

# SER-Niños Charter School Newsletter

Newsletter Date  
Volume 11, Issue 2

Principal Charmaine Constantine  
Vice-Principal Elodia Vazquez



Daylight Saving: When do we change our clocks?

Most of the **United States** begins Daylight Saving Time at 2:00 a.m. on the second Sunday in March and reverts to standard time on the first Sunday in November when clocks are set back one hour at 2:00 a.m. local daylight time, which becomes 1:00 a.m. local standard time.

## Upcoming Events

- ◆ Columbus Day - Oct 12
- ◆ 22 - 23 Parent-Teacher Conferences
- ◆ Oct 30 - Fall Festival
- ◆ 31 Halloween

## Principal's News

The purpose of a newsletter is to provide specialized information to a targeted audience. A school newsletter can be a great way to develop a strong relationship with parents.

First choose a short title for your newsletter— something like "School News," or "Back to School." As you choose the title, also take time to think about the newsletter's theme. What important messages do you want to send parents and families?

Next, establish how much time and money you can spend on your newsletter. These factors will help determine how frequently you publish the newsletter and its length.

Use the body of your school newsletter to keep parents apprised of major assignments and class events, as well as of any school district news. Share news for specific grade levels, and tell parents about upcoming events, new faculty, and school policies. You can also provide

explanations of how projects and daily work conform to the state standards.

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## Columbus Day

Columbus conducted three additional trips to the Americas but didn't actually visit North America. On his third trip he briefly landed on the northern coast of South America in 1498 east of Caracas, Venezuela, and he explored the island of Trinidad and Tobago. In 1502 he explored the coastline between what is now Honduras and south to Panama in Central America.

President Franklin D. Roosevelt set aside October 12 as Columbus Day, establishing it as a federal holiday in 1934, but it didn't become officially recognized until 1970. The first U.S. President to observe the holiday

was Benjamin Harrison in 1892 when he called for the people of the United States to celebrate the occasion on its 400th anniversary.

Columbus Day, as it is known in the United States, is known as Día de la Raza (Day of the Race) in many countries in Latin America, as Día de las Culturas (Day of the Cultures). Since 1971 the holiday has been observed in the United States on the second Monday in October in order for federal organizations to take advantage of the three day weekend.

## Athletic News

Congratulations to our SER-Niños Boys and Girls Athletic Teams! It is important to encourage them to keep participating. Sports help children develop physical skills, get exercise, make friends, have fun, learn to play as a member of a team, learn to play fair, and improve self-esteem. It is important to remember that the attitudes and behavior taught to children in sports carry over to adult life. Parents should take an active role in helping their child develop good sportsmanship. To help your child get the most out of sports, you need to be actively involved. This includes:

- attending some games and talking about them afterward,
- having realistic expectations for your child,
- learning about the sport and supporting your child's involvement,
- helping your child talk with **YOU** about their experiences with the coach and other team members,
- helping your child handle disappointments and losing, **and**
- modeling respectful spectator behavior.

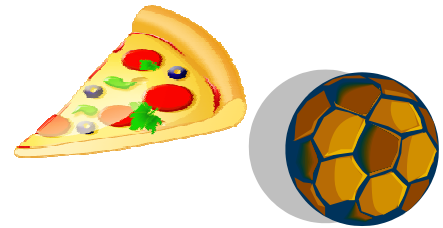


## Fall Festival

It is time once again to our Fall Festival. The Festival will be held on Friday, October 30, 2009 from 5:00 p.m. through 8:00 p.m.

Trackless train, soccer, basketball, pizza, bingo and more!

Everyone is invited!



*"Learning is discovering that something is possible."*

*Fritz Perls*

## Healthy corner: Skipping breakfast

Some children skip breakfast because they sleep too late or because they think it's a way to stay thin. But skipping breakfast doesn't help people maintain a healthy weight. In fact, someone who skips breakfast tends to eat more calories throughout the day.

Children who eat breakfast do better in school, are more likely to participate in

physical activities, and tend to eat healthier overall. So tomorrow morning, don't run out the door on an empty stomach. Fuel up with a healthy breakfast at home or at school!



## Parent Teacher Conferences

The school year is well established and things are running more or less as you expected. Just when everything is settled, it arrives. Yes, folks, it's Parent-Teacher Conference Time!

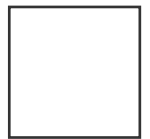
The first parent-teacher conference of the school year provides a great opportunity for you and your child's teacher to share insights and information about him. At this meeting, you can develop a relationship with the teacher and present yourself as a team

player in your child's education. In order to help your child have a successful school year, you need to know what is expected of her, academically, from now until June. You can find out by asking some questions. And don't forget to take notes!

Good luck!







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ADDRESS 2  
CITY, ST ZIP CODE**