

The Avenue  
The Daves Avenue Elementary School Weekly Newsletter

Volume 2  
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## Principal's Message

Dear Cool Cat Families,

As we begin a new Trimester, please remember that sending your child to school ready to learn is paramount. I encourage you to have friendly family conversations about the following 3 topics as they directly impact your child's ability to succeed.

- **Nutritious Breakfast-** We all know that breakfast is the most important meal of the day. Ultimately, breakfast provides brain power, so *what* students eat in the morning is crucial as well. Eating foods that are low in added sugar, rich in whole grains, fiber, and protein may boost concentration, attention span, and memory. Fresh fruit, yogurt, smoothies, or whole wheat toast with a banana are all good choices.
- **Sleep-** For elementary aged students, 9-12 hours of sleep a night is ideal. Sports, after-school activities, homework, busy family schedules, and screen time can often contribute to kids not getting the sleep they need. When students are sleep deprived, they can become irritable or hyper, and may have a hard time paying attention in school. Consistent bedtimes, especially on school nights, free of screen time and electronics for a minimum of two hours before bed will support your child's brain in unwinding.

- **Attendance-** Having your child arrive on time every day, and staying for the entire school day, is critical. When instruction is missed, catching up with classwork and homework can interfere with learning and cause unnecessary stress.

Together, let's make sure our Cool Cats are eating, sleeping, and arriving to school on time so they can thrive.

Have a PAWSitively awesome week!

Jenna Mittleman - [jmittleman@lgusd.org](mailto:jmittleman@lgusd.org)

Principal, Daves Avenue Elementary School

## **Los Gatos Education Foundation**

### **\$200 Extra for Your Child**

Here is an easy way to support your school, your teachers, and your child. For a limited time, local business, Hall & Burnett Orthodontics, will add \$200 to every \$800 donation\* to LGEF. (\*up to \$12,000 in matching funds).

Your donation funds essential teachers and staff in art, health, math, STEM, PE, and so much more. If you have not yet made a contribution, right now is a fantastic time.

But hurry! The matching grant ends on November 22, 2019

Donate today at [www.lgef.org](http://www.lgef.org).

# Parenting Continuum

Parenting Continuum is excited to present our third educational event of the school year.

## SCREENAGERS NEXT CHAPTER

**Do you worry about your child's presence in the digital world? Are you sometimes concerned about their mental health and wellbeing?...**

For many of us, this is becoming more and more a reality. Join Parenting Continuum to view the film ***Screenagers Next Chapter*** - an award-winning film depicting the struggles over social media. The film was created to help youth become emotionally agile, communication savvy and stress resilient. Learn solutions to help our kids navigate the digital world.

**Location: Fisher MPR**

**Date: Thursday, December 5th**

**Time: 6:30pm-8:00pm**

**For: Parents of K-12 students. Admission is free.**

For more information, please see the event flyer at:

<https://files.constantcontact.com/380890a3701/6db6c52b-5a3c-478b-85c1-a1a5c6de8632.pdf>. Copies are also available in the front office.

Please **sign up at**

<https://www.signupgenius.com/go/30e0c49a5ae2baaf94-screenagers>.

## **Book Fair**

THANK YOU everyone for book fair! In book sales, it was record-setting: for the first time ever we will get 30% as result. Apologies for taking so long to add an evening time. It will be part of EVERY fair going forward! Apologies also for being slow getting teacher wishes posted. Orders can still be added this week only (including pre-orders for Dog Man: Fetch-22, due December 10th).

Book fair is my favorite time because of visits, not sales. To thank you I will be at the Daves Avenue parking lot at 10 am on Saturday, 11/16. If you wish to caravan to more books (libraries or bookstores), please come! If you wish to enjoy baked goods, I will have them; you can come just for those! The offer to caravan to books is a standing offer... email me if that ever appeals but Saturday does not work!

Thank you again for visiting, thank you volunteers for helping setup and pack and check-out, and thank you again for your awesome students!!

## **Los Gatos Holiday Parade**

Dear Students and Parents,

We would like to invite you to participate in the Los Gatos Children's Holiday Parade on Saturday December 7th. This year, the Los Gatos Education Foundation would like to showcase some of our wonderful music students. We need fourth and fifth grade students to play recorder and third grade students to play percussion instruments to help represent the Los Gatos Education Foundation (LGEF) in the parade.

If you are interested, please let us know via email by Friday November 8th. You will need to be able to play the attached music, attend all rehearsals, and attend the parade. You will receive a shirt and Santa hat to wear for the parade.

Rehearsals at Van Meter Elementary School:

Thursday 11/14 at Van Meter room 21 from 3:15-3:45pm

Tuesday 11/19 at Van Meter room 21 from 3:15-3:45pm

Friday 12/6 at Van Meter room 21 from 3:15-3:45pm

Parade

Saturday December 7th downtown Los Gatos – parade starts at 11, but parade participants arrive earlier (please plan to be available 9 am-1:30 pm)

Please let us know if you have any questions.

Thanks,

Karen Anderson-Miller and Ana George

For more information, contact Karen Anderson-Miller ([kamiller@lgusd.org](mailto:kamiller@lgusd.org)) for Daves Avenue and Van Meter and Ana George ([ageorge@lgusd.org](mailto:ageorge@lgusd.org)) for Blossom Hill and Lexington

## **Sponsor Spotlight**

### **Rahimi Dental Group**

Comprehensive Dentistry, TMJ Disorders, and Dental Sleep Medicine

Dr. Mamal Rahimi has been a part of the Los Gatos community for over 35 years and is an alumnus of Daves Avenue! Dr. Rahimi has enjoyed treating the Los Gatos community for over 15 years. Utilizing the latest advances in technology, Dr. Rahimi practices comprehensive dentistry with special emphasis on dental reconstruction, TMJ, and sleep disorders. Our professionally trained team at Rahimi Dental Group is excited to get to know you better, and help you meet your goal of a healthy and attractive smile.

Visit our website at [www.rahimidds.com](http://www.rahimidds.com).

## **Calendar**

### **THE WEEK**

**Tuesday 11/19 - Friday 11/22 - 5th Grade Science Camp**

**Monday 11/25 - Friday 11/29 - Thanksgiving Break - NO SCHOOL**