



4330 N. 62nd Street
Scottsdale, AZ 85251
480-484-7500
www.susd.org/anlc

Charles Grisier, Principal
Taylor Jones, Assistant
Principal

ANLC NEWSLETTER NOVEMBER, 2009

News from Charles Grisier, Principal

Dear ANLC Families,

This month is the time of elections and making a choice. ANLC is a school of choice and all of you have made that choice to attend ANLC. Some of our families walk down the block while others travel miles to get to and from school. We appreciate your vote of confidence. Please take the time to read through the newsletter. It is filled with much information about the wonderful things happening at ANLC and our community.

There are plenty of opportunities this month to participate in ANLC activities. There is our Thanksgiving Bar-B-Que luncheon on Friday, November 20; Wednesday Wellness Walks; JDRF (Juvenile Diabetes Research Foundation) walk; Family Read; and more. At Family Read I meet with parents in the cafe for the first few minutes while classrooms are taking care of housekeeping issues; attendance, announcements, Pledge of Allegiance, etc. In October, the students from the 7/8 enrichment class I taught, Song Lyric Interpretation, actually taught a lesson to parents on using reading strategies to better comprehend song lyrics.

Our Winter Concert is also earlier this year – Thursday, December 3. We hope by having the concert earlier it will relieve much undo stress (please see the article on Over-Scheduling Disorder in the newsletter). Hope to see you there!

Thank you for your support,

Charles Grisier
ANLC Principal

Important Upcoming Dates

November

- 3 Think Tank (Site Council), Library, 2:30-3:30 p.m.
- 4 Wednesday Wellness Walk
- 10 Bilingual Advisory Meeting, Paiute Center, 6-7 p.m.
- 11 **Veteran's Day Holiday – NO SCHOOL**
- 17 PTO Meeting, 6-7 p.m.
- 18 Wednesday Wellness Walk – JDRF Walk
- 20 Family Read, 7:50-8:20 a.m.
Family THANKSGIVING BAR-B-Q, 10:30-12:30 p.m.
- 25 Wednesday Wellness Walk
- 26-27 **Thanksgiving Recess – NO SCHOOL**

December

- 1 Think Tank (Site Council), Library, 2:30-3:30 p.m.
- 2 **Early Release – Teacher Inservice 12:15 p.m.**
- 3 Winter Holiday Concert, 5-8 p.m.
- 4 Exploration Friday, 8:20-10:40 a.m.
- 9 Wednesday Wellness Walk
Spelling Bee (Library), 12:30-1:30 p.m.
- 16 Wednesday Wellness Walk
- 18 End of Second Quarter and First Semester
Family Read, 7:50-8:20 a.m.
- 21-Jan. 3 **Winter Break – NO SCHOOL**



Madeline Markus, a 7th grade language arts student, won an essay contest sponsored by the Boys and Girls Club (Barker branch). The essay she wrote was titled, "What Freedom Means to Me." She was one of ten contestants that received a certificate and a trip to San Diego. Madeline will be reading her essay during morning announcements the day before Veteran's Day. Mr. Eklund, the computer lab teacher, will then make the essay accessible on ANLC's website.



Carpool!

If anyone is interested in carpooling, please send an email to friendsofANLC@cox.net.



Our Scholastic Book Fair will be held the week after Thanksgiving, November 30th through December 4th. The initial two days will be for set-up and classes to view the various books. The Book Fair will begin on Wednesday and run through Friday.



Exploration Friday

The first Exploration Friday for the 09-10 school year was a roaring success. Held on October 2nd, students had the opportunity to learn about many different subjects.

A very special THANK YOU to all of the parents who taught classes and assisted with the various classes. We could not have done it without you!!

Thanks to:

Mike Benner, Bill Byron, Steve Desch, Allison Espinosa, Jerry Hamilton, Cari Trickel, Dan Siegel, Kathleen Kelly, Paul McCloskey, Gail Reed, Michele Davies, Eleanor Beger, Scott Price, Jean Leslie, Julie Poplowski, and Alice Burmeister.

Thanks go out also to all of the committee members who taught, organized, assisted, and were on hand the morning of October 2nd to ensure that everything went off without a hitch!

Those special folks are:

Lara Wolffe, Jennifer Funke, Anthony Horne, Adam Grimes, Allison Siegel, Nancy Dicke, James Allen and Lou Rodarte.

The next Exploration Friday will be held on December 4th. This is our Multi-cultural event where we celebrate all of the wonderful cultures that make up the ANLC community.

If you have something from your heritage that you would like to share, please let us know. History, games, food, language, dance..... the ideas are limitless.

Please contact one of the Ex. Fri. chairs to discuss ideas and options, or to sign up to assist that day.

Traci Wilbur, Aida Hatem, Su Byron



A Note From Nurse Kay:

Dear Families,

Please remember to check the district web site: www.susd.org and my web page (which can be reached by clicking on the directory of the ANLC home page and then clicking on my name) to stay up to date on current health concerns in the school and the district. We are hoping to eventually have H1N1 flu vaccine available for students but we do not know when that will be so if you can get your child immunized somewhere else sooner you are encouraged to do so. PLEASE KEEP YOUR CHILD HOME IF THEY HAVE HAD A FEVER WITHIN 24 HOURS, are coughing excessively, or have vomited recently. Yes we have had cases of H1N1 in the school, but fortunately it has not spread quickly. We also have too many cases of head lice in the K-4 age group. Please check your children's heads weekly! Finally, 6th grade families, if you have not turned in copies of receiving your newly required immunizations (Meningitis and Tdap) please do so NOW!

Very Truly Yours,
Kay Beauchamp, RN, BSN
ANLC School Nurse
480-484-7511
kbeauchamp@susd.org



Has any of your contact info changed? If so, please stop by the office and update your information as soon as possible. We need to ensure that we have the most up-to-date phone numbers and other contact info so that in case of emergency we can reach you and your child's other listed contacts immediately.

SCHEDULE

Does Your Family Suffer from Over-Scheduling Disorder (OSD)?

Dear Insider's Club Member,

For many families, parenting has become an F-4 tornado, characterized by a frenzied whirlwind of activity.

This is not good for kids...or anybody else!

Much of this chaos has evolved out of the misguided belief that children must be entertained or "stimulated" each and every millisecond of each and every day. While pop psychologists may think this is wise, the rest of us ought to know better. Kids who never have an opportunity to rest, relax and get a bit bored, come to believe that life and relationships should always be exciting and fun. They also miss opportunities to develop creativity and problem-solving skills.

If you answer "yes" to any of the following statements, you and your kids probably suffer from OSD:

- You're completely worn out from trying to help your kids participate in all of your activities
- Your kids appear anxious, irritable, stressed, exhausted or hyperactive
- Your kids don't have enough time to contribute to the family by doing their chores
- Your kids complain about being bored any time they aren't being entertained

Although there's no medicinal cure for OSD, we can protect our families by giving ourselves permission to say "no" to too many activities. My personal advice as someone who's experienced this debilitating disorder is to trust your gut.

If you have any sense that your kids are overscheduled, trust your intuition.

Also be prepared to repeat, "I love you too much to argue" when your kids complain about being bored. In our book [*Love and Logic Magic: When Kids Leave You Speechless*](#), we give specific tips for kids who are going through withdrawal from the drug of over-activity.

Thanks for reading!
Dr. Charles Fay



Thank you for using the crosswalk to cross 62nd Street! It is making ANLC a much safer place!



We are doing GREAT collecting box tops and soup labels. Thank you to everyone who is committed to keep on clipping. Remember you can put the box tops and soup labels in the boxes in the library. If you have any questions, you can contact Jules Scofield at julz3035@yahoo.com or www.boxtops4education.com.



MARK YOUR CALENDAR AND TELL A FRIEND...
Arcadia PTO will host the 4th annual "Prospective Parent Night" on Thursday Dec. 17 from 6:30-8 p.m. at the Thomases' (5125 E. Palomino Rd.). Parents of 8th graders are invited to come and meet the Arcadia Administration, see a DVD on all the great things that are happening at Arcadia High, and then ask questions and meet other Arcadia parents. For more information, please contact Michele Woodard at teamwoodard@cox.net or Francesca Thomas at casathomas@cox.net



SUSD students named National Merit Scholarship commended students

In late September, the National Merit Scholarship Corporation announced the names of more than two-thirds of the nearly 50,000 high scorers on the PSAT/NMSQT who received letters of commendation in recognition of outstanding academic promise.

Although commended students do not continue in the competition for Merit Scholarship awards, some students do become candidates for scholarships sponsored by corporations and businesses.

The following Scottsdale Unified School District students were named as commended students for 2010 National Merit:

Arcadia High School: **Ethan Bendau, Rachel Farnsworth, Madison Heath, Erica Lieberman, Valerie Slade and James Upton**

Chaparral High School: **Michael Bull, Madeleine Evans, Judith Giller-Leinwohl, Cailey Indech, Elizabeth Portanova, Madison Schutt, Alexandre Secunda, Shayna Steingard and Stephanie Zucker**

Desert Mountain High School: **Tyler Conklin, Tiffany Evans, Sarah Murphy, John Owens, Luke Sandblom and Aliza Vaccher.**



Are you getting our emails?

Friends of ANLC maintains a volunteer database and email list. If you're not getting our emails, we probably don't have your email address.

You can add, update, or verify your email address or other information, including your volunteer interests, online at www.friendsofanlc.ptomanager.com. On the right side of the webpage, there are 3 ways to access our database:

- If you know your password, sign in using your email and password;
- If you don't know your password but you're getting emails from us, enter your email address in the "forgot your password" space. Additional login instructions will then be sent to you;
- If you're new to ANLC or not yet on our email list, register through the "new user" link.

If you have questions or problems, please email us at friendsofanlc@cox.net or call *Diane Sanders*, 602-826-2233.

Tax Credit Donations

Did you know that any state tax payer can tell the state where they want some of their state taxes to be spent? Tax Credit donations help supplement field trips, overnight trips, after school programs, tutoring and more. Single filers can give up to \$200 and married filers can give up to \$400. For more information available at www.susd.org or you can talk with Lorraine in the office (480) 484-7500. Tax credit application is attached to the newsletter.

CREATE A TOOLBOX OF EFFECTIVE PARENTING & COMMUNICATION SKILLS



Scottsdale Prevention Institute Introduces
The First In a Series of Parenting Classes Taught by
Active Parenting Certified Instructors

Parents will learn:

- Effective parent-child communication
- Discipline and boundary-setting tactics
- Skills for dealing with difficult transitions
- Drug and alcohol awareness education
 - Cyber Safety

Only \$125 per family for 6 sessions

Thursday Evenings 6:30-8:00pm

Scottsdale Prevention Institute

Training Center

6908 E Thomas Rd. Ste. 302

Scottsdale, AZ 85251

Oct. 29, Nov. 5, Nov. 12, Nov. 19, Dec. 3, Dec. 10

To register please call, Dana Sherman SPI School
Program Director,
480-443-3100 X 222

Parents will be separated into **Elementary Level
Parents** and
Middle/High School Parents

**Active parenting programs empower families
by providing parents with the skills to help
their children survive and thrive in our
changing world.**



School Lunch: Good for Kids and Good for Your Wallet***

As the cost of everything increases, there is one meal that is still a great value - both nutritionally and economically! School lunch is still an incredible bargain at \$2.25 at Elementary Schools, \$2.50 at Middle Schools and \$2.75 at High Schools.

Every School Lunch Includes Five Great Choices:

Milk - Low fat flavored or regular

Vegetables - From fresh salads to Carrotteenies

Fruit - A plethora of seasonal and fresh choices

Grains - More whole grain items like breads, cereal and pizza crusts

Meat or meat alternate - Reduced fat cheese, beans and lean chicken and beef

Save Money: Eat School Lunch

On average it costs less to buy a school lunch than to bring a lunch from home.

The estimated national average cost of a school lunch from home was \$3.43 last school year.¹

School Lunch vs. Bagged Lunch

\$2.08

\$3.43

(comparison of national average costs)

There is Such a Thing as a Free Lunch (and a Reduced Price One Too)

- All children attending SUSD schools may purchase meals through the National School Lunch Program (NSLP).
- Families with incomes at or below 130 percent of the poverty level are eligible for free meals.
- Families with incomes between 130 percent and 185 percent of the poverty level are eligible for reduced meals.
- Applications can be found on-line at www.susd.org or at your school café.

***Portions reprinted with permission from the School Nutrition Association.

¹According to a meal cost analysis by Alice Jo Rainville, PhD, RD, CHE, SNS of Eastern Michigan University, Ypsilanti, MI

SUSD Named as Top District in Nation by APQC

Scottsdale Unified School District (SUSD) was recently selected as one of the best-practice school districts in the country. SUSD was selected by APQC as a model district in the implementation of the Response to Intervention (RTI) program. APQC (American Productivity and Quality Center) is a private sector nonprofit organization founded in 1977 for the purpose of quality improvement in organizations. Since 2000, APQC has also focused on improvement opportunities in educational institutions. Its vision is to support improvements in the American educational system through benchmarking, process management, training and sharing of best practices.

Response to intervention (RTI) is a general education school-wide systematic model for evaluating the needs of all students and for fostering positive student outcomes. The model is designed with flexibility and fluidity to be applied across multiple settings and content areas. RTI is a multi-tiered early intervention model for supporting student success. The model involves school professionals representing various programs, for instance, regular education, special education, English immersion studies, reading specialists, working cooperatively with parents to implement academic and /or behavioral interventions to meet identified student needs.

ANLC is an RTI school. We perform three school-wide screeners three times per year for all students in grades 1-8 for reading to make sure that we have no students falling through the cracks. Our students have showed reading improvement who participate in the program.