



MARCH 2017

CALABASAS SCHOOL

“COUGARS” NEWSLETTER

EDUCATE EVERYONE EVERY DAY

From The Principal's Office...

Dear Parents,

The 2016-2017 school year has progressed at a quick pace. As we near the end of the third quarter, I wanted to thank all parents for taking an active approach in their children's education. It is imperative that all stakeholders stay involved in educating our youth. Calabasas is committed to creating an exemplary educational environment for your children, and together, we can make that happen.

We are currently a few weeks away from our state assessments. Our staff has worked tirelessly to ensure that our students have all of the tools necessary to be successful. Within the "Doctrine of No Surprises", we have made it a point to ensure that the students have been taught the content, as well as, the context, of that which will be assessed in the weeks to come. We believe that we will have growth and success with the AzMERIT assessments because of the diligent work that our professional learning community puts forth.

In preparing for the AzMERIT assessment, you play a crucial role in the students' success. Here are a few tips to ready your child for the upcoming assessments:

- * Make sure that your child gets an ample, normal amount of sleep during the assessment week. * The children should eat a nutritious and filling breakfast. If possible, avoid high sugar cereals which can make the student hyper and/or unfocused. **It is also advised that you send healthy snacks to school on a daily basis during testing for your child. This is an important factor that often gets overlooked.** *Make sure that your child is on time on each of the days of testing. * Try not to put too much pressure on the student. Reinforce that as long as they worked hard in preparation and did their absolute best, you will be proud of them. * Have your child visualize success. Encourage them to rehearse what it will feel like to get a good score on the test. * Work with your child to focus on breathing. Stress is often caused by insufficient oxygen to the brain. Work with your child to take time before the test begins to take a number of deep, cleansing breaths, exhaling slowly. Focusing on breathing by taking some time when stress levels rise helps focus the mind during testing. *Try to use positive language when talking about expectations of the test. * Keep a positive attitude about testing around your child and emphasize their ability to demonstrate what they have learned rather than the consequences of not passing. * Visit the ADE website to examine the practice AzMERIT assessment that is available.

John Fanning, Principal

"Home of the Cougars"

131 Camino Maricopa

Rio Rico, AZ 85648

John Fanning,

Principal

Manuel Carrillo,

Assistant Principal

Rebekah Cabrera,

Assistant Principal

Office Hours:

7:00 A.M.-3:30 P.M.

Office Tel.:

(520) 375-8600

IMPORTANT MARCH DATES

- 2 Student of the Month Breakfast
- Dr. Seuss Celebration Cheer @ State
- 4 Honor Jazz Pancake Breakfast
- 7 Site Council
- Night of the Notables 9
- 6/8 Concert Band Festival @ Tucson 10 6/8
- Spring Band Concert
- 11 6/8 Band @ Phoenix
- Lucky Clover Run
- 21,23,24 PS Movements/ Manners w/Mom
- 22 K-5 3rd Qtr Awards
- 23 Library Hour
- 6/8 Talent Show
- 24 Career Day
- Jazz Band @ ASU
- 28 Board Meeting
- 29 6/8 3rd Qtr Awards
- Future Chef Competition
- 30 Fine Dining with Administration

First Line of Defense FROM THE HEALTH OFFICE

With flu season upon us, it is important that we work together to keep our children healthy. Viruses spread easily among children in school, and families with school-age children have more infections than others, with an average of one-third of these family members infected each year. By keeping our children flu-free, we benefit the community as a whole. You can help prevent the spread of flu or help your child get better if he/she get sick by following a few simple steps:

- *If possible, you and your child should get a flu vaccine *Remind your child to cover his/her nose and mouth with a tissue when sneezing or coughing and dispose of the tissue immediately (If you do not have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands)
- *Have your child wash his/her hands frequently with soap and warm water for at least 20 seconds *Disinfect frequently-touched surfaces and shared items at least once a day
- *Ensure that bathrooms are stocked with soap, hand towels and tissues *Teach your child not to touch his/her mouth, nose and eyes *If your child is sick and has a fever, keep him/her at home to prevent the spread of illness to others

If you are concerned about your flu symptoms, call your doctor early. Call your doctor immediately if your child has a chronic disease. Common symptoms of flu include high fever, severe headache, muscle and body aches, exhaustion, and dry coughing. Additionally, children often exhibit other flu symptoms that are rare in adults, such as nausea, vomiting and diarrhea. Some children might benefit from an antiviral medication, which can be prescribed by a physician and can help lessen the symptoms and reduce the risks of complications. To be effective, antiviral medication must be taken within 48 hours after flu symptoms begin.

END OF 3RD QTR

3-10-17

EARLY RELEASE

1, 8, 10, 22 & 29

GIRLS BASKETBALL "A"

TEAM VS STAFF

3-10-17

SPRING BREAK

13 - 17

NJHS

INDUCTION

3-22-17

PENNY DRIVE

3-1 TO 3-31

CALABASAS SCHOOL "COUGARS" NEWSLETTER

From the Counselor's Office

Diane Chamberlain (520)375-8600 dchamberlain@scv35.org

Is it BULLYING? This month we will learn the differences between "just joking around", or if it was a "One time thing" or a Conflict, OR actual BULLYING. We will also learn the differences between TATTILING vs. the importance of TELLING. Then, **TOGETHER WE CAN STOMP OUT BULLYING** at Calabasas !!!

From the Assistant Principal

Rebekah Cabrera (520-375-8600) rcabrera@scv35.org Dear Parents and Guardians.

March celebrates Dr. Seuss's birthday and the importance of reading. Research shows that reading to your child and/or having your child read at least 20 minutes a day improves children's reading skills. I have included a few reasons why you should read to your child.

1. **Reading builds a stronger relationship:** Reading from an early age becomes a nurturing activity that will bring the two of you together.
2. **Academic excellence:** Numerous studies have shown that students who are exposed to reading are more likely to do well in all facets of formal education.
3. **Better communications skills:** Students are more likely to express themselves and relate to others in a healthy way.
4. **More logical thinking skills:** Reading to children helps them to be able to grasp abstract concepts, apply logic in various scenarios, recognize cause and effect, and utilize good judgment.
5. **Acclimation to new experiences:** As your child approaches a major developmental milestone or a potentially stressful experience, sharing a relevant story is a great way to help ease the transition.
6. **Enhanced concentration and discipline:** Students may initially squirm and become distracted during story time, but eventually they'll learn to stay put for the duration of a book. Along with reading comprehension comes a stronger self-discipline, longer attention span, and better memory retention, all of which will serve your child well.
7. **The knowledge that reading is FUN!** Kids who are exposed to reading are much more likely to choose books over video games, television, and other forms of entertainment as they grow older.

As Dr. Seuss would say "The more you READ, the more things you will know. The more that you LEARN, the more places you'll GO!"

Kindest regards, Rebekah Cabrera

From our Parent Liaison

Irma Vélez (520)-375-8600 ivelez@scv35.org

Happy March everyone! March is a very busy and short month. Please don't forget we have Spirit Week and our big night will be Thursday, March 2nd. We will have a great celebration for Dr. Seuss's birthday. We plan to have a lot of fun with games, activities and the presence of The Cat in the Hat. Please join us from 5 to 6:30 pm. We have our Spring break from March 13th thru the 17th and Career Day on the 24th. If you have the heart of a volunteer, feel free give a call at [\(520\)-375-8549](tel:520-375-8549).

From the Band Director

Jason Taurins (520)375-8600 jtaurins@scv35.org

The jazz band is travelling to festival on Thursday, March 2. One week later, all 6-8 band students will be travelling to festival on Thursday, March 9. Please make sure your student turns in his/her permission slip by March 1. Detailed itineraries are up on the band website at <https://goo.gl/PPRNIY>. If you would like to chaperon at either of these events, it is free! Please email me at jtaurins@scv35.org if you would like to come along. Interested in helping the band? The Rio Rico Big Bands are holding a pancake breakfast fundraiser on Saturday, March 4 in the gym. Students are selling tickets for \$6. Children under 5 are free. Come enjoy some food and great music! In addition, information will be sent home soon about our Little Caesar's Pizza Kit fundraiser. Stay tuned! Our Spring Concert is on Friday, March 10. All students need to report to the band room at 5:45 for attendance. The concert will begin at 6:30. Come see our students show off their award-winning music! If you haven't already, please consider signing up for Remind notifications here: <https://www.remind.com/join/calabasasb>. As always, thank you for your support!

From the Athletic Director

Manuel Carrillo (520) 375-8600 mcarrillo@scv35.org

Dear parents and students,

4th quarter sports are starting on March 6th. We will have Softball, Baseball and Track. The athletic schedule will be posted on our website. Come and support our school. Go Cougars! Parents, keep in mind that the student-athletes will need to have their physical and athlete packet complete before they are able to participate in any athletic event.

There will be no athletic events during Spring Break. The break will start on March 13th - March 17th.