valley Families:

I hope I will be seeing you at Rock-n-Blues by the Lake this weekend. It is sure to be lots of fun for the whole family. Pleasant Valley will be hosting a ring toss activity for the kids. Mrs. Spaan and I will be taking our turns working the booth. Make sure to drop by and say hi!



Congratulations to our "Spelling Bee" champs. They are Olivia Wallace Calabrese, Alyssa Maniscalco and Samantha McCabe. These spelling champs will represent Pleasant Valley at the October 29th Marin County Spelling Bee. Until then the girls will be busy as worker bees, studying their spelling words and preparing for the upcoming county contest.

We have a tough choice here at Pleasant Valley because we had our candidates for student council give their speeches today and they were just terrific. I heard so many good ideas in the speeches and was impressed by the quality of the speech content and the presentation. We should be hearing the results in the upcoming week.

We look forward to our Native American Unity Day on Wednesday, September 30th. This day will be a day of respect and a day of learning. Many of the California Standards for K-5 will be addressed at this event and so instruction time will not be lost. Remember to remind your students to dress in fall earth tone colors (brown/green/orange/red) and to bring either a fruit or vegetable to contribute to the community harvest bowl. Moms will use these food items to prepare a fruit salad and vegetable tray for the students to eat later in the day.

K students - one apple  
First grade - vegetable  
Second grade - fruit  
Third grade - vegetable  
Fourth grade - fruit  
Fifth grade - vegetable

It is week five of school and I have already had eight families request approval for independent studies for students. An independent study is a dilemma for a school because, while it helps the school financially, academically these missed days of school can't be made up in a packet of work. Student learning is compromised when students are not in school. Even the best packet can't substitute for all the material covered while a student is away. Instruction for the whole class is sacrificed when students return to school and teachers must stop and take valuable teaching time to help students 'catch up.' We ask that you please schedule your vacations during school breaks only. The State and you, the parents, hold us accountable for your child's learning. We take that responsibility very seriously, and we can't teach students who are not here. Students who are not here miss out on important learning. In this year of "No Excuses," there is no excuse for students missing important school time.

I know in this time of worry about swine flu parents are asking can we make an exception regarding this flu when it comes to perfect attendance. The question becomes how many exceptions can we make and still remain true to the idea of perfect attendance. We can however explain to our students that while getting sick is just sometimes bad luck they do have some control in increasing the odds of staying well. Regular hand washing and healthy habits like getting enough sleep, dressing for the weather, eating smart and taking vitamins will increase the chance of avoiding illness. I understand how disappointing it can be to miss perfect attendance because of "real" illness. I remember, too well, my second grade daughter getting through the whole year with perfect attendance and then getting sick at school two days before summer vacation. She cried when I picked her up. Nikki was so sad to lose her award but it turned out there was a much bigger payoff in the end. She learned that attendance is important and stayed home only when ill. She graduated with a great attendance record which has carried over to her work career. Habits our kids form early in life can become valuable lifelong skills, but as parents the learning part often tugs at our hearts.

We have a great idea from our Technology committee who recommended that parents ask their employees if they have matching donation programs. Many companies do! This means that when parents donate their own money to a school, businesses may have a program to match that donation. We just love that idea here at PV.

Halloween is coming up and I just want to let you know the majority of the staff will be dressing "college" in celebration for our "No Excuses - College Bound" district and school philosophy. We will probably see cheerleaders, sports apparel and lots of sweatshirts from colleges around.

Sincerely,  
Terry Gavin Brown

### Native American Unity Day

#### Wednesday, September 30th

Next Wednesday, Pleasant Valley will host their first Native American Day. It will be a day of immersive activities for all students as they learn about tribal life, culture, and history.

The day will begin with a Fall Harvest Ceremony at 8:45. All students will gather in their tribes to give thanks for a successful harvest. It is a solemn ceremony filled with Native American chants, songs, and stories. Parents are welcome to attend, but are asked to be silent observers for this reverent event. We expect to host the event on the PV baseball field (dry grass permitting), so bleacher seating should be available.

Later in the day, the 3rd, 4th & 5th grades will set up their camps and re-enact tribal life on the hillside behind the school. The lower grades will travel through the encampments to listen to Native American stories, see how day-to-day life was lived, play traditional games, and learn authentic handicrafts. The day will be further enhanced with visits from Jan LaTorre Derby and representatives from Native American tribes.

The Native American theme will extend into lunchtime as we serve a 'Buffalo Feast'. It will include "buffalo burgers" (really just hamburgers) and the harvest of fruits and vegetables that will be brought forth by the students during the morning ceremony.

#### How Parents Can Support the Day

Send an individual serving of a fruit or vegetable for your student to contribute during the Fall Harvest Ceremony. Each item will be incorporated into a fruit salad or a raw vegetable tray that will be served as part of their lunch.

Remind your children to wear earth tone colors on Wednesday (browns, greens, yellow, orange or dark red) to mirror the colors of fall and promote unity. We are asking that students NOT wear feathers or any stereotype garb that might offend Native American visitors to our school.

Volunteer to help - there are many opportunities to help throughout the day. We can keep you busy all day long with preparations or as guides. Or, just spend an hour or two, and we'll put you to work. Please send an email to [michelle@jdrobotstgroup.com](mailto:michelle@jdrobotstgroup.com) if you are available to help.

Loan items to support the day - We especially need large white canvas tarps and 12 battery-operated boomboxes. We also welcome any Native American artifacts, tools or decorations that could be used to enhance the day. (Just be sure to label any donations so we can return them to you.)

### Rock-n-Blues By the Lake -- This Weekend!

**Saturday, September 26th**  
**10am to 8pm at Stafford Lake in Novato**

It's not too late to get your tickets to Rock 'n Blues by the Lake! Go to our school office today or contact Linda Blum at 415-898-3676 or [linda@balancingelement.com](mailto:linda@balancingelement.com).

**Advance Ticket Prices**  
\$45 Adults, \$20 Teens (ages 12-18)  
\$15 Children (ages 5-11)  
Children 4 and under are free

**SEE YOU THERE!!**

### RUNNING & WALKING CLUB

We are thrilled to announce that the Pleasant Valley PTA is starting a Running & Walking Club!!! This activity will take place during our children's lunch recess time. It will not take away from their eating time and will be purely voluntary. It is designed to motivate students to be active, get fit, set personal goals, and achieve those goals. We will be encouraging the children to support each other, good sportsmanship, general wellness and most importantly we will make it FUN!

We are hoping to start the weekly/bi-weekly program in January 2010 (whether it is weekly or bi-weekly depends on financial and volunteer support). Our initial event will be a Walk/Run-a-thon on October 22, 2009 to raise funds to support this club. If you have any interest in assisting either behind the scenes or at the track please fill out the appropriate information on the form.

The object of the Run/Walk Club is for students to run/walk laps around a marked track. Each student who signs up will receive a chain and then a foot token for each mile they complete as an incentive. Special tokens will be given for reaching key milestones; such as 10, half marathon, 20, 26.2 (marathon). The tokens are earned based on the mileage completed and marked by a parent volunteer on Run/Walk Cards, given to each child signs up.

In this weeks Friday Folder, you will be receiving a permission slip as well as a pledge sheet. EVERY child who wishes to participate in the Walk/Run Club at any time during the year MUST return the permission slip as soon as possible. This form does not obligate your child to participate, but it will allow them to have the option of participating in the October event as well as later dates. Please return the form by October 2nd. Children can collect pledges from neighbors, family, businesses, etc. Pledge sheets should be returned October 22nd and we will be asking for the pledges to be collected and returned by October 29.

Thank you for your support and for supporting the healthy lifestyles we will be encouraging. We look forward to seeing your child on the track.

Lisa Citarella and Kim Overstreet  
Co-Chairs of the Walk/Run Club

### Growing Up Green Sloat Fundraiser

Any Sloat Garden Center, during Sept. 18-28, will donate 10% of pre-tax sales purchased by our community (with our flyer) to PV in the form of a gift card which can be used for classroom projects, our school garden, butterfly garden or school grounds. The flyer can be obtained in the office or downloaded at [www.pveagles.org](http://www.pveagles.org). The school with the highest total sales will receive 20% back and a visit from Sloat's experts to help support school garden activities. If you need plants or supplies, visit Sloat and you can help support PV too.

### POPSICLES FOR SALE ON FRIDAY AFTER SCHOOL

#### 5th Grade Walker Creek Fundraiser

Popsicle sales are off to a great start! What a fun way to end a busy school week with a delicious all natural frozen fruit bar! We will continue to have a table set up each Friday after school, by the flag pole. The money raised through these sales will go towards this year's 5th graders going to Walker Creek. Fifth grade parents, please contact Jennifer Altmann at [merrithew2@comcast.net](mailto:merrithew2@comcast.net) to sign up to help sell, and to answer any questions you may have. We do ask all parents to please remember and respect our pick-up rules, about not leaving your car unattended - even while your student may be standing in line for a treat. One unattended car, sets off a chain reaction causing much traffic congestion and frustration by other parents who are trying to get into the school driveway to pickup their child(ren). Maybe the best solution is to park on the street, walk onto campus, and share a special moment with your child by having a popsicle together!

### Earn \$\$ for PV with eScrip and Safeway!

**ATTENTION SAFEWAY SHOPPERS!** Pleasant Valley is part of Safeway's 10% Back to Schools fundraising program. If you are not yet registered with eScrip, and you shop at Safeway using your Safeway Club Card, there will be a redemption code printed until October 9th on the bottom of your Safeway register receipt. Please bring this receipt to the school office by October 9th and we will redeem it for you.

If your Safeway Club Card is already registered with eScrip, your donation is automatically sent to our school and you do not need to bring in your receipts. Please ask your friends, neighbors and family members for their receipts and bring them to the school office by October 9th. The top 200 schools receive an additional \$1,000!

Put education on your shopping list! Go to [www.escrip.com](http://www.escrip.com) (Group ID # 13615186) and register your Safeway Club Card, Macy's card and credit/debit cards. It's fast, it's easy, and Pleasant Valley can earn money all year long. Thank you for your support!

### PV Business Directory Deadline Oct. 1st

If you own a business or provide a service and are interested in being included in online PV Business Directory, please email Julie DeRuvo, [julie@deruvofamily.com](mailto:julie@deruvofamily.com) by **Thursday, October 1st**. Please include the following:

1. Name of the Business
2. Business Category (ie: Web Designer, Architect, Accountant)
3. Contact information (Business Address, Phone # and Email)
4. PV Family Name

### PTA Notecard Fundraiser

You should have received your child's artwork and an order form. If you decide to purchase, please return the card, order form and a check or cash before **October 2, 2009**. You will receive your items in time for the holidays.

These items make great, affordable gifts for family and friends, as well as cards, notepads, etc. for you to use.

Please consider participating in this fundraiser and helping out the PV PTA! If you have any questions, please contact Kristen McAndrew at 893-9518 or [dog-lips@mindspring.com](mailto:dog-lips@mindspring.com).

### Walk to School Day is Wed. Oct. 7th

Safe Routes to Schools would like to encourage everyone to find Green Ways to School. Traveling by a Green Way to School helps to reduce greenhouse gas emissions and fosters life long habits for your children.

If you live close by to school (within a 1/2 mile to 1 mile):

- Walk or bike to school - active transportation is great exercise and fun! (stay tuned for later this fall when SR2S launches its new SchoolPool Trip matching program to assist you in finding others to walk or bike in a group together)

If you live too far away or live on a steep and narrow road:

- Take the bus if it is available
- Carpool with your neighbors (the new SchoolPool Trip matching program will help you find others who live along your route)
- Park and walk - find a remote location within ¼ mile of the school where you can safely park your car and walk the rest of the way.

If you must drive your car:

- Drive carefully and slowly - watch for children
- Turn off your engine - letting your car idle exposes children to noxious fumes and increases Co2 emissions.

Everyone can be a part of the solution. Find your Green Way to School and help cool the planet and reduce traffic around our school.

### Upcoming School Fuel Events

#### School Fuel Rummage Sale on October 10

Come to the School Fuel rummage sale in the Hill Middle School multipurpose room on **Saturday, October 10** from 8:30 am to 12:30 pm. The proceeds will be used by School Fuel to help fund teachers and programs for all of the schools in the district. If you have anything to donate to this great cause, you can bring it to Hill on Friday, October 9 between 3:00 and 6:00 pm. Donations are tax-deductible. Clothes, books, small appliances, toys, furniture, bikes and house wares are welcome - but NOT mattresses, computers, TV's or stuffed animals. For more information or to volunteer, contact Kim McClure at 892-5792 or [kimberlymclure@comcast.net](mailto:kimberlymclure@comcast.net).

#### Registration Now Open for the School Fuel Bocce Tournament

The School Fuel 2009 Bocce Tournament is open for registration! Put together your team and get ready for a fun day at the beautiful bocce courts in San Rafael on **Saturday, October 17**. The tournament will include instructions for beginners, round robin play, a delicious catered lunch, and prizes for the top teams. Players of all experience and ability levels enjoyed this great event last year. Registration will close as soon as 32 teams are registered. Only one registration form is required per team. For more information, contact Leslie Benjamin at (415) 897-4259 or [lbenjamin@nussd.org](mailto:lbenjamin@nussd.org).

**OUR MISSION:** Pleasant Valley is dedicated to building a community of learners where students strive to reach their full potential academically, socially, and emotionally. Learning is a life-long process that fosters effective thinking strategies, social responsibility and positive interpersonal skills. We are committed to preparing Pleasant Valley students for the world that awaits them in the twenty-first century.

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