



THE BEACON

JANUARY
2010

Principal's Letter

A HAPPY
NEW YEAR

Dearest Families,

My sincere wish to all of you is for a healthy, hopeful 2010. Many of our families have experienced difficult times this past year, and it is my wish for all of you and your children that everyone has what is needed to live securely in the coming year. I trust that everyone's holidays were full of enjoyment with friends and family. The pre-holiday activities spiraled to a fever pitch, and two weeks of downtime was needed and deserved by both staff and students.

We like to think of this as the mid-way point of the school year, and the semester we have just completed is always the most difficult. All the newness and adjustment that comes with the beginning of every school year is over, and students generally return from this break ready to work. This is the time of year when real academic growth takes hold, concept "light bulbs" illuminate, and developmental plateaus are exceeded.

As I look chronologically at the work ahead, I see the months as follows:

January: Our teachers will continue their work as a Professional Learning Community. Some of our teachers will attend the seminars at the Mendocino County Office of Education in Ukiah, where they will explore the hallmarks of successful schools, self-reflect, and bring back to their peers important concepts to implement at our own site. We will also be evaluating together our performance in instruction for second-language learners through a survey we will take as a staff developed by the state for that purpose. This month's board meeting principals from the high school and elementary school will present the results of our first semester assessments and reflect on goals and objectives for the second semester.

February: STAR testing is right around the corner, and teachers will continue their focus on grade-level standards to give our students the knowledge they will need to be confident during test administration. Our 7th and 8th grade will be taking a major field trip overnight to San Francisco to explore the labyrinths at Grace Cathedral, the wonders of King Tut, and the sensational exhibits at the California Academy of Science. Bernie and I will be attending a seminar for administrators and their support staff. With the Presidents' Week break, and short month, February will fly by.

March: We are planning to have ready for use our new library and student union in March and some sort of inaugural celebration. A solid academic month, 7th graders will take the STAR writing assessment. Interviews will be held for our new district superintendent, with a goal towards making a selection from the candidates by April 1st. Staffing and budget considerations for the following year will also be under consideration. Third quarter concludes on March 13. Promotion plans for the 8th grade begin in earnest. Students' grades 4 to 8 will compete in the first Science Fair, we have held on our campus for several years. Winners can potentially compete in the county Science Fair. Kindergarten registration for fall 2010 is March 31st.

April: April begins with Spring Break, after we will return for the last fervent preparation for STAR testing. STAR testing officially begins April 20, and will continue during the morning of the next ten days, including make-ups. Promotion preparation continues.

May: The end of the school year is quickly approaching. Curriculum in the classroom redirects from grade-level standards, to preparation for the following year's curriculum. Our Middle School Drama production is tentatively scheduled for early May. Open House, the Book Fair, and Family Literacy Night are scheduled for May 20th. Freshman Orientation for 8th graders will transpire at the high school, and parents and staff will meet to help students with next year's 9th grade to plan tentative schedules for the fall.

June: Blair Day is scheduled for June 4th. Promotion and Dance is scheduled for the 10th, and the last day of classes is June 11th.

That's the "Reader's Digest" version for the remainder of the school year. As always, we are grateful for the opportunity to make a difference in your children's lives and our resolve to serve them to the best of our ability is a resolution we maintain from August to June and beyond.

Peace and Love,

Paula Patterson



Pirate Sweatshirts and T-Shirts, Sweats And Every Friday Is Pirate Pride Day!

Our Pirate apparel is ON CLEARANCE NOW! In youth and adult sizes, small through extra large, while supplies last!

Pirate Sweatshirts Youth, \$15.00 each. Adults, \$20.00 each.

Pirate T-shirts Youth \$5.00 each. Adults, \$8.00 each.

This is a wonderful opportunity to save on Pirate apparel and participate in “Pirate Pride Day” every Friday! Our staff and students show school pride by wearing our school colors, blue and gold, or by wearing our pirate shirts or sweatshirts. Get yours today!

*Arena logo shirts and sweatshirts comply with our school dress code and act in accordance with our school district regulations.

MARK YOUR CALENDAR!

Friday, January 15th

No bus transportation for any Manchester/Point Arena Runs.



Monday, January 18th

The school will be closed in observance of Martin Luther King Jr. School will resume on Tuesday, January 19th.



February 15-19

The school will be closed during President’s Week School will resume on Monday, February 22nd.



QUOTE OF THE MONTH

When you look at the world in a narrow way, how narrow it seems!
 When you look at it in a mean way, how mean it is!
 When you look at it selfishly, how selfish it is!
 But when you look at it in a broad, generous, friendly spirit,
 what wonderful people you find in it.

Horace Rutledge

Student ID Cards On Sale Now! \$5.00

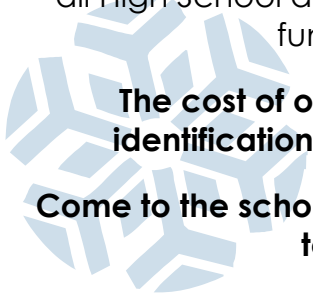
Student picture identification cards are here! Get yours now!

You may use the card for personal identification needs, which include travel, purchases and banking.

Privileges of the card include discounts to all High School and Elementary school functions.

The cost of our student picture identification cards \$5.00 each

Come to the school office and buy yours today!



Tarjetas estudiantiles con fotografía \$5.00



¡Llegaron las tarjetas estudiantiles! Compre la suya pronto.

Usted puede utilizar la tarjeta para cuando se requiera una identificación: por ejemplo durante los viajes, las compras o en un banco.

Los privilegios de la tarjeta incluyen descuentos en los eventos escolares de la Escuela Secundaria y la Escuela Primaria.

El costo de estas tarjetas es de \$5.00 cada una.

¡Venga a la oficina de la escuela y compre la suya hoy mismo!



AUES Middle School Basketball Schedule

JANUARY

- 12th Boys "B" @ Leggett
- 16th Girls Jamboree @ Mendocino
- 19th HOME
- 22nd All Teams @ Mendocino (HS)
- 23rd Boys Jamboree @ Anderson Valley
- 23rd Girls Jamboree @ Covelo
- 27th All Teams @ Anderson Valley
- 29th HOME-All Teams vs. Mendocino
- 30th Girls Jamboree @ Anderson Valley
- 30th Boys "A" Jamboree @ Mendocino

FEBRUARY

- 2nd HOME-All Teams vs. Anderson Valley
- 5th HOME-Boys "B" vs. Leggett
- 6th HOME-Girls Jamboree
- 9th HOME-All Teams vs. Fort Bragg



Help Your Child Get Organized

Easy as 1-2-3

For kids, all tasks can be broken down into a 1-2-3 process.

Getting organized means a kid gets where he or she needs to be and gathers the supplies needed to complete the task.

Staying focused means sticking with the task and learning to say "no" to distractions.

Getting it done means finishing up, checking your work, and putting on the finishing touches, like remembering to put a homework paper in the right folder and putting the folder inside the backpack so it's ready for the next day.

Once kids know these steps — and how to apply them — they can start tackling tasks more independently. That means homework, chores, and other tasks will get done with increasing consistency and efficiency. Of course, kids will still need parental help and guidance, but you probably won't have to nag as much.

Not only is it practical to teach these skills, but also knowing how to get stuff done will help your child feel more competent and effective. Kids feel self-confident and proud when they're able to accomplish their tasks and responsibilities. They're also sure to be pleased when they find they have some extra free time to do what they'd like to do.

Give Your Student A Love of Reading

Reading aloud to your child can capture his imagination. These tips will also help:

- Pre-read. **Get familiar with the story yourself so that you can be more expressive.**
- Start with the cover. **Read the title and the author's name. Talk about the illustration.**
- Use emotion. **Try out different voices and attitudes.**
- Ask and answer questions. **Discuss the pictures and how the story is unfolding. What might happen next?**
- Pace yourself. **Take your time reading; don't rush.**
- Let your child participate. **Have him turn the pages and make sound effects. Encourage him to say or chant the repeating lines.**
- Skip words if necessary. **If your child starts getting bored, skip a line, a paragraph or even a page. Keep the story moving along.**
- Personalize the book. **Help your child relate to characters.**

Head Lice Management Program

The Governing Board believes that the district's head lice management program should emphasize the correct diagnosis and treatment of head lice in order to minimize disruption of the education process and to reduce the number of student absences resulting from infestation. We have established a routine screening program to help prevent the spread of head lice.

The significance of the policy means:

- If a student is found with live nits, or active, adult head lice, he/she shall be excluded from attendance.
- The parent/guardian of an excluded student shall receive information about recommended treatment procedures and sources of further information.
- After treatment the student shall be allowed to return to school the next day and shall be checked by the nurse or designee before returning to class.
- Once he/she is determined to be free of live nits, or active adult head lice, the student shall be rechecked weekly for up to six weeks.

When two or more students in any class have been identified as having a head lice infestation, all students in the class shall be examined. In consultation with the school nurse, the principal may also send information about head lice home to all parents/guardians of the students in that class.

Our Head Lice Management Program helps to

- Encourage home screening
- Eliminate diagnostic confusion
- Prevent transmission and re-infestation
- Reduce the need for subsequent treatment

Our school nurse or designee routinely checks classrooms and students at Arena. School staff may refer suspected cases to the school nurse or designee on an "as needed" basis.

Staff shall maintain the privacy of students identified as having head lice and excluded from attendance.

Successful, Natural Treatment For Head Lice

Much safer, natural methods are available to eliminate head lice. Since clean hair is less conducive to lice than oily hair, frequent shampooing will assist in deterring the lice. Most effective are coconut and/or pine tar based shampoos and soaps, which are fatal to adult lice and deter some egg hatching. (Aubrey's Playnatural 60/80 Hair Rejuvenating Shampoo and Hair Rinse, or Aubrey's Green Tea

Shampoo and hair rinse are excellent deterrents). Such products alone may be sufficient if used *before* infestation.

Essential Oils:

The most effective delousers are herbal essential oils such as bergamot, camphor, cinnamon bark, clove bud, eucalyptus, geranium, juniper, lavender, lemon, pine, rosemary, tea tree, and thyme.

Olive Oil Treatment:

To prepare this pre-shampoo treatment, mix 20-25 drops of essential oil with 1/2 cup to 3/4 cup of olive oil. Rub the mixture well into the scalp, treating longer locks last, piling and pinning them on top of the head. Immediately cover the head with Saran Wrap plastic or a tight fitting swimming cap and leave in place for two hours.

If the oil is dabbed on without being immediately covered, the oil will act as a repellent and the lice will simply crawl off temporarily, only to return again later.

Shampoo thoroughly to dispose of dead lice and loosed nits. Remove any remaining eggs with a nit comb. Further egg hatching is less likely after using the treatment because oil residues remain in the hair. However, the procedure should be repeated at least once during the following ten days since even one survivor (most likely from nits missed on the head or remaining on objects in the home that were not washed) can produce re-infestation.

Further Treatment:

In between and after the final treatment, the shampoos recommended above with the addition of the essential oils of tea tree or rosemary will act as an excellent deterrent. (Mix 1/4 oz. essential oil with 8oz. shampoo.) This shampoo blend is highly recommended for the entire household to avoid providing additional hosts for the parasite.

For your convenience, the school office has a mixture of olive oil, pine and eucalyptus essential oils for you to use. You may bring your personal shampoo to the office and we will add essential oils to it for you.

