



Patwin Elementary

February 1, 2010 Newsletter

Visit our web site: www.patwinelementary.org

Calendar of Events

DATE	DAY	TIME	EVENT
2-1-10	Monday		Make-No-Waste Monday
2-3-10	Wednesday	6:15-7:15 pm	PTA Meeting/Library
2-6-10	Saturday	8:30-1:00	Parent Education Seminar Raising Healthy, Happy, Well-Behaved Kids
2-7-10	Sunday		Davis Stampede (registration form on last page)
2-11-10	Thursday		Teacher Appreciation Luncheon (3rd Grade sponsored)
2-15-10	Monday		School Holiday
2-22-10	Monday		School Holiday

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 Flowers, Principal • Terri Clarke, PTA President
www.patwinelementary.org

Help Lead Patwin Into the 2010/2011 Schoolyear

Do you want to see something done about how the school looks, whats happening in the classroom, community building? Are you tired of not being heard? And why is it other schools seem to have more going on?

Well, this is your opportunity to step up and fill the void at Patwin. Patwin's PTA needs to have your input and involvement. This year most of the PTA board can not serve again next year. We need new officers for next year. This would be a great opportunity for you to try and get what you would like to have happen at Patwin done. Positions available will be: President, Vice President, Secretary, Parliamentarian. There are also committee chairs that need filling. If you are interested or a group of you are interested in filling these positions, please contact Terri Clarke at Tclarke190@aol.com. Over the next few months, position descriptions will be posted or you could look them up at the PTA Website: CAPTA.ORG. Election of next years PTA leaders will be held in April.

Free Parent Education Seminar

Raising Happy Healthy, Well Balanced Kids

Date: Saturday, February 6, 2010
Time: 8:30 a.m. to 1:00 p.m.
Place: Brunelle Theater, DHS

See the Sacramento Bee's article about this program on page 4 of this newsletter!

PTA President Job Description

Monthly

- * Prepare for Association Meetings
- * Work with the Patwin Editor and room representative coordinators on meeting notices
- * Propose budget, including programs and fundraisers
- * Prepare Monthly Agenda for the meeting ahead of time (1 week)
- * Check bylaws for the procedures

Yearly

- * Attend PTA Training Seminar (very helpful)
- * Apply for and sign facility use permit for PTA functions
- * Appoint a committee to review and/or revise the bylaws.
- * Work with committees in charge of activities scheduled before school begins, such as student registration, PTA registration and welcome for teachers, new students, and parents.
- * Meet with the room representative coordinator and principal to plan an orientation meeting for room representatives and/or grade level representatives.
- * Confer with officers and chairmen regarding plans for the year and progress toward set goals.
- * Prepare a master calendar that includes executive board meetings, association meetings, PTA special events, and president/principal meetings.

District Budget

On page 5 of the newsletter you will find the January revised recommended DJUSD budget for the 2010/2011 school year.

Help us Help Haiti

Please help us raise money to send to the victims of the earthquake in Haiti. Stop by the school office and contribute to the "Haiti Box." It already has about \$5.00 worth of pennies, nickels, and dimes. The Box will be there from January 22nd-Feb 5th. We will be sending it to the American Red Cross. Anything will help and is greatly appreciated.

Blue Devil Superbowl Saturday

Kick off your Super Bowl weekend with the Davis High School Varsity Football Coaches!

On Saturday February 6th, there is a FREE non-contact football skills clinic at Emerson Junior High- Rain or Shine!

Aspiring football stars of tomorrow, in grades k-7, are invited to join in the fun from 10am-12pm. Registration will begin at 9:30, so get there early!

The Davis Junior Blue Devils will also be available to answer your questions and to accept registration for the upcoming season.

For more information, please visit www.juniorbluedevels.com

Box Tops

I hope you have been saving your box tops! Our next collection date is Friday, February 19th. Prizes will be given to students turning in 50 or more box tops and there will be a popcorn party to the class with the most box tops. So far we have collected \$223 for Patwin. Our goal is \$1300 for the year.

Patwin PTA Board Meeting Agenda

PTA BOARD MEETING

Date: Wednesday February 3, 2001 Time: 6:15 – 7:15 Where: Patwin Library

2009/2010 Board Members

President;	Teresa Clarke	759-9301	Patwinpta@gmail.com
1 st VP 09/10	Kathy Naganuma		
2 nd VP 09/10	Gerri Brown		
Secretary 09/10	Hillary Alejo		JHALEJO@COMCAST.NET
Treasurer 2009/10	Cathy Miller		camiller@ucdavis.edu
Parliamentarian 09/10	Debbie Gritts		zeusbubb@sbcglobal.net

AGENDA

ITEM	PERSON	TIME ALLOTTED
Open Meeting & Introductions	Teresa Clarke	5 min.
School Budget	Michelle Flowers	20 min.
Bylaws - Adopt	Teresa Clarke	5 min.
Approval of Dec. Minutes (Pass – Feb.)	Hillary Alejo	5 min.
Approval of Financials – Prewritten Checks	Cathy Miller	5 min.
Open Discussion	Various	10 min.
Future		
Feb. 11 - 3 rd Grade Sponsored Luncheon for Teachers		
March Book Fair (March 8 th – March 12)		
March / April Reading Rally		
School Beautification		

Garden/Recycle Corner

PTA Meeting time Abbreviated

This month's PTA meeting will be only 1 hour long due to conflicts with the Strings/Band Concert on the same night. No Pizza will be served. After introduction, Michelle Flowers, (our Principal) will speak about the budget, current and next year. Michelle needs to leave at 6:45 p.m.

The only other item on the agenda this week is passing Patwin's PTA Bylaws - this is our governing document which has been available for review for the past month in the office.

Housekeeping items (approval of written bills, minutes, etc.) will also be addressed.

Congratulations to all of the students who bring their lunches from home and make them waste free. As you can see from the chart below, the first through fourth graders have hit 50% and higher in January. (For those of you interested in the actual numbers of students bringing waste-free lunches, we had an all time high this past Monday with 111 of them). This is quite a feat and Patwin should be proud of its students (and parents) who are taking the extra steps to keep our planet healthier.

Perhaps it's time for the younger students to challenge the 5th and 6th graders to pick up the slack and try to be as eco-friendly as they are.

Percentage of Home Lunches that are Waste-Free

Grade	Oct ave.	Nov ave.	Dec ave.	Jan ave.
1/2	44%	45%	48%	62%
3/4	48%	46%	48%	50%
5/6	25%	29%	26%	31%

The gardens are a bit quiet now, but it's a nice trip to check out the lettuce growing in the boxes. They are so colorful and pretty. Soon Mrs. Hewell's students will be able to sample the luscious leaves.

The rain has kept the lunch time garden club from happening. But, as soon as it clears up, we'll be back out there on Tuesdays. There will be lots to weed and, in time, to plant.

Mom.me: 10 steps to better parenting

Re-printed from the Sacramento Bee

nlofing@sacbee.com

Published Tuesday, Jan. 26, 2010

Most of the major purchases you make in your life come with instructions. Appliances have them. Cars come equipped with several. Even shelving systems from Ikea come with an assembly manual, albeit in elementary pictographs rather than words. I'd take that over nothing, which is what you get when that certain little person comes home with you for the first time. Parenting is arguably the biggest thing you can do in your life, and guess what? No manual.

Sure, we can pick up books to verse us on babyhood and answer the "what-to-do-if" medical questions, but as our children get older, the answers we seek often arise from more philosophical questions.

Will our kids be well-adjusted, happy, confident?

Enter Christine Carter, a sociologist at UC Berkeley's Greater Good Science Center. She has written "Raising Happiness: 10 Simple Steps for More Joyful Kids and Happier Parents" (Ballantine Books, \$24, 256 pages), which is scheduled for release Feb. 2. The book details ways parents can foster skills and mind-sets that will result in optimistic, healthy and confident children. It's a manual, of sorts. And a helpful one. Carter's book is rooted in research but provides it in an engaging style. The concept of raising happy children also is a focal point of Parent University, a Feb. 6 workshop at which Carter and others will offer wisdom to Davis and Sacramento parents.

The parent-teacher associations at the K-6 elementary schools in the Davis Joint Unified School District are funding the free half-day workshop, and Jodi Liederman told me why.

"We know that happy, self-assured kids work hard, play hard and avoid a lot of the poor choices that can make the teenage years so challenging," wrote Liederman, co-chairwoman of the Davis Parent Education Committee Community Wide, in an e-mail.

Carter plans to focus her discussion on three areas: expecting effort and enjoyment instead of perfection, practicing gratitude, and making time for family dinners:

- How parents talk to their children and how they praise them can have profound implications for how engaged children are in their everyday activities, Carter said.

Instead of saying "You're a natural" when a child scores a point in a baseball game – an example of fixed thinking – parents should praise the work and practice as well. Try a growth approach: "You did really well on that math test; you must have tried really hard," she advised.

"By shaping their perspective on it, it can change how they see themselves and how they approach their activities," Carter said.

- Practice gratitude. "We perceive this generation we're raising to be entitled, narcissistic and bratty," Carter said. Thankfully, teaching gratitude can be as simple as counting your blessings.

Use natural disasters, like the recent earthquake in Haiti, to awaken children to a new framework to view their lives. (You might want to skip what I did, trying to use it as a way to get your kids to eat their dinner.) Talk about the people they are seeing in news reports in a way that will foster gratitude. Ask a child what they think it feels like to be those children, making sure to follow up with the fact that they aren't in that situation, she said.

Then help them make a list of what they are thankful for.

- Eat dinner together as a family.

It allows parents to model healthy eating for their kids and becomes a family ritual, which boosts kids' happiness and well-being by showing them they are part of something larger than themselves (their family) and evoking joy and positive emotions.

PARENT UNIVERSITY

Parent University identifies ways to assist parents; strengthens connections between educators and parents; explains the critical role parents play in children's success; teaches skills, attitudes and understandings related to the nurturing and support of children.

What's happening at this event: Parents will hear from Christine Carter, a UC Berkeley sociologist who has written "Raising Happiness: 10 Simple Steps for More Joyful Kids and Happier Parents"; Liz Applegate, a UC Davis professor specializing in nutrition and fitness; Dr. Mitchel Adler, a psychologist and director of MindBody Intelligence Consulting; and Pallas Hupe, a CBS 13 news anchor.

When: 8:30 a.m.-1 p.m. Saturday, Feb. 6

Where: Brunelle Theater, Davis High School, 315 W. 14th St.

Information: Registration is open to the first 500 participants. E-mail jlitederman@cs.com or raykub@gmail.com.

2010-2011 Recommended Budget Plan (revised)

	Jan 21 Proposal		October Proposal	
	FTE	\$	FTE	\$
Employee Concessions (all staff)		\$0		\$1,000,000
Certificated Staffing:				
Elementary K-6 Instructional Services:				
1. K-3 Class Size to 30:1, 4-6 at 32:1	30.0	\$1,034,000	25.0	\$800,000
Secondary 7-12 Instructional Services:				
1. Grades 7-12 English	5.0	\$325,000	2.0	\$130,000
2. Grades 7-12 Math	4.0	\$260,000	1.4	\$91,000
3. Grades 7-12 Social Science	2.4	\$156,000	0.4	\$26,000
4. Grades 7-12 Spanish	3.0	\$195,000	0.6	\$39,000
5. Grades 7-12 Fashion/Textiles	0.6	\$39,000	0.2	\$13,000
6. Grades 7-12 Ag (course TBD)	0.4	\$26,000	0.2	\$13,000
7. 7-12 Science	2.8	\$182,000		
8. 7-12 PE	3.0	\$195,000		
8. Grades 7-9 Electives	2.2	\$143,000	0.2	\$13,000
9. Secondary Counseling	7.0	\$455,000	0.6	\$40,000
10. PE Coordinator	1.0	\$65,000	1.0	\$65,000
11. Ed. Services Coordinators	1.2	\$120,000	0.4	\$40,000
12. JH 7th grade modified 6 period day	4.4	\$286,000	-	\$0
Administration Services:	1.25	\$50,000	1.25	\$50,000
Total Certificated Staffing	68.3	\$3,531,000	33.3	\$1,320,000
Classified Staffing:				
1. Custodial	5.0	\$200,000	4.0	\$160,000
2. Site Secretary I (K-6)	6.0	\$240,000	1.0	\$40,000
3. Site Secretary II (7-12)	3.0	\$120,000	0.8	\$30,000
4. Campus Supervisors	2.0	\$40,000	1.0	\$20,000
5. Climate Coordinator	0.2	\$20,000	0.2	\$20,000
6. Supervisor of Custodial	1.0	\$80,000	1.0	\$80,000
7. Elem Noon Duty	-	\$90,000		
8. DO Customer Service Desk	0.8	\$32,000		
9. Business Office	0.5	\$25,000		
10. Print Shop	0.5	\$20,000		
11. Maintenance/Grounds	1.0	\$40,000		
Total Classified Staffing	20.0	\$907,000	8.0	\$350,000
Flexibility:				
1. Adult Education Programming		\$150,000		\$150,000
2. Summer School/Intervention		\$100,000		\$100,000
3. Site Improvement Allocation		\$400,000		\$100,000
4. Administration re-alignment		\$40,000		\$40,000
5. General Fund /Deferred Mnt. Reserves		\$475,000		\$450,000
Total Flexibility		\$1,165,000		\$840,000
Total Budget Actions	88.3	\$5,603,000	41.2	\$3,510,000



REGISTRATION

Three convenient ways to Pre-Register:

- Online (thru midnight on Thursday, February 4). Online registration offers payment via Google Checkout or Paypal.
- Via US Mail (postmarked by Mon., Feb. 1)
- In-Person at Fleet Feet Davis (thru 7pm Thurs., Feb. 4)

Late Registration

- At Packet Pick Up, Sat., Feb. 6, Noon to 4:00 pm (@ Fleet Feet Sports-Davis)
- Race Morning, Sun., Feb., 7, 7:00 am (@ Central Park)

PACKET PICK UP

Packet Pick Up is Saturday, February 6th at Fleet Feet-Davis (615 2nd Street) from Noon to 4:00 pm. Packets are also available on Sunday (race day) at Central Park starting at 7:00 am.

ALL ENTRIES INCLUDE

All Entries include a short sleeve, 100% cotton t-shirt, post-race refreshments and eligibility for age group awards. Half Marathon finishers will receive a finisher's medal. The Kid's Fun Runs are not timed, but all finishers will receive a ribbon. Chip timing will be used for the 5K/10K/Half Marathon.

TECHNICAL T-SHIRTS

You may opt to "upgrade" your entry to a technical t-shirt. Technical shirts are a moisture wicking fabric designed to help keep your skin dry while perspiring. Technical shirts are short sleeve and are only available in adult sizes Small - XLarge. The fee to upgrade is \$7.00 and the deadline is Wed., Jan. 27th.

PLEASE NOTE:

All entries are non-refundable. This event happens rain or shine. Entries are not confirmed by mail or e-mail, but a registered participant list will be posted on our website.

START TIMES

5K RUN/WALK.....	8:00 AM
10K & 1/2 MARATHON.....	8:10 AM
KID'S FUN RUNS.....	11:00 AM

COURSE INFORMATION

Six distances will be offered at the 2010 Davis Stampepe. All start and finish at Davis' Central Park and are flat, loop courses. The 5K & Kid's Runs start on B Street. The 10K & Half start at 3rd and D Street. All finish on 3rd Street.

COURSE AID STATIONS

Water and fluid replacement will be available at the start & finish as well as along the course. Aid stations will be set-up as follows: one on the 5K, two on the 10K and seven on the Half Marathon.

COURSE RULES

Dogs and other pets, skateboards, bikes, rollerblades and headphones are not permitted on the course. This is for your safety and the safety of others. Baby joggers and strollers are permitted, however, we ask that you start in the back of the pack. The Half Marathon has a cut-off time of 11:45 am, allowing for finishers up to 3 hours and 35 minutes.

SWEAT CHECK

A sweat check will be available at Central Park. We will not be responsible for lost or stolen items. The sweat check will be secure until 12:00 noon.

VOLUNTEERS

Hundreds of volunteers are needed to assist on race day, with areas such as registration water stations on the course, and the kid's craft area. To sign up as an individual or a group, please e-mail Jeaninne Henderson at jeaninne@changeofpace.com.

PLEASE VISIT OUR WEBSITE

Our website, www.changeofpace.com, has additional information such as course maps, a registered participant list, photo gallery, & etc.

[changeofpace.com](http://www.changeofpace.com)

EVENT CHOICE: 5K 10K HALF MARATHON KID'S 1MI. KID'S 1/2MI. KID'S 1/4MI. **2010 ENTRY FEES**

One form per person; copies ok. Please print.


First & Last Name: _____
 Gender: Male Female Age on Race Day (2/7/10): _____
 Address: _____
 City: _____ State: _____ Zip: _____
 E-Mail: _____ Day Phone: _____

T-shirt size: Adult Sizes: Sm. Med. Lg. XL Youth Sizes: Sm (6-8) Med (10-12) Lg (14-16)
 YES, I would like to upgrade to a technical shirt for \$7.00 (Adult sizes S-XL only; Deadline is Wed., Jan. 27)

Waiver: I hereby affirm that I am in proper physical condition to participate in the Davis Stampepe and in consideration of this acceptance of this entry, agree to assume all risk of injury to myself and all risk of damage or loss of property arising out of my participation in this event; to release and forever discharge the sponsors and promoters including A Change of Pace Foundation, A Change of Pace Inc., Capital Road Race Mgmt., the City of Davis, and all sponsors, subcontractors and volunteers which may arise from my participation in the Davis Stampepe. I understand that bicycles, roller/in-line skates, animals, and headsets are not permitted in this race and I will abide by this and all other race rules. I understand my entry is non-refundable and non-transferable. Waiver must be signed by all entrants.

Signature (Parent if under 18) _____ Date _____

5K/10K
 Your event: 5K 10K
 \$26 on/before 2/4
 \$30 2/6 & race day
Half Marathon
 \$45 on/before 2/4
 \$55 2/6 & race day
Kids Runs (ages 12 & Under)
 \$12 on/before 2/4
 \$15 2/6 & race day
 YES, Upgrade me to a tech shirt for \$7. (Adult sizes S-XL only) (Deadline: Wed. Jan 27)
Add'l donation to ACOP Foundation:
 \$5 \$10 \$20 Other: _____
 Sorry, no refunds/transfers. Event happens rain or shine.

PLEASE MAKE CHECKS PAYABLE & SEND TO:

 A CHANGE OF PACE FOUNDATION
 1260 LAKE BLVD., # 245
 DAVIS, CA 95616

Total Enclosed: _____
 Cash Check # _____