



ARLENE * HEIN * ELEMENTARY

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Principal's Message- Trimester 1 Report Cards/Academic Achievement

On Friday, October 27, we celebrated our students' academic achievement and the end of our first trimester. Report cards for Tracks A, B & C were sent home. At our Awards Assemblies, we recognized students with academic awards they earned as a result of their hard work. We give awards for the following academic areas: Reading, Writing, Spelling Mathematics, Social Studies and Science.

Students in Grade 3 are eligible for an Academic Achievement award. This is earned for achieving all A's, A's and B's, or all B's.

Students in Grades 4-6 are eligible to receive the Honor Roll

Award by receiving A's and B's, or all B's. Students in Grades 4-6 are eligible to receive the Principal's List award by receiving ALL A's in the 6 academic areas mentioned earlier. Additionally, this year the District Honor Roll award will be given to all students who earn a cumulative grade point average (in those 6 areas) of 3.5 or higher! Special Recognition awards can be given to any student at any grade level who shows improvement as determined by the teacher in effort, behavior, and or citizenship. Congratulations to your students for their achievement!



Stay Healthy During the Fall Season

Don't look now but the fall season is upon us. Attendance at school often takes a dip when the weather changes with the seasons. The following tips will help students stay healthy and in school throughout the fall season:

- Cover coughs and sneezes.
- Wash your hands often—Washing hands helps keep germs away.
- Avoid touching your face—Viruses that cause colds and the flu can enter the body through your eyes, nose and mouth.

- Stay healthy—Not only is eating a healthy diet good for your students, but it can serve as a defense against colds and flu. Healthy foods help bolster immune systems.
- Get plenty of rest—We all enjoy our sleep but did you know that sleep helps our immune systems protect us from diseases? Make sure your student is getting enough sleep every night.
- Reduce stress—Chronic stress can wreak havoc to an immune system. Students need quiet time to relax.



**Arlene Hein
Elementary School**

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Important Dates!

- * October 26
D Track back
- * November 6
Election Day
- * November 12
Veterans Day
No School
- * November 20
Track Change
Day—B Off
- * November 21-23
Thanksgiving
Holidays
- * November 27
PTO Meeting/
Grade 3
Performance
- * December 4
Minimum Day
Teacher
Training



Please Keep In Mind...



Arlene Hein English Language Advisory Committee

The English Language Advisory Committee (ELAC) oversees the academic progress and programs for our English Language students. Our ELAC has just completed elections for this year's chairpersons. Mrs. Veronica Garcia was elected as our Chairperson, and Mrs. Kavita Lal was elected as the Vice Chairperson. Mrs. Garcia also serves as the Chairperson for our District ELAC, so we are well represented! Watch for further information about upcoming ELAC meetings—all parents are invited to attend!

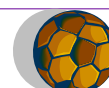
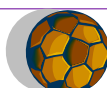
Student Tardy Concerns

We have been averaging over 50 students coming in tardy each day! Tardiness negatively impacts your child's opportunities for academic success and also negatively impacts the entire classroom due to the disruption. We will be mailing Student Attendance Review Board (SARB) letters for those students who have accumulated more than ten (10) tardies this year. Students with "Intra-district" attendance agreements may lose the opportunity to attend our school next year if they continue to accumulate either tardies or excessive absences!

Traffic Updates

Please remember the following regarding vehicle traffic in and around our school:

- Do not "double park" behind parked cars and then leave your vehicle unattended.
- We value our neighbors—please be courteous and do not park in front of or in their driveways
- U-turns in the Toscana or Valgrande intersections are not only unsafe and considered moving vehicle violations, but may result in expensive traffic tickets. **Please do not make U-turns**



Dear Ask Anne,
My son likes to take a sports drink to soccer practice instead of water. Are sports drinks better for him than water?
-- Soccer Mom

Dear Soccer Mom,
The idea is that sports drinks help replace the electrolytes that our bodies lose when exercising. The problem is that most of us, including children, do not exercise to

a level where electrolyte replacement is needed. Electrolyte replacement only becomes an issue for individuals who are exercising for a sustained period of time, like a marathon runner. Studies have shown that in five out of six times, trained athletes performed just as well with water than with sports drinks during intense exercise of less than one hour. While the name "sports drink" implies that it is healthy, sports drinks actually

contain a lot of sugar. The average 20 oz. sports drink has eight teaspoons of sugar and 130 calories. So if a child substituted a 20-oz sports drink for water every day (and changed nothing else), he or she would gain 13 extra pounds over the course of a year. Water is best for hydrating our bodies before, during and after exercise.
Sincerely,
Ask Anne

PTO News from Julie Moriyama, PTO President (ArleneHeinPTO@hotmail.com)

Our first annual **Jog-a-thon** was a great success! Thanks to all of the Arlene Hein Elementary families who contributed to the Jog-a-thon. We earned a total of \$12,000 exceeding our goal by \$4,000! Way to go Hein Hawks! The jog-a-thon was so much fun the students wanted to run more laps. Thanks to Ilesha Graham for the music, it kept spirits high and legs moving. Thanks also to our local Jamba Juice for donating smoothies for the B/C Track Jog-a-thon. Thanks to Cristi Walker who coordinated this great event!

Harvest Fun Festival was a great night! Thanks to everyone who came! The food, games, contests and especially cotton candy were great! The PTO would like to thank everyone who participated in this event, without our parent and teacher volunteers events like these would not be possible. Thanks to Josefina Gomez-Geach who chaired this event, job well done! Thanks also to our other chairs Jenny Ceja, Theresa Amaral, and Sabrina Gomez. Several teachers helped set up, run booths and clean up. Thanks to Mrs. Roberts, Mrs. Meade, Mrs. Thompson, Mr. Hock, Mr. Valente, Mrs. Bermudez, Mrs. Roberts, and Mr. Lappin. A special thanks to Mrs. Westermann who helped with the raffle and a thousand other

little details.
Thanks to the parents who help out at our booths, set up, concessions, ticket sales, and clean-up: Ryan Geach, Bob Walker, Sandra Aboufares, Christie Nakatsuka, Bonnie Hain-Anderson, Toni Hill, Aileen Chan, Dahaina Duarte, Jill and Jason Beckette, Richelle Adams, Kim Land, Gonzo Gomez, Alicia Temblador, Alice Farmon, Angela Hextell, Bridget Valente Kerri Hock, Gayle Morency, Deborah Johnson, Iris Price, Chi Onwuli and Cristi Walker!

