

# Sierra Vista Vision

Volume 13

*“Where Children Come First”*

Issue 5

October 16, 2009

Oct. 16 - Fall Festival  
6:00pm - 9:00 pm

Oct. 28 - 5th Grade  
Family Reading Night  
6:00 pm

Nov. 1 - Daylight Sav-  
ings Time Ends

Sierra Vista Phone #'s

Office 898-0272

Attendance Press Option 5

Cafeteria 898-2057

Mrs. Garciasalas' email  
[tapia\\_m@aps.edu](mailto:tapia_m@aps.edu)

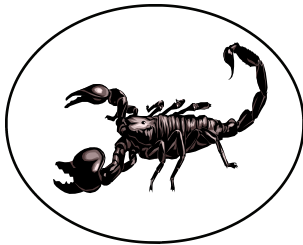
Mrs. Gutierrez email  
[gutierrez\\_lisa@aps.edu](mailto:gutierrez_lisa@aps.edu)

APS WEB SITE

[www.aps.edu](http://www.aps.edu)

SIERRA VISTA WEB SITE

<http://sierravista.aps.edu>



## Our Vision

*Sierra Vista Elementary School is a learning community where a child's academic success, social well-being and physical safety are the basis for life-long learning.*

## From the Assistant Principal

Dear Parents,

We have currently created a new discipline policy for our students at Sierra Vista Elementary. We will be issuing discipline referrals if rules are broken and Stinging Scorpions for great behavior.

If a student receives a referral for breaking a rule, they will be sent to me. I will then determine the consequence, depending on the infraction. You can refer to your school handbook to see our school wide rules, and can also contact your child's teacher for a copy of any additional classroom rules. One consequence will be our "Refocus Room" where students will miss their 30 minute recess to do classroom work in a designated classroom. If your child receives a referral, a copy will be sent home for you to sign. Please be sure to return these to school with your signature.

Students who are exhibiting great "Character Count" traits or going above and beyond the school/classroom expectation will be able to receive a "Stinging Scorpion". The students who receive a "Stinging Scorpion" will receive a special treat in their classroom as well as an award from Mrs. Garciasalas and me. These students will then be eligible to become the "Stinging Scorpion" of the Month for their grade level. This will allow them to have an extra special treat such as lunch with the principal or free ice-cream treat. A copy of the "Stinging Scorpion" will be going home with your child. Be on the look out!

Data for both referrals and Stinging Scorpions will be collected and graphed. Our school goal is to have zero discipline referrals by following our school-wide behavior plan as well as classroom behavior plans. For the month of September, we only had 8 total discipline referrals. Great Job to all our students! Let's remember that our goal is Zero referrals!

*Lisa Gutierrez*  
*Assistant Principal*



## Attendance

To report an absence or tardy, call 898-0272 and press option 5. Please leave the date, student's full legal name, teacher's name, and the reason for the absence. If no reason is given, the absence/tardy will be considered unexcused. You are responsible to contact the school for all absences and tardies by 9:00 a.m. You will need to call each day for an extended absence.

## Operation Gratitude

We would like to make you aware of a special program that the Sandia Smiles Dental Center is sponsoring this Halloween season. They have partnered with Operation Gratitude to promote a "Halloween Candy Buy Back" event for our community. They will pay \$1.00 per pound for excess uneaten and unopened Halloween candy. The candy will be shipped to our troops overseas, allowing them a moment or two of enjoyment in support of their efforts. Our school could win up to \$500 just for donating! Prizes will be awarded to the school and 5 classrooms that donate the most! If you are interested in supporting our troops, just bring your candy to Sandia Smiles Dental Center at 5740 Night Whisper NW, Suite 100 on November 2 & 3 from 3:00 - 6:00 pm. If you have any questions about this program,



please call Sandia Smiles Dental Center @ 792-1585.

## Thank you .....

Thank you to everyone that participated in our Entertainment Book Sale! This sale would not be successful without you. A **BIG** thanks goes to *Anderson Orthodontics, P.C.* for purchasing a total of 35 books! We really appreciate your help!

### OT Tip of the Week

Some students need a little boost to help with handwriting. Look for 'fatter' and heavier pencils/pens like Dr. Grip or PhD. Bic makes some inexpensive pencils/pens with soft grips and larger diameters. Look for all of these at Smith's, Walgreens, Walmart, etc.



### Attendance Reminder

If your child will be late or absent from school, please remember to call the attendance line **BEFORE 9:00 am EACH day.**

## C O S T U M E S

Students will be allowed to wear costumes to school on October 30th. They must come in costume prior to arriving to school. Students will not be allowed to change into costumes at school. Masks and costumes with weapons are not allowed. If they are dressed inappropriately, parents will be called to bring a change of clothes.



## From the Nurse...



Here is some good advice to prevent Swine Flu. The only portals of entry are the nostrils and mouth/throat. In a global epidemic of this nature, it's almost impossible to avoid coming into contact with H1N1 in spite of all precautions.

Frequent hand-washing, "hands-off-the-face" approach, resist all temptations to touch any part of face, (unless you want to eat, bathe). Gargle twice a day with warm salt water, (use Listerine if you don't have trust salt). H1N1 takes 2-3 days after initial infection in the throat/nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. Similar to the above, clean your nostrils at least once every day with warm salt water. Blowing your nose hard once a day and swabbing both nostrils with cotton buds dipped in warm salt water is very effective in bringing down viral population. Boost your natural immunity with foods that are rich in Vitamin C. If you have to supplement Vitamin C tablets, make sure that it also has Zinc to boost absorption. Drink as much of warm liquids, (tea, coffee, etc.) as you can. Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive, proliferate or do any harm.