

PRINCIPAL'S MESSAGE

This is Luca Palazzo, your Principal for the Day.

Today I made the morning announcements, visited classes, checked on the heat in classrooms with Dave, and introduced the Recycling assembly. Things are going well around the school today.

Here is the fun fact of the day that I shared during the morning announcements:

According to a recent survey, 93% of kids in the United States go Trick-or-Treating every year. About 90% of all parents admit to sneaking candy out of their kids' trick-or-treating bag, especially the chocolate bars.

So, here's a warning to everyone, keep an eye on your candy this weekend!

Thank you for letting me be the Principal for the Day,

Luca Palazzo
Principal for the Day
Carl Sandburg and Discovery Community School



UPCOMING EVENTS

Reflections Deadline

Wed. Oct. 28
(No later than 4:00pm)

Halloween class parties and parade

Fri. Oct. 30



Halloween

Sat. Oct. 31

P.A.C.K. Week

Nov. 2 - 6
Pack produce for lunch or snack
(see details on page 4)

Picture Retakes

Wed. Nov. 4

"Mathnificent" Event Family Math Night

Wed. Nov. 4
6:00-7:30pm
(see more details on page 2)

Green Team Meeting

Thurs. Nov. 5 at 9:15am
Juanita Village Starbucks

Veteran's Day Assembly

Join us Fri. Nov. 6
1:30 to 2:00 for grades K-2
2:30-3:00 for grades 3-6



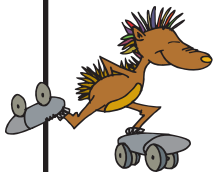
Reflections Entries Due Tomorrow • WED. Oct. 28th: Don't be too late! Keep in mind that your artwork needs to follow Reflections guidelines. For Visual Arts entries remember to have some kind of matting or backing to your artwork. Plastic covers are recommended since it will be handled by many during judging. Make sure that your entry form is completed, write your name on the back of your project, but please don't sign your artwork on the front - this is supposed to be blind judging. All projects will be collected by 4pm Wednesday, Oct. 28th, in the main office of Carl Sandburg. There will be a Reflections reception on November 5th for everyone interested. Participants should receive an invitation via their classroom mail. Any questions, contact Becca Bassingthwaite at bbassackwards@yahoo.com or call (206) 250-3420. Also, find detailed guidelines online at <http://www.wastatepta.org/programs/reflections/forms.html>

LWDS Special Needs Team - Nutrition Seminar is tonight!: Tues. Oct. 27th, from 7-8:30pm at LWSD Resource Center, the Special Needs Group will host speaker Sally Hara, MS, RD, CDE from ProActive Nutrition Kirkland. Is your child eating foods that can cause these health effects? Restlessness, defiance, anger, anxiety, distractibility, headaches, stomach aches, runny nose, red ears, excessive ear wax, ETC! Some children have learning and health problems that can be affected by the foods they eat. Not all food affects every child the same. This meeting is free and open for all to attend.

Halloween Parade: On Friday, October 30th, our annual Halloween Parade will start at 2:15-2:45pm. Class parties to follow. Please note that costume selections should be appropriate for elementary school and not depict violence. Fake blood or fake stitches, toy guns, swords, knives and weapons are NOT allowed at school.



"Mathnificent" Event - November 4th 6:00-7:30pm: Our "Mathnificent" Event will begin during the day on Nov. 4th with a school-wide exploration of math games and puzzles. There will be three game rooms set up to introduce a "mathtastic" collection of games that will be sure to light up young minds and help students realize just how fun and cool math can be! That evening at our Family Math Night, we will partner up with the Seattle store, Math-N-Stuff, which specializes in all types of math games and puzzles. Families will have the opportunity to both play and purchase games. Volunteers Needed-If you are interested in volunteering during the day for this event, email Ms. Roy for details at broy@lwsd.org.



Family Skate King Night - Save the date!: Wednesday, November, 18th will be Sandburg/DCS family skate night at Bellevue Skate King from 6-8pm. Admission cost is \$6 per person and includes regular quad skates. Inline skates also available for an additional charge. Only checks and cash can be accepted at the door for payment.

THANK YOU to these fabulous Sandburg-DCS individuals/families for pulling weeds... trimming, and picking up litter at this past weekend's Weed Meet: Biggs-Zimbelman, Galuska, Bell, Maynard, Damico, Chwojko-Frank, Wincapaw, Richter, Gendzwill (forgive me if I've forgotten anyone). Because of you we can continue to say "no thanks" to chemicals on our school grounds. See our Herbicide Free bulletin board (across from the server) for photos. We'll take a break from weeding in Nov. and Dec. Come join us again on Sunday, Jan 31. Again, thank you! Susan Vossler (vosslerm1@comcast.net)

Finn Hill Jr High: This year FHJH's play is "Once Upon A Mattress" and performances will be on November 20th and 21st. Mark your calendar for this event. We will let you know when tickets go on sale.

Operation Crayon was a HUGE success with 11,743 crayons collected!! Special thanks to Ms. Via and the student council for promoting, collecting and counting crayons. The top class is Mrs. VanEnkevort's class with over 2,900 crayons. Way to go! In second place is Mrs. Fletcher's class with over 1,500 crayons! One student in her class brought in 800 crayons by himself! And, in third place is Ms. Via's class with over 1,100 crayons. The kids that visit Seattle Children's Hospital will appreciate the giving spirit of Sandburg/DCS.



Veteran's Day Assembly: On Friday, November 6th, we will take time as a school to honor those who have served our country as members of the military. You are invited to attend one or both of our Veterans Day Assemblies on that day. - 1:30 to 2:00 for grades K-2 and 2:30-3:00 for grades 3-6. You are especially invited to join us if you or a family member is a veteran.

Lake Washington PTSA Council's Annual Basket Auction - Please bring in items by Nov. 2nd: Every year we put together a great basket of items and the PTSA Council auctions them off to raise money for student/staff scholarships. We are already preparing a basket to auction off in December! This year, Sandburg Elementary's basket theme is, "HOLIDAY ITEMS". That would mean any holiday. Bring in anything to do with holidays, such as kitchen items, gift items, decorations, non-perishable food items, candles etc. Thank you for your support! Any questions, email Wendy Strand at wendypies@gmail.com

Health Screening Chair Needed: We are looking for a volunteer to help organize Health Screening Day on Jan. 14th. Enlist a few volunteers and work with the school nurse throughout the day. Please contact Wendy Strand at wendypies@gmail.com



Carl Sandburg/DCS Sportswear: Don't forget to get your order in for the NEW Sandburg sportswear. If you misplaced your form please see link to print a new one: <http://www.lwsd.org/school/sandburg/PTSA/Documents/SandburgSportswearFinalFinal.pdf>

Save the "Women in History" program: "Women in History" is a small program that may not be presented unless, we have a chairperson to run it. If you are interested in this program, or would like more information, contact Sarah Turner (425)820-5991 sarahmturner@comcast.net

Quest Elementary Program for Highly Capable Students - (Grades 1-6) will be accepting applications for the 2010-2011 school year beginning November 2, 2009, until 4 p.m. on November 30, 2009. More information can be found in the Quest Information packet that will be available at all elementary schools, on the Quest Web site (www.lwsd.org/quest), and at the Quest Office on the third floor of the Resource Center (425-702-3238; Quest@lwsd.org). There will be a **Quest Elementary Information Night on Thursday, November 5 from 4:30-6 p.m. or 7-8:30 p.m. at Rose Hill Junior High School (13505 NE 74thSt, Redmond, WA 98052)**. This program will explain more specifically what Quest offers to highly capable, academically gifted children. If you plan to bring your children to the information session, we would recommend that you attend the early meeting.



P.A.C.K. Week: Pack Assorted Colors for Kids Week - November 2nd- 6th!

P.A.C.K. week is a national healthy-eating initiative to encourage kids at the elementary school level to eat more fruits and vegetables while at school and at home (check out welchs.com/pack or fruitsandveggiesmorematters.org and http://www.pugetsoundfresh.com/harvest_schedule.htm for seasonal items). Parents/guardians are encouraged to send their children to school with a fruit or vegetable for lunch or snack from the designated color group each day. This fun and educational program helps jump start healthy habits that last throughout the year. All forms count - fresh, dried, canned, frozen and 100% juice. Be sure to P.A.C.K. produce for snack, lunch or make a colorful fruit or vegetable choice in the cafeteria each day. For more fun, kids can wear something to match the color of the day! Listed below are the color days and suggestions for a few in-season items!

Monday is Purple Day: Grapes, Cabbage and Radishes

Tuesday is White Day: Pears, Apples, Diakon, Potatoes and Parsnips

Wednesday is Red Day: Pears, Apples, Beets and Radishes

Thursday is Yellow/Orange Day: Pears, Apples, Squash, Pumpkin and Carrots

Friday is Green Day: Pears, Apples, Kiwi, Brussel Sprouts, Celery, Cucumber, Spinach

To get the broadest range of nutrients, all colors are important - kids love eating the rainbow!

Free Serving of a Fruit or Veggie for kids at PCC! The PCC Kid Picks program offers kids a FREE serving of fruit or vegetable when shopping with a parent/guardian at all locations (<http://www.pccnaturalmarkets.com>). Kids ages 12 and under can pick their snack from a huge selection of fresh, organic produce, from a slice of watermelon to a handful of blueberries to a raw carrot. The PCC dedicated produce staff is happy to wash and cut produce so your child's snack is easier to eat.

Volunteers Needed to Deliver FREE Fruits and Veggies to classes during lunch! Desperately Seeking Volunteers for Nov. 2-6 for 30 - 90 minute shifts during school lunches (Kindergarten-2nd 11:54-12:24 • 3rd & 4th grades 12:24-12:54 • 5th-6th grades 12:54-1:24) to deliver free samples (provided by Food Services) of fruits/veggies to students in classrooms for the PACK color of the day! Please contact the Wellness Team at chantalkoch@yahoo.com ASAP! Volunteers are needed for all three lunches during the week of November 2-6! Help us give our students a chance to try a rainbow of fruits and veggies!

Recess Rovers volunteers needed: Please consider being involved in this program. Volunteers count laps and encourage students during lunch recesses 12:25-12:55 (K-2nd), 12:55-1:25 (3rd-4th) or 12:25-1:55 (5th-6th) any day of the week (further information can be found here - <http://lwsd.org/school/sandburg/PTSA/Pages/Wellness-Team.aspx>) Volunteer for one shift a week, once a month or just once - this is a great chance to have some fun. Don't want to track laps? Parents are invited to play during any recess - consider sharing a favorite game from your own recess days! Don't forget to sign in at the office and wear a visible visitor's badge. NOTE: All volunteers must have completed the LWSO volunteer application. Please contact the Wellness Team at chantalkoch@yahoo.com for further information and to volunteer.

Student Green Team: We think it's high time to tap into the amazing energy of our students and form a Student Green Team. For those who are interested, our 3-6 grade Student Green Team will start meeting during lunch/lunch recess on Tues., Nov. 17th. If your student is interested they'll be bringing home a participation form this week....or you can find copies in the Information Station outside the front office. *As for parents...The next Green Team meeting will be Thurs., Nov. 5th at 9:15am in the Juanita Village Starbuck's meeting room.*

Lost and Found: Is your child missing anything? Please take a minute to look through the lost and found rack, and bin, located near the library. We have once again accumulated many items. If a name is on the items we find - we are happy to return them to their owner. Lost and Found will be cleared out on November 25th and donated to charity.

How are the PTSA funds being spent? PTSA raises funds to spend on students, the school and staff. We would like to share with you how we spend this money. To date, we have spent roughly \$3,300.00. This money has gone to student planners \$1,448.47, Teacher grants \$869.04, Lake Washington Council Scholarship \$100.00, Family Support \$265.00, Student Directory \$392.50, Meet & Greet teacher lunch \$195.16 and Meet & Greet Snack \$30.00. If you have any questions on how we spend PTSA money or any other questions contact Marlene Vacknitz or Tricia Davis at sandburgdcspta@yahoo.com

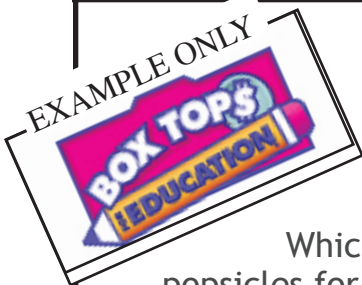
PTSA General Meeting: Please join us November 12th at 7pm in the library for our second PTSA General Meeting. We hope you can make it. Also, feel free to contact the PTSA anytime with questions, comments or ideas. sandburgdcspta@yahoo.com

Community Bulletin Board: This is a link on the LWSO.org site and our school website for parents to access flyers from companies in our community. <http://www.lwsd.org/SCHOOL/SANDBURG/FOR-PARENTS/BULLETIN-BOARD/Pages/default.aspx>

Upcoming Elections - Important Legislative information going on in our community: Learn more about the Legislative issues important to your child's education and the community. <http://www.lwsd.org/school/sandburg/PTSA/Documents/Legislative%20Update%20101209.pdf>

A friendly tip from the Green Team...

If you're looking for ways to celebrate a more "Green" Halloween, try www.greenhalloween.org. This site has lists of non conventional candies (organic and fair trade varieties), ideas for activities that take the focus off of candy, and lots of craft ideas to make Halloween fun and green.



BOX TOPS

Which class will win popsicles for bringing in the most BOX TOPS for October? So far, we have earned over \$300.00 for our school just by turning in our box tops. Way to Go!!

If you need a form to submit your BOX TOPS please click: <http://www.lwsd.org/school/sandburg/PTSA/Pages/Fundraising.aspx>

Check out these other Easy Money Makers that help earn money back for our school...

P.A.C.E.

Look for more information coming home in kid mail on Nov. 3rd. www.4pace.com

Campbell's Soup Labels

Drop off labels in the Campbell's Soup bin located inside the main entrance.

Shopping at Safeway

Register (free) your Safeway Club Card with www.escrip.com

Shopping at Albertsons

with your rewards card. To register go to <http://www.albertsons.com/cp>

Also, If you have a Target Red Card, www.Target.com, the money you spend at Target can earn money back for our Principal to spend towards our school. Questions? Contact Tricia Davis PTSA Co-President - sandburgdcspta@yahoo.com.