



Patwin Elementary

May 4, 2009 Newsletter

Visit our web site: www.patwinelementary.org

Calendar of Events

DATE	DAY	TIME	EVENT
5/4/09	Monday	6:00 - 8:00 pm	PTA Meeting Library or MPR PLEASE NOTE--CHANGE OF DATE!
5/6/09	Wednesday	1:00 - 1:30	Character Education Assembly: Integrity
5/7/09	Thursday	1:00 pm	Battle of the Books (4th - 6th grade)
5/12/09	Tuesday	5:00 - 9:00 pm	Pizza Fundraiser at Uncle Vito's
5/13/09	Wednesday		Red Panda Acrobatics Assembly
5/15/09	Friday		Jump for Life with the American Heart Assn
5/17/09	Sunday		Positive Energy Kids Triathlon (Arroyo Park)
5/19/09	Tuesday		Teacher Appreciation Luncheon
5/20-22/09	Wednesday - Friday		Fourth Graders to Malakoff Diggins
5/20-21/09	Wednesday - Thursday		Third Graders to One Room Schoolhouse
5/25/09	Monday		School Holiday: Memorial Day
5/27-28/09	Wednesday & Thursday	1:15 -3:15 W 2:15 -4:00 TR	Scholastic BOGO Sale (MPR)
6/2/09	Tuesday	6:00 - 8:00 pm	PTA Meeting
6/3/09	Wednesday	1:00 - 1:30 pm	Character Education Assembly: Good Citizenship
6/3/09	Wednesday	9:30 am	Kindergaretn Patwin Day
6/3/09	Wednesday		Third Grade to Arroyo Pool
6/5/09	Friday	8:30 - 11:30	Patwin Day
6/8/09	Monday	1:00 - 3:00 pm	Sixth Grade to Arroyo Pool
6/11/09	Thursday		Last day of school (12:30 dismissal)

The Patwin Newsletter is published each Monday of the school year by the Patwin PTA. The deadline to submit articles is the preceding Thursday at 12:00 noon. Articles should be e-mailed to the editors at patwineditor@gmail.com Please include a contact name and phone number.

Patwin Elementary School • 2222 Shasta Drive • Davis, CA 95616 • Voice Mail 757.5383 • Direct 757.5394
Michelle Azevedo, Principal • Terri Clarke, PTA President
www.patwinelementary.org

DID YOU KNOW...?

If students are left standing outside longer than 10 minutes from their dismissal, they will be asked to go to the office. You can find them in the office or at the picnic tables.

A WASTE-FREE LUNCH includes :reusable lunch container; cloth napkins; stainless-steel forks and spoons; reusable drink containers; and reusable lunchboxes. EARTH BUCKS are given out on MAKE-NO-WASTE MONDAYS.

RUNNING CLUB meets Tuesday and Thursdays from 2:35 to 3:35. **PLEASE BRING A WATER BOTTLE TO RUNNING CLUB. Refills will be provided, but we no longer will be providing cups.**

RECYCLE, help the earth, and support the fourth grade class's trip to Malakoff Diggins next spring! Please bring your aluminum cans to the bin outside room 15.

PTA EMAIL NOTIFICATION LIST: If you would like to add or update your email account for receiving notifications from the PTA, please visit <http://www2.dcn.org/mailman/listinfo/patwin-pta-announce/>.

Please Remember . . .

Please let help us reinforce the rule that there is **NO sharing of food** at school. This is for many reasons. I have also announced this to all students.

Please make sure your student is **ready for the hot weather**. Layers of clothes are recommended, sunscreen, and hats (baseball caps are to be worn the intended way only.) Please note that flip flops are not allowed at school since they are not safe for outside play.

Although Patwin full of animal lovers, we ask that you **do not bring your pets on campus** even if they are on a leash. This is a district expectation that is for safety reasons.

Last Teacher Appreciation Lunch to be Provided by Kindergarten

Attention Kindergarten Parents - We need 3 parents to step up and be the Coordinators for the Kindergarten Classes turn providing lunch for all the Teachers and Staff (around 50 people) on May 19. Please contact Teresa Clarke at TClarke190@aol.com or your child's teacher to volunteer. This is an easy job. All you need to do is come up with a theme, (Schools Out, Summer's Com'in, etc) and send email or communicate through your teachers weekly newsletter and provide a sign up sheet outside the classroom.

Consider Helping out Next Year!

It is not to soon to think about what you can do to help Patwin next year 2009/10. In order to have our year start off smoothly, please review the following list and volunteer to work as a coordinator or on a committee - A lot of the work can be done by groups of friends and some of it only takes a few hours to complete. Please contact Teresa Clarke at Tclarke190@aol.com if you can help. Soon a brief description of each job will be posted.

2009/2010 Coordinator/Committees

Unfundraiser	Dinner Fundraisers
Room Parent Coordinator	Directory
Raffle /Silent Auction	Garden Programs
Walkathon	Health & P.E.
Assemblies (one to two a year)	Hospitality
Back -To-School Picnic	Membership
Back-To-School Teachers Luncheon	Newsletter
Monthly Luncheon(s) by Grade	Nature Bowl
Parent Education:	Patwin Day
Math Night / Pizza (Fall)	Red Ribbon Week
Book Fair	Script/Esript
Box Tops	UNICEF
BRAVO	Webmaster
CHildren's Savings	Yearbook
Reading Night / Hot Cocoa (Winter)	
Cultural Night / Pot Luck Social (Spring)	

Running Club News:

The last day for running club will be THURSDAY, MAY 28th. That means we only have 8 days left of running club. Many of you are very close to completing your marathons so check the boards this week to see how many laps you need to do per day to reach your goals!

We will be celebrating all of your accomplishments on the last day (May 28th) so please come ready to have fun. Please wear your running club marathon t-shirts.

We are down to a small (2) parents who are trying to run the running program. If you are interested, you can contact Grace DeMasi or Michelle Azevedo.

In an effort to be more green we are asking that you send your child to running club with a water bottle. We will be providing water for the kids to fill up their bottles. We will be giving out a star for everyone who brings a water bottle. On the last week of running club otter pops will be given to those kids who have stars on their water bottles. Thank you for helping us keep the kids healthy and hydrated.

LOCK YOUR BIKES!

Please lock your bikes at all times. We have had three stolen bikes in the last two weeks. Sadly, the only thing we can do is assist you in filling out a police report when the theft occurs.

Pizza Fundraiser

UNCLE VITO's PIZZA,
Slice of New York
(530) 758-3000
524 2nd Street

TUESDAY, MAY 12, 2009
5:00 to 9:00 pm

Dine at Uncle Vito's Slice of New York and 15% of your total bill will be donated to Patwin.



Jamba Juice Fridays Fundraiser

Make Fridays your day to indulge! Just visit the Jamba Juice in the Marketplace and be sure to mention Patwin Elementary any Friday between now and the end of school! Jamba Juice will donation a portion of proceeds to the PTA!

Math Challenge Test Dates

Emerson has scheduled the dates for incoming 7th grade students who are wanting to place into either Algebra or Geometry. We will be administering both the end of the year Transition final and the Algebra final on Monday May 18th and 19th at 3:30 in room A-2. Please call Michael Leahy, Emerson counselor, if you have questions at 757-5430 ext. 109.

Patwin Day is Coming

Remember to sign up to volunteer to help at Patwin Day--there are lots of activities planned but they can't happen without parents help. Sign up on the bulletin board outside the MPR or call Ann Shuman (758-4755) or Jannifer Bavetta (757-7323).

If you can't help on June 5, we need behind the scenes help or donations. We need small, clean jars, toilet paper tubes, blocks and race track (Hot Wheel type) and rolled newspapers . We will also need donations of snacks for the volunteers.

The kids all look forward to this fun-filled day and it is fun for parents to share it with their children. Thank you in advance for your participation.

Box Tops

Don't forget to send in box tops (including your name) to your classroom for the last collection of the school year. We will be awarding prizes for the best class participation, the three classes with the most box tops collected, and students who send in their box tops on collection sheets or who collect 50 or more box tops.

CDC Fundraisers

CDC will be selling lemonade every Wednesday in front of CDC for \$1.00. On Wednesday, May 6 and Wednesday, May 20th we will be selling snow cones for \$1.00 as well.

6th Grade Graduation News

Graduation BBQ and Party

Sponsored by City of Davis, this event welcomes graduating elementary school students to seventh grade. Held at 3rd and B, the event starts at 4:30 with a BBQ and then moves to the "basement" from 6:00 to 9:00 pm for dancing and games. Sixth graders should be receiving an invitation from the city in the mail soon. Tickets will go on sale in mid-May at the Community Services Department. Check out the City of Davis summer recreation schedule (p.32) for more information.

Sixth Grade Rec Night

The Patwin Sixth Grade Recreation night will be on Wednesday, June 10th from 6:00 - 8:00 pm. This event is full of fun, music, and games to celebrate graduation from Patwin. Parents of sixth graders are asked to help make this event a success. Volunteers are needed to help plan and prepare game stations, procure donations for game stations and refreshments, recruit volunteers and work at, after, and before the event. A supply list will be out next week for items we will need to borrow from our Patwin community.

Sixth Grade Calendar of Events:

Friday, May 22: Field Trip to see "Mid Summer Night's Dream"

Wednesday, May 27: Market Day

June 2-8: Greek Olympics

Monday, June 8: Sixth Grade Swim Party at Arroyo Pool 1:00 -3:00 pm

Wednesday, June 10: Recreation Night 6:00 - 8:00 pm

Thursday, June 11: Clap-out-Thursday 9:00 am

Thursday, June 11: Greek Myths and Feast, 10:00 am

Basketball Extravaganza

Families and children are invited to a basketball extravaganza on Monday, May 11, at 7 pm. The fund-raising basketball game is presented by International House-Davis and pits the visiting Harlem Ambassadors against the mighty Davis All-Stars (made up of players from the community). The game will be held at the Davis High School New Gym. Tickets are \$7, children under 5 are admitted without charge. A barbecue will be held outside the gym at 5 pm.

Tickets are available at 10 College Park, Davis or online at www.internationalhousedavis.org. For more information please contact Elisabeth Sherwin, executive director at I-House at dir@internationalhousedavis.org or (530) 753-5007.

International House-Davis is a local non-profit organization which promotes respect and appreciation for all people and cultures. We encourage a global community by providing many opportunities for cross-cultural interaction and exchange. www.internationalhousedavis.org

The BOGO Book Fair Is Back!

Buy One / Get One Free!

Wednesday, May 27th, 1:15 - 3:15

Thursday, May 28th, 2:15 - 4:00

Any and All Parent Volunteers Welcome.



CDC Swim Camp

Enrollment is now open for Pawtin CDC's Summer Swim Camp for K-6th grade. We will swim every afternoon at Arroyo Pool and will be exploring performing arts in the mornings: dance, music, acting, film production, and cooking. Prices are: 4/5 full days \$187, 2/3 full days \$139.00 , 4/5 half days \$127, and 2/3 half days \$104. This includes breakfast, lunch and snack and all pool and fieldtrip fees. Registration is going on now at Patwin CDC- 530-756-1369.

Reading Program Envelope Donations

The Patwin Reading Program needs envelopes, any size or light color, with or without return addresses. If you know a company that is going out of business, their old envelopes can find a useful home with us. Please bring them to Room 32.

4th
ANNUAL

Positive Energy Kids Triathlon

swim • bike • run

SUNDAY, MAY 17

**WHERE EVERYDAY ACTIVITIES BECOME THE
FOCUS AND FUN BECOMES THE SUBJECT**



**ARROYO PARK/POOL-WEST DAVIS
2000 Shasta Drive**

"Positive Energy Campaign"

The Positive Energy Kids Triathlon is part of several events that comprise the Positive Energy Campaign. Our campaign was created by A Change of Pace to get kids energized about exercise through outdoor activities. Our focus is to promote youth participation, promote healthy development in youth and to increase access to achievable participatory events. Through this campaign, it is our hope that both the kids and their parents will have a greater understanding of the importance of how exercise and living a healthy lifestyle will impact their future.

**Start your summer off on a
positive note.**

EVENT FEATURES

- OFFICIAL T-SHIRT
- CUSTOM FINISHER'S MEDAL
- POST RACE REFRESHMENTS
- FREE SNOW CONES FOR ALL KIDS
- SPECTATOR FRIENDLY COURSE
- FUN POST-RACE ACTIVITIES

FIELD LIMIT: 500

*Designed for kids
4-15 Years old*

REGISTER TODAY!

Flyers/entry forms are available at the school office or can be downloaded off our website.

changeofpace.com

Proceeds to benefit The A Change of Pace Foundation

Our Mission "to encourage, educate and motivate kids to inspire life-long habits towards a healthy lifestyle."





Clip and flip! Save 10 Box Tops and these fishy friends will flip!



Name _____

Grade _____

Teacher's Name _____

Thank you for helping! Every Box Top you collect is worth 10¢ for your school.
For more collection worksheets and projects, go to www.boxtops4education.com/activitycenter

Dialogue with Dr. Deborah – May 2009

Please respond to Dialogue with Dr. Deborah. Forward any comments, questions, or any concerns to me, Dr. Deborah Kimokeo, DJUSD District Prevention/Intervention Manager. Email: dkimokeo@djUSD.k12.ca.us & Phone: (530)757-5400x133 (office).

Dear Deborah,

Our family and many friends of our family are experiencing tremendous stress with the down turn of our economy, hearing of suicides and shootings around the country, the fear of swine flu. It feels hard to cope sometimes. Any suggestions?

Usually Positive, but Finding It Hard to Be Lately

Dear UPBFIHBL:

You and your friends are not alone. Today the Mental Health of America its new campaign. "Live Your Life WellSM". I think it would serve us all well to read through it. We are all experiencing challenges unlike those in our recent past. Thanks for the great question and my best wishes as you and your family apply these suggested, research-based tools.

Sincerely,
Dr. Deb

Mental Health America's "Live Your Life WellSM" Offers 10 Proven Tools to Combat Stress and Promote Well-Being

The heart of the program is the Live Your Life WellSMWeb site (www.LiveYourLifeWell.org), which provides 10 evidence-based tools to bolster mental health. "Research is clear that good mental health is essential for overall health and well-being," said Sonja Lyubomirsky, Ph.D., noted author of *The How of Happiness: A Scientific Approach for Getting the Life You Want* and a psychologist at University of California Riverside. "There are actions that people can take that can improve their mental health and increase their well-being, and even modest changes can make a real difference."

Live Your Life WellSMis unlike any other public education campaign. It offers scientific evidence for a range of concrete actions that promote mental wellness. The contents are derived from decades of behavioral and medical research with thousands of individuals, often conducted at major universities or funded by government agencies. Written in consumer-friendly language, the program offers dozens of easy-to-follow suggestions from behavioral health experts and tips on sustaining the advice.

The Live Your Life WellSMprogram details the 10 tools and many of their benefits, including:

- **Connect with Others.** Research suggests that people who feel connected are happier and healthier – and may even live longer.
- **Stay Positive.** People who regularly focus on the positive in their lives are less upset by painful memories.
- **Get Physically Active.** Exercise relieves tense muscles, improves mood and sleep, and increases energy and strength.
- **Help Others.** Research suggests that those who consistently help other people experience less depression, greater calm and fewer pains.
- **Get Enough Rest.** People who don't get enough sleep face a number of possible health risks, including weight gain, decreased memory, impaired driving and heart problems.
- **Create Joy and Satisfaction.** Positive emotions can boost a person's ability to bounce back from stress.
- **Eat Well.** Eating healthy food and regular meals can increase energy, lower the risk of developing certain diseases and influence mood.
- **Take Care of Your Spirit.** People who have strong spiritual lives may be healthier and live longer. Spirituality seems to cut the stress that can contribute to disease.
- **Deal Better with Hard Times.** People who get support, problem-solve or focus on the positives in their lives are likely to handle tough times better.
- **Get Professional Help if You Need It.** If the problems in life are stopping a person from functioning well or feeling good, professional help can make a big difference.

"Just as Americans have learned there are things they can do to reduce their risk of heart disease and other illnesses, Mental Health America wants to help people learn what they can do both to protect their mental health in tough times and also to improve their mental well-being throughout their lives," explained Shern.

Website of the Month: www.LiveYourLifeWell.org