

Roosevelt Hornet Newsletter

951 Dowling Blvd
San Leandro, CA 94577
510-618-4350



Dr. Soraya Sablo-Sutton, Principal
Issue #16, Feb 11, 2015
<http://www.roosevelt-hornets.com/newsletters/>

Important Dates

Feb 11 - LGBTQS Mtg., 7 p.m.
Feb 11 - Voces Unidas, 7 p.m.
Feb 12 - Dads' club Mtg., 6:30 p.m., PTA Mtg., 7 p.m.
Feb 16-20 - Presidents Week- No School
Feb 24 - AAPAG Mtg., 7 p.m.
Feb 26 - School Tour, 9 a.m., New incoming students.
Feb 28 - Dads' Club Golf Outing, 11:30 a.m.

Future Dates

Mar 4 - Coffee & Conversation
Mar 6 - ROOSEPALOOZA @ The Englander, 7 p.m.
Mar 11 - Founders Day
Mar 11 - All School Assembly, 8:15 a.m.
Mar 12 - LGBTQS Mtg.
Mar 18 - Voces Unidas, 6:30 p.m.
Mar 19 - Dads' Club Mtg., 6:30 p.m., PTA Mtg. 7 p.m.
Mar 20 - Spring Concert
Mar 20 - Variety Show
Mar 23-27 - PTA Teacher Appreciation Week
Mar 24 - AAPAG Mtg., 7 p.m.
Mar 25 - Hornet Hustle, 10:10 a.m.

FEB -11TH –VOCES UNIDAS MTG., 6:30 P.M.

Feb 11th – LGBTQS Mtg.–7 p.m.

Feb 12th – Dads' Club, 6:30, PTA Mtg., 7 p.m.

Feb 16th -20th – Presidents Week-NO SCHOOL

Principal's News

Dear Roosevelt Families,

Thank you to the Dads' Club for hosting a hugely successful **White Elephant Sale** last Saturday, 2/7/15. Lots of families cleaned out their closets and garages and our community purchased so many wonderful treasures. Proceeds from Dads' Club fundraisers are used to support our performing arts programs and other school related functions.

The Dads' Club is also sponsoring a **Golf Tournament** on Saturday, Feb 28th. Best ball scramble format at the **Metropolitan Golf Links**. 19th hole party at San Leandro's newest craft brewery, **Cleophus Quealy**, with **Tri-tip from the Dads' Club BBQ**. Can't make the event? Help support the school by sponsoring a hole or by joining us at Cleophus Quealy for the BBQ.

Have a wonderful week off next week! We'll see you back at school on Monday, Feb. 23rd.

Sincerely,
Dr. Sablo-Sutton
Principal

Estimadas familias Roosevelt,

Gracias al Club de los Papás para la celebración de un gran éxito White Elephant Sale el sábado pasado, 2/7/15. Muchas familias limpian sus armarios y garajes y nuestra comunidad compraron tantos tesoros maravillosos. Los ingresos de la recaudación de fondos del Club de Papás 'se utilizan para apoyar nuestros programas de artes escénicas y las funciones relacionadas con la escuela.

El Club de los Papás también está patrocinando un Torneo de Golf el Sábado, 28 de febrero. Mejor formato scramble pelota en el Metropolitan Golf Links. Partido de 19 hoyos en el más nuevo cervecería artesanal de San Leandro, Cleophus Quealy, con Tri-punta de los papás 'Club barbacoa. No se puede hacer que el evento? Colabora con la escuela mediante el patrocinio de un agujero o por unirse a nosotros en Cleophus Quealy para la barbacoa.

Que tengan una semana maravillosa la semana que viene! Nos veremos de nuevo en la escuela el Lunes, 23 de febrero.

Atentamente,
Dr. Sablo-Sutton
Directora

Special Thanks to...

❖ this week's worker's Kia Foster and Emina Dzananovic who worked hard and answered phones.

We couldn't have done it without you!

Parents,

Broadmoor School will be under construction this week. There will be a large disposal container taking up a few spaces of our lot and many trucks coming in and out. Please DO NOT park in our lot to drop off student! Spaces will be limited for staff to park. Also with the big trucks coming in and out please use the front entrance not Gill Lane to walk your students to school.

Thank you for your cooperation!

ROOSEVELT SCHOOL SPIRIT WEAR

Buy your sweetie a sweatshirt! Roosevelt tee shirts and sweatshirts for kids and adults will be for sale in front of the school this Wednesday, February 11, at 1:50 dismissal. Cash and checks will be accepted.

LOST AND FOUND

Everything will be picked up in Lost & Found (which is next to the teacher' lounge) after school on Friday Feb. 13.

Please check for anything your kids have left behind before then.

Things with names are taken to the office to attempt to reunite them with their owner. The rest will be donated to the Women & Children's Shelter.

SAVE THE DATE!!

This year we are having Art and Rhythm night on Friday March 27 from 6-8. There will be a Rhythms of Brazil theme and lots of fun art activities as usual. Also new to this year...pizza! As usual, your help is what makes it happen. When we get a little closer to the date I will send out a helper sign-up sheet, but until then please save the date.

Snacking Tips for Parents

- Plan ahead and buy **healthy snacks** when you grocery shop—you will save money and will make healthier choices than buying snacks on the go.
- Give kids **choices** and make the choices you offer nutritious.
- Pre-portion your child's snacks into small plastic bags to grab on the go or put a snack-sized serving on a plate.
- Assign an area in your refrigerator or cupboard for **healthy snacks** that you have selected and your kids like—let them help themselves without having to ask for permission.
- Combine snacks from at least two food groups to pack more nutrients into your child's diets—it will be more filling and will hold them over until their next meal.

For example, adding milk to cereal or serving string cheese with whole-wheat crackers or fruit is an easy way to add calcium, protein, and other important nutrients to snacks.

Remember:
Space snacks far enough
away from meals so appetites are
not spoiled!



Tangy Yogurt Vegetable Dip Recipe

Ingredients

2-1/2 cups	Plain yogurt
1	Packet onion soup mix
1 Tbsp	Minced parsley
1/4 tsp	Garlic salt
1 tsp	Dill weed
Pinch	Black pepper

Preparation

Mix ingredients in a bowl. Use vegetables of your choice—carrot sticks, celery sticks, green pepper rings, broccoli, zucchini sticks, radishes, etc.

It's best to make the dip ahead and refrigerate it overnight so that the flavors will blend and the dip will thicken slightly.

Nutrient Information

38 Calories / 1g Fat / 5g Carbohydrates / 3g Protein / 96mg Calcium



Consejos Para Padres Sobre los Bocadillos

- * Planee por adelantado y compre bocadillos saludables cuando vaya al supermercado. Ahorrará dinero y tomará decisiones más saludables que si compra bocadillos en el camino.
- * Deje que su niño tenga opciones y haga que cada opción sea razonablemente nutritiva.
- * Divida en porciones los bocadillos para su hijo en bolsitas de plástico, listas para llevárselas o sirva en un plato una porción del tamaño de un bocadillo.
- * Designe un área en su refrigerador o alacena para bocadillos nutritivos que usted seleccione con anticipación y que a su hijo le agraden. Deje que su hijo se sirva de estos bocadillos sin necesidad de pedirle permiso.
- * Combine bocadillos de al menos dos grupos alimenticios para incluir más nutrientes en la dieta de su hijo, quedará más satisfecho y aguantará mejor hasta la siguiente comida fuerte.

Por ejemplo, una manera sencilla de añadir calcio, proteína y otros importantes nutrientes a los bocadillos es poniéndole leche al cereal o dándole queso con una galleta de trigo o con fruta.

Recuerde:

Deje suficiente tiempo entre la hora de los bocadillos y la hora de la comida para que no se le arruine el apetito a su hijo.



Receta de Yogur Agrio para Acompañar Verduras

Ingredientes

2-1/2 tazas	Yogur sin sabor
1	Paquete de sopa de cebolla en polvo
1 cucharadita	Perejil picado
1/4 cucharada	Sal de ajo
Una pizca	Pimienta negra

Preparación:

Mezcle los ingredientes en un tazón. Use verduras a su gusto, ya sean zanahorias, apio, pimiento morrón, brócoli, calabaza, rábanos, etc. Es mejor si prepara el aderezo por adelantado y lo deja reposar en el refrigerador toda una noche para que se espese ligeramente y los sabores se mezclen más.

Información Nutritiva:

38 Calorías / 1g Grasa / 5g Carbohidratos / 3g Proteína / 96mg Calcio



First Annual Roosevelt Dads' Club Golf Outing



Saturday, FEBRUARY 28, 2015
Shotgun START @ 12:30 p.m.

Registration begins at 11:30 a.m.

Metropolitan Golf Links
10051 Doolittle Dr, Oakland, CA 94603

Ind. Golf Packages Include:

- Greens Fee
- Golf Cart
- Range Balls
- Closest to Pin Contest & More
- Admission to 19th Hole Event!

Format: Best Ball Scramble

All play out a hole from the "best" previous spot

FEES Due By Feb. 12th

- ☐ \$100 - Individual Golf Package
- ☐ \$400 - Foursome Package
- ☐ \$100 - Sponsor a Hole

19TH HOLE EVENT



Join us at San Leandro's newest local craft brewery:

CLEOPHUS QUEALY

Food & Beverage • Awards & Raffles

SPONSORSHIP OPPORTUNITIES

Sponsor a Hole • Donate Door Prizes • Sponsor a Contest

Promote your Company, Business, or Organization with Recognition & Signage

CONTACT DAVE PULLMAN (510) 684-7755 • HOTSHOTSDP@COMCAST.NET

Donations are tax deductible • Roosevelt Dads' Club is a not-for-profit, 501(c)(3) organization • TAX ID# 94-6107533

PLAYER & SPONSOR Payment Information  **Please REGISTER By FEBRUARY 12TH**

PLAYER Name(s) / FOURSOME Pref. _____

SPONSOR / COMPANY / INDIVIDUAL _____

CONTACT PHONE / EMAIL _____

Please Make Checks Payable to: "Roosevelt Dads' Club" Total: \$ _____

Submit form along with payment to: Roosevelt Dads' Club, 951 Dowling Blvd, San Leandro, CA 94577

THANK YOU FOR YOUR SUPPORT!

Lair of the Golden Bear Family Camp

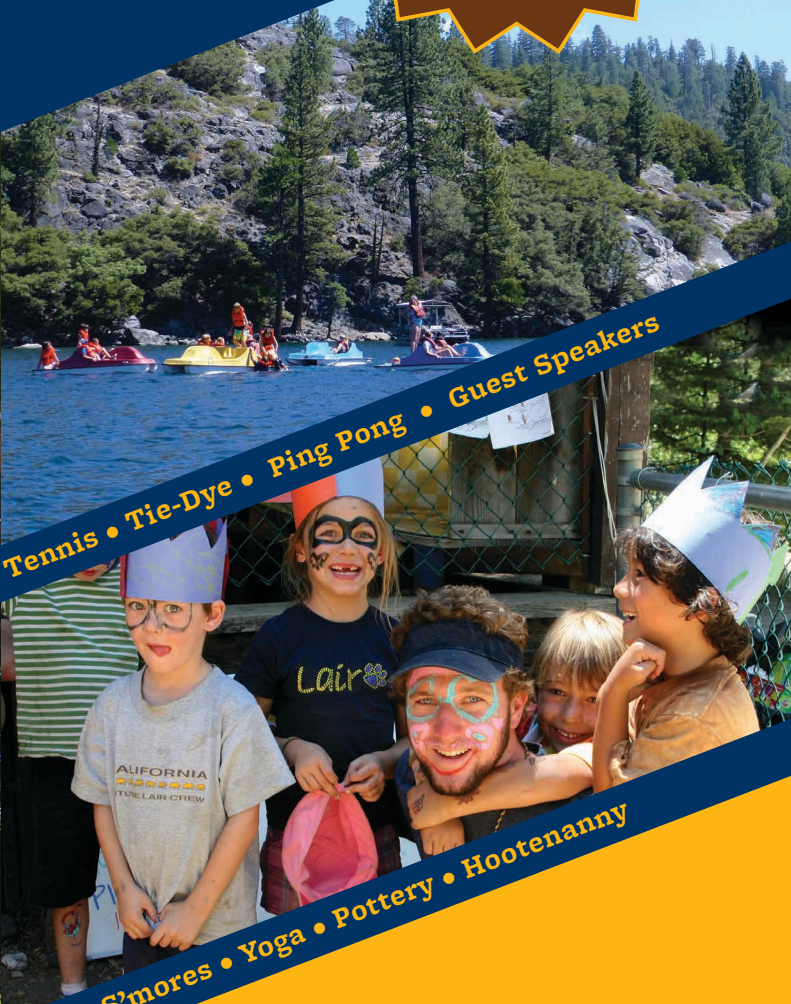
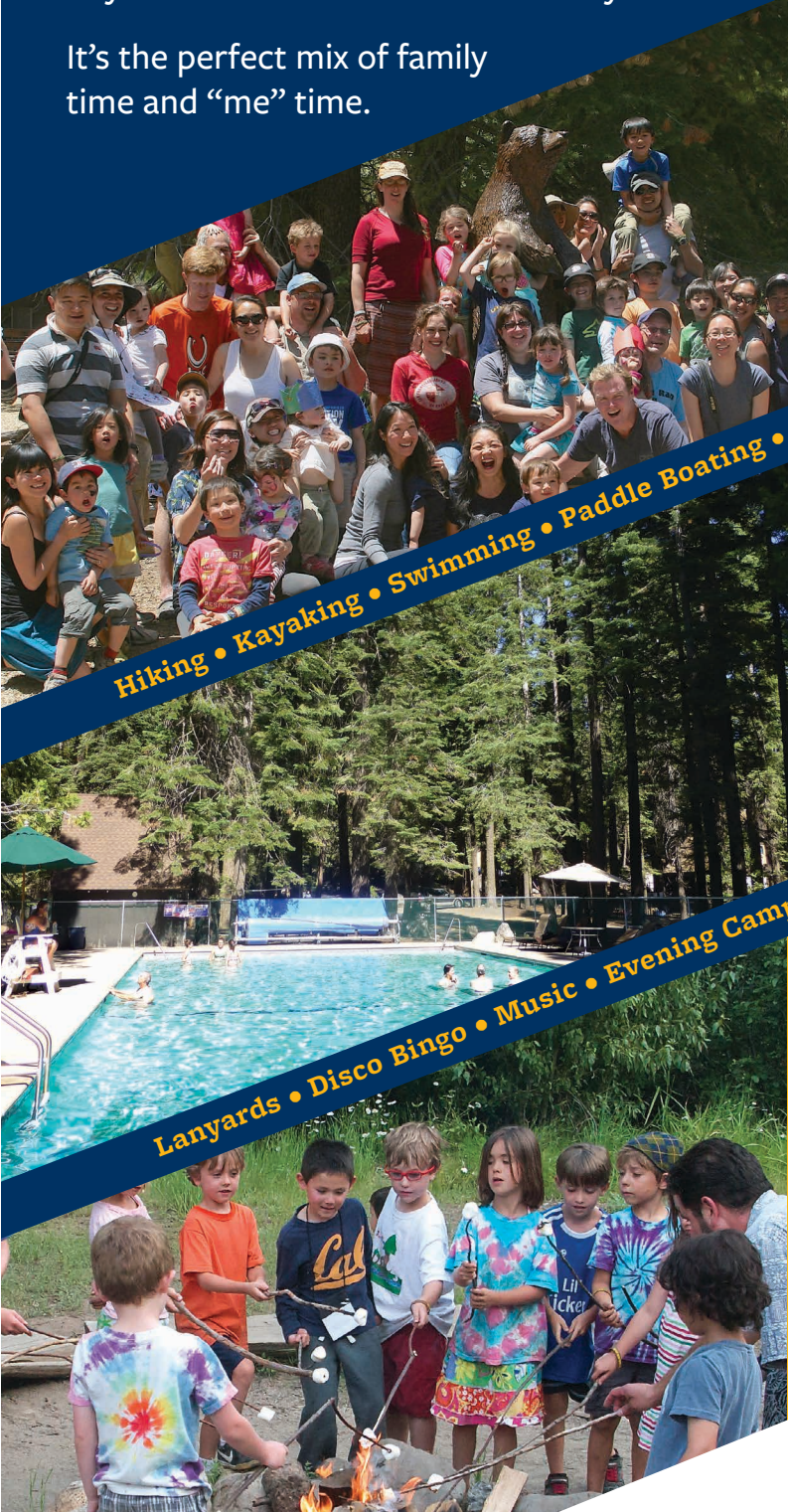
Join us this summer for a memorable mountain vacation your whole family will enjoy.

We'll do the cooking and cleaning, and our enthusiastic college-aged staff will take care of your kids for a few hours each day.

It's the perfect mix of family time and "me" time.

The Lair Welcomes All

You don't need to be a Cal alum to camp at the Lair!



Hiking • Kayaking • Swimming • Paddle Boating • Tennis • Tie-Dye • Ping Pong • Guest Speakers
Lanyards • Disco Bingo • Music • Evening Campfires • S'mores • Yoga • Pottery • Hootenanny

New Camper Special!

Book by February 28, and new campers will receive a 15% discount off the weekly rate for Week 2 (June 20-27) or Week 3 (June 27-July 4) sessions.

lairofthebear.org
lair@alumni.berkeley.edu
510.900.8255



SUBMIT YOUR DESIGN FOR THE YEARBOOK COVER!



CONTEST DEADLINE EXTENDED:
Wednesday, January 30th!

Submit artwork to teacher or school office
**WINNING STUDENT RECEIVES
A FREE YEARBOOK!**

Would you like to see your artwork on the yearbook cover and win a free copy? Submit your color art showing this year's theme of "Roosevelt is Awesome!" for your chance to win! Use crayons, colored pencils, paint, pens, or any other colorful medium to show our school spirit!

INSTRUCTIONS

Please use a blank, 8.5 x 11 sheet of paper (no lines) in portrait orientation.



Your entry must include the following:
Roosevelt is Awesome!
Roosevelt Elementary School
and the school year 2014-2015

★ Don't forget to add Your Name and your Teacher's Name on the back! ★

SUGGESTIONS

Use our Roosevelt Hornet, Lego bricks/people, or anything else your inner-artist wants to work with! Good luck!

Teachers: Please post in classroom - Thank You!

Questions? RYearbook2015@gmail.com



Send In Your
Most Awesome
Photos Of Our:

First Day of School •
Community-on-the-
Green • Fall Festival •
Halloween • Field Trips •
Performances • Fun Kid
Candid • Walk-a-thon
• Hornet Hustle • Clubs
• Assemblies • & More!

Email To:
RYearbook2015@gmail.com

Or, Upload To:
RYearbook2015
Photo Contributions*

Roosevelt Yearbook
Photos Wanted!!!

Email: RYearbook2015@gmail.com

Upload : RYearbook2015 Photo Contributions*



* https://www.dropbox.com/s/5n23cbrf1116mta/AABjkb_iTuP9jsZ2b3tL_2na?dl=0

Roosevelt School

Remember this year with a full-color YEARBOOK!



Order your **AWESOME YEARBOOK!** by March 3, 2015 for the

Pre-Order Price of: \$20

Pre-Ordered Yearbooks will be delivered to classrooms • Cost \$25 after March 3

Order your copy today!

Cash or Checks Accepted. Please make Checks Payable to: Roosevelt PTA

Please enclose correct payment (\$20) and return bottom portion to school (Classroom or Office). Due: MARCH 3, 2015
Adjunte pago correcto y volver parte inferior a la escuela (aula o en la Oficina).

To: Roosevelt PTA • For: **YEARBOOK!**

Student Name(s) _____

Nombre del estudiante

Teacher Name(s) _____

Nombre del maestro

Grade(s)/Room Number(s) _____

Total \$ _____

WANTED!

5TH GRADE BABY PHOTOS

BY FEBRUARY 6, 2015



ALL 5TH GRADERS,

**SUBMIT YOUR FAVORITE BABY PHOTO TO BE
PUBLISHED IN THE ROOSEVELT YEARBOOK
(IT'S ALWAYS FUN TO GUESS WHO IS WHO!)**

TWO WAYS TO SHARE YOUR PHOTO:

1. EMAIL WITH SUBJECT LINE: "5TH GRADE BABY PHOTO" TO: MARDYGEN@YAHOO.COM
INCLUDE STUDENT NAME + TEACHER NAME
2. ENVELOPE TO YOUR TEACHER. INCLUDE STUDENT NAME + TEACHER NAME ON ENVELOPE

To Benefit Roosevelt Elementary's Performing Arts Program
The Roosevelt Dads' Club Presents

Roosepalooza 7

The Grown Ups Night Out!

LIVE MUSIC PERFORMANCES BY



COME JOIN THE FUN AT

THE
ENGLANDER



FRIDAY MARCH 6th @ 7:00 PM

**AT THE ENGLANDER SPORTS PUB & RESTAURANT
101 PARROTT AVE. SAN LEANDRO**

All Tickets are \$20 Each at the Door

For More Info Please Call Wes Blair @ (510) 633-2857

Baby Sitting available the night of the show at Roosevelt

100% of all proceeds go directly to the Roosevelt Elementary Dads' Club, an organization dedicated to improving the Roosevelt Elementary community through service, fund-raising, and direct support of the school's objectives.

Poster Concept & Design Donated Adept Printing 510-352-3979.



Parent-Child Workshop

For Roosevelt Elementary School

kids ages 6-11

and their parents

Saturday, March 7

9:30-11:30AM

Multipurpose Room

SPACE IS LIMITED

(see info below)

In this active, upbeat workshop, kids practice using "People Safety" skills in everyday life situations familiar to people their age. People Safety skills help prevent problems with peers, family, and strangers. The skills also help strengthen important relationships by improving communication. Practicing People Safety skills can build confidence and improve safety with people at school, in the neighborhood, at home, online -- everywhere!

Using activities and examples relevant to kids ages 6-11, we'll practice skills to:

- **Be and act aware and confident**
- **Check with adults if anything seems unsafe**
- **Move away from possible problems**
- **Follow Stranger Safety rules**
- **Stay safe from hurtful words**
- **Use voice as a safety tool**
- **Set clear boundaries**
- **Make safety plans so outings are more fun**
- **Say "No" or "Stop" clearly and respectfully**
- **Deal with other kids poking, pushing, grabbing, etc.**
- **Use safety plans if you're lost in a store, park, or library**
- **Get help from busy adults - and persist!**



This tailored workshop is a service of



the nonprofit leader in "People Safety" skills education for all ages & abilities.

SPACE IS LIMITED! An adult must accompany and participate with all children registered. One adult can bring more than one child. You must register by emailing yvonne@ydaydesigns.com. Please do not register if there is any chance you may not attend. If registered participants do not show, we will have to cancel the workshop and Roosevelt PTA will be charged a fee.

Please contact Kidpower at (800) 467-6997 ext. 1# with any questions about the class content, our public workshops or materials, or to talk about arranging a workshop for a group of any age.



Taller para padres y niños de Roosevelt Elementary school

6-11 años de edad

sábado, 7 de marzo

9:30-11:30AM

**Multipurpose Room
ESPACIO LIMITADO**

**(mas informacion
abajo)**

En este taller activo y optimista, familias con niños de 6 a 11 años de edad practican habilidades de “Seguridad de Personas” que pueden usar en situaciones diarias. Las habilidades de Seguridad de Personas ayudan a prevenir problemas con amigos, familia y desconocidos. Las habilidades les ayuda a los niños sentirse seguros y poder enfrentar a desconocidos y conocidos con confianza. Las habilidades también mejoran relaciones importantes con entrenamiento de comunicación efectiva.

Usando juegos, actos e historias familiares con los pequeños, practicaremos las habilidades para:

- **Consultar con adultos si algo nos parece inseguro**
- **Hacer planes seguros para poder disfrutar salidas**
- **Seguir las Reglas de Seguridad con desconocidos**
- **Usar su voz como herramienta de seguridad**
- **Tener conciencia y confianza**
- **Evitar problemas posibles**
- **Enfrentar los insultos**
- **Establecer barreras firmes**
- **Enfrentar a niños que molestan**
- **Decir “No” o “Pare” claramente y con respeto**
- **Pedir ayuda de adultos ocupados - e insistir!**
- **Usar planes seguros si se pierden en la tienda, parque o biblioteca**



Este taller es un servicio de



la organización especialista en la educación de “Seguridad de Personas” para todas edades y habilidades.

¡Espacio limitado! Un adulto tiene que acompañar y participar con cada niño registrado. Un solo adulto puede traer a más de un niño. Se requiere registración en adelante - mande correo electrónico a yvonne@ydaydesigns.com. Favor de solo registrarse si sea seguro de su participación. Cancelaremos el taller sin suficiente participantes, y Roosevelt tendrá que pagar una multa.

Por favor contacte a Kidpower a (800) 467-6997 ext. 1# con cualquier pregunta acerca del contenido de la clase, nuestros talleres y materiales públicos, y para organizar un taller privado para cualquier edad.

www.kidpower.org



safety@kidpower.org



(800) 467-6997 ext. 1#



est. 1989

BROADMOOR

Parent Cooperative Preschool



951 Dowling Blvd, San Leandro

510.569.5360

broadmoorpreschool.org

Located next to Roosevelt Elementary, Broadmoor is a play-based, parent operated cooperative preschool. Since 1939, Broadmoor has fostered the development of parents and children within our families, our school, and our community.

February 4: Parent Information Night

7pm–8:30pm

Broadmoor's Directors will share the program's mission and philosophies, the day-to-day operation of our school, what we ask of our member families, and what you and your family can expect to get in return. **Adults only, please.**

March 7: Open House

11am–2pm

Drop by with your children to explore our school, meet the Directors, and talk to currently enrolled families to find out what it's like to be a part of the co-op. Light snacks and fun provided!

Enrollment applications for the 2015/16 school year will be available at both events, and on our website starting in February. Currently enrolled students and alumni are given priority; all other applicants are entered into a lottery.



Energy, Forces & Flight

After School Program at Roosevelt Elementary

8 Exciting weeks

WEDNESDAYS
MARCH 18 - MAY 13, 2015
NO CLASS ON 4/8

GRADES K-6 2:45 - 3:45

Only \$129⁰⁰

with early registration

* Regular Price is \$164

* Early registration dates vary from school to school. Please check our website to see if early registration price is still available.

Registration Deadline: 3/13/15

REGISTER EARLY! CLASSES FILL QUICKLY!

REGISTER ONLINE AT: WWW.THEBAYAREA.MADSCIENCE.ORG

The Evergreen School District neither endorses nor sponsors the organization or activity represented in this document.
The distribution of this material is provided as a community service.

For more information, call

877-390-5437

**SPARKING
IMAGINATIVE
LEARNING**

ASSEMBLIES SPECIAL EVENTS AFTER-SCHOOL PROGRAMS VACATION & SUMMER PROGRAMS PRESCHOOL PROGRAMS BIRTHDAY PARTIES WORKSHOPS

www.thebayarea.madscience.org

Energy Forces & Flight

Che-Mystery

Discover the mystery in chemistry! Explore one of the most exciting and fundamental sciences as you watch water turn into juice and liquids turn into solids. Explore physical and chemical reactions with the **Dynamic Dish** kit.

Current Events

Take a tour on the electron freeway! Investigate conductors, insulators, and other elements in the world of circuit electricity. Get turned on to science and technology with the **Circuit Maze** kit.

"Fun"-damental Forces

What do gravity, inertia, and centripetal force have in common? They are all part of the fun in this introduction to physics. Feel the pull of precession with the bike wheel gyroscope, and strike the perfect balance with the **Gravity Game** kit.

Science of Magic

Learn the science behind illusions, read minds, and perform a Houdini-style escape! Amaze and amuse friends and family with the Curious Cube kit. It's not magic – it's science!

Fantastic Fliers

Fly through flight and aerodynamics basics! Discover the four forces that affect flight. Make and test various plane designs to see these forces in action! Build the **Sky Hawk Foam Plane** glider and fling it forward!

Super Structures

Act like junior architects and engineers! Test out shapes for strength. See if a paper column can withstand the Column Collapser apparatus! Construct a structure from scratch with the **Bridge Basics** kit.

Under Pressure

Join Bernoulli as we take an exciting look at the science behind air pressure. Create a whirlwind with an Airzooka vortex generator and make pucks and balls levitate with air pressure! Launch foam rockets with the **Air Blaster** kit.

Wacky Water

Simulate the effects of an ocean oil spill and develop creative techniques to clean it up! Create your own **Rescue Diver** tool while learning about water, waves, and the environment.



*I see Mad Science has
Summer camps too!*

Incredible Mad Science Summer Camps

Registration Opens in March

(877) 390-5437

Mad Science of the Bay Area

www.thebayarea.madscience.org



Half Day &
Full Day

Elementary &
Pre-School





Roosevelt Auction

Island Paradise

MAY 9, 2015

SAVE THE DATE!