



Carmeleter

October 13, 2006

Issue 4

President's Letter

It's hard to believe that we are nearly half way to the holiday season. Wow! A lot has already happened this month, including the Bike/walk-to-School week that just concluded and our Innisbrook Fundraiser. Thank you to Stephanie Youngquist for spearheading both of these efforts by doing double duty as VP of Fundraising and Traffic Safety Chair.

Still to come this month are the Fall Book Fair, our next PTA General Meeting and the El Carmelo Pumpkin Project. The Fall Book Fair will run from Monday to Thursday of next week in the MP Room. There will be a special Family Evening on Wednesday. Please stop by for ice cream sundaes while browsing the great book selection.

The PTA General Meeting will be held next Tuesday evening at 7:00 pm in the Library. El Carmelo's Area Attendance Advisory Group representatives, Liz Cowie and Linda Jensen, will present the latest developments in the discussion of school attendance boundaries. Please join us.

The El Carmelo Pumpkin Project is our annual opportunity to show off your pumpkin carving skills. Be creative with your student and add your handiwork to this marvelous display of pumpkin art on October 25. If you don't have a pumpkin to show off, please stop by and admire.

Happy October!

Eric Schuur
President

Ana-Maria Dias
Executive Vice-President

REMINDER

- BOOK FAIR 10/16-10/19:
- NOV. 1ST - PIE CHALLENGE DEADLINE

Curious about Quilting?

Pam Sherwood, sherwood5858@yahoo.com



Quilts are made up of three layers: the top, the back and the batting. All those pieces are held together by binding along the side, and the quilting that goes through all three layers. The quilting is necessary so the batting does not shift as you use and launder the quilt.

The El Carmelo quilts have all been hand quilted, which means the quilting that is used to hold the layers of the quilt together is stitched by hand instead of by machine. Hand quilting is an art form in itself - beyond the beauty of the quilt top. When the quilting is done by hand, that elegance may outshine the lovely fabrics and intricate design.

Our group will meet every Wednesday evening from 7:00 p.m. - 9:00 p.m. in Room 7 to complete a quilt that will be raffled at the auction to raise money for the El Carmelo PTA. Anyone interested in watching the process or in taking a stab at quilting is welcome to come. No experience is necessary!

For more information, contact Pam Sherwood, sherwood5858@yahoo.com or Tanya Wing tanyawing@yahoo.com.

DATES TO REMEMBER

October

- 16-19 Fall Book Fair
- 17 PTA General Meeting, 7 pm
- 18 Fall Book Fair Ice Cream Social 5:30pm-8:00pm
- 19 Carmeleter Deadline 3:00pm
- 24 Board of Education Meeting 7:00pm
Hearing Screening

November

- 1 PiE Challenge Deadline
- 2 Photo Make Up Day
Carmeleter Deadline 3:00pm
- 6 Kinder Extended Day Begins
- 10 Holiday Veteran's Day - No School
- 14 Board of Education 25 Churchill 7:00pm
- 22-24 Holiday Thanksgiving No School



School Boundary Committee Update Attendance Area Advisory Group

Liz Cowie and Linda Jensen will be at the PTA meeting at 7:00 p.m., Tuesday, October 17, to discuss the latest school boundaries developments, listen to comments and answer questions. They will review the information covered during the Attendance Area Advisory Group (AAAG) meetings on October 9, and October 16. These meetings addressed boundaries for Elementary Attendance Areas and Choice Programs. This was summarized in an earlier Carmeletter and Friday Folder insert for AAAG meetings held on September 11, and September 25.

Please note that PAUSD has proposed possible boundary changes for El Carmelo.

The proposed changes are shown on color maps displayed in the school office. PAUSD's Scenario A would change the boundaries as if the Garland elementary school site was opened as a 13th elementary school in the district. PAUSD's Scenario 1 would change the boundaries in a different way if no new elementary school were opened. Please go into the office and look at these maps and give Liz and Linda your feedback.

These proposed boundary changes are still preliminary, and are on the agenda for discussion at the next two AAAG meetings—Monday, October 9, and Monday, October 16. Through AAAG, PAUSD is making these proposals to consider whether or not there is a better way to distribute students in order to make adequate use of district facilities. All AAAG meetings are scheduled for 6:00 p.m. - 8:00 p.m. at the PAUSD's offices at 25 Churchill Avenue and are open to the public.

Please note that PAUSD has stated that the grandfathering of existing students and siblings is an important principle to follow when making boundary changes.

PAUSD will post the minutes of the AAAG meetings on its website, www.pausd.org. Additionally, there is a clear plastic box in the office where you can get copies of AAAG documents.

Liz and Linda will continue to keep you posted and welcome your comments and suggestions. Liz's email is lizcowie@alumni.duke.edu, and Linda's is linda@winterlodge.com.

Your AAAG Representatives,
Liz Cowie and Linda Jensen

A Big Thank You to Volunteers

Ana-Maria Dias

Thank you to Mona Napaa, Julie Bitler, Tania Goldszmidt, Susan Rider and Jeff Bondor for helping on Photo Day.



Also, thank you to Kesha Brown, Yvette Mitchell, Susan Rider and Jeff Bondor for helping with the Vision Screening.

El Carmelo Auction

Jill Spain, spainsdj@sbcglobal.net

Mark your Calendars!

The 30th Annual El Carmelo Auction

"The Love Boat"
April 14, 2007
Stanford Faculty Club
6:00pm - 11:30pm

To do:

- ✓ Dust off your dancing shoes
- ✓ Pick out your favorite cruise wear
- ✓ Book your babysitter (make sure they can stay late, check-out will not begin 10:15pm)

Come Aboard...We're Expecting You!

Interested in buying tickets early? E-mail me at spainsdj@sbcglobal.net

Jill M. Spain
Auction Chair

Traffic Safety

Parents,

Please do not make U-turns on Bryant Street during morning drop-off or afternoon pick-up times. Signs are posted on Bryant Street indicating when it is illegal to make U-turns. These are very busy times and it is important to ensure the safety of those walking or biking.



Thank you

Healthy Choices

Dear Parents,

As you may be aware, the California State Legislature has passed numerous initiatives to improve eating at our schools, including The Healthy Beverage Bill (SB 965 and SB 677) that bans the sale of soda and restricts the sale of junk-food items at schools. In addition, SB12 sets school nutrition standards regarding calories, saturated fat and sugar content of snacks sold to children at schools.

Our aim is to back up the recommendations by the state legislature (summarized below) for creating a healthier eating environment by encouraging healthier food in the classroom. We offer the following starting list of healthy alternatives:

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| Fresh Fruit Snacks: | Slice or serve fruit whole. Slices may be served with peanut butter, cottage cheese, yogurt, cream or ricotta cheese. Try a fruit kebab, or buy different kinds of apples and have an apple tasting. |  |
| Vegetable Snacks: | Cut up fresh raw vegetables. Serve with peanut butter, cottage cheese, cream cheese or ricotta. Make "ants on a log" – celery or banana stuffed with peanut butter and sprinkled with raisins. | |
| Dried Fruit Snacks: | Eat alone or with nuts and/or seeds. | |
| Grain Products: | Whole wheat bread and crackers: read the label. Make sure the first ingredient is whole-wheat flour. Try rye crisps, flat bread, pita triangles and whole grain crackers. Serve with cheese, peanut butter, sliced bananas, cream cheese. | |
| Dry Cereals: | Choose unsweetened varieties. Serve with milk and fresh fruit or add dried fruit, nuts and seeds. | |
| Popcorn: | Try using a little grated cheese instead of salt and butter. | |
| Plain Cookies: | Bake your own using part or all whole-wheat flour. Try oatmeal, peanut butter or molasses cookies. | |
| Baked Products: | Buy or bake whole-wheat muffins, bran muffins, corn muffins or pancakes. | |
| Nuts and Seeds: | Mix pumpkin seeds, sunflower seeds, peanuts, pecans, walnuts, etc. with raisins. Be careful of children under four. | |
| CAUTION IF NUT-ALLERGIC CHILD IN CLASS | | |
| Frozen Treats: | Buy all-fruit popsicles, frozen yogurt bars, or make yogurt smoothies in the blender. | |
| Beverages: | <ol style="list-style-type: none"> 1. Use 100% fruit and vegetables juices or offer water. 2. Lowfat milk: Serve with bread, crackers, cereal, etc. Mix in blender with fruit, orange juice and ice for a healthy shake. Try heating milk with 1 tsp. vanilla plus 1 tsp. honey and a dash of cinnamon. Buy lowfat yogurt or buttermilk or try making your own yogurt. | |

Thanks for helping us keep our children fit and healthy.

Maggi Smeal, MD
Pediatrician/El Carmelo Parent

Raquel Burgos, MD
Pediatrician/Escondido Parent
PTA Executive Board Director of Health and Welfare

Linda Lenoir, RN, MSN
District Nurse, Palo Alto Unified School District

El Carmelo Auction

Debra Wittenbrink

Hello El Carmelo Families,

Preparation for the 30th Annual El Carmelo Auction is underway and we need your help to continue the great success of previous years. You can help in many ways and no contribution is too small or too big. Here are some ideas:

- Donate services such as: babysitting, gardening, housekeeping, baking desserts, cooking dinner, massage therapy, manicures/ pedicures, etc...
- Donate tickets for sporting events or theaters. Donate gifts such as jewelry or certificates from your favorite stores. Donate lessons in language, dance, sports, frequent flyer miles, vacation homes, etc...
- Grab some of your friends and host a party together, such as: bowling, ice cream, tea, wine tasting, scavenger hunts, movie night, super bowl, martini/margarita, an ethnic dinner, etc...

The list goes on and on, so get as creative as you want!

Making your auction contribution can be as easy as 1, 2, 3...

1. Decide what you want to donate
2. If it is an event, choose a date you know you can do (bidders purchase parties based on this date, so every effort should be made to keep the original date)
3. Fill out your auction form completely and return it to the office

We are here to help you with anything regarding your donation, so please feel free to contact your Family Donations Committee:

Kindergarten & First Grades:	Megan Swezey Fogarty (473-0428)
Second & Third Grades:	Liz Cowie (322-7776)
Fourth & Fifth Grades:	Debra Wittenbrink (324-2835)

Thank you for supporting our school and our children.

El Carmelo Ice Skating Party

Yi-Mei Chang, yimei_chang1@yahoo.com

Come and enjoy the fun at El Carmelo's annual Ice Skating Party at Winter Lodge on Wednesday, November 1, from 5:30 p.m. to 7:30 p.m. The cost is \$12.00 per person and includes skate rental. Pizza and drinks will be available for you to purchase there.



Each child who skates must have a waiver form signed by his/her parent. Look in your child's Friday folder today for the sign-up form and the waiver form. Return the forms with your payment to the office by Friday, October 27. Attendance is limited, so sign up now. Extra forms will be available in the office.

If you have any questions please contact Yi-Mei Chang at (650) 324-2785 or yimei_chang1@yahoo.com.

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Published Biweekly

Submissions may be sent to:
carmeletter@yahoogroups.com

or a printed copy may be left in the Carmeletter editor folder in the Carmeletter drawer in the main office (below the mailboxes). Submissions will usually be reformatted, so plain text is preferred. Although we try to include everything submitted, please be aware that we need to keep the length of the newsletter reasonable, so we may shorten articles.

Next Issue

<u>Submission Date</u>	<u>Pub Date</u>
Oct 19	Oct 27