



SFCS Weekly Bulletin

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sierrafoothillcharterschool.org

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SFCS JOG-A-THON ON OCTOBER 26TH

This Friday is the SFCS Walk-a-thon! An info page and pledge sheet was sent home last week and is available in the office. Students have until Friday to gather tax deductible pledges and flat donations. Online donations can be made through our school website: <http://sierrafoothillcharterschool.org>. All students who get at least 3 pledges or donations will be in a drawing for a \$25 gift card. Proceeds from this fundraiser will primarily support technology needs at SFCS. **If you can help at the event, please contact the office at (209)742-6222.** You are also welcome to come just to cheer on our walkers and runners. Students should wear comfortable shoes and bring a water bottle. THANKS for your support!

PUMPKIN PATCH FUNDRAISER ON SUNDAY

Raw Roots Farm (4944 Owens Creek Road) has an assortment of pumpkins, ornamental corn, cornstalks and squash. **On Sunday, October 28th from 11AM-4PM, your family can visit the farm to gather everything you need for fall decorating and cooking, and 20% of sales will be donated to SFCS and Catheys Valley Preschool.**

IS YOUR CHILD GETTING ENOUGH SLEEP?

Sleep is essential for optimal health. According to the American Academy of Sleep Medicine, children need the following amount of sleep each night:

- Ages 3 to 5: 10 - 13 hours (including naps)
- Ages 6 to 12: 9 - 12 hours
- Ages 13 to 18: 8 - 10 hours

Research shows that children who get a healthy amount of sleep on a regular basis display better attention, behavior, learning, memory, and emotional regulation. It is helpful to have a consistent bedtime and a calming bedtime routine that might include taking a bath, putting on pajamas, brushing teeth, and reading a story.

RED RIBBON WEEK, OCTOBER 22-26

This is Red Ribbon Week, an annual event recognized in schools across the nation. All students are encouraged to dress up this week to show their support for saying NO to drugs and YES to healthy choices. The following are our themes for the remainder of the week:

Tues., 10/23: *Team up against drugs (Wear favorite team jersey or sports attire)*

Wed., 10/24: *Follow your dreams; don't do drugs (Wear school appropriate pj's; shoes needed for recess and PE)*

Thurs., 10/25: *Drugs change the real you (Wear a costume of your choice - no gore, no masks, no weapon-like props or accessories)*

Fri., 10/26: *SFCS chooses to be drug free (Wear blue or school shirt)*

HALLOWEEN

Please note that because students are dressing up this week for Red Ribbon Week and can wear a costume of their choice on Thursday, we ask that students do not wear costumes to school next Wednesday for Halloween.

CLASSROOM VISITS

If you would like to visit your child's classroom, please arrange a time with the teacher in advance. Unexpected visitors dropping in to observe can be a distraction for our learners. Thanks for your understanding.

DATES TO REMEMBER

- *Every Monday: Dismissal at 2PM*
- *Tues., Oct. 23 - TK-2 Pumpkin Patch Field Trip, 8:45AM-1:45PM; SFCS Board Meeting, 4PM*
- *Fri., Oct. 26 - Jog-a-thon, 8:45-11:30AM; Core Virtues Assembly, 1:45PM; Fun Friday, 2:15PM*
- *Every Friday: Spirit Day - Wear Blue*

SFCS Home School Enrichment: Week of October 22nd, 2018

Red Ribbon Week

Core Virtues for October: Diligence

22 Monday: **Doing Drug is Crazy Bad: Crazy Hair Day**

TK/K 11:40-2pm Lunch and Rotations: Garden, Spanish and PE

23 Tuesday: **Team Up Against Drugs: Wear Team Jersey or Sports Attire**

TK-2nd	8:30-3:15	Field Trip to Hunter's Valley Pumpkin Patch
5th/6th	11:40-3:15	Lunch, Garden, Tech, and PE
5th-8th	12:35-3:05	Music Classes: Band, New Instruments, Violin & Guitar Please let me know if you are interested.

24 Wednesday: **Follow Your Dreams: Wear School Appropriate PJs with shoes for PE**

3rd/4th 11:40-3:15 Lunch, Rotations: Garden, Spanish, PE Rotation

25 Thursday: **Drugs Change the Real You: Wear a Costume of your choice:**

No masks, gore or weapon like props

7th/8th	11:40-3:15	Lunch and Rotations: Garden, Tech and P.E.
1st-8th	12:35-1:05	Piano Classes, please contact me if you are interested.
TK/K	1:50-2:20	Music Class
1st/2nd	2:35-3:00	Music Class

26 Friday: **SFCS Chooses to be Drug Free: Wear Blue or a School Shirt**

1st/2nd	11:40-3:15	Lunch and Rotations: Garden, Spanish and PE
K-8th	8:30-3:15	Jog-a thon 9am at McCay Hall, Diligence Assembly at 1:45, Fun Fridat at 2:15

Coming Up:

Tues, Nov 13-Fri, Nov 16	12:30 Release, No Rotations due to Parent/Teacher Conferences
Weds, Nov 14, 2018	HS Field Trip to Raw Roots Farm, 10:30 to 12:30
Tuesday, December 4th	Making Day at the Old School House

SFCS Links to Blogs, Web Sites and Curricular Connections:

Subscribing to classroom blogs and websites is a great way to get ideas from what is happening at school.

- [The Home School Blog](#)
- [Mrs. Stillwell's TK/K's Blog and Curricular Connections](#)
- [Mrs. Baumann's 1st and 2nd grades' Website and Curricular Connections](#)
- [Ms. Starchman's 3rd and 4th grades' Blog and Curricular Connections](#)
- [Ms. Miranda's 5th and 6th grades' Blog and Curricular Connections](#)
- [Ms. Contreras's 7th and 8th grades' Blog and Curricular Connections](#)
- [The SFCS Garden Blog](#) - all grade levels
- [The SFCS Tech Blog](#) - all grade levels & [5-8th Grade Tech Exploration](#)