

Pleasant Valley Elementary



PV Views

October 16, 2009

"Where Eagles Fly"

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PV Event Calendar

- October 14th**
Pole Decorating Contest Begins
- October 19th-23rd**
Red Ribbon Week
- October 30th**
Halloween Parade at 9:00am & Halloween Happening at 6:00 to 8:00pm

Click here to view the full school calendar

Lunch Menu

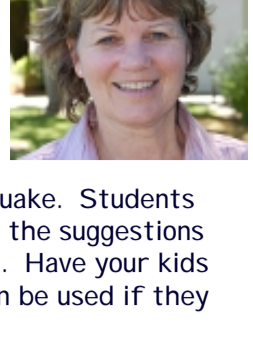
- Mon-Oct. 19**
Baked Chicken
Rings OR Chicken
Caesar Salad
- Tues-Oct. 20**
Pizza Stuffed Crust
- Wed-Oct. 21**
Veggie Burger OR
Taco Salad (chicken)
- Thurs-Oct. 22**
High Tech Burrito OR
Oriental
Chicken Salad
- Fri-Oct. 23**
BBQ Pork Ribslets
ORChicken
Caesar Salad

Quick Links

- [PV Eagles Website](#)
- [School Fuel](#)
- [First 5 Marin](#)
- [Superintendent's Newsletter](#)

From the Desk of Terry Gavin Brown

Dear Pleasant Valley Families:



Thursday morning we participated in the Great California Shake Out. At 10:15 a.m. PV joined thousands of California schools, businesses and organizations in a statewide earthquake drill. We played a specially prepared elementary school earthquake broadcast to all classrooms. The tape was informative and provided information on what to do at school as well as home in the event of an earthquake. Students learned the drop, cover and hold technique. I thought the suggestions for a middle of the night earthquake were very smart. Have your kids tell you what they learned. Ask them how a pillow can be used if they wake up to an earthquake.

Today's lesson should not end with the end of the drill but needs to continue with family talk. Children are coming home with information about earthquake plans for the family. Knowledge is the first step in keeping safe during an earthquake. Have that family discussion which will set your own earthquake plans in place.

The school is working on our school safety plan. This is a yearly district requirement and just a smart thing to do. Led by Site Leadership Chair, Danielle Buoncristiani, the team is reviewing the safety plan and preparing for trainings to update staff on the latest safety rules and regulations. We are fortunate to have a number of dads and moms in emergency services who will be working with us along with Novato Fire and Safety Services. We have scheduled a CPR training led by kindergarten student Jackson Valentino's dad, Sloane Valentino, which will be on December 1st.

Okay it is flu time and we have some students out with high temperatures and coughs. Not an alarming number but still they have the flu. Could it be swine flu, maybe, perhaps? Some news reports are suggesting that any flu occurring now is probably a result of the swine flu since this is not flu season. The important thing to know is that Pleasant Valley is following recommended protocol and taking extra precautions to keep our students well. We are emphasizing washing hands and we are washing down tables and heavily touched areas like door handles and water fountains every day. We are speaking with parents about keeping students home from school for 24 hours after a fever breaks and to be vigilant about practicing health habits like 8 hours of sleep for all students.

San Marin had a high number of absences so we took the extra precaution of asking our high school student volunteers to put their community time on hold for this next week until their absentee numbers go down. We are being smart. Please know we will not be releasing announcements if our students have swine flu because it is not necessary as long as we continue to practice district protocol and this protocol protects students' confidentiality as well. We need to work together and remain calm and smart during this time. If you have any questions about the district protocol, please check out the websites I have listed which have family information available:

For more information, visit www.flu.gov, or call 1-800-CDC-INFO for the most current information about the flu. For more information about flu in our community, visit www.marinflu.org. We will notify you of any additional changes to our School and District's strategy to prevent the spread of flu.

The Halloween Happening on Friday, October 30th is happening but it can only happen with your help. This is one event that we can all help with and all enjoy. Mrs. Spaan and I are in charge of the Monster Mash cake walks and while our music, decorations and special "Wolverine" host are set in place, we need your baked cakes, cupcakes and brownies. It is my hope that every PV family can donate a baked good so we can keep the monster mash cake walk busy all night with lots of students winning baked goodies for the perfect Halloween treat. It would be wonderful to see the front office filled with baked items on the morning of October 30th. This will ensure we will have a successful Monster Mash Cake Walk. You can drop baked goods off when you stop by to see the morning parade.

Look for the special flyer to find out how to help with the Halloween Happening. If you are an artist we can use you. If you are creative we need you. If you love Halloween this is the committee for you. If you can help run a booth for an hour we promise loads of fun. This is old fashion family fun; the best kind. If you want to be in on the planning, stop by Monday night at 6:00 p.m. in the multi use room for our meeting. If you can't attend Monday night, we still need your help so don't let that stop you. Hey we need a chair to turn our science lab into a "Fun Frankenstein lab." I predict the lab will be a student favorite but we need you to make that happen.

Speaking of Halloween:

Halloween Parade - October 30

Pleasant Valley's Halloween parade for grades K-5 will be on the outside upper yard black top on Friday, October 30 at 8:45am. Please carpool or use the street for parking making sure not to block our friendly neighbors. Please do not block the school parking lot. Do not park in the white zone for this event.

Please help us make this a fun and safe day by adhering to the following guidelines for costumes:

- Costumes must be in good taste and appropriate for an elementary school.
- Costumes must comply with the NUSD Board policy dress code (i.e., no bare midriffs, spaghetti straps, etc.)
- Weapons (guns, sword, bombs, etc.) and blatant messages of violence are not permitted.
- For safety reasons, no masks at all! Masks impair vision which can lead to falls and all sorts of problems for a school.
- Remember if you are having trouble thinking of a costume for your child that the "college theme" is big this year. Cheerleaders, sports, graduates, and alumni costumes will help promote our "No Excuses - College Bound" thinking.

Thank you for your cooperation in working to make this Halloween a safe, smart, and sensible day at school.

Busy week ahead with MAP assessment and Red Ribbons to remind us of good healthy habits. Thank you to parent Elaine Hannah who will be presenting "healthy talks" with our students about nutrition, sleep, good health habits. Perfect timing to talk about staying well. We thank second grade, Adam Rosenbaum, for sharing his mom with us.

Stay well PV!

Sincerely,
Mrs. Brown

** Please Renew Your Safeway Club Card at escrip.com **

Thanks to you and the support of Safeway Stores, Inc., the eScrip program has made a significant impact in our fundraising efforts.

If you would like to continue making an impact by generating Safeway contributions for PV, you must renew your commitment to the Safeway Stores eScrip program by renewing your Safeway Club Card on eScrip before November 1, 2009.

To renew is quick and easy. Simply visit www.escrip.com and click on "Yes! Renew."

You must renew annually by November 1 for uninterrupted contributions. And remember, renewing after November 1 will reinstate contributions from that date forward.

Thank you for your continued support of Pleasant Valley School!

Red Ribbon Week Begins on Monday!!

This year the theme for Red Ribbon Week is "Eating Right, Exercise, and Have Fun!" We start this Monday, October 19th.

We will be using the Healthy Kids Pyramid to learn about healthy food choices and getting enough activity for a strong body and mind. You will see these colorful images around school next week and periodically throughout the year as we try to encourage our children to have healthy habits for life!

Try to take some time and talk about what healthy foods you like and if you can, try to get out and be active with your children. If it is raining, get down on the floor and show them some stretches you do or used to do! You might be surprised how much you love it! The best role model for health is you, so eat plenty of vegetables and get moving, your children will start to follow along. And during Red Ribbon Week at school, we'll be giving them images of how to live a healthy life!!

Wear RED next Friday, October 23rd to support healthy living and thanks for your healthy support!

--Elaine Hannah, Red Ribbon Chair

Flower Power for the PV Garden

Do you like Flowers? Now is the time to plant Spring Bulbs.

Please support the first PV Garden and Beautification Fundraiser by purchasing your bulbs on www.flowerpowerfundraising.com. Once you're on the flowerpower site, click on "find an organization" at the top. Type in "PV Garden" and start shopping.

When you purchase bulbs through the flowerpower site, 50% of all sales come back to PV and will be used to support PV's garden and beautification. The fundraiser is open to everyone, so please pass this information on to your friends and family.

5th GRADE FUNDRAISER INNI SBROOK GIFT WRAP & PRODUCT SALES

Please come out and support the 5th graders and purchase gift wrapping paper, gift bags, chocolates and other goodies. Fifth grade students will be selling their products until OCTOBER 30! With this extended deadline you still have the opportunity to help defray the cost of attending Walker Creek Outdoor Education in the Spring. So, if you have intended to buy but have forgotten your checkbook or wallet after school, please contact a 5th grader you know or me and I'll make sure your order will go towards the general 5th grade fund. There may still be some days of sales after school this next week.

You can view sample items in the office. Please stop by the table after school and look through the catalogue and help them out. If you have any questions you may contact Deb White at deblwhite@comcast.net.

We welcome your purchases and support! Thanks!

Halloween Happening -- Save the Date!

Save the date for PV's first ever Halloween Happening -- Friday, October 30 from 6:00 to 8:00 p.m. in the multipurpose room and breezeway. Halloween fun for the whole family: cake walk, costume fashion show, carnival games, face painting, fortune telling, crafts and more!

Look for the flyer in this week's Friday Folder... and please return your volunteer form as soon possible! **Volunteers needed!!**

It's time to Dine and Donate

We all love to eat out...We all want to give to the PTA... We can do both all year long. How, you ask?

Eat at some of Novato's best restaurants on designated dates and they will give back a percentage of the sales for that day to the Pleasant Valley PTA.

We have 9 local restaurants participating this year, and the first outing will be on Wednesday October 21, 2009 at Tuscan Country Grill located at 1516 Grant Avenue. They have a variety of entrees, but we'll list a few to get your mouthwatering:

- Panino Di Bistecca (steak sandwich)
- Pasta del Frutti Di Mare (seafood pasta)
- Insalata di Color Salmon del Pistacchio (salmon pistachio salad)
- Piccata Del Pollo (Chicken Piccata)
- Create your own Pasta- Pizza, and Steaks cooked to order

Looking forward to seeing you there... I would like to give the PTA a check at the end of the year from all of us for \$10,000.00 and all we have to do is eat...WHO'S IN?

The YMCA@ Pleasant Valley School

The YMCA @ Pleasant Valley School is currently accepting enrollments for the school year. Our Programs and Clubs are becoming more exciting every day, and we are incorporating many clubs into our Strong Communities Campaign. This year

- We will have a Halloween Club for our 1st Haunted House.
- Each Staff member will create a theme basket for our October Raffle Club.
- We will host a Children's Holiday Craft Fair the first week of December.
- We plan to have a Pizza Pajama Party in January.

The kids will be involved in planning all of these events during club time. We even have some kids and parents who are going to be in charge of events.

Expect a fun-filled year at the YMCA. Sign your kids up now! Please call Shyla Bauer at 415-892-7476 if you have any questions, or visit our on-campus site. I look forward to meeting and talking to you.

Upcoming School Fuel Events

Visit School Fuel's Haunted House, Friday, Oct. 23!

School Fuel is providing some safe Halloween fun for kids and parents at the school district offices. Come to the NUSD parking lot (7th Street & Grant Ave.) from 5:00 to 7:00pm Friday, October 23 for a tour of our third annual HAUNTED SCHOOL HOUSE. There will also be a non-scary Halloween area with games, prizes, and a fortune teller. Every child who attends will receive a book. Halloween costumes are optional, but welcome! Food will be available for purchase from California Grill. Festivities are free of charge, but donations will be cheerfully accepted.

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.