



Tuesday Folder

November 7, 2017

Character Counts

CARING

This week is a shortened week in honor of Veterans Day. Please note that Thursday is early release for all students at 1pm, leading into our long weekend. Enjoy the extra time with your family, honoring those who have served our country.

Bring a Vet to School Day: If your child has a family member or friend who is a Veteran, we'd invite them to join us for the Flag Salute on Thursday, November 9 at 7:55am. We will ask that your child prepare to introduce them by their name, rank, and branch of service to our school community. This is one way that we say thank you for your service. Also, please consider having your child invite them to lunch with them at school (K-5 lunch is at 11:20am and 6-8 grade is 12:05pm).

Auction News: Come one, come all to this year's **Auction on Saturday, April 28** at the **Santa Ynez Valley Presbyterian** where we will celebrate "**HAVANA NIGHTS**" to support Santa Ynez Valley Charter School! The annual auction is our school's biggest fundraiser, supporting music, art, technology and science programs at our school. Help from everyone is needed to make this event a success. Join the auction committee's next meeting on **Wednesday, November 8, 8:10am** in the Multipurpose Room!

PTSO: We celebrated the success of the Jog-a-Thon yesterday with our awards assembly. At the PTSO meeting, they were pleased to announce that our net profits from the jog-a-thon will exceed our \$15,000 goal! Thank you to all of the volunteers, parents, and family/friends who helped make this event a success! Mr. Mark will be running a mile, with all students given a water balloon to toss at him, as reward for exceeding our goals!

Student Council: Our UNICEF donations totaled \$423 this year! The total was announced at the flag salute today.

Thanksgiving Feast: Every year we celebrate Thanksgiving with a Family Feast. Please join us on Friday, November 17 at 11:30am. Our kitchen will be preparing the Turkey, and our 8th graders will be our Dragon Knights serving for the day. Attached you will find information about what each class is asked to contribute to the meal. Please remember all food must be NUT FREE, and our kitchen can keep food warm but is not able to cook any food (other than turkey) on the day of the feast. Thanks for joining us!

GO DRAGONS!

-Mr. Mark Palmerston, Ed.D.

Important Dates

November 7: Boys Basketball A and B Team @Solvang

November 8: 8:10am Auction Meeting

November 9: Bring a Vet to School Day

November 9: Early Release 1pm All Students

November 9: Boys Basketball A and B Team HOME vs. SYE @SYE

November 10: No School Veterans Day

November 13-17: Elementary (K-4) Conference Week, Early Release 1pm

November 13: 11:30am Lunch with your Dragon Families

November 14: 5:30pm Board Meeting

November 17: Thanksgiving Family Feast

November 20-24: Thanksgiving Break

November 7: 6pm Winter Show

Thanksgiving Feast



The Annual Thanksgiving Feast will be celebrated on Friday, November 17, 2017 at 11:30am.

We look forward to having families join us for this event, where each class will help contribute to the overall meal, and our 8th Grade Class will act as our servers.

We ask that each class contribute to our feast by preparing a dish that will serve 300 people.

The following list of items will help make a complete meal:

Grade	Dish
Kindergarten	Mashed Potatoes
1st	Cranberry Sauce
2nd	Fruit Turkeys
3rd	Pies
4th	Sweet Potatoes
5th	Stuffing
6th	Rolls
7th	Drinks
8th	Paper Plates Cups Forks Spoons Knives Napkins
Kitchen	Turkey

All food brought to the kitchen MUST be cooked and HOT. Our kitchen can keep everything warm but cannot cook anything (other than the turkey) on the day of the feast

Please make sure that all food and food preparations are NUT free.

World Diabetes Day



In 1921, Dr. Frederick Banting was the first person to successfully extract insulin and administer it to diabetic patients.

Prior to 1921, type 1 diabetes had a 0% survival rate.

November 14th, Dr. Banting's birthday, is recognised as World Diabetes Day.

In 2006, the blue circle became the universal symbol of diabetes.



Please join us and "go blue" on November 14th.

Wear a blue shirt, paint your nails blue, or even dye your hair. Whatever you choose, show someone with diabetes that you care.

SIGNS AND SYMPTOMS OF TYPE 1 DIABETES

- Frequent urination or bedwetting
- Excessive thirst - dehydration
- Extreme weakness and/or fatigue
- Blurry vision and headaches
- Weight loss - despite eating more
- Increased appetite
- Irritability or quick mood changes
- Stomach pain, nausea, and vomiting
- Rapid breathing
- Fruity smelling breath

Ask your doctor
for a simple urine test
or finger prick

OFTEN MISDIAGNOSED AS

- Flu or virus
- Urinary tract infection
- Growth spurt
- Type 2 or gestational diabetes
- Strep throat

ATTENTION: 6th – 10th Grade Girls & Mothers

JOIN THE FUN!

NATIONAL CHARITY LEAGUE, INC.

Santa Ynez Valley Chapter

We are an organization of Mothers and Daughters that work together in our community. Our focus is on Community Service, Leadership Development & Cultural Enrichment.

Make new friends outside of school

Upcoming one hour Informational Meetings:

Thursday, November 2nd at Santa Ynez College School Board Room 6:30 pm

Tuesday, November 14th at Santa Ynez High School Library 7:00 pm

Wednesday, November 29th at Jonata School Library at 6:30 pm

***Application Deadline is January 15, 2018 @ 8 pm PST**



National Charity League, Inc.

Highly encourage you to RSVP with your name and meeting you plan on attending as space is limited to

membership.sy.ncl@gmail.com

or email us if you are unable to attend a meeting but have additional questions or are interested in joining



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BE A COURT CHAMPION

Youth Basketball League

Make this season a slam dunk and sign up for the Stuart C. Gildred Family YMCA Winter Basketball League! Our program fosters development in every child on the team:

- Our coaches emphasize character development and encourage self-confidence with every practice and game.
- Players will have opportunities to grow physically, mentally and socially while having a blast playing basketball.

Be a Volunteer Coach

This league is made possible because of parent coaches.

Please let us know if you can help!

Register today at register.ciymca.org!

For more information contact Scott Arellano at Scott.Arellano@ciymca.org or at 805.686.2037 x224

STUART C. GILDRED FAMILY YMCA
900 N. Refugio Road, Santa Ynez, CA 93460
805.686.2037 • ciymca.org/stuartgildred

Registration
Deadline
DECEMBER 17

SKILLS ASSESSMENT DAY
December 9

GAMES BEGIN
January 6

GRADES
K - 8

FEES
\$60 first child
\$45 each additional child

Financial assistance available.





POR LA FORMACIÓN DE NIÑOS Y JOVENES
POR UNA VIDA SALUDABLE
POR LA RESPONSABILIDAD SOCIAL



CAMPEÓN DE LA CANCHA

Liga Juvenil de Baloncesto

¡Haga que esta temporada sea un 'canastazo' e inscríbase en la Liga de Baloncesto de Invierno de la YMCA de Stuart C. Gildred! Nuestro programa fomenta el desarrollo en cada niño en el equipo:

- Nuestros entrenadores enfatizan el desarrollo del carácter y fomentan la autoconfianza con cada práctica y juego.
- Los jugadores tienen la oportunidad de crecer física, mental y socialmente mientras se divierten jugando al baloncesto.

Necesitamos entrenadores voluntarios

Esta liga es posible gracias a los entrenadores voluntarios.

¡Por favor avísenos si puedes ayudar!

¡Regístrese hoy en register.ciyymca.org!

Para más información, contacte a Scott Arellano
Scott.Arellano@ciymca.org o 805.686.2037 x224

STUART C. GILDRED FAMILY YMCA

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805.686.2037 • ciymca.org/stuartgildred

REGÍSTRESE
ANTES DEL
17 DE DICIEMBRE

PRUEBA DE HABILIDADES
9 de diciembre

JUEGOS EMPIEZAN
6 de enero

GRADOS
K - 8

PRECIO
\$60 primer niño
\$45 cada niño adicional

Ofrecemos asistencia financiera.

