



601 Crespi Drive, Pacifica, CA 94044 Tel. 650.738.6660

October 7, 2009

Upcoming Events at Your Pacifica Libraries

- Join us at the Pacifica-Sanchez Library on Thursday, October 8, at 11:00. We'll join with people all over the world in trying to break the world record for the largest number of people reading the same book on the same day – Eric Carle's THE VERY HUNGRY CATERPILLAR! We'll also read other caterpillar stories and do caterpillar crafts. For ages 2-5.
- Join us at the FAMILY STORYTIME at the Pacifica-Sharp Park Library on Wednesdays at 7:00 p.m. Fun for the entire family!
- Musical Storytimes will take place at the Pacifica-Sanchez Library from 10/2 – 11/20 on Fridays at 4:00. Join us!
- Family Movie Night will take place on Saturday, October 17, at 7:00 at the Pacifica-Sanchez Library. We'll be showing MONSTERS, INC. with free snacks!
- Don't miss the 10th and final HOGWARTS HALLOWEEN at the Pacifica-Sharp Park Library on Thursday, October 29, from 3:00 – 4:30 p.m. Make wands, take classes, and visit Honeydukes – and more! All ages.
- The next meeting of the Mother/Daughter Book Club at the Sanchez Library, for girls ages 8-11 with a female adult, will take place on Wednesday, October 14, at 7:00. We'll be discussing THE DOLL PEOPLE by Ann Martin.
- The Older Girls' Book Club at the Sanchez Library will meet on Thursday, October 15, at 7:00. This group is for girls ages 12-14 with a female adult. We'll be discussing RUNNING OUT OF TIME by Margaret Haddix.



A Shinning Star from Ms. Padilla's class.

Upcoming Events

**Columbus Day
No School for Students
Professional Development for Teachers
Monday, October 12**

**Conference Week
October 19-23
Minimum Days 19, 20, 22, 23
Minimum Day Dismissal Times:
Kinder: 12:00
1st-3rd Grades: 1:00
4th-8th Grades: 1:10
Wednesday 21 normal early release**

**Red Ribbon Week Begins
Monday, October 19**

**Pumpkin Patch
Thursday, October 29**

**Halloween Parade/ Minimum Day
Early Dismissal
Friday, October 30 @ 8:45**

**Veteran's Day Holiday – No school
Veteran's Day Band Concert
Wednesday, November 11**

**Elna Flynn Dinner
(New Date) Friday, November 13
Time and Location TBA**

**Upper Grade Fall Dance
Friday, November 20**

**Two Furlough Days Due
State Budget Crisis No School
Monday, Nov 23 & Tuesday, Nov 24**

**Thanksgiving Holiday / No School
November 25 – November 27**



Ms. Padilla manning the ELMO!

This week's featured class: Ms. Padilla's Fourth Grade Class. I want to take this time to commend both Ms. Padilla and Ms. Lin for the outstanding CST scores from last year – 89% of their students scored proficient or advanced in language arts and 90% scored proficient or advanced in math. Any teacher will tell you that high test scores are not just the result of what happens that year in the classroom but also the involvement of the parents, the work previous teachers accomplished and the hard work the students do to master the standards. Fourth grade poses some serious challenges when the class size ratio changes from 1:20 to 1:32 and the significant leap in expectations for both academics and behavior. Pictures below are Ms. Padilla's class during a math game from the new textbook adoption and some of the math standards for 4th grade.



Use concepts of negative numbers



Evaluate math expressions with parenthesis



Understand an equation such as $y = 3x + 5$



Know how to manipulate an equation



Use two dimensional coordinate grids to graph lines



Understand perimeter and area

CABRILLO READ-A-THON 2009 - 2010



Read Around the World



The Fifteenth Annual Cabrillo Read-A-Thon!

- This year's Read-A-Thon begins on October 19 and runs through October 30th.
- Read-A-Thon packages will go home next week.
- All money raised will go directly toward the much needed purchase of books for our school library.
- Check out the County Library Book Recommendations which will come home next week.
- Make a list of family and friends who may wish to sponsor the readers in your family.

**Prizes will be tied into the Scholastic Book Fair
to be held at Cabrillo School November 16th – November 20th.**

PACIFICA EDUCATION FOUNDATION

proudly presents

food+art

COMMUNITY BENEFIT



art
music
jewelry
sculptures
Bay Area artists



Treat your family to an afternoon of **live jazz**, beautiful works of **fine art, jewelry, and sculptures** created by **Bay Area artists** who are generously donating **30%** of their proceeds to the **Foundation!**

Enjoy haute cuisine, libations, and child-friendly food from **Charles Armenta**, owner/chef of **Supper Club**.

The **Seiwert Family home**
located upon an acre of scenic landscape
828 Rockaway Beach Avenue Pacifica

\$10 donation per adult taken
at the door; kids are **FREE**
RSVP to lbauer@pacificaef.org

Street parking available on Rockaway Beach Avenue or park at American Legion or the church at the bottom of the street and pick up the free shuttle.

SATURDAY
10
OCTOBER

12 noon
to **5** pm



Children of all ages **are invited** to participate in fun-filled, adult-monitored activities.

The Pacifica Education Foundation is a 501(c)(3) non-profit organization founded in 2008 by community volunteers committed to protecting and advancing quality education for the children of the Pacifica School District and is seeking to raise funds for well-defined programs that fill essential education gaps across the District. Learn more at www.PacificaEF.org



PACIFICA
EDUCATION FOUNDATION

Cabrillo Afterschool Enhancement Programs

Chinese Mandarin Language and Culture Class Kay Niu

Fridays: 3:00-3:50 pm

Open a window to the world for your children through the language is the most important step.

In her teaching program, Ms. Kay Niu combines her experienced teaching skill and extensive knowledge gained in the United States with commitment and wonderfully rich ,creative delight:

1. learn interactive sentence patterns, new words and Chinese characters.
2. Chinese, English and pinyin(combine sounds into the syllables) all cross presented for easy reference.
3. hands-on activities, songs, stories and different games adding fun in learning.
4. information about Chinese culture is provided

Ms. Kay Niu will provide teaching materials and special Chinese character writing paper.

8 sessions - \$96.00 Fridays. Start date: October 9th thru December 4th. 3:00-3:50 in the Teachers Lounge. Please note that there will be no class on Friday, November 27th due to Thanksgiving Holiday.

Please Make checks payable to: Kay Niu. Checks can be sent to the office and placed in after school enrichment box with enrollment form.

If you have any questions please contact Lolita Segura at 359-2417 or flmssegura@sbcglobal.net

REGISTER TODAY AS SPACE IS LIMITED
REGISTRATION FORM ON THE REVERSE SIDE
Classes subject to cancellation if minimum enrollment not met

This Month in the Cafeteria

Times are tough! Maybe we can help...

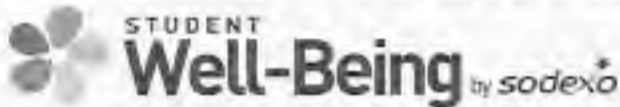
We want to remind all families that as circumstances change in your life you are always welcome to fill out an application for free and reduced lunch. If your situation has changed since the beginning of the year, you may now be eligible for free or reduced lunch. If one parent has lost their job or taken a pay cut you may be eligible.

Applications can be picked up at any of the school offices or at the Pacifica School District Office at 375 Reina Del Mar, Pacifica, Ca.

If you have any questions or concerns, or just need you child's account balance you can either call your child's school or the District Food Service Consultant Karis Gulizia at (650) 738-6622

Thank you for your continued support!
Our Lunch program needs you & we appreciate you!

To pre pay your child's account online you may visit www.ezschoollpay.com or www.sodexoeducation.com. EZ School Pay transaction incur at \$3.00 per transaction fee and reflect within 10 minutes to your students account. Sodexo Education transactions incur a 5% fee per transaction and take 2 business days to reflect.



Sodexo is a partner in the MyPyramid Corporate Challenge to promote healthy food and lifestyle choices. For more information on healthy eating, visit www.mypyramid.gov.

Community: Getting Involved

Studies have shown that children who get involved in community projects from an early age adopt healthy lifestyle choices, learn life skills and continue to be involved into adulthood.

One easy way for children and adults to get involved is by participating in Jumpstart's Read for the Record. In 2008, over 688,000 children read *Corduroy* on the same day around the world breaking the World Record for the Largest Shared Reading Experience in history.

Join thousands of children and adults by reading Eric Carle's *The Very Hungry Caterpillar* on October 9, 2009. To find out how you can get involved, visit www.readfortherecord.org.

Some Sweet Facts About Pears

We all know that pears are sweet and juicy, but did you also know that: There are over 3,000 different varieties of pears around the world. It would take over 8 years to try them all.

They make the "pear-fect" after-school treat because they don't contain cholesterol, sodium or saturated fat. Pears ripen best off the tree and from the inside out. When they are ripe, they give off a sweet aroma, which lets you know that they are ready to be eaten. Pears are the ideal snack for active kids! They help active bodies to grow strong by replenishing precious potassium and Vitamin C. Due to a pear's high content of natural sugar, remember to add them at lunch for a quick energy boost.

Use caution with facility prepared and served snack products which may contain ingredients identified as food allergies. For more information on food allergies, go to www.boswellwebmaster.com.

Baked Cinnamon Pears

Six whole-pear servings

1/4 cup Cold Water
3-1/2 teaspoons Cornstarch
2 cups Apple Juice
3/4 cup Sugar or substitute
1/8 teaspoon Cinnamon
1/8 teaspoon Ground Cloves
6 Fresh Pears

Mix water and cornstarch in a small bowl.

Bring apple juice, sugar, cinnamon and cloves to a boil in a sauce pan. Skim and discard foam that forms. Add cornstarch mixture and simmer for 2 minutes. Remove from heat.

Core and peel pears 1/3 of the way down. Leave pears whole.

Position on sheet pan with peeled side up. Pour apple juice sauce over pears. Bake uncovered at 375 degrees F basting every 10 minutes for 45-60 minutes or until tender.

Serve immediately or refrigerate up to two days.

Calories: 230

Total Fat: 0g

Protein: <1g

Total Carbohydrate: 60g

Prepaid Lunch Form

Return this form, with the amount owed, in a sealed envelope to your child's teacher. Put your child's name on the envelope!

One form per child!

Please check a box for full-price, prepaid lunches.

5 Lunches \$13.00 10 Lunches \$26.00 20 Lunches \$50.00 25 Lunches \$62.50

Make checks payable to Pacifica School District.

Child's Name _____

Teacher _____

Grade _____ Today's Date _____

OCTOBER 2009

ELEMENTARY SCHOOL MENU



Full Price \$2.60
Reduced Price \$0.40
Milk \$0.50

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Deli	Smucker's Whole Wheat Peanut Butter & Jelly Sandwich* [@]	Strawberry Yogurt & Whole Grain Muffin* [@]	Crispy Chicken Salad	Smucker's Whole Wheat Peanut Butter & Jelly Sandwich* [@]	Grilled Chicken Caesar Salad
Deli	Bagel with Low Fat Cream Cheese*	Grilled Chicken Salad Wrap	Hot Ham & Cheese Sandwich on Whole Wheat Bread [@]	Turkey & Cheese Sandwich on Whole Wheat Bread [@]	Turkey Ham & Cheese Sandwich on Whole Wheat Bread [@]
Café Ole or Pizza	Reduced Fat Cheese Quesadilla*	100% Low Fat Mozzarella Cheese Pizza on Whole Grain Crust* [@]	Bean & Cheese Burrito*	100% Low Fat Mozzarella Cheese Pizza on Whole Grain Crust* [@]	Bean and Cheese Enchirito*
Grill	Whole Grain Chicken Nuggets [@]	Flame Broiled Cheeseburger on Whole Wheat Bun [@]	Grilled Chicken Patty Sandwich on Whole Wheat Bun [@]	Pork Rib B Que Sandwich on Whole Wheat Bun [@]	Breaded Chicken Patty Sandwich w/Cheese on a Whole Wheat Bun [@]
Main Event	Reduced Fat Macaroni & Cheese*	Whole Grain Corn Dog [@]	Whole Grain Pasta with Meat Sauce [@]	Teriyaki Marinated Beef with Long Grain Rice	Oven Baked Popcorn Shrimp

Must Select one Entrée from Above @ Indicates Whole Grain/Wheat Option * Indicates Vegetarian Option

FROM THE GARDEN

Sides: May Select All, None or Some	Coleslaw Peas Carrot Sticks Garbanzo, Kidney or Pinto Beans Baked Apple Crisp Fresh Fruit	Salad Mix Corn Celery sticks -or- Green Beans Apples or Oranges or Bananas Pears	Salad Mix Carrot sticks Apples or Oranges or Bananas Vegetarian Beans Applesauce	Salad Mix Chocolate Pudding Corn or Carrot Sticks Apples or Oranges or Bananas Dried Cherries Peaches	Coleslaw -or- Salad Mix Carrot sticks or Celery Sticks Apples or Oranges or Bananas Mixed Fruit
MILK: May Select 1	1% White 1% Chocolate	1% White 1% Chocolate	1% White 1% Chocolate	1% White 1% Chocolate	1% White 1% Chocolate

Domino's Pizza Days

Sunset Ridge:
Monday, October 5th & 19th
Ocean Shore:
Tuesday, October 6th & 20th
Vallemar:
Wednesday, October 7th & 21st
Ortega:
Thursday, October 8th & 22nd
Cabrillo:
Friday, October 9th & 23rd

Turkey Gravy Day is Friday, October 16th
Icee Juicee Day is Friday, October 2nd

Our Promise:

- ✓ Every day we have an All-You-Can-Eat Salad Bar full of fresh fruits and veggies!!
- ✓ We use Organic produce when available
- ✓ All poultry is hormone free
- ✓ All Berkeley Farms Milk is rBST and Hormone Free



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sodexo*



Capri Sun Drink Pouch Brigade!!!

Dear Cabrillo Parents:

We are on a mission to help our environment and raise money for our school at the same time. Capri Sun is having a Drink Pouch Brigade where we collect Capri Sun pouches and turn them in to the Capri Sun Pouch Brigade and receive cash to our school. We will be setting up collection bins during the lunch periods and will also have a collection area in the office for those of you who will be bringing them in from home.

All you have to do is save your empty Capri Sun drink pouches, cut the bottom off, and rinse them out and then send them into the school and drop them off in the collection bin in the office. Please do not forget to rinse them out, because I do not want to create a mess in the office.

Also, if anyone is interested in being a coordinator for this fundraiser, please let me know. It is very simple and can be done at your leisure. If you need to put in your hours, here is one way to do it!

If you have any questions, please feel free to contact me.

Thank you!
Jill Macedo
VP Fundraising

Cub Scout Pack 216 Is Looking For A Few GOOD BOYS!!!



If you have a son who is in Grades 1 through 5 and loves to have fun, you owe it to him to check out Cub Scouting!

Our Pack offers each boy the opportunity to grow and learn while having a blast doing the things boys love to do. They also gain leadership skills and strong values through group participation, community service and family involvement in our many and varied activities; some of which include:



Hiking
Games
History
Music

Biking
Trips
First Aid
Science

Crafts
Folklore
Camping
Sports



Now that you're interested, please join us at our next meetings on:

Friday, 10/9 and 11/13, 7PM
in the Cabrillo Multi-purpose Room

Or Phone Cubmaster Mike Dulay for More Info 355-9189

Original Works

Turning your artwork into professionally made products that you can wear and share!

Dear Cabrillo Families:

This is to let you know that our school has teamed up with Original Works - the #1 art based program in the country - to offer a very special program. This program allows you to have your child's very own artwork reproduced into a selection of over 20 quality products. These products range from magnets, mugs and mouse pads to t-shirts, tote bags and tiles. The wide selection of professionally produced, full color products offers something for everyone.

Your child will be creating their artwork in school, using the regular art curriculum as the basis for their work of art. You will then have the opportunity to order whatever products you wish with your child's own artwork on each and every product.

We are thrilled to be participating in this unique and innovative program. Look for complete program, product and pricing information coming soon.

Any questions or comments, please feel free to contact me at 650-359-3453 or jillmacedo08@att.net.

Thank you!

Jill

VP of Sales