



# CAÑADA CHRONICLE

Rancho Cañada Parent Teacher Association

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**Rancho Cañada  
Elementary School  
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## MESSAGE FROM THE PRESIDENT

We had our first PTA meeting on September 8th. It was wonderful to see so many familiar faces, and many new ones as well. Thank you to all who came to learn and participate in this important meeting.

Our new budget was adopted, which will allow us to continue to help fund the school Health Aide this year. PTA will continue to offer programs to Rancho Cañada, such as Hands-on-Science, Art Masters, and Orange County Performing Arts Assemblies. We will be able to support our school with Disaster Preparedness, and have a little fun with our Family Fun Nights. We will also continue to support the Accelerated Reader program in the library, adding books and tests. These programs will be primarily funded by our main fundraiser: Jog-A-Thon. Our theme for the year is "All Systems Go". I hope you have all seen information coming home about Jog-A-Thon.

Thank you to all who have become PTA members. We have many new parents

who have joined, and many who chose to be Golden Gaucho members. If you become a Golden Gaucho member this year, you will receive a license plate frame naming Rancho Cañada as a California Distinguished School. It's not too late to join! Thank you to all who have turned in their Volunteer Form. We appreciate you offering your time and talents to our school.

October is here and it promises to be filled with many fun activities. We will have our first Family Fun Night, Red Ribbon Week, Bike Rodeo, and of course our annual Jog-A-Thon. Please plan to join us for our next PTA meeting. It will be on October 13th at 7 p.m., in the MPR. You can visit our website at [www.ranchopta.org](http://www.ranchopta.org) for the latest information.

*Suzanne Graham  
PTA President  
rcptapresident@yahoo.com*

## THANK YOU!

Thank you to **Suzanne Rundberg** and **Amanda Thomas**, our Hospitality Chairs, for providing a wonderful "Welcome Back" breakfast for our teachers the day before school started for our kids. Your efforts are very much appreciated!

Thank you **Melody Downey** for providing refreshments for our Kindergarten parents and the Kindergarteners on the first day of school. Thank you Melody for organizing hospitality for Back to School Night.

Thank you **Pat Cumming** for inputting all the volunteer forms into the Volunteer database. Thank you **Michelle Barr** for maintaining our outside Display Case for the school year!

Thank you **Diane Sixsmith, Teri Sullivan** and volunteers for helping with book cover sales, Family Portraits and Student Credit Fundraisers.

Thank you **Debi Buls, Colleen Logomasini, Jenny Nonora, Chris Dunn, Emily McVay** and **Cindy Carney** for making our Vision and Hearing Screening run smoothly.

A special thank you to **Christa Dunn** and your group of volunteers who help traffic flow smoothly in our parking lot, and making sure our children make it to school safely. Your friendly faces are a great way to start the day!

# JOG-A-THON NEWS

A special thanks to all the kids in the Jog-A-Thon skit. You did a fantastic job and I'm so proud of each and every one of you!

Makenna Petruzzi  
Austin Warren  
Cambria Lovley  
Shelby Sullivan

Ryan Alexander  
Stephanie Sixsmith  
Amber Hawkes  
Jessica Nonora

Heather Nonora  
Paul Lovley  
Serena Roberts  
Shannon Nonora

I also would like to thank Mrs. Nonora, Mrs. Sullivan and Mrs. Schwan, for all their help & support, I couldn't have done it without them!

My sincerest gratitude,  
Annie Lovley  
Jog-A-Thon Chair, Kick-Off Assembly

**GENERAL ELECTION  
TUESDAY, NOVEMBER 4TH  
PLEASE GET OUT AND VOTE!**

## AFTER SCHOOL PROGRAMS

After school programs are starting the week of October 6 right after school. Flyers have already been coming home. Monday is Spanish, Wednesday is Cartooning-a drawing class, Thursday is ReadWrite and Discovering Science, Friday is Academic Chess. If you have any questions about these programs, please call Brandi Hawkes at 472-9530.

### SAVE THE DATE:

**WEDNESDAY, OCTOBER 22, 2008**

**FOR OUR ANNUAL RANCHO BIKE RODEO!**

Calling all 3rd – 6th graders! Our Annual Rancho Canada Bike Rodeo is almost here! The Lake Forest Sheriff Community Police will be stopping by to reinforce bike safety. We will go over the proper use of helmets, what to do at a traffic signal, driving on the right side, checking for cars and traffic and lot of other bike safety tips. In order to participate, students MUST bring their bikes with helmets and a lock to school on the day of the event, October 22, 2008. Also, a permission slip MUST be filled out in advance (permission slip to follow) in order for the students to participate.

Volunteers are needed.

Please call Melanie Schrunk 215-0676 to volunteer.

*\* In the event of rain, the Bike Rodeo will be rescheduled.*

## FAMILY FUN NIGHT 2008

**IT'S THE GREAT PUMPKIN...  
RANCHO CAÑADA**

**FRIDAY, OCTOBER 24TH  
FROM 6 - 8:30 PM.**

**Lots of Fun for All**

**FREE RAFFLE DRAWINGS • CRAFTS • GAMES  
PRIZES • FOOD • CAKE • WEAR YOUR COSTUME**

Cost is \$5.00 per adult 18 & over,  
\$4.00 for kids 4-17, & free for kids 3 and under.  
Fee is all inclusive & includes pizza, cake, drinks & games.

I will need volunteers to help set up, serve pizza & drinks, & run the games.

Interested persons can email  
Terri at Terri92630@cox.net or  
Trina at therelphfamily@cox.net

Thank you so much.

*Terri Graham and Trina Relph  
Family Fun Night Co-Chairs*

# ALL SYSTEMS GO! JOG-A-THON 2008

## TEACHER RUN SCHEDULE, FRIDAY, OCTOBER 17TH, 2008

### 8:40 - 9:10

Manning	K	Table 1	pink
Shields	K-1	Table 2	light blue
Davis	1	Table 3	orange
Gray	1	Table 4	neon green
Raasch	1	Table 5	green
Stuebing	1	Table 6	purple
Stein	1	Table 7	yellow

### 9:20 - 9:50

Anderson	4	Table 1	yellow
Jackson	4	Table 2	neon green
Weimann	4	Table 3	pink
Duran	5	Table 5	purple
Williams	5	Table 6	orange

### 10:00 - 10:30

Mitchell	2	Table 2	purple
Stahr	2	Table 3	orange
Adams	2	Table 4	yellow
Randell	2	Table 5	pink

### 10:35 - 11:05

Bagnall	5	Table 1	neon green
Pelzer	5/6	Table 2	pink
Christensen	6	Table 3	orange
Peck	6	Table 4	purple
Valentine	6	Table 5	yellow

### 11:15 - 11:45

Branigan	3	Table 1	orange
Coller	3	Table 2	yellow
Conroy	3	Table 3	neon green
Meyer	3	Table 4	purple

### 11:50 - 12:20

Keith and Buddies	K	Table 1	multi-color
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# RED RIBBON WEEK

OCT. 20th – 24th

*All Systems Go! Help us celebrate national Red Ribbon Week! Starting October 20<sup>th</sup> we will be having theme days at Rancho to make a stand against drugs and have fun.*

**Monday:**

**"All Systems Go, Say NO to Drugs!"**

(wear something space themed)

**Tuesday:**

**"Hey Space Cadet get up and go, Say NO to Drugs!"**

(crazy hair day-no hair dye)

**Wednesday:**

**"Don't Sweat it, Say NO to Drugs!"**

(sweats day/sports day)

**Thursday:**

**"Wake up and Say NO to Drugs!"**

(pajama day-no slippers)

**Friday:**

**"RED Ribbon Celebration Day"**

(wear lots of RED-no hair dye)

*Keep your eyes open for a flyer with all the info closer to Red Ribbon Week*

*You will receive RRW wristbands and other incentives, tying red ribbons to the school fence, coloring bookmarks and dressing up to show our unity and commitment to SAYING NO to drugs and alcohol!*

**JOIN US IN OUR CELEBRATION OF RED RIBBON WEEK!**

**THANK YOU FOR YOUR INVOLVEMENT!**

*Melanie Schrunk and Erin Hoskinson*

*Red Ribbon Week Co-Chairs*

## THIS MONTH IN ART MASTERS

### ART MASTER STUDENTS MEET HELEN HARDIN

Art Master students will be introduced to a Native American artist, Helen Hardin who lived in two worlds: She was a modern American woman who had strong ties to her Native American roots. Her modern paintings portray the magical beauty of Native American kachinas (katsinas) and inspired student collage at primary levels and modern abstract compositions at middle and upper levels.

## WANT TO STOP HOMEWORK HASSLES FROM DRAINING YOUR ENERGY?

Whether you are a married or single parent, you don't want to miss the opportunity to attend this special seminar. Whether you or someone you know has school age children, learn how to deal with homework hassles without stress, punishment or a fancy reward system!

Steve Cuffari, a parenting coach, counselor, and teacher who works all over Orange County, will offer you fresh ideas, new perspectives and renewed confidence to bring out the best in you and your child.

Time: 7:30 pm

Date: Monday, October 13th, 2008

Location: Rancho Canada 's MPR

Look out for the flyer in your child's backpack!

## CREATE SPECIAL MEMORIES FOR YOUR CHILDREN

### WANTED: FIRST DAY OF SCHOOL CANDIDS!

We are fortunate at Rancho Cañada to have a yearbook. If you are interested in seeing your children's pictures with their friends and teachers in the yearbook, then this is your chance. The Yearbook staff would like your help in continuing to make the yearbook a success.

Please send in digital pictures (on a CD) of your fabulous kids on the First Day of School.

When submitting digital photos, please burn them on a CD at their original resolution or size.

Do not resize them. Address it to: "Attn: Yearbook."

Indicate the grade level, class (if applicable) and activity depicted in the photo. We do not need the names of the children.

**WE ACCEPT ONLY DIGITAL PHOTOS. PLEASE DO NOT SUBMIT LASER COPIES OF PHOTOS.**

*Please take this opportunity to make special memories for your children at Rancho Cañada.*

# BACK TO SCHOOL, BACK TO FITNESS

By Terri Graham, MS, EP  
PTA Chairperson

It's that time of year again, when we say "goodbye" to the long, lazy days of summer and "hello" to our fast-paced, frenetic fall schedules.

You might be surprised to learn that some research studies have shown that numerous children's physical activity and fitness levels actually *decline* with the start of school.

With waning daylight hours, a change to cooler weather, increased homework loads, and budget cuts that do not allow for adequate physical education classes, our children's overall health and fitness may be compromised if we are not proactive.

Unless your child is engaged in an organized after school sport or physical activity program, he or she may not be getting the 30 to 60 minutes of continuous moderate to vigorous aerobic activity on most, if not *all*, days of the week as recommended by the US Surgeon General of Health.

Combined with our American societies ever increasing TV viewing and video game playing habits, obesity rates and diabetes are now epidemic amongst our school aged children.

Here are some alarming statistics for you to consider:

According to Frank Hu, MD, every 3 to 5 hours a child spends in front of the TV each day increases his or her risk of obesity by 70%!

Metabolism (the rate at which our body burns calories for fuel) actually decreases to  $\leq 1$  to 1.5 calories per minute while watching TV.

Type II Diabetes (formerly known as "Adult Onset") and atherosclerosis (the narrowing and hardening of the arteries associated with heart disease) are now seen in some American children as young as 2 years of age!

It is therefore vital, that we as parents help ensure our children's health and fitness. Here are some simple things that you can start by doing at home:

## **ACTIVITY: ADDED BONUS(ES)**

\* Walking to and/or from school

\* Allowing 30-60 minutes of vigorous "play"  
(such as biking, playing tag, riding a scooter) after school  
and *before* homework

\* Exercise *with* your child daily

\*Insisting on "exercise" (such as jogging in place, sit-ups, push-ups etc.) during commercials while engaged in TV viewing time. Saves gas; it's good for the environment.

Decreases stress and muscle tension; helps your child sit longer and retain more while doing his or her homework.

Studies have shown that children will share more openly about their lives (especially "touchy" subjects) while engaged in a physical activity such as walking with their parents. Your child will accrue up to 12 minutes of activity during one average 30 minute show.

# OCTOBER 2008

## CALENDAR OF EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b>	<b>2</b>	<b>3</b>  Flag Ceremony	<b>4</b>
<b>5</b>	<b>6</b> Student of the Month Assemblies	<b>7</b>	<b>8</b>	<b>9</b> Fall Recess NO SCHOOL	<b>10</b> Family Photos 4:00 - 8:00	<b>11</b> Family Photos 9:00 - 7:00
<b>12</b> Family Photos 9:00 - 7:00	<b>13</b> PTA Meeting 7:00 pm MPR	<b>14</b> Jog-a-thon Pledge Sheets Due	<b>15</b> Vision and Hearing Re-test	<b>16</b> Picture Make-Up Day	<b>17</b> ALL SYSTEMS GO! Jog-a-thon	<b>18</b>
<b>19</b>	<b>20</b> Start of Red Ribbon Week  Red Ribbon Assembly	<b>21</b> Red Ribbon Week Continues	<b>22</b> Red Ribbon Week Bike Rodeo 9 - 11 am Art Docent Training 10 - 12 pm	<b>23</b> Red Ribbon Week Continues Art Lectures	<b>24</b> Red Ribbon Week Concludes Family Fun Night	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> Assembly "Do the Right Thing"	<b>30</b> Kindergarten Fall Festival	<b>31</b> Staff Development Day No School	