



Parent Newsletter



631 S. Commonwealth Ave. Los Angeles, CA 90005 (213) 487-0839

March, 2009

March

Pupil Free Day
Thursday, March 12th

Read Across America Day
March 2nd, 2009

Important Parent Meeting

Friday
March 27th, 2009
At 8:30 am

Shakey's Night Fundraiser
Wednesday
March 11th
5:00 - 8:00 pm

Saturday Workday
March 7th
9 am - 1 pm
20 spots available

April's Volunteer Schedule will be posted on March 2nd at 7:15 am

Read Across America Day

Dear Parents,

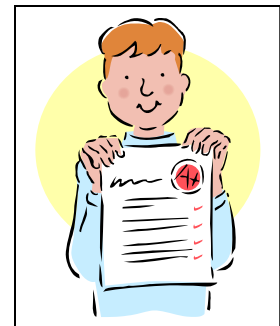
GCS will celebrate Dr. Seuss's Birthday on March 2nd by hosting our third annual Read Across America Day. This day will be a reading celebration in which parents and community volunteers alike will participate in reading to our children. Those of you who wish to attend this event and help kick off a day dedicated to celebrating reading, please come by the office to sign-up. We have limited spots available and keep in mind that we must have TB clearance for all parents wishing to attend.

The event will begin at 9:30 a.m., community volunteers, friends and donors will join the fun by coming with their favorite books to read and to be read to in each of the classrooms. Our visitors will get an opportunity to observe our student's enthusiasm in our dance classes. The day will culminate with reading parties that will celebrate students' commitment to regular nightly reading.



LAUSD School Report Card

This is the first year that LAUSD has issued report cards that give parents detailed information about the status of their children's school. Gabriella was one of 14 Charter schools that was selected to receive a report card this year. LAUSD mailed the report card for GCS directly to the student's homes, so you all should have received it so far. The information included primarily relates to standardized test scores. LAUSD plans to add information in other categories in the future. LAUSD has also published a school report card directory for elementary and middle schools, our office has a copy of this directory and is available for parents to come and view information.

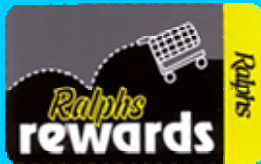




BRAVO AWARDS

Gabriella Charter School is honored to have been selected as a finalist in the Music Center's Bravo Awards competition. We have submitted an extensive application that describes our arts curriculum and our integration of arts and academics. Judges came to spend a day observing dance and music classes. On January 28th, Bravo Judges returned to observe visual art classes and the second grader's theater dance class. Awards and \$5000 grants will be presented to the city's top art schools at a ceremony in March. We will keep everyone posted.

Community Club Card Program



This year the Foundation will be awarding a \$30 gift card to the person who earns the most money on his/her Ralphs or Food 4 Less card during the quarter, and will be awarding a \$20 gift card to a person that will be randomly selected from the list of participants who earned any amount of money during the quarter.

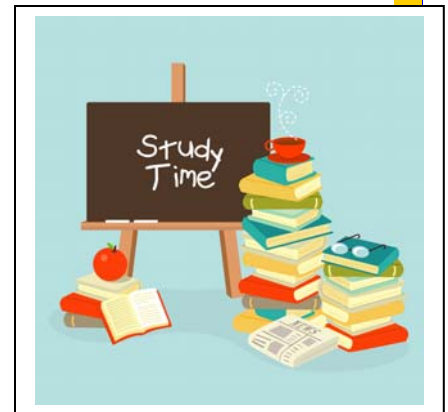
This means, that even if you make only one small shopping trip during the quarter, if you remember to swipe your Ralphs or Food 4 Less card, you have a chance of winning a prize!!!

The winners of the Ralphs & Food 4 Less Program for the Quarter of Sept-Nov are Ingrid Yos & Liz Martinez . Thank you and keep swiping your card!!!!

Tutoring Program

We have hired a very experienced team of tutors to give extra support in reading and mathematics to students referred by their teachers. Jessica Ellis, Gina Riva, Grace Kim and John Gustafson have already started working with small groups of students on Thursday afternoon and Saturday mornings.

If you see any of our tutors around campus please make them feel welcomed, as they are an important part of our team and of our commitment to our children.



Parent-Teacher Training Meetings

Teachers have been enjoying working with a number of parents to demonstrate strategies and games that can be used at home to reinforce skills. We hope that even more parents attend these sessions and will follow through with the suggested activities that connect home and school to promote learning.

We will begin having our third quarter Parent-Teacher Meetings, so please mark your calendars and attend these important sessions. Third quarter meetings are as follows:

Kindergarten: March 4th @ 6 pm / 3rd Grade A: March 18th @ 6 pm

1st Grade: March 25th @ 6 pm / 3rd Grade B: March 18th @ 6 pm

2nd Grade: March, 9th @ 6 pm / 4th Grade: March 18th @ 5 pm

5th Grade: March 25th @ 5 pm

HEALTH & FITNESS



At a recent 5th grade parent meeting, Ms. Rooney, Ms. Condren and 5th grade parents had a productive conversation regarding the physical health of our kids. In LA County approximately 30% of children ages 5-19 are overweight or obese.

What are some possible causes for the high levels of obesity in our community?

- Y Eating a lot of fast food and/or processed foods
- Y Serving Portions that are too large
- Y The manner in which we cook/prepare foods (e.g., frying food, using a lot of "fatty" extras)
- Y Kids not getting enough exercise or outdoors recreation at home.

Small changes we can make NOW:

- ✓ Ensure you are planning a balanced diet, including more fruits and vegetables and less processed foods (chips, packaged snacks, fast food)
- ✓ Make sure everyone eats a healthy breakfast. If you don't have time to prepare one at home, get your child to school at 7:30 am to eat at school.
- ✓ Substitute 2% milk for whole milk
- ✓ Cut-out late night eating and snacking!
- ✓ Learn to serve the appropriate portion size:
 - ⇒ **A portion of something should be the size of your fist! That's it!**
 - ⇒ **When you buy items that come in large boxes or bags, divide up the contents into small plastic bags ahead of time. When your kids want a snack, you have already determined what the portion size should be. No guessing!**
 - ⇒ **Walk or take the stairs whenever you have the option**
 - ⇒ **Once a week, plan an outdoor activity (e.g., a trip to the park, a walk, a hike)**
 - ⇒ **Turn on some music and have an indoor dance party! Let your children show their moves!**

After School Program

Steve Rivas, one of our after-school teachers has left GCS to work for the probation department. Our students will miss him, but we know that he will be an important mentor for youth at risk.

Eric Meis has joined our after-school team and will continue the very successful running club that Steve started.

Another new face in the after-school program will be Grace Kim who will work after school Mondays and Wednesdays as well as working in our tutoring program.

Welcome Eric and Grace!

Shakey's Night

QuickTime™ and a
TIFF (Uncompressed) decompressor
are needed to see this picture.

Who doesn't love pizza? Our Parent Organization is sponsoring the 3rd Annual GCS Pizza Night at Shakey's on Wednesday, March 11. Make sure to bring your family and friends! This is a great opportunity to visit with other families while supporting the school's fundraising efforts. Between the hours of 5:00-8:00 pm, Shakey's will give the GCS Parent Organization 10% of the food and beverage bill for anyone mentioning the Gabriella Charter School. Since there's a pupil-free day on Thursday, students can stay up a little later that night. Healthy eaters, don't despair. There's vegetarian pizza and a salad bar. Return to tofu tomorrow and join us for a night of fun. Shakey's is located at 5170 W. Sunset Blvd. Los Angeles, CA 90027 corner of Kingsley. See you there!

Health Corner By: Elizabeth Medrano (parent)

March is National Nutrition Month!

March has been designated as the month for nutrition education and information to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. The first week of March is also *National Breakfast Week*. Celebrate by bringing your child to school early for breakfast. Encourage your children to consume all FIVE components (main dish, fruit, vegetable, milk, and juice) of the breakfast and Lunch at school. All school menus have been designed to provide students with balanced full meals for their growing bodies!

Here some BREAK-Facts

- Participating in school breakfast, school lunch, and/or food stamps can help protect low-income girls from becoming overweight.
- Skipping breakfast is linked to greater body fat.
- In California, 37% of students who ate breakfast at school met the "5-A-Day" goal, compared to only 17% of kids who did not eat a school breakfast.
- Nationwide, kids who eat school breakfast eat less added sugar than non-participants for breakfast

How to support healthy eating changes at home?

- Get the whole family involved in planning and preparing meals. Ask your children to do simple tasks and help you create new recipes. They will be more likely to eat healthier, plus, they have a lot of ideas!
- Try eating more vegetables that are in season, these are less expensive.
- Teach change by showing change. If you want your children to eat more vegetables and adequate servings, be a healthy eating model to them. They will see you and follow your example.
- Be adventurous! Include new vegetables or fruits in your recipes. This will help your children develop an interest in new flavors and colors.

For Nutrition and Physical Fitness

Buy your vegetables and fruits at the Vermont and Wilshire Farmer's Market every Friday from 9am to 3pm at the Metro Station. The produce there does not contain pesticides or other chemical insecticides.
(Information obtained at breakfast.org & eatright.org)

L.A. BIKE SUMMIT

Saturday March 7, 2009 from 9am to 4pm
Los Angeles Trade Tech College ~ FREE

Attend this summit and learn what organizations are doing in big cities like L.A. to make them bike-friendly. Meet people from New York, Portland and Mexico, who will talk about safe bicycling to school and many other things. Register at www.labikesummit.org



Gabriella Charter School

631 S.
Commonwealth Ave
Los Angeles, CA
90005
USA

Phone:
213-487-0839

Fax:
213-487-0894

E-Mail:
info@gabriellacharterscho
ol.org

*"A Community
of Learning"*

We're on the Web!

*See us at:
gabriellacharterschool.org*

Volunteers of the Month Corner

Thanks!

Maria Miguel - Karina & Sophia Barrera 1st & 3rd

Jonathan Erebholo - Izehi Erebholo 2nd grade

Soledad Gomez - Anthony Gomez 4th Grade

Mr. & Mrs. Morales - Sabrina Morales 4th grade

Rosa Barrera - Leonel & Jorge Paredes Kinder & 3rd

Yaneth Munguia & Giovanni Sanchez - Isabela Sanchez
Kinder

Claudia Hernandez - Layevska Jimenez Kinder

Dinora Cortez - Mireya & Valerie Sanchez 1st & 5th grades

Volunteer Hours Up Date

GCS congratulates all families who have completed their hours, as well as those that are on their way to meet the family volunteer hour expectation. Congratulations to the parents of the following students:

Abdelfatah, Sherryhan - 10 hours
Aguirre, Kaily - 11.25 hours
Aguirre, Cindy - 17.25 hours (needs meals)
Anaya, Stephanie - 12.75 hours
Arista, Andy & Gabriel - 13.5 hours
Arreola, Eyby - 15 hours (needs 1 meal)
Avelar, Frida - 10 hours
Buzalsky, Ashley - 13.25 hours
Contreras, Carlos & Frida - 15 hours
Cortez, Laiza - 12 hrs
Davis, Mackenzie - 14.75 hours
De Leon, Sharol - 14.75 hours (needs meals)
Dixon, Larre - 5.75 hours
Dominguez, Tanya - 10.25 hours
Fernandez, Lilian - 17 hours (needs 1 meal)
Flores, Alani - 11.25 hours
Flores, Diana - 14.25 hours
Gutierrez, Melanii - 14.75 hours
Hernandez, Alex - 19 hours
Hernandez, Jacqueline - 13.75 hours
Hernandez, Heather - 13.25 hours

Horta, Fabiola - 13.25 hours
Jauregui, Itzel - 14.5 hours
Kim, Joshua - 13.5 hours
Kim, Roy - 14.75 hours
Kweon, Michelle - 12 hours
Lagunas, Benjamin - 11.5 hours
Luna, Kenny - 12.5 hours (needs meals)
Mancilla, Nathalie - 10 hours
Martinez, Joceline - 12 hours
Mendez, Linette - 14.75 hours (needs 1 meal)
Ortiz, Zoey - 16 hours (needs meals)
Pak, Taylor & Mason - 15.25 hours
Riew, Dong Jue - 12.75 hours
Shin, Mariam - 10.75 hours
Tomasino, Jenny - 10 hours
Torrez, Mary Kate - 10 hours
Vasquez, Lucia - 9.5 hours
Vasquez, Emily - 14.25 hours
Belman, Daniela - 8 hours

Hours current as of 2/19/09

Thanks parents!

**Remember! You must complete all
volunteer service hours by June 1st in
order to purchase tickets for our end
of the year Dance Recital. All
families must have a minimum of
two meals served**