

Leonardo da Vinci eK-8 School

Scholastic Book Fair is Here

Book Fair is in the library this week! Come join us 9am to 3:30 pm each day and 5-8pm during class meeting night (October 9th) The LdV Library thanks you for your support. With the income from the Scholastic Book Fair we are able to stock the library shelves with great new books for your child!

Grounds Clean Up

This Friday, from 4:30-6:30 pm please bring your gloves and tools and help do some general clean up around campus. Next grounds clean up is Sunday, Oct 27 9-noon. We are looking for parents of all abilities but would be grateful for anyone with masonry, carpentry or plumbing skills. Contact Ryan at rymetta@mac.com with questions.

SSC Needs A Parent

If you are interesting in serving a two year term on the LdV School Site Council, please contact devon-davis@scusd.edu to be placed on the ballot. Parents will be asked to vote in November.

Picture Day Retakes

Photo retake day is November 7. Return your unwanted photos to the photographers that day. Picture Day ID: CR013359Y0 Pay Online: <http://my.lifetouch.com/mylifetouch/pictureDayId/CR013359Y0>

Dolphin Store Opens Soon

The LdV Dolphin Store will be open after-school on Monday, Oct 14. The store has schools supplies and healthy snacks for students. If you are interested in helping run the store on Monday or another morning or after school day, please contact diane-soule@scusd.edu.

Book Drive

LdV student Billy T. is collecting new and gently used books for foster children as his Boy Scout Eagle Project. Please bring your donations to the box in the front office by Oct 17. For more information contact Billy T. at cityfok@sbcglobal.net

Brownie Troop Seeks Help with SPCA Donations

Brownie Troop #7 which is made up of LdV 3rd graders would like your help. We are collecting gently used towels and blankets for the animals at the SPCA in time for winter. We will be collecting through Oct. 22, and plan to deliver these items to the SPCA on Oct. 23. Please place your blankets/towels in the "SPCA donations" box that is located in the Volunteer Office. Troop #7 and the animals at the SPCA thank you for your help!!!

Dolphins!

This week's dolphin is by 8th grader Joshua C.

ART Links OPEN STUDIO

We will be creating pieces for our LdV Learning Garden:

Tuesday, October 8 & Thursday, October 10

in Room 33b from 3:15-4:15pm

Open Studio is a free after school Art Studio opportunity available to every child at LdV. Students will create artwork for an LdV ART Links or community service project. Parents, please plan to stay during all Open Studio visits. We need you as volunteers for the students and it facilitates end of project timing. Yes, you can bring a friends child to the open studio but please make sure each parent has had a conversation about attendance and pick-up to keep the Open Studio session light and fun for each child. PLEASE Remind your student artists that they are attending Open Studio to make artwork and that this time is an extension of their learning day. They are to remain in Room 33b throughout the duration of the project. Open Studio is made possible by the LdV PTC. Please email UnChu Littlefield tateskitchen@gmail.com with questions

DaVinci Dash T-shirts

Dash t-shirts are here. If you earned a shirt please check the box in Diane's office. They all have names so you don't need your ticket. Please be sure to take yours. Thank you.

Flower & Garden Photos Needed

This year in SLATE we'll be sketching and doing watercolors of our LdV Learning Garden! Of course there will be some rainy days, so I am gathering large photos of plants and flowers to use when the weather's bad. Calendar images would work great. If you can donate some, please bring them to Room 8. Thanks so much!! Ms. Johnson.

Harvest Hoedown Help

Notice the colder weather outside? That means it's almost **Harvest Hoedown Time!!!!** We'd LOVE to have you help us for this fantastic event here at LdV! Check out the parent sign-up sheets posted outside of Room 1 and feel free to sign-up for as many volunteer hours or donation items that you can. **YOU DO NOT NEED TO BE A BAND PARENT TO HELP.** All of the proceeds from this event go towards our Music Department, and we need your help to make it a successful night. Harvest Hoedown will be on Friday, October 25th 2013 from 3pm

October 7, 2013
Volume 20, Number 6

Dates to Remember

- Oct 7-11**
Scholastic Book Fair
- Oct 8**
Open Studio Learning Garden Project 3:15-4:15 pm
- Oct 9**
Class Meetings
6-7 pm • eK-3rd gr
6:30-7:30 pm • 4-6th gr
7-8 pm • 7&8 gr
- Oct 10**
Student Council Election
Speeches 9 am
Open Studio Learning Garden Project 3:15-4:15 pm
- Oct 11**
Grounds Clean Up
4:30-6:30 pm
- Oct 17**
ELAC 9:15 am
- Oct 19**
Learning Garden Work Day
8 am-noon
- Oct 24**
Parent Coffee Chat 8:30 am
- Oct 25**
Open Enrollment Visitation
9:15 am
Harvest Hoedown
4-7:30 pm
- Oct 27**
Grounds Clean Up
9-noon
- Oct 28-31**
Red Ribbon Week

Your school-related event could be featured here!

This newsletter is distributed every Monday of the school year. The submission deadline is 8:45 am on the last, non-holiday Thursday preceding distribution. Please email your articles to: dsandsons@sbcglobal.net. Events and services advertised in this newsletter are not necessarily endorsed by LdV PTC or SCUSD.

Published by the parents of Leonardo da Vinci eK-8

Next Issue: Oct 14
Deadline: Oct 10

Leonardo da Vinci School
Integrated Thematic Instruction Through Arts & Sciences

Word of the Week

This week our character word is RELIABLE. Do you know anyone who is unreliable? That person might be late for appointments and often makes promises he or she doesn't keep. As a result, you have learned not to trust this person. A reliable person is someone whom you can count on. A reliable person has earned your trust.

"The purest treasure mortal times afford is a spotless reputation." —Shakespeare

From the Office

Fingerprinting Requirements: Yes, you do need to be fingerprinted to go on a field trip...whether you are driving children or not...whether you are going by bus or not. The District requires any adult who is not fingerprinted to be in sight of a certificated person at all times, but it is vital that teachers be free to watch their students, not the grown ups who are there to help. So fingerprint please!

Notice of Pesticide/Herbicide Use LdV is scheduled for service by SCUSD's Small Grass Crew weekly. The crew may or may not spray every Wednesday. If they do spray, they will post notice in the front lower window of the front door. A copy of SCUSD's Pest Management Program listing all chemicals applied to all sites is available in the front office.

Call In Sick and Tardy

Please phone in your students' absences and tardies by calling 557-0389 wait for the message to begin and then press 49#. Leave the child's name, room number, date of absence and reason for being out of school (i.e.: illness, doctor appointment, religious, out of town, death in family). Absence verification must be made daily.

You may also send your notification by email to sally-uhlig@scusd.edu. Unverified absences will result in truancies.

Llamada para avisar de enfermedad o retraso

Favor de llamar a 557-0389 (y seleccione 49 #) al empezar el mensaje) para avisar que su hijo/a va a estar ausente o va a llegar tarde. Deje su nombre, el nombre de su hijo/a, el número del salón, el día de ausencia o retraso, y la razón ("está enfermo/a", "tiene una cita con el doctor", "tiene un funeral familiar", etcetera es suficiente). Le pedimos que llame antes de las 10:00 de la mañana para evitar una ausencia sin excusa.

Late to School?

Students who are over 30 minutes tardy must be accompanied to the main office by their parent or guardian to obtain a tardy slip. All tardies over 30 minutes must have a parent signature or an official doctors note. Three tardies over 30 minutes without such documentation will result in a truancy notice.

From the SCL (School Community Liaison)

Badges: Every parent on campus must sign in to the main office. If you are working anywhere on campus get a "Volunteer" badge and sign in the Volunteer book. If you are visiting a classroom, please sign in the book under Mona Lisa and wear a "Visitor" badge. Please sign out in the appropriate book before leaving. These precautions are for the safety of everyone on campus.

Tally Sheets: September tally sheets are due, an October Tally was in the newsletter. Please turn it into your child's class or to the Volunteer Office at the end of the month.

Carry Over Hours: Hours from 2012-13 are only carried over to this year if they were worked AFTER May 15, 2013 (and turned in). Thank you to every parent who worked over their required hours last year (most of you). Our program shines because of you!

TB test results and Sex Offender Background check clearances: Must be on file before working in the classroom. Fingerprinting must be cleared before driving on or chaperoning fieldtrips.

Feel free to stop by the garage door Mon-Fri 8am-4pm or email me at diane-soule@scusd.edu, or leave a message at 277-7034.

It's Fall!

The smell of turning leaves and candy corn is in the air. As always, your donation of leftover (or brand new) candy is always appreciated by the staff. Please bring donations to Diane's office and I will see it is properly distributed to thankful staff members.

About the Newsletter

This newsletter is provided by the LdV PTC in conjunction with the LdV School Community Liaison. Please read it weekly in order to keep up with what is happening in our community. This is where you can get ideas about where and how to participate. This is also where you can announce any school related activities by submitting a short article about the event. Please be sure to include the date, time, and a contact name and number.

LdV on the Web & Facebook

The weekly newsletter (without additional flyers) can be found on the **NEW LdV web site: leonardodavincischool.org**.

You may also download Tally Sheets in either Word or Excel. The files can be completed and emailed to diane-soule@scusd.edu. When you email a tally you will receive a reply. If you do not receive a reply it means your email was not received.

Like Us on Facebook and stay up to date on LdV events! <https://www.facebook.com/LeonardodaVinciK8>

Please Remember the FB page is purely informational and to support our school and it's culture. Please "like" us if you would like news about LdV, meeting reminders, and event updates.

What Time Does Your Child Get to School?

School begins at 9 am. Unless your child attends a before school class or breakfast, our campus is not open until 8:30 am. Please do not leave children without adult supervision before 8:30 am.

Where Do You Drop Off?

If you are dropping off in the back parking lot, are you stopping at the gate openings with your car and blocking the entrance for others (children and parents) who are walking into school? Please pay attention to where you stop, and especially as you pull away. Lots of humans use the parking lot and appreciate your full attention!

Please do not allow your children to walk through our parking lots! Small unaccompanied children are hard to see.

How Do You Get Here?


If you are driving your children to school and come in from Freepoint Blvd, do you know you are supposed to take a quick right and come to the school on Shielah Way, enter through the back gate and then drive away on Stacia Way. This keeps the traffic flowing and is easier on our neighbors. Thank you for going with the flow!

Community Events

• AT&T, CSU Sacramento, and the Women of AT&T are sponsoring the "**Expanding Your Horizons**" conference for 6th-8th grade girls interested in the STEM (science, technology, engineering, and math) fields. The conference is Saturday, October 12, and will offer girls an opportunity for hands-on workshops and career information. Information is available online at: <http://www.cce.csus.edu/eyh>.

• **Healthy Kids Day:** Sat Oct 19 from 10am-2 pm. Flu shots, blood pressure checks, dental screenings, and activities for the whole family at Valley High School. For more information and to preschedule call 1-866-850-4321.

Band News

 **Band Student Drop-Offs** – Hello, LdV Band Families! When you drop your Band students off before school, can you PLEASE not pull into Staff parking spaces? Even if you're only going to be there for "just a minute," you could be keeping one of our hard-working teachers waiting! Use the spaces that face across the street, or spaces that are not marked "STAFF." Thank you! J

Notice the colder weather outside? That means it's almost **Harvest Hoedown Time!!!!** We'd LOVE to have you help us for this fantastic event here at LdV! Check out the parent sign-up sheets posted outside of Room 1 and feel free to sign-up for as many volunteer hours or donation items that you can. All of the proceeds from this event go towards our Music Department, and we need your help to make it a successful night. Harvest Hoedown will be on Friday, October 25th 2013 from 3pm – 8pm. See YOU there!



Looking for Something to Do?

Volunteer at the Book Fair

If you value your school library, come volunteer for the Scholastic Book Fair! It's the profit from the Book Fair that allows us to purchase new books for the LdV Library. The Book Fair runs from October 7th thru October 11th, 9am to 3:30 pm. and during class meetings on Oct 9th, 5:30 to 8pm. We also need volunteers for setting up the Book Fair on Oct 4th from 2:30 to 6pm and take down on Oct 11th 3pm to 6pm. Contact Kate Ramos at mkeramos@pacbell.net/916-549-5734 with questions.

Please Volunteer for the Scholastic Book Fair - here's how it works in 3 easy steps:

1. Click this link to go to our invitation page on VolunteerSpot: <http://vols.pt/CmCE8H>
2. Enter your email address: (You will NOT need to register an account on VolunteerSpot)
3. Sign up! Choose your spots - VolunteerSpot will send you an automated confirmation and reminders. Easy!

Volunteers Needed at the Clothes Closet

The PTA Clothes Closet is swamped and in need of volunteers ASAP! Help is needed doing laundry (at your home) and sorting and tagging clothes at the Clothes Closet located at the back of the LdV campus. The Clothes Closet at LdV is open on Tuesdays and Thursdays. Interested volunteers should call first 277-4338. LdV parents will earn hours for volunteering with the Clothes Closet.

Want to be In Charge of Sheep Lungs?

On Nov 5, Explorit! will present an evening of hands-on science exploration for LdV families. From 6:30-8 pm the auditorium will have stations set up to explore earth science, the human body, illusions, electricity and more. This event is sponsored by the PTC and is free to all age students and their families.

We need volunteers to monitor the stations from 6-8:30 pm (no science experience is necessary). Contact diane-soule@scusd.edu if you can help.

Are You Feeling Shadowy?

Sometimes it seems like a volunteer position such as PTC Treasurer seems like a lot to take on. This year is the perfect time to step up to this position because you will have months to learn from the pro who is currently doing the job. I am not overstating the fact that **no experience or background is necessary for the job**. It is however a job that is important to our community, and we really need some one or two to step up. If you have been thinking about it, now is the time.

Please contact diane-soule@scusd.edu if you are interested or want more information.

Highlight Your Culture

Volunteers are needed to create interesting cultural displays for the CIE display case located in the main hall by the office. The case can be adopted by an individual, family, or group of friends to highlight a cultural of their choice. Choose a culture to highlight or a topic that celebrates our cultural diversity, then decide on the month and contact Anna Consulo at Anna.Consulo@riteaid.com or call 916-803-2170.

Collate and Conversate

Seven hundred and thirty newsletters are collated and stapled every Monday morning. If you would like to help we would love your company and its worth at least an hour of volunteer time (one newsletter a week guarantees you at least 37 hours for the year). We begin at 8:30 am (no children please).

FLU Season is Coming

Get the FLU shot, not the FLU!

Sacramento County Immunization Assistance Program (916) 875-SHOT Flu shots are available for persons over 6 months of age without a medical contraindication to receiving the vaccine. For Medicare members, please bring Medicare card and shot record. Donations will be accepted but not required.

FLU shots are FREE!

- Oct 8th 10am-2pm Centennial Methodist Church ~ 5401 Freeport Blvd.
 - October 21st 10am-1pm Good Shepherd Church ~ 9539 Racquet Ct.
 - October 24th 10am-2pm St. Theresa Church Hall ~ 100 4th Street (Isleton)
 - October 26th 11am-3pm Robertson Community Center ~ 3525 Norwood Ave.
 - Nov 1st 10am-2pm Sears Drive-Thru ~ 5901 Florin Rd.
 - November 5th 10am-2pm N. Highlands Community Center ~ 6040 Watt Ave.
 - November 8th 9am-12pm Ethel Macleod Hart Senior Center ~ 915 27th Street
 - November 15th 10am-1pm Fruitridge Community Center ~ 4000 Fruitridge Rd.
 - December 12th 11am-3pm Pannell Center ~ 2450 Meadowview Rd.
- County Flu Clinic Schedule Recorded Line: (916) 875-7053

From the District

Leadership Academy - Ten sessions of leadership training in education - designed for parents, school staff and community leaders who want skills in leadership and to deepen their understanding of issues and policies in K-12 education. The program is free and meets Monday evenings. Begins Oct 14. Contact Noue Yang Leung at 643-7975 or noue-leung@scusd.edu for more information

Common Core Workshops be ready • be informed • be involved

English Language Arts Workshop Series: at Abe Lincoln Elementary, Sutter Middle or Rosemont HS - Part 1/Oct 8; Part 2/Jan 29; Part 3/March 11 from 6-7:30 pm.

at Harkness Elementary, John Still K-8, or Kennedy HS - Part 1/Oct 29; Part 2/Feb 12; Part 3/April 8 from 6-7:30 pm.

at Nicholas Elementary, Will C Wood, or Hiram Johnson HS - Part 1/Nov 6; Part 2/Jan 30; Part 3/April 29 from 6-7:30 pm.

Mathematics Workshop Series: at Golden Empire Elementary, Kit Carson Middle or Rosemont HS - Part 1/Oct 16; Part 2/Jan 14; Part 3/April 8 from 6-7:30 pm.

at Matsuyama Elementary, Cal Middle, or Luther Burbank HS - Part 1/Oct 22; Part 2/Jan 29; Part 3/April 29 from 6-7:30 pm.

at Pacific Elementary, Rosa Parks, or West Campus HS - Part 1/Oct 30; Part 2/Feb 12; Part 3/March 25 from 6-7:30 pm.

Contact Dr Iris Taylor at iris-taylor@scusd.edu or 643-9120 for more information.

Free TB Testing - Tests taken this year will be "good" until 2017. Testing is done by the District at the Serna Center every other week from 3:30 to 5 pm. It's a two step process: given on Tuesday and read on Thursday. The schedule was in your first day packet.

Examen de tuberculosis (TB) gratis en la Serna Center - Los exámenes hechos este año están válidos hasta el 2017. El distrito ofrece los exámenes cada otro martes entre las 3:30 y las 5:00 de tarde en el Serna Center (5735 47th Ave - al este de la autopista 99). Hay dos partes del examen - dan las inyecciones los martes y leen los resultados los jueves. Las fechas particulares de los exámenes están disponibles en nuestra oficina.

Citizenship Classes - at Jones Skills and Education Center 5451 Lemon Hill Ave. Classes every Tuesday from 3:30-6:30 pm.

GATE Conference

Are you a parent of a GATE student? Often wonder what else you could be doing to further their education? Come join me at the California Association for the Gifted annual one day conference in American Canyon on Saturday, November 2. It runs from 8:15-4:30 with an entire day devoted to small in-depth workshops on parenting gifted children. For more information & registration go to www.cagifted.org. Email Laura Walter @ laura.q.walter@gmail.com if you would like to carpool.



Fund Raising News

Please Return Your Z Best Books

We have had a very successful Z Best book sale this year! Thank you to those families that participated. However, we still have a number of books out and need those to be returned or purchased. Our first reminder note went home last week and a second will go home this week. I will be calling families starting on Friday of this week. Remember, LdV will be charged for every book not returned or paid for! Any questions or concerns, contact Laura Walter at laura.q.walter@gmail.com

Magazine Sales a Success!!

Thank you very much to all the families and friends who participated in the Magazine sales this year. If you did not, there is still time! You or your family and friends can order magazines throughout the year by shopping at the online site www.gaschoolstore.com and using our SCHOOL CODE 2692168. Late orders will not warrant prizes. Thanks for supporting LdV! Any questions or concerns, contact Laura Walter at laura.q.walter@gmail.com

School Cents Fundraiser at Arden Fair Mall

Every time you shop at Arden Fair Mall from August 1, 2013 to May 15, 2014 you can earn cash for LdV! Just take your receipt down to the Guest Services Desk across from JCPenney. They will record your total, stamp your receipt and hand it back to you. We get 5 points for every dollar you spend. As our points add up, LdV gets cash prizes!! Our goal is to reach 40,000 points by December when the first big payouts are awarded. If you have a receipt dated in this time period you can submit it now!

Clip, Save, and Send In Box Tops & Labels for Education

Help the LdV PTC raise much needed funds and points for school-wide programs and events by submitting box tops and labels in a zip-top plastic bag or envelope with your student's classroom number on it and send it to school.

Labels for Education can be found on Campbells Soup, Pace, Pepperidge Farm, Glad products, and more. Go to labelsforeducation.com to see product lists and special offers. We use these labels for points that help us purchase balls and other playground equipment.

Boxtops 4 Education can earn money for LdV in three ways: **1. Shop and clip:** boxtops are found on General Mills cereal, Hanes apparel, Ziploc food storage, Arvey office supplies, Hefty bags and more; **2. Shop online:** boxtops can be earned shopping online for Lands End, Toys R Us, and more; **3. Earn Bonus points:** by going online to boxtops4education.com

Don't Forget to Use Your Something EXTRA Card

Truly the easiest and cheapest fundraiser at LdV...it costs you nothing to remember to use your EXTRA card (registered to help LdV) when you shop at Raley's. You get points and groceries and we get cash, its a win-win!

Employee Contribution Programs for LdV

Many companies offer employees a way to give donations to our school in their pay check. These programs may be called "Employee Contribution Programs" If giving money to our school in your pay check sounds like something that would work for you or someone you know, ask your work if they offer this option. Many of these programs are run through the United Way, even though the name of the program at your work may be different. For example, the California State Employee's Contribution Campaign (CSECC) is running right now, and you can sign up to donate to Leonardo da Vinci through that program. Many other employers offer the same type of program under a different name. Check out yours today.

Thank You for Your Old Car...

Action Donation Services will take cars, boats or RVs and turn them into money for the school and possibly cash and a tax donation for you. Call toll free 866 244-8464 or go to www.action-donation.org for your no obligation evaluation of your donation.

...and your Old Computer

We will continue collecting ewaste for recycling this year. Please contact Mrs Ryan in room 20 if you have donations.

Attention Safeway Employees!

LdV is writing a Safeway grant and it can help our chances to have a Safeway employee sponsor our grant application. If you, or someone you know, works for Safeway, please contact Ms. Ballard (tiffany-ballard@scusd.edu).

Are You "In" with Intel?

If you are an Intel employee, please contact Assistant Principal Ballard at tiffany-ballard@scusd.edu. Thank you.

What's Happening After School?

After School Art lessons with Leslie Colby will begin the first Tuesday in October. This year "great things to make and build" - sculpture, paper maché, painting & more. Tuesdays from 3:15-4:45 pm \$12 per class. Contact Leslie at 502-1227

On Stage / Off Stage Questions? Contact cynthia.speakman@gmail.com or 916-502-0336 with questions.

LdV Ballet Folklorico Club for boys & girls K-8 grade. The group will perform at LdV's annual Cinco de Mayo Festival. Contact Mrs. Garcia (916)585-6020 or pick up a registration form (front office)

Spanish Immersion Classes for Kids New Classes of different levels start every month. Pick up a form in the front office or contact Mrs. Garcia (916)585-6020 for info.

Beginning or Advanced Orchestra program meet this Monday or Tuesday afternoon in room from 3:15pm - 4:05pm in Room 1. Meet our new LdV Orchestra Teacher, Mrs. Pamela Buck, and learn how orchestra classes will work at LdV! No experience required!

Kid Tuff Empowering Program helps build character, visual alertness and mental and physical toughness in all children. Three month program is \$75. Forms in front office. Contact Nora Finch 601-9076 for information

LdV Fall Family Boot Camp students and families will participate in fun, fast-paced workouts that will aim to increase strength, flexibility, and overall athletic conditioning. We will incorporate body weight exercises, dynamic stretching, endurance training, and plyometric exercises to achieve maximum results. Each week we will focus on developing a variety of athletic skill sets. Classes will begin on Monday, October 7th in the Cafeteria. Cost: \$75 (individual) \$100 (family) Forms available in front office. For any questions about this program contact: James Chekon, Youth Fitness Instructor *First Aid, CPR Certified* jchekon80@gmail.com or (916) 275-8550

Make Magic OFF Stage!

3rd-6th grade students! come and learn with us and experience hands on with what goes on behind the scenes of a theatrical production! Discover the magical world of Sound, the colors of Lighting, creating Props and building imaginative Set pieces as we play with Stage Craft, and even explore costuming, as we help to make this year's On Stage project come to life! Sign ups are in the front office.

Your Family Pet Belongs at Home

LdV is a pet free campus. For the safety (and cleanliness) of our community please leave any size pets at home (unless okayed by teacher for sharing). Thank you.



Garden News

October 19 Work Day 8 am-noon

contact:

Jeri at grattidgefamily@yahoo.com
or 541-3182

Lice Advice

Lice are a nuisance, but they are NOT a medical danger. They don't carry illnesses. They are not a sign of someone who isn't clean. They are not something to be ashamed of. Kids share combs, hair ties, hats, and at the pool they might accidentally share a towel. Kids hug and hold onto each other. This is how lice travel from one person to another. Also know that long hair can easily swish through someone else's hair and pick up a louse. It is worth braiding long hair for a week or two until the situation is resolved in the classroom.

Do a thorough examination of your kid's hair, concentrating especially at or near the scalp, behind the ears, and at the nape of the neck. What are you looking for? Small brown/yellowish/white spots (the eggs, or nits), which will be attached to the hair down near the scalp. Go here for some good pictures: <http://pediatrics.about.com/od/headlice/ig/Head-Lice-Pictures/> <http://www.household-management-101.com/what-does-lice-look-like.html>; http://www.medicinenet.com/head_lice_pictures_slideshow/article.htm. The nits are VERY small and hard to see. Lice are larger, moving and slightly easier to find with a lice comb that has teeth that are very close together. Don't forget to check yourself and your other children!

It is very important to notify the school office if you do find nits or lice. Awareness, diligent checking and rechecking, as well as through treatment is the only way to RID our school of this pest.

To keep from re-infecting your family/child it is important that in addition to treating the head, you need to do a good vacuuming of the area around the bed/headboard etc., and washing sheets, pillow cases, comforters - put all in a hot dryer if possible. Remove items that cannot be washed (stuffed animals, pillows) from the bed into a bag for 2 weeks (time needed for lice to hatch and die without a human host). Consider doing the same for couch pillows and other items where their cute little heads have been. You should also treat their comb/brush. You can do this by soaking it in very hot just boiled water.

You do not need to freak-out or call in an exterminator. Take a deep breath. Lice and nits cannot live longer than 2 weeks without a warm person. Don't forget to do the follow-up shampoo treatment for killing any live lice that hatched from nits you didn't find.

The center for disease control (CDC) has the most accurate, practical, and comprehensive information on what to do <http://www.cdc.gov/parasites/lice/head/treatment.html>

Editor's Note: If you skimmed through this article and thought, "not me, not my family" think again. I am not embarrassed to say yes me and my family—not just once but twice. In fact after writing this, I will be combing through my own hair, just in case. Anyone is susceptible to lice (regardless of age, cleanliness, or socioeconomic background), especially in a school community. Believe me, keeping aware and informed and watching diligently instead of believing myths and wives tales is the best path of prevention. —Diane Soule

President's Ponderings

Welcome to October! A new month brings a new round of school meetings and that's where I'll start this week.

First, make sure to attend the mandatory class meetings on Wednesday evening. Check this newsletter for the time for your grade. New families need to be aware that the times change from month to month to allow families with multiple children a chance to attend more than one meeting. If for ANY reason you are unable to attend you MUST speak with your child's teacher. Attendance at the meetings is part of the contract you signed when you chose to attend LdV, and is critical to your child's academic progress.

Also happening every day this week, including on Wednesday evening, is the fall Scholastic Book Fair. Did you know that for the past two years the LdV library has been entirely volunteer staffed by Kate Ramos and her team, with support from the PTC? But even this would not be enough without the financial proceeds from the Scholastic Book Fair. So be sure to support our library and pick up some books for your children. Kate also needs volunteers for the Fair. Lots of different time slots are available to fit your schedule. E-mail Kate at mkeramos@pacbell.net for more info.

Finally, I would like to share with you some of the conversation we had at our two Council meetings last week - the School Site Council and Parent Teacher Council. As I wrote a few weeks back, technology has become a major topic for the PTC this year. This is a topic that has the potential to provide a major transformational benefit to the education of our children and their preparation for high school, college, and beyond. But it is a complex issue with a significant investment in both time and money required. After several years of significant monetary contributions, but modest involvement in the process, we have decided to tackle this issue head-on.

At our September PTC meeting we agreed to add a line item in our budget for technology expenditures up to \$11,500. But we had many questions and concerns and stipulated that the money not be spent until a written proposal was made and agreed to. This month, at both the School Site Council and PTC Meetings, we were given a written and multi-media presentation by Assistant Principal Tiffany Ballard that addressed many of our concerns. No solution is perfect but Ms. Ballard's thorough and well-researched presentation enabled us to approve the proposal and leave with some degree of confidence that our money will be well spent.

In addition to providing us the information for our existing proposal, Ms. Ballard also presented us with information about the District's plan for technology at our school, and a proposal for how we might wish to move forward if we are still committed to upgrading our classroom technology. We were excited to learn that the District will begin re-wiring our school for WiFi and VOIP (internet phone/video) this year. We have also been selected to participate in a couple of pilot programs within the District, including the use of MacBook computers for standardized tests, and Google Education services (Google Docs, gmail, etc.) to be used in conjunction with 12 new Google Chromebooks purchased by the PTC. Together this is very exciting news and will get us moving forward with our goal of getting relevant up-to-date classroom technology into the hands of our children.

Which bring us to the final piece of this particular puzzle. Do we (through the PTC) want to go beyond what the District is providing, and take the initiative to lead the way on this path? This is not a trivial matter. The two options presented by Ms. Ballard - Chromebooks and iPads/MacBooks - cost \$15,000 and \$37,000 respectively. Is this something that we as a community want to pursue? And if we do, where will the funding come from? But the first step is to decide whether this is even something that we want to consider. I encourage everyone to think about this and let your voice be heard. If you were unable to attend last week's meeting then stop by Ms. Ballard's office (in the Volunteer office) for a copy of the proposal. The multi-media presentation will hopefully be available through a link on the school website. And feel free to speak to Ms. Ballard at any time about your questions and concerns. She is eager for your feedback.

Thank you to everyone who has attended our PTC meetings this year. I hope to see you at the next one on November 6th. Until next time...Ciao! —David DeNuzzo - PTC President

Got Stuff?

Looking for supplies to create an art project - please drop off any small toys (cars, McDonald toys, animals - anything that can hold spray paint) in the box in the front office labeled library art project. Contact Kate Ramos at mkeramos@pacbell.net/916-549-5734 if you have any questions or are just curious!

Looking at High School?

- **HISP** visitation days Dec. 5 and 6 and an evening informational session here the evening of Dec. 4. visit www.ckmhisp.org to get some info, with details to come!
- **George Washington Carver** School of Arts & Science Visitation Days: Call 228-5760 to reserve your space on any of the following days - Oct 8, Nov 19, Dec 10, Jan 14, Feb 4, Mar 11 or April 8. Tours are 8:30-10 am. www.carverartsandscience.org

Are you the pie-eating champion of your classroom?



If you think you've got the pie-eating skills to challenge any competitor, then join us for our first annual Pie-Eating Contest at LdV during the 2013 Harvest Hoedown!

The first 10 students in each grade category can sign-up to compete at the Pie-Eating Contest at this year's Harvest Hoedown, on Friday October 25th 2013. Our contest begins at 4pm with the first grade group...and the overall winner (fastest person to finish their pie) will win a \$50 gift card to Best Buy!

Are YOU up for the challenge??? If you are, please detach and return the form below to Mrs. Nakayama's mailbox – the first 10 students from each grade group will be accepted! Good luck! ☺

Detach and return this portion to Mrs. Nakayama's mailbox

Grade Group: (check one)

Pre-K & Kindergarten

5th & 6th Grade

1st & 2nd Grade

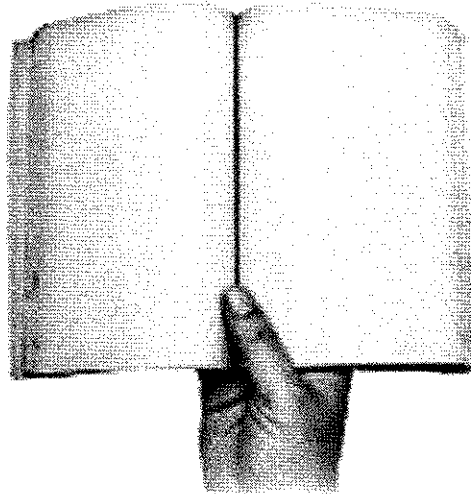
7th & 8th Grade

3rd & 4th Grade

Competitor's Name: (please print)

Parent/Guardian Signature

Books In Hand



Billy T.'s Boy Scout Eagle Project Book Drive to benefit Foster Children

A Bin is located in Diane's office

For Our

BOOKS IN HAND

BOOK DRIVE

New and Gently Used Books

All Books will be picked up by October 17, 2013

For more information. Contact me at cityfok@sbcglobal.net



FROM THE LDV GARDEN

To your Table

Alexis Wasilchin
October 2013

FOOD FOR FALL

Have your kids seen the beautiful winter squash that is growing in the middle of the garden? These squash were planted last year by Mrs. Cochran's 3rd grade class during their Country Life segment. This week's feature is **BUTTERNUT SQUASH**

OUR NEW APPLE TREE

On Apple Day the first grade classes planted an apple tree! We are so excited to watch it grow! Stay tuned for apple recipes...

CHICKEN AND BUTTERNUT SQUASH ENCHILADAS

- 2 cups shredded chicken (I use left over rotisserie chicken)
- 1 cup roasted cubed butternut squash
- ½ cup blanched fresh or frozen corn (optional)
- ½ c grated Asiago cheese
- ½ c grated jack or Mexican cheeses
- 1/3 c finely chopped white onion
- 1/3 c chopped cilantro
- 1/3 c sour cream
- 1/3 c chicken broth
- 1Tbsp lime juice
- ½ tsp cumin
- ¼ tsp salt
- 1/8 tsp pepper

- 1 jar (or homemade) tomatillo salsa or salsa verde
- 10- 6 in corn tortillas
- 1 cup grated jack cheese
- ¼ cup fat free sour cream
- sliced jalapenos

Preheat oven to 400

To prepare enchilada filling combine chicken with next 12 ingredients

Spread ½ salsa verde in bottom of 13x9 inch baking dish coated with cooking spray. Warm tortillas and place 1/3 cup filling- roll and place seam side down in dish. Arrange and add remainder of salsa verde. Top with grated Jack cheese and cover with tin foil.. Bake at 400 for 15 minutes or until heated through. Top with remaining ingredients.

POMEGRANATE ANYONE?

Great news! The students have really been enjoying and taking interest in the garden. On Tuesday we had over 60 children visit during recess! They are curious about what is growing and eager to try our fruits and vegetables. Right now we have a pomegranate tree that is producing but not ready to harvest. Since the kids are excited to try the pomegranates, we would love any donations of pomegranates from our LdV families. There will be a box in Diane's office to collect the fruit dropped off. Pesticide free, please!

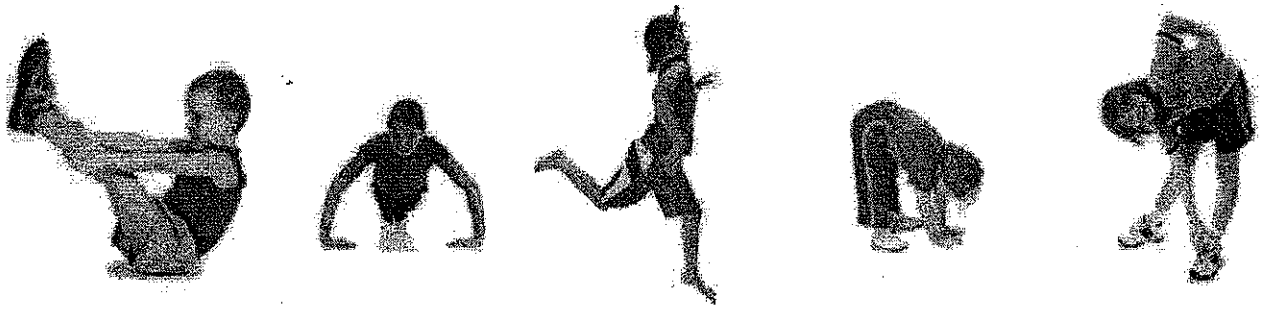
ROASTED BUTTERNUT SQUASH, CUBED

- 2 medium butternut squash
- Olive oil
- 1 tsp salt, ½ tsp pepper

Preheat oven to 375

Cut and discard ends of squash, peel skin
Cut in half lengthwise and remove seeds.
Cut squash into 1 ¼ to 1 ½ cubes. Toss to coat with a drizzle of olive oil, salt and pepper and place on a baking sheet in a single layer. Bake for 30-40 minutes until tender.

SEWING PROJECT? We are gearing up to do more cooking projects with the kids and we are in need of aprons! Please contact Jeri Grattidge grattidgefamily@yahoo.com if you are interested in getting hours for this fun project!



L.D.V. Fall Family Boot Camp

Open to L.D.V. K-8 Students and Families

Students and families will participate in fun, fast-paced workouts that will aim to increase strength, flexibility, and overall athletic conditioning. We will incorporate body weight exercises, dynamic stretching, endurance training, and plyometric exercises to achieve maximum results. Each week we will focus on developing a variety of athletic skill sets.

Classes will begin on Monday, October 7th

Dates: October 7th, 24th, 21st, 28th
 November 4th, 18th
 December 2nd, 9th, 16th

Time: 3:15pm-4:30pm

Where: L.D.V. Multi-Purpose Room/Cafeteria

Cost: \$75 (individual)
 \$100 (family)

For any questions about this program:

Email: jchekon80@gmail.com
 Phone: (916) 275-8550

James Chekon
 Youth Fitness Instructor
 First Aid, CPR Certified

Fees payable to Mr. James Chekon

Drop off Payment & Form to L.D.V. Community Liason Office (Diane's Office)

REGISTRATION FORM

Student's Name(s) _____ Gender: F M Birth Date ___/___/___

School _____ Grade _____ Room # _____

Parent/Guardian _____ Home _____ Cell _____

Address _____ Email _____

Emergency Contact _____ Phone _____ Relation _____

Name of Othe Adults Authorized for Pick-Up _____

My Child Will Be: Pick-up LDV Children's Center Hollywood Park 4thR Other _____

Amount Paid \$ _____

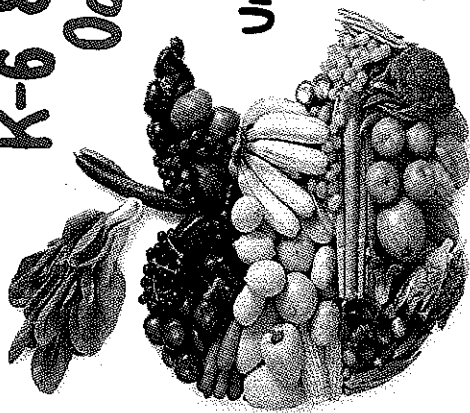
Cash Check # _____

Hold Harmless Agreement:

I understand that serious accidents occasionally occur during after-school programs. Knowing the risk an In consideration of being permitted to participate in the LDV Fall Family Boot Camp, I agree to assume all risk connected therewith. I also understand that a student's disruptive behavior will result in his/her dismissal from the class without refund.

Parent/Guardian Signature X _____ Date ___/___/___

K-6 & K-8 Menus October 2013



**Sacramento City
Unified School District
Nutrition Services**
Brenda Padilla, M.S., Director

This institution is an equal opportunity provider and employer. Menus subject to change.

Thursday, October 3

Breakfast
Pillsbury Triple Berry French Toast

Lunch
Foster Farm's Chicken Hot Dog on Whole Grain Bun
OR
Fernando's Cheese & Bean Whole Grain Burrito & Taco Sauce

Side: Baked Beans

Friday, October 4

Breakfast
Blueberry Muffin

Lunch
Kettle Cooked Saucy Beef & Cheese Taco
OR
Catch of the Day!
Trout Treasure Shapes

Side: Whole Grain Tortilla Chips

Credit Policy

If your student forgets meal money, credit will be given for up to three days for each meal. Students and households will be reminded of negative balances. To avoid charges, prepayments are accepted in-line or on-line at www.EZSchoolPay.com. Please clear balances promptly as they carry over each year. Thanks!

Thursday, October 10

Breakfast
Chicken Tortilla Crispito Wrap w/salsa

Lunch
BBQ Beef Rib-B-Q on Whole Grain Hoagie Roll
OR
House Baked Whole Grain Crust Wedge Cheese Pizza

Side: Baked Potato Spud

AVAILABLE DAILY

Lunches include Garden Salad Bar & Milk—Non or Low-Fat, Unflavored

Entree Choices:

Meatless: Both w/ Mozzarella Stick

#1 Vegan Sunbutter & Jelly Sandwich

#2 Yogurt Meal

Other Hot lunch entrees:

#3 (see monthly non-cheese options)

#4 House-Made (see daily menu)

Menu is Subject to Change

Tuesday, October 1

Breakfast
Turkey Sausage Breakfast Bagel

Lunch
Sweet Baby Ray's BBQ Roasted Chicken
OR
Krispy Tyson Chicken Tenders

Side: Whole Grain Roll & Jelly

Wed., October 2

Breakfast
Sunrise Pork Sausage Sandwich

Lunch
Home Style Bow Tie Pasta with Beef Meat Sauce
OR
Cheeseburger on a Whole Grain Bun

Side: Baked Potato Spuds

Monday, October 7

Breakfast
Whole Grain Waffle Sticks

Lunch
Don Lee Farms Whole Grain Crusted Chicken Corn Doggy
OR
Tyson BBQ Chicken Drumme

Sides: Goldfish Pretzels & Corn on the Cob

Tuesday, October 8

Breakfast
Italian Turkey Sausage Breakfast Square

Lunch
Krispy Tyson Chicken Tenders
OR
Fajita Chicken & Cheese Taco

Side: Refried Vegetarian Beans & Whole Grain Tortilla Chips

Daily Options for Breakfast

Entrées:
#1-General Mill's Whole Grain Cereal Choices
OR

#2-Daily Choice, (listed on the menu)

And /Or
Fruits, Milk, Graham Cracker



Wed., October 9

Breakfast
Pancake pork sausage wrap

Lunch
Spicy Sichuan Chicken
OR
Crispy Baked Chicken

Side: Hawaiian Style Whole Grain Brown Rice

Friday, October 11

Breakfast
Banana Muffin

Lunch
Hot Off the Grill!
Grilled Cheese Sandwich
OR
Savory JennieO' Roasted Turkey Breast w/Turkey Gravy

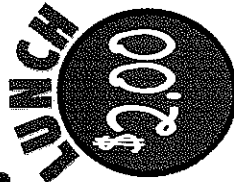
Side: Idahoan Mashed Potatoes
Biscuit & Jelly

First things First

BREAKFAST @SCHOOL

For first-class learning!

EZSchoolPay.com
SIMPLE, SAFE & SECURE



Pay for meals on-line at [EZSchoolPay.com!](http://EZSchoolPay.com)

DON'T GET!



and at least three of the five items total so your meal counts as a complete lunch!

SCHOOL LUNCH ACROSS THE USA

KIDS! JOIN US IN CELEBRATING NATIONAL SCHOOL LUNCH WEEK OCTOBER 14-18, 2013

Monday, October 14

Breakfast

Maple Burst Mini Pancakes

Lunch

Mini Beef Cheeseburger
Buddy Sliders
OR
Kona Coast Teriyaki Chicken

Side: Hawaiian Style Whole Grain Brown Rice

Tuesday, October 15

Breakfast

Apple Cinnamon Texas Toast

Lunch

Krispy Tyson Chicken Tenders
OR
Kettle Cooked Saucy Beef & Cheese Taco

Side: Refried Vegetarian Beans & Whole Grain Tortilla Chip Bites

Wed., October 16

Breakfast

Pork Bacon Scramble Square

Lunch

Zesty Chicken Patty Sandwich on Whole Grain Bun
OR
Fernando's Cheese & Bean Burrito w/ Taco Sauce

Side: Baked Potato Spud

Thursday, October 17

Breakfast

Chicken Tortilla Crispito Wrap w/Salsa

Lunch

House Baked Whole Grain Crust Wedge Pizza
Pepperoni
OR
Cheese

Friday, October 18

Breakfast

Sunnyfresh French Toast Sticks

Lunch

Rainbow Trout Melt on Whole Grain Bun w/ Tartar Sauce
OR
Toasty Grilled Pork Ham & Cheese Sandwich

Side: Baked Potato Spud

Monday, October 21

Breakfast

Pillsbury Blueberry Mimi Waffles

Lunch

Mandarin Orange Chicken
OR
Artisan Style Whole Grain French Bread Cheese Pizza

Side: Hawaiian Style Whole Grain Brown Rice

Monday, October 28

Breakfast

Whole Grain Waffle Sticks

Lunch

Don Lee Farms Whole Grain Crusted Chicken Corn Doggy
OR
Tyson BBQ Chicken Drummie

Sides: Goldfish Pretzels & Corn on the Cob

Tuesday, October 22

Breakfast

Turkey Sausage Breakfast Bagel

Lunch

Sweet Baby Ray's BBQ Roasted Chicken
OR
Krispy Tyson Chicken Tenders

Side: Whole Grain Roll & Jelly

Wednesday, October 23

Breakfast

Sunrise Pork Sausage Sandwich

Lunch

Home Style Spaghetti with Beef Meat Sauce
OR
Cheesburger on a Whole Grain Bun

Side: Baked Potato Spuds

Thursday, October 24

Breakfast

Pillsbury Triple Berry French Toast

Lunch

Foster Farm's Chicken Hot Dog on Whole Grain Bun
OR
Fernando's Cheese & Bean Whole Grain Burrito & Taco Sauce

Side: Baked Beans

Friday, October 25

Breakfast

Blueberry Muffin

Lunch

Kettle Cooked Saucy Beef & Cheese Taco
OR
Catch of the Day! Trout Treasure Shapes

Side: Whole Grain Tortilla Chips

Tuesday, October 29

Breakfast

Italian Turkey Sausage Breakfast Square

Lunch

Krispy Tyson Chicken Tenders
OR
Fajita Chicken & Cheese Taco

Side: Refried Vegetarian Beans & Whole Grain Tortilla Chips

Wednesday, October 30

Breakfast

Pancake Pork Sausage Wrap

Lunch

Spicy Sichuan Chicken
OR
Crispy Baked Chicken

Side: Hawaiian Style Whole Grain Brown Rice

Thursday, October 31

Breakfast

Chicken Tortilla Crispito Wrap w/Salsa

Lunch

BBQ Beef Rib-B-Q on Whole Grain Hoagie Roll
OR
House Baked Whole Grain Crust Wedge Cheese Pizza

Side: Baked Potato Spud



Why pumpkins?

It's no accident that pumpkins play a big role in many Halloween celebrations. They ripen at the right time, so they're available. They last a good while, so you can keep them out for a week or two. And they're shaped roughly like heads! Besides, have you ever tried carving a jack-o-lantern out of a tomato?

Learn more at [www.CHOOSEMYPLATE.gov](http://kidshealth.org/kid/stay_healthy/food/pyramid.html) or http://kidshealth.org/kid/stay_healthy/food/pyramid.html