

FAMILY NEWSLETTER –December 2009

Office Hours: 8:00-4:00pm, Monday-Friday

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Date	Day	Time	Event
Dec. 1	Tuesday	All day	PTA Family Dine Out Night at Chili's on Zinfandel Dr.
Dec. 3	Thursday	7:00 p.m.	Rosemont Community Association in cafeteria
Dec. 7	Monday	6:00 - 7:00 p.m.	PTA Board Meeting
Dec. 8	Tuesday	7:45 a.m.	School Site Council
Dec. 8	Tuesday	2:45 - 6:00 p.m.	Cookie Dough pick up
Dec. 9	Wednesday	6:00 - 7:00	Honor Society Induction Ceremony
Dec. 11	Friday	Lunch time	Join your student for lunch
Dec. 18	Friday		Celebration of Good Behavior
Dec. 21 - Jan. 1	Monday - Friday	All Day	Winter Recess - No School School will resume Monday, January 4, 2010

Celebration of Good Behavior

Bring your favorite board game to school for this month's Celebration of Good Behavior, and get ready to play. The celebration will begin after lunch on Friday, December 18, 2009. All Sequoia students who have met behavior and homework requirements will be invited.

Coats Need Names

Many coats are lost every year and end up in Sequoia's Lost and Found, located on the coat rack in the back of the multipurpose room. These coats end up hanging out at school most of the year without being claimed. In order to alleviate the overcrowded coat condition, please label coats, other outerwear, and lunch boxes with identifying information. Or, if something is already lost, please take a look at the coat rack – it may be there waiting to go home.

Rosemont Community Association

Rosemont Community Association will be holding its monthly Board meeting at Sequoia on December 3rd, at 7:00. You are welcomed to attend this meeting to learn more about the Association and discuss any community concerns you may have.

Principal's Message

Community Watch - We need your help! Most vandalism occurs on school sites during winter and spring breaks. Over the next two weeks, as you drive by our school property please keep a watchful eye out for suspicious behavior and report any to the Sacramento Sheriff's Department:

Emergency- 911; non emergency- 874-5115

- Billy Aydlett, Principal

Holiday Stress

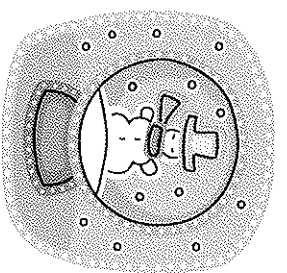
'Tis the season for family, food, fun, and frantic chaos. In the midst of all the madness, try to remember the meaning of the holiday season, as well as these healthy holiday stress relievers:

- **Don't eat so much candy and other sweets - what a novel idea!**
- **Use light, especially daylight, and get outside (maybe exercise).**
- **Simplify traditions – there's no need to compete.**
- **Look at what you have instead of what you don't have.**
- **Don't overspend.**

The main idea is moderation, and taking care of your self. We've heard it before, but reminders are great. If these ideas aren't enough, try talking to a close friend or family member, and have a great holiday season!



Sequoia Elementary Family Calendar December 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 PTA Family Dine Out Night @ Chili's on Zinfandel	2	3 Rosemont Community Association Mtg. @ 7:00	4	5
6	7 Honor Society 3:00-3:30 PTA Board Meeting @ 6:00 pm	8 School Site Council- 7:45am Cookie Dough Pick up 2:45 to 6:00	9 Hearing Testing Honor Society Induc- tion Ceremony 6 to 7	10 Hearing Testing	11 Join your student for lunch day.	12
13	14	15	16	17	18 Celebration of Good Behavior	19
20	21 Holiday-No School	22 Holiday-No School	23 Holiday-No School	24 Holiday-No School	25 Holiday-No School	26
27	28 Holiday-No School	29 Holiday-No School	30 Holiday-No School	31 Holiday-No School		