



# Killian Cougar Chronicle

**Killian Elementary**

A National Blue Ribbon School  
A California Distinguished School

September/October 2008

**Susan Halliday, Principal**  
**Mary Jane Peterson, Vice Principal**

## Rowland Heights Celebrates the 38th Annual Buckboard Days

Don't miss the annual Buckboard Days Festival, sponsored by Supervisor Don Knabe and the Los Angeles County Parks and Recreation Dept., on Saturday, October 25, 2008 from 10:30 AM to 3:00 PM., at Rowland Heights Park, 1500 S. Banida, Rowland Heights. The theme this year is "Reaching Out to Our Neighbors." It will feature a craft fair, food vendors, a car show, and much more.



The day starts off with the annual Buckboard Day Parade. Don't miss this one! What an incredible sight to see 5<sup>th</sup> and 6<sup>th</sup> graders who have had a musical instrument in their hands approximately 3 weeks, march and play in the parade. Additionally it's such a treat to see the marvelous progression of musical and marching talent as students get older. Alvarado and Rowland High School also will be marching and playing. Be sure to save the day, SAT. OCT. 25<sup>th</sup>. The parade begins at the RUSD District Office (next to the Library) and will march east on Colima, then north on Banida.

### CALENDAR

- October 20th** - Minimum Day  
12:30 Dismissal
- October 21st** - Mad Science Starts
- October 22nd** - School Site Council
- October 23rd-31st** - Red Ribbon Week
- October 24th** - Science Night
- October 25th** - Buckboard Days Parade
- October 27th** - District Disaster Drill 9:00am
- October 29th** - Picture Day
- October 31st** - Character Parade

## Killian 8th Annual First Day of School Celebration



Parents, students and staff enjoyed a fun-packed first day of school. After assuring that their child was safely at their classroom door, parents joined Mrs. Peterson and Mrs. Halliday in the cafeteria and multipurpose rooms for a great presentation, either by Mrs. Beth Hodges on *Tips for Reading with Your Child* or an in-service by Mrs. Wilma Santana & Mrs. Katie Elder regarding *The Internet & Your Child*. We heard glowing reports from



parents attending each presentation. After the presentations parents joined their child in the classroom and had pictures taken



together with their teacher. The last activity was our annual First Day of School, ALL SCHOOL ASSEMBLY. Thank you for joining us. What a great way to begin our new year ROUNDING UP EXCELLENCE.

*Killian School's common vision is: Commitment to excellence for all and by all students and staff, through our dedication to provide a strong support system for students; provide a rigorous instructional program delivered with high expectations for academic achievement; provide parent training and encourage parent participation.*

## Reader's Theater Ideal For Promoting Family Literacy

National Family Literacy Day is November 1st, 2008! The day was first celebrated in 1994 and is designed to remind students and families of the importance of family literacy programs and reading together. Many events are held throughout the month of November including read-a-thons, book drives, and much more. The U.S. Department of Education has declared that reading aloud is the single most important activity that parents can do with their children to ensure their future success.



## Research confirms importance of regular school attendance

Parents often wonder, "Is it okay to take my child out of school for an appointment or a vacation? Could this really affect his success?"

New research on kindergartners through third graders answers that question. It suggests "chronic absence" (missing 10% or more of days in a school year) is linked to:

- Low performance in school. It's also connected to dropping out, substance abuse and more.
- Lost learning time for kids who are at school. When absent kids come back, teachers must help them catch up.

Show your child that your family cares about learning by making sure he is at school on time every day. Attending school is his responsibility. Of course, if your child is sick, he should stay home.



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## Help your child get organized for the school year

It's the beginning of a new school year—the perfect time to set the stage for learning success. Help your child get off to a good start with these simple steps:

- Get a head start. Many families find that organizing at night prevents morning "rush hour." You can review school papers, pack and refrigerate lunches, set backpacks by the door and agree on outfits.
- Establish sleep routines. Choose reasonable bedtimes so everyone is rested when the alarm clock goes off. Do your best to stick with them.
- Develop morning habits. If your child does the same things (in the same order) each morning, it's less likely that she will forget a step. For example, make bed, get dressed, eat breakfast, brush teeth and put on shoes.
- Choose a homework time. With your child, pick a time when she will have the most energy and motivation to do assignments. Create a quiet study spot (complete with necessary supplies) where she can work at the same time each day.



- Use organizational tools. What will help your child stay organized? She might use calendars, to-do lists or a folder system.
- Set priorities. Schedule things like schoolwork, family meals and even free time on a calendar. Treat them like appointments. If there are openings, she can add activities.



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## A Special Thank You to Killian's Community Partners

Acapulco Restaurant	Elephant Bar Restaurant
Benihanas Restaurant	Hot Dog on a Stick
Black Angus Restaurant	In N Out
IHOP	Mimi's Café
California Arbonist	Pizza Hut
Chick-fil-A	Office Depot
Chili's Restaurant	Nolan's Aquarium
Costco	Sam's Club
Design Plus Signs	Speed Zone
Rainforest Café	Superior Chrysler
Red Robin Restaurant	T.G.I. Fridays
Washington Mutual	Target



Thank you to ALL our **Book Fair Volunteers & Helpers!** Thanks for making the book fair a success!!

## KSCA Fundraiser A Huge Success

I'd like to thank each one of you for helping our fundraiser to be such a big success. There was some monkeying around, as 'Simon' traveled from room to room whose students had the highest percentage of participation each day. Two of our students actually won 'Simon' to take home.



Janice Luong for upper grades.

Lilianna Burgos for primary grades.

These two students were the lucky winners to keep the monkey. Congratulations!

## Keep the television out of your child's bedroom to boost success

Do you want to keep your child healthy? Would you like her to sleep better at night and earn better grades?

Then here's a simple way to go about it: Don't allow her to have a television in her bedroom.



More and more researchers are finding that televisions in children's bedrooms can cause real problems. First, it makes it easier for kids to watch more television—without parents even knowing. That, in turn, means kids are more likely to be overweight. Time spent watching TV is time not spent on other activities.

Kids with TVs in their rooms score lower on math and reading tests. Researchers think it's because these kids are more likely to be distracted during homework time.

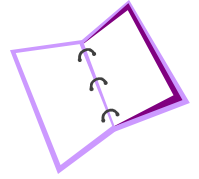
TV can also interfere with sleep. Kids may watch an extra program before turning off the set. The next morning, they're tired and won't be able to focus in school.

Get this school year off to a good start. Take the TV out of your child's room. Your child will be happier and healthier.

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## Start the school year off with research-based tips for success

The start of a new school year is filled with promise. Notebooks are filled with shiny white paper. Crayons still have their sharpened points. Even your child's backpack is organized!



The start of a school year can also be a time for you to set some goals. Research has identified three easy—but important—ways to help your child do better in school this year:

1. Get to know your child's teacher. When parents and teachers are on the same team, kids do better in school. So make plans to go to back-to-school night. If you can't attend, contact the teacher to set up a short meeting to talk. Once you've met face to face, you'll find it easier to ask a question or share a concern about your child.
2. Settle into a routine. Kids thrive on predictability. So have a regular time for doing school work. Set—and keep—a regular bedtime. Plan a morning routine that gets everyone out the door on time. Your family will be happier and you'll all have less stress.
3. Make reading a habit. Set aside 20 to 30 minutes each day for reading time. If your child is learning to read, let her show off her new skills. Set aside some time when you all read together and then talk about what you've read. If your child sees you reading, she's sure to catch the reading habit.

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## Me, Myspace and I: Parenting the Net Generation An Important New Book by Larry D. Rosen, Ph.D



They're doing everything from talking with friends to downloading music, researching homework and even reading the news. A virtual community of over 86 million members and growing, MySpace is the 4th most

popular English language website.

In *Me, MySpace, and I: Parenting the Net Generation* Dr. Larry D. Rosen provides parents and educators with a road map to their children's virtual world and advice for making it safe.

Parents will learn...

Seven suggestions for proactive parenting

- Eight things parents can do to help their child thrive in the virtual world
- The signs of Internet addiction
- Ground rules and realistic limits for computer use
- What to do if your child is being cyberbullied
- Tips for making family time more productive
- Advice for discussing sex with your adolescent
- What to do if you suspect your adolescent is a potential victim of a sexual predator