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# The Paw Print Press

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## IMPORTANT DATES

**Friday, November 15**

### **Picture Retake Day**

If you missed picture day, here's your chance to get your school photos. Big smiles!

**Saturday, November 16**

### **Tennessee Valley Hike, 10:30am – 2pm**

Join Mr. Rich for an easy hike through the Marin Headlands and a picnic lunch on the beach.

**November 18 – 22**

### **Conference Week / EARLY DISMISSAL**

Schedule time with your child's teacher and make arrangements for early dismissal at 2:30.

**November 27 – 29**

### **NO SCHOOL – Thanksgiving Break**

Thankful for great times with friends and family.

## **REMINDER: Schoola Stitch Bags due Friday, November 15**

Lakeshore has partnered with Schoola Stitch, a new company from the founders of Savvy Source, to raise much-needed funds for the school. Simply place gently-used children's clothes in the bags provided last week (or, any bag will do if it's been misplaced), and leave them in the marked box behind the Lost and Found no later than Friday, November 15. Schoola will pick them up, put them for sale at [www.schoolastitch.com](http://www.schoolastitch.com) and Lakeshore will receive up to 40% of the proceeds from these items. Check out the site, you may find a few great deals to fill up the newly-created holes in your child's closet!

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### **Cyber Bullying: What Every Parent Should Know, November 14, 6:30 – 8:30pm** **JFCS, 2150 Post Street**

This workshop will help parents understand how bullying has moved from the playground into cyberspace and will provide warning signs and tips for addressing and preventing cyber-bullying.

November 13, 2013

## **November is PTA Healthy Lifestyles Month**

### **Spotlight on: Physical Activity**

Studies show that when children's exercise and fitness needs are met, children are more able to learn and achieve. Given the growing epidemic of obesity and the link between physical activity and academic performance, parents and schools must work together to make quality daily physical education a priority in schools and to give children more opportunities to be physically active throughout the school day.

What you can do:

- Schedule regular times throughout the week for your family to be physically active.
- Help everyone find something active that they enjoy and feel successful doing.
- Have everyone write down personal goals; then track everyone's progress.
- Place a chart on the refrigerator and update it regularly as a family.
- Use a pedometer to determine which activities require the most steps.
- Give physical activity-oriented gifts; keep the recipient's skills, interests, and/or objectives in mind.
- Always use the stairs.
- Play upbeat music while you twist and shake through your chores.
- Discover what free and low-cost physical activity areas are near your home (e.g., parks, bike trails, hiking trails, tennis courts, swimming pools).
- Start a garden. Have family members plant vegetables, fruits, and flowers.
- Walk, jog, or run on a family treasure hunt.
- Host a sports party where you play traditional games like basketball, softball, volleyball, tetherball, etc.

For more information, visit the PTA Healthy Lifestyles: A Parent's Guide – <http://bit.ly/HRdx8D>

## Tennessee Valley Hike with Mr. Rich this Saturday, Nov 16

Join Mr. Rich and class on a hike through beautiful Tennessee Valley, which is in the Marin Headlands, about 20 minutes north of the Golden Gate Bridge. We will meet at the trailhead at Tennessee Valley at 10:45, and then we'll begin walking at 11:00. (The road can get crowded on weekends. Please leave plenty of time to deal with city traffic and parking when you arrive. Aim for a 10:30 arrival.)

We will walk the easy 1½ mile trail to the beach where we will rest, look at the ocean, and have lunch together. After a while we will walk back then you can either head home or enjoy an additional excursion to one of Mr. Rich's favorite hidden spots – just off the main trail – adding another hour to the trip.

- Bring lunch for your group.
- Bring layers of clothes in case of cold fog.
- Bring lots of water.
- Hats are recommended.
- Parents/guardians are responsible for their own child(ren)
- All are welcome.
- RSVP to [MertesR@sfusd.edu](mailto:MertesR@sfusd.edu).

In case of bad weather, you can find out if the trip is cancelled on the class website: [www.teacherweb.com](http://www.teacherweb.com) and you follow the prompts to California > Lakeshore Elementary School > Mr. Rich's class (rm 106) > announcements.



## Special Offer: Save on Cirque du Soleil

TicketsAtWork.com has extended to the Lakeshore community a discount on Cirque du Soleil's *Amaluna*. Save \$31 per individual ticket for shows at San Francisco AT&T Park running from November 15 – January 12. Use this link to purchase and receive the discount: <http://bit.ly/16XET5G>

*Want to include something in the next edition? Please email [newsletter@lakeshoreelementary.org](mailto:newsletter@lakeshoreelementary.org) no later than Friday evening with final content and your contact information.*

## Student's Corner

### I Am Thankful Josephine Truong, 2<sup>nd</sup> Grade

I am thankful for my dear parents who let me eat ice cream on sunny days.

I am thankful for my other family members who plays tag with me in my neighborhood park.

I am thankful for my wonderful teacher, Mr. Glover who provides me with awesome learning experiences and teaches me to read new words.

I am thankful for my friends who help me up when I fall.

I am thankful for the planet Earth who lets me live on the land.

I am thankful for nature that lets us breathe fresh air.

I am thankful for God who made me a better person.

I am thankful for the life that has been given to me so I may see all the things in the wonderful world we live in.

## What are You Thankful For?

This month is a great time to consider all the things for which we are thankful. The seasons are changing and our minds turn toward gatherings, feasts, lovely decorations, and special traditions with family and friends. We would love to share statements of gratitude in a special upcoming Paw Print Press so please take a moment to consider what you'd like to share. Statements are encouraged from students, staff, and caregivers and can be anonymous. Email your thoughts of gratitude to [newsletter@lakeshoreelementary.org](mailto:newsletter@lakeshoreelementary.org) or give them to your teacher.

## Holiday Food Drive Requested Items

Support the San Francisco Food Bank by providing non-perishable foods in the marked bins (please, no glass containers):

- Soup, chili, baked beans
- Canned vegetables
- Tuna, canned meat
- Cereal
- Peanut butter
- Granola bars



**SAN FRANCISCO FOOD BANK  
MARIN FOOD BANK**

For more information, visit [www.sffoodbank.org](http://www.sffoodbank.org).

