

DATES TO REMEMBER

■ January

- **PreK to MY Museum**
Thursday, January 29
9:40 a.m.

■ February

- **First Reconciliation Parent Meeting**
Wednesday, February 4
7:00 p.m., Room 9
- **B Schedule**
Thursday, February 5
- **Kindergarten Screening**
Friday, February 6, 8:15 a.m.
Saturday, February 7, 9:00 a.m.
- **B Schedule**
Wednesday, February 11
- **Grade 3 Biography Night**
Thursday, February 12
6:30 p.m., MPR

■ Assemblies

- **NO Primary/Intermediate Assembly**
Friday, February 6

■ Chapel

- **Moms In Touch**
Friday, February 6

Moms In Touch meets at 9:00 a.m. in the Rosary Chapel.

■ Parent Association

- **SCPA Board Meeting**
Thursday, February 5
8:15 a.m., The Cottage

■ No School

- **No School**
Friday, January 30
- **No School - Kindergarten ONLY**
Friday, February 6

Please visit Web calendar for the latest information: www.santacatalina.org

Re-Enrollment

■ Forms due February 19

Please look for your Re-enrollment forms in the mail. They are due by February 19. If you have questions, please call the Lower School Admission Office at 655.9382.

Parent Meetings

■ 2010 Washington, D.C. Trip

Thursday, January 29
8:00 a.m., Room 9



There will be a meeting for all current Grade 7 parents interested in sharing fundraising ideas for next year's trip to Washington, D.C. in April 2010. We hope to see you there.

■ PreK and K Annual Dinner

Friday, February 6
After Drop-off, Dining Room

The annual PreK and Kindergarten Dinner is right around the corner. Come join us for our first meeting to find out all the exciting details about this fun night. Any questions, please call Rita Flores at 241.8801 or Cece Noorzoy at 233.8820.

Time to Dance

■ Middle School Dance

Friday, February 13
7:00-9:30 p.m., MPR

We would like to encourage our Middle School students to attend the dance. Regular dress requirements for the dance are listed below:

- Boys may not wear jeans of any kind. Shirts must have a collar.
- Real turtlenecks and sweaters are acceptable.
- Girls may wear casual dress or slacks but no jeans of any kind.
- No bare midriffs or spaghetti straps.
- No sandals/thongs.
- Shoes must have a heel strap.
- Skirts must be no more than three inches above the knee.

There will be no admission charge for the dance; however, Grade 6 requests that students bring a donation for Heifer International, their charity of choice. For more information, please visit www.heifer.org.

Students will not be permitted into the dance with inappropriate dress, and if so attired, their parents will be called. The dance ends at 9:30 p.m., and all parents must pick-up students promptly. We request your cooperation so that each student and faculty member will have an enjoyable evening.

Reminders



■ Faculty Email Addresses

If you need to find an email address, please go to the school website at www.santacatalina.org and click on "Contact Us". On the menu to the left, click on "School Directory" and you will find a list of school email addresses. If you have any questions, please do not hesitate to contact the Lower School Office.

■ ERB Testing for Grades 2-8

February 16-20, 8:10-10:15 a.m.

Please note that ERB testing is scheduled from Monday, February 16 to Friday, February 20 for students in grades 2-8. Testing will be from approximately 8:10 a.m. to 10:15 a.m. Middle school students will test Monday through Wednesday only.

Assembly Honors Dr. King

Lower School presented a riveting program on the life and legacy of Martin Luther King, Jr. on January 19, the anniversary of Dr. King's birth. The tableau included 15 speakers from grades 3-8 and seven Songbirds. The program commemorated the history of African-Americans in the United States, the great strides made during the last 45 years, and included an excerpt from Dr. King's stirring "I Have A Dream" speech, which served as a catalyst for the Civil Rights movement. The presentation concluded noting the historically significant accession of Barack Obama as the

44th President of the United States – the first African-American to be elected to our nation's highest office.

The students worked extraordinarily hard and diligently to ensure that this program was symbolic. The program was attended by some 300 people, including students, administration, faculty, and guests.

Congratulations to all our participants for a job remarkably well done!



1st Semester

Congratulations to the following Middle School students who made Honor Roll for Semester 1 of 2008-2009:

GRADE 6

■ HIGH HONOR

Stella Crall
Jeffrey Edmonds
Makena Ehnisz
Gabrielle Garza
Jessi Goodman
Alethia Halamandaris
Jacob Haselden
Gabriella Herrera
Julianna House
Tsukasa Ito
Lauren Mendoza
Rishay Patel
Aaron Ray
Carly Rudiger
Eleanor Stork
Rio Turrini-Smith
Livia Viviani
Madelynn Whittaker

■ HONOR

Erik Breitfuss
Madeline Bright
Margaux Coniglio
Chloe Corriveau
MacKenzie Decker
Kylie Lemaire
Annie Loduca
Max Opechowski
Olivia Russell
Nicholas Simmons
Toby Wisner

Community Service

“...happiness gives us the energy
which is the basis of health.”

—Henri-Frédéric Amiel

■ JANUARY

Sandwiches for Dorothy's Kitchen Wednesday, January 28

Today students will once again be making sandwiches for Dorothy's Kitchen. Sandwich making will partner older students with younger ones for this important community activity. We will be on a B Schedule.



■ FEBRUARY

Jump Rope for Heart Wednesday, February 11 (B Schedule) 9:40 a.m., Track

Lower School will again be participating in the American Heart Association's Jump Rope for Heart. Jump Rope for Heart is a nationwide event to educate students about the benefits of aerobic exercise and heart health while raising funds to support the fight against heart disease and stroke. To learn more about this annual project, visit www.americanheart.org.

GRADE 7

■ HIGH HONOR

Amanda Etienne
Jackie Goldsmith
Megan Hand
Cameron Johnson
Rhianna LaChance
Alexa McWhorter
Lily Patterson
Gabriella Sardina
Lauren Staples
Mark Wilson

■ HONOR

Halley Albert
Bliss Bonan
Hannah Clevenger
Katelyn Fletcher

Honor Roll

Francesca Flores
Betsy Hulme
Benjamin Jannasch
Tandy Johnson-Cryns
Jocelyn LaChance
Wyatt Laughlin
Samyuktha Masilamani
Kaysha Nguyen
Emma Russell
Seja Saddy
Nora Sakiz
Anna Shokareva
John Tarallo
Lizzy Tardieu

GRADE 8

■ HIGH HONOR

Bridget Bartz
Emma Bhaskar
Megan Bright
Marisa Christensen
Evan Etienne
Katherine Griffin
Rachel Herrera
Kendra Hoffman
Laila Joseph
Victoria Kohatsu
Michelle Lee
Amanda Nansel-Giuliano
Lucille Scattini

■ HONOR

Andrew Arnold
Mikayla Avalos-Feehan
Margaret Bozzo
Caroline Conron
Elena Dreyer
Jordan Goodman
Kelsey Green
Emily Hunter
Kyle John
Jessica Michalek
Perry Sheldon



Time for the Annual ERB Tests

■ ERB TESTING, GRADES 2-8

February 16-20, 8:10-10:15 a.m.

The ERB (Educational Records Bureau) standardized testing which is administered on a yearly basis, will be given the week of February 16-20 to students in second grade through the eighth grade. The middle school students will test on Monday through Wednesday only. Testing will be done each morning between 8:10 and approximately 10:15. Please be sure that children arrive to school by 8:00 each day and that they come rested and have had breakfast. If at all possible, please do not make appointments that may conflict with the testing times each day, as we do not make-up ERB tests.

The Educational Records Bureau is a non-profit educational service organization that oversees the development, administration, and scoring of tests for more than 1300 independent school and suburban public school members since 1927. The testing contains a reasoning test and an achievement test in both language arts and mathematics. The achievement tests assess how well students are learning the curriculum. The reasoning tests assess language arts and mathematics skills that might not be obvious on day-to-day activities in the classroom. The reasoning tests are very good at showing undiscovered or underlying skill in handling higher-order thinking. Most of the tests are in a multiple-choice format.

The CTP4 testing results, as a whole, are used to help evaluate how well the curriculum is working. Detailed analytical information provided to administrators and teachers allows us to study and analyze testing material subject areas in very discrete units. In doing so, we are able to note specific skills that have been mastered by the class as a whole as well as those specific

skills that have not; therefore, attention is paid to these areas in curriculum development. We are also able to detect untapped potential in students whose reasoning scores are much higher than achievement scores or make note of a student who is having difficulty in a particular area as general as reading comprehension or as specific as seeing a pattern of difficulty in finding the main idea of a passage. Generally, these findings already will be reflected in the classroom teacher's observations of a student's progress thus far in the school year.

The results of the CTP4 testing provide a good measure of a student's achievement from an unbiased source. They also provide, over time, an individual student's progress in achievement. Exposure to standardized testing has significance for the student who, with continued practice and exposure to this format of assessing achievement each year, gains greater confidence and comfort during standardized testing. As students face the admission process for continuing education, this form of testing is generally required.

It is important to remember that the CTP4 test results provide just one piece of information in the total picture of your child's academic progress. Class work, homework, and teacher observations are all to be considered. Remember that these scores do not measure a child's effort, tenacity, and creativity.

When the results of the testing are received, we will mail them to you as well as information to help you interpret your child's results. Please do not hesitate to contact the appropriate division head if you have any questions or need further clarification.

Club News

■ Mondays, 3:40-4:40 p.m.

Room 12

It is not too late to sign up for Session 1 of the Chess Club which meets on Mondays from 3:40-4:40 p.m. in Room 12. Forms are available in the Lower School Office.



In the Community

■ YMCA Lacrosse

Registration forms are available in the Lower School office. For more information, please visit www.centralcoastymca.org.

■ Rising Star Gymnastics

Rising Star Gymnastics presents Olympics in Monterey Community Exhibition and BBQ Fundraiser, Saturday, January 31, 1:30-3:30 p.m. For more information, call 375.9335 or visit www.risingstargym.net.

SPORTS SCHEDULE

Go Cougars!

All games and matches are subject to change or cancellation due to weather or other circumstances.

QUESTIONS?

Call Coach Jeff Hrepich at 831.655.9353.

We are happy to announce that the Middle School sports schedules are now available as part of the online calendar. Please check the online calendar for the latest information.



MS BASKETBALL - MJTAL

■ **January**

- **San Benancio at San Benancio**
Thursday, January 29
Girls – 4:00 p.m.; Boys – 5:00 p.m.

■ **February**

- **Palma at Catalina**
Monday, February 2
Boys ONLY – 6:30 p.m.

MS BASKETBALL - IPAL

■ **February**

- **San Carlos at Catalina**
Tuesday, February 3
Girls 6 & Boys 6/7 – 5:00 p.m.
Girls 7/8 – 6:00 p.m.
- **All Saints at All Saints**
Thursday, February 5
Boys 6/7 – 3:30 p.m.
Boys 6-8 – 4:30 p.m.
- **San Carlos at Catalina**
Wednesday, February 11
Girls 6 & Girls 7/8 – 5:00 p.m.
Boys 6/7 & Boys 6-8 – 6:00 p.m.
- **Stevenson at Catalina**
Thursday, February 12
Girls 6 & Boys 6/7 – 4:00 p.m.
Girls 7/8 & Boys 6-8 – 5:00 p.m.
- **International School at Catalina**
Thursday, February 19
Girls 6 & Boys 6/7 – 4:00 p.m.
Girls 7/8 & Boys 6-8 – 5:00 p.m.

Parent Tips

WHY IS BREAKFAST SO IMPORTANT?

Breakfast is indeed a very important meal. A good breakfast fuels you up and gets you ready for the day.

In general, kids who eat breakfast have more energy, do better in school, and eat healthier throughout the day. Without breakfast, kids can get irritable, restless, and tired. Breakfast also can help keep kids' weight in check. Breakfast kick-starts the body's metabolism, the process by which the body converts the fuel in food to energy. And when the metabolism gets moving, the body starts burning calories.

Try these practical suggestions to ensure that — even in a rush — your kids get a good breakfast before they're out the door:

- Stock your kitchen with healthy breakfast options.
- Prepare as much as you can the night before (gets dishes and utensils ready, cut up fruit, etc.).
- Get everyone up 10 minutes earlier.
- Let kids help plan and prepare breakfast.
- Have grab-and-go alternatives (fresh fruit, individual boxes of cereal, yogurt or smoothies, trail-mix) on days when there is little or no time to eat.

Here are some ideas for healthy breakfasts:

- whole-grain cereal topped with fruit and a cup of yogurt
- whole-grain waffles topped with peanut butter, fruit, or ricotta cheese
- peanut butter on a bagel with fresh fruit (banana or apple wedges) and low-fat milk
- breakfast smoothie (milk, fruit, and teaspoon of bran, whirled in a blender)
- vegetable omelet with a bran muffin and orange juice
- bran muffin and yogurt with berries
- lean turkey on a toasted English muffin and vegetable juice
- heated leftover rice with chopped apples, nuts, and cinnamon, plus fruit juice
- cream cheese and fresh fruit, such as sliced strawberries, on a bread or a bagel
- shredded cheese on a whole-wheat tortilla, folded in half and microwaved for 20 seconds and topped with salsa

Larissa Hirsch, MD, "Why is Breakfast So Important," <<http://kidshealth.org/parent/food/weight/breakfast.html>> (January 27, 2009).
Mary L. Gavin, MD, "Breakfast Basics," <http://kidshealth.org/parent/nutrition_fit/nutri_fit_qa/breakfast_question.html> (January 27, 2009).



Annual Fund News

Your Annual Fund dollars provide everything from top-notch faculty and coaches to a safe and secure campus for our students. Although these are uncertain economic times, our parents continue to provide crucial support to our operating budget. We couldn't do it without you.

If you have not yet joined the rest of the school community with a gift to the Annual Fund, please call the Development Office at 831.655.9379 or visit www.santacatalina.org.

**Thank you
for your support of
the 2008 Annual Fund!**

Grade 8	38%
Grade 7	45%
Grade 6	56%
Grade 5	58%
Grade 4	46%
Grade 3	39%
Grade 2	32%
Grade 1	77%
Kindergarten	44%
PreKindergarten	32%
TOTAL	47%