



September Events

- 10th PTA Meeting 5:30pm
Ellwood MPR
- 10th Back-to-School Night
Classes open at 6 & 6:30pm
- 10th Staff Appreciation Lunch
- 11th Genevieve Orders Due
- 14th GUSD Board Meeting 7pm
- 27th School Picture Day

October Events

- 4th School Site Council 3:15
Ellwood Library
- 4th PTA Meeting 6:30 pm
Ellwood Library
- 5th Bike/Walk-to-School Day
- 5th GUSD Board Meeting 7pm
- 19th GUSD Board Meeting 7pm
- 20th Earthquake Drill
- 20th NOON DISMISSAL
- 31st Costume Parade Grades 1-6

Camp Account fundraisers are coming!

Students in grades 3-6 can earn money to reduce the cost of their 6th grade Astrocamp experience.

Genevieve sales packets will be sent home with Friday folders on August 31st. You and your child will have 2 weeks for sales and ordering (50% of giftwrap, accessories, and food; 45% on chocolate items, excluding tax, goes to your child's camp account). Additional camp account fundraiser offered in the fall is the Axxess Book sales (with parent support). Direct donations to your child's camp accounts are encouraged and can be coordinated

Lemon Run

This is the 10th year the race has been held in Goleta. Proceeds from the Goleta Education Foundation Lemon Run will benefit the elementary school students in the nine Goleta Valley schools. For more information about Lemon Run please visit their website.

Visit the Ellwood website!
<http://www.ellwood.goleta.k12.ca.us/>

Reflections at Ellwood!

The Reflections program is an Ellwood School PTA event that brings together children from Kindergarten through 6th grade for a cultural arts competition. The purpose of this program is to provide an opportunity for students to use their creative talents by expressing themselves through their own original works. As an added bonus, in showcasing and celebrating student talent, the Reflections Program increases community awareness of the importance of the arts in education.

Reflections Arts Recognition Program is also a national arts recognition and achievement program for students. Since 1969, over 10 million students across the nation have taken part in this popular PTA program.

Each year, Reflections challenges students to create art that supports a specific theme. This year's theme is **"What is your Story?"** (The theme slogan does not need to be included in the artwork.)

Through this program students will...

- Express themselves imaginatively in their artwork
- Experience the joy and fun of making art
- Tap into critical thinking skills to create art inspired by the annual theme
- Receive positive recognition for their original works of art

A student may submit an art entry in any of these six areas: Visual Arts, Photography, Literature, Music Composition, Dance Choreography, or Film Production. Only original works of art will be accepted.

Teachers may submit students' work. Families/students may also submit works to Ellwood. The last day to submit art to Ellwood is Oct 24th 2016.

All artwork will be returned to students at the conclusion of the Reflections program. Some works of art may go on to district, state, then national Reflections competitions!

Ellwood will have a school-wide art reception in the Multi Purpose Room on

Thursday, November 3rd, 2016 from 6:30-7:30pm.



Principal's Message

As the new school year begins, I would like to welcome our Ellwood families, whether you are returning after our summer vacation, or coming to Ellwood Elementary School for the first time. I am so pleased to be back at Ellwood serving as your leader as we begin this new school year. I believe that, working collaboratively as a team, we will have one of the strongest years yet!

I have come to fully appreciate that the success of a school depends on the partnership formed between the school's stakeholders: the principal, staff, students and the families that we serve. I look forward with eager anticipation to my role in this partnership with you all, supporting the school community, and ensuring that our students continue to get the best that Ellwood has to offer.

Thank you for your ongoing support!

Abby Vasquez, Principal



<http://www.ellwood.goleta.k12.ca.us/>



Please consider joining the PTA and becoming a volunteer, or even a board or committee member this year! Every student benefits from having a strong PTA that is able to provide activities and fund school science, computer, P.E., and art programs. Volunteers are always needed to lead or help with the Friday Ice Cream Sales, Fall Festival, Jog-a-Thon, Reflections Art Program, Book Fairs, Auction, Carnival, Grant Applications, Monarch Miracle Fund, 5th/6th Grade Camp fundraising.

Volunteering for the PTA is sure to be more fun and less work than you think, and with everyone helping just a little, we will be able to continue to have fun activities and provide financial support to school programs.

Teacher & Staff Appreciation Luncheon

We will hold our Teacher & Staff Appreciation Luncheon on September 10th. Watch for a sign-up sheet in your Friday Folder. We will need food donations (especially entrees) and help with set-up and clean-up. This is one of the most popular PTA events and a great way to show our staff and teachers how much we appreciate them **EVERY DAY!**

FALL FESTIVAL

Coming in November!

Come join the fun from 4:00-6:30 pm
Watch for presale tickets in front of school the week before. If you can help with this event, please sign up!



Ice Cream Fridays are Back!



\$1.50 each
Proceeds go to 5th
and 6th grade camp
fund!

Shop Amazon?

Help Ellwood by using this link:

http://www.amazon.com/?_encoding=UTF8&tag=ellwoodgoleta-20

Start your shopping from the link (bookmark it now for future use too!) and Ellwood could earn up to 10% back. Share it with friends, co-workers, family or anyone who shops on Amazon. Use it every time you shop on Amazon. This is free money for our kids!



Nurses' Notes

Practicing Mindfulness - October 2016

Mindfulness behavior is a sensory experience that can be practiced by anyone, anywhere at anytime. It may best be described as the act of "paying attention on purpose" with a nonjudgemental attitude. During mindfulness practice an individual focuses on feelings and emotions using simple breathing or visualization exercises.

The benefits of regular mindfulness practice include a reduction in stress, improved self-esteem, increased resiliency, decreased rumination (compulsive worry), elevation in mood and improved focus.

Mindfulness practice has its roots in centuries old meditation traditions and has been adapted into medical models including Mindfulness-Based Stress Reduction (MBSR) and the education setting (MindUP and Mindful Schools).

There is a fundamental connection between emotional balance and life prospects. Stress can lead to a cascade of behaviors including poor self-control and impaired executive function and reasoning which undermine the development of non-cognitive intelligence. An individual's good character, resilience and long-term life fulfillment has its foundation in non-cognitive intelligence. Mindfulness practice addresses this area and helps an individual to build self-awareness, handle emotions and manage interpersonal relationships.

The practice of mindfulness is simple. You choose an activity that allows you to stop your routine and observe what is happening in the moment. Unlike a gym membership or psychoanalysis, it costs nothing and takes a limited amount of time. You can start by practicing once a day and increase the number of times if desired. Eventually mindfulness practice will become a healthy habit, just like brushing your teeth or stretching your muscles.