

November 2022



THE BEACON

20 School Street/PO Box 45, Point Arena, CA 95468

TEL: 707 882-2131

Mark Your Calendar!

November 1
NO SCHOOL
Staff Development

November 10
End of 1st Trimester/Gr. K-5

November 11
NO SCHOOL
Veteran's Day Observed

November 21-25
NO SCHOOL
Thanksgiving & District Holiday

December 16
12:30pm-Early Release
End of 2nd Quarter/Gr. 6-8

Dec. 19, 2022 –Jan. 2, 2023
NO SCHOOL
Winter Break

Independent Study and Winter Break

"All absences from school detract from your child's education. Chronic absenteeism is defined as being absent for 10% or more a year. Chronic absenteeism has been proven as a factor in poor reading and math scores and academic failure. Arena had one of the highest chronic absenteeism rates (50.7%) in the state of California; the state average is 10%. To achieve the district's goal to reduce chronic absenteeism in order to improve student achievement, we want to limit whenever possible absences to less than 10 days a year. Please consider travel arrangements that minimize your child's absence from school."

Due to the large number of student independent study requests during *November and *December, **all signed contracts must be submitted at least 2 weeks before the days requested.** This gives the classroom teachers enough time to prepare the work and the contract.

Our independent study program is for students who extend the Thanksgiving or Winter break more than 5 to 20 days. Work must be returned on the first day back at school for credit to be given.

Out of town trips without an independent study contract are unexcused.

*Thanksgiving Break is November 21-25, 2022

*Winter break is December 19, 2022 through January 2, 2023

*Students return to school on January 3rd

Lost and Found

Is your son or daughter missing a jacket, a lunchbox, or backpack? Please remind your child to check the "lost and found" in the main building hallway as soon as possible for lost items.

For smaller items (jewelry, glasses, keys and wallets) please come to the office to describe your lost item. All items not claimed by the end of the month will be graciously donated to a local charity.



Principal's Letter

Dear Arena Families,

Welcome to the month of November. I always look forward to this time of year. The sound of rain on my tin roof, the making of soup and comfort food, the warmth of a wood fire, and the crisp fresh smell in the air all make me happy. It is also a reminder how important it is to dress our children properly so that they do not get cold while outside. There are so many unclaimed jackets, sweatshirts and sweaters in our lost and found. Please, please come and look through this lovely selection and claim your child's/children's' missing items.

Here are some other tips on keeping children healthy in the winter months:

1. Get Them Vaccinated
2. Teach Them Good Hand Hygiene - Hand washing might be the best defense against cold and flu viruses.
3. Remind them Not to Touch Their Faces - Your nose, mouth, and even eyes have mucous membranes, which germs can enter through.
4. Get a Reusable Water Bottle to Take to School - The goal is to cut out contact with a contaminated water fountain that can spread germs and sickness.
5. Educate them On Cough and Sneeze Etiquette - Teach kids to cover their coughs and sneezes.
6. Frequently Clean Touched Surfaces - Wipe down surfaces that are touched frequently throughout the day. This can include door knobs and handles, electronic accessories, counters, light switches, and toys. Use any safe household cleaner that kills germs.
7. Put a Pause on Sharing - It's important to make sure they don't share food, drinks, cups, plates, bottles, or utensils with other children.
8. Make Sure They Get Enough Rest
9. Give Them Healthy Foods - Another way to keep kids healthy this winter is to feed them a balanced diet full of foods that contain key nutrients. You can consider giving them more foods that contain vitamin C. Fruits and vegetables are the best sources, but you can supplement if you feel it's necessary. Also, give probiotic foods like yogurt.
10. Replace Toothbrushes - Toothbrushes can carry a ton of germs. Replacing them often (even if the bristles are still in good shape) is recommended during the cold and flu season. If your child does get sick, make sure you replace their toothbrush immediately.

Keeping our students healthy is the key to good attendance. As we all know, school attendance is a powerful predictor of student outcomes. At Arena Elementary, students are learning how to socialize with others, follow directions and problem solve creatively while in an academic setting. If a child is not part of the classroom, these skills cannot be practiced.

Let's keep our children healthy so that they are given the opportunity to learn and grow into successful adults.

Be well.

Michelle Egger
Arena Elementary School Principal



Arena Elementary Treasure Chest Winners

These students are being recognized for showing great respect, responsibility, and safety at school during the months of September and October 2022. Congratulations! A round of applause for the following students:

SEPTEMBER Treasure Chest Recipients:

Kindergarten: Esdras
 First Grade: Caleb
 Second Grade: 0
 Third Grade: Jaylah
 Fourth Grade: 0
 5th Grade: Jaylah



Student of the Week Recognition:

Kindergarten: Melissa and Julieta
 First Grade: Jayden and Camila
 Second Grade: Maria
 Third Grade: Hannah
 Fourth Grade: Dakota
 Fifth Grade: Athena
 Sixth Grade: Christian
 Seventh Grade: Jayde
 Eighth Grade: Alex

OCTOBER Treasure Chest Recipients:

Kindergarten: Aria and Junior V.
 First Grade: Jack
 Second Grade: Shelby and Aleida
 Third Grade: Violet
 Fourth Grade: Damien
 5th Grade: Janitsa

Student of the Week Recognition:

Kindergarten: Arturo, Adrian, Sienna, Gabby
 First Grade: Alain, Emilee, Mateo, Sebastian
 Second Grade: Salina, Eleni
 Third Grade: Joyce, Michael
 Fourth Grade: Bella, Silas
 Fifth Grade: Jacob, Alexander
 Sixth Grade: Camila, Sophia
 Seventh Grade: Aiyana, Videl
 Eighth Grade: Montserrat, Melissa

Each student is honored on the Pirate Pride Wall located in the Office Hallway. We are so Proud!
 Go Pirates!

Yearbooks On sale! Two Options to Buy

We are currently making our 2022/2023 Arena Elementary yearbook.

Students and families now have two options for ordering their yearbooks: Cash or Check at the front office OR buy online with credit/debit card at the following link:

<https://link.entourageyearbooks.com/AUES2223>

Early Bird price until February 1, 2023

- \$27.00 Online purchase
- \$27.00 with student ID (in office only)
- \$30.00 without a Student ID Card (in office only)

February 2- May 27, 2023 price will increase

- \$35.00.
- No other discount will apply.

Back to School Forms

It is of great importance that we receive all of the "Back to School" forms for your children.

The forms include: Emergency & Health Information, Walking Field Trip, Technology/Internet Agreement, Meal Alternative Income application, Parent/Student Acknowledge Signature page, Primary Health consent form, and the after-school program application.

Please make sure that the forms are filled out and returned as soon as possible.

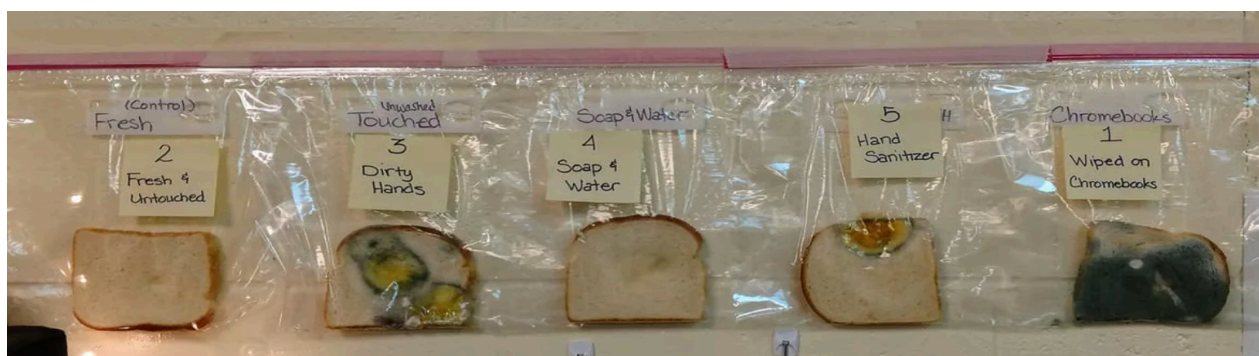


Classroom Experiment Shows the Importance of Hand-Washing

An Idaho elementary school teacher shared a class experiment of touching slices of bread. One bread slice was touched with unwashed hands, one with hands washed with warm water and soap, one with hands cleaned with hand sanitizer, and another rubbed against the class Chromebooks. For control purposes, one slice was kept untouched.

Then, the bread slices were placed in their own individual plastic baggie, sealed, and kept for a 3 to 4-week period. After posting the results of her classroom's stomach-churning, and very moldy experiment, it prompted students and parents to immediately wash their hands. The bread slices touched by clean washed hands were not exposed to the germs that cause mold to grow on the other slices of bread.

If you are interested to conducting your own experiment, instructions are provided on the C.S. Mott Children's Hospital's website: <https://www.mottchildren.org/posts/camp-little-victors/dirty-hands>



Washing your hands is the best way to stop germs from spreading

Think about all of the things that you touched today. Whatever you did today, you came into contact with germs. It's easy for a germ on your hand to end up in your mouth. Think about how many foods you eat with your hands.

You can't wear rubber gloves all day long, but you can wash your hands so those germs don't get a chance to make you or someone else sick.

So when are the best times to wash your hands?

- when your hands are dirty
- before eating or touching food (like if you're helping cook or bake, for example)
- after using the bathroom
- after blowing your nose or coughing
- after touching pets or other animals
- after playing outside
- before and after visiting a sick relative or friend

The next time you're told to step up to the sink and scrub up, remember these handy hints:

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice. Make some friction!
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

Resources:

<https://www.parents.com/news/classroom-experiment>

<https://www.mottchildren.org/posts/camp-little-victors/dirty-hands>

<https://kidshealth.org/en/kids/wash-hands.html>

COVID-19 Isolation Guideline Update

Our School District has updated Isolation guidelines from the California Department of Public Health. The School District is seeing more positive tests in the schools and want to make sure we stay diligent. It is suggested if there are students in close contact with a positive case is to test three days after exposure. It is strongly recommended that proper mask wearing is done, especially during this time of the year and if the student is showing symptoms. COVID-19 Test kits and masks are available at each school site.

Persons Who Test Positive for COVID-19 Recommended Actions

Everyone, regardless of vaccination status, previous infection or lack of symptoms.

- **Stay home (PDF)** for at least 5 days after the start of symptoms (or after the date of first positive test if no symptoms).
- Isolation can end after Day 5 if symptoms are not present or are resolving and a diagnostic specimen* collected on Day 5 or later tests negative.
- If unable to test, choosing not to test, or testing positive on Day 5 (or later), isolation can end after Day 10 if fever-free for 24 hours without the use of fever-reducing medications.
- If fever is present, isolation should be continued until 24 hours after fever resolves.
- If symptoms, other than fever, are not resolving, continue to isolate until symptoms are resolving or until after Day 10. If symptoms are severe, or if the infected person is at high risk of serious disease, or if they have questions concerning care, infected persons should contact their healthcare provider for available treatments.
- Per CDPH masking guidance, infected persons should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see masking section below for additional information).

*Antigen test preferred.

Asymptomatic Persons Who are Exposed to Someone with COVID-19 (No Quarantine) Recommended Actions

Everyone, regardless of vaccination status.

Persons infected within the prior 90 days do not need to be tested, quarantined, or excluded from work unless symptoms develop.

- Test within 3-5 days after last exposure.
- Per CDPH masking guidance, close contacts should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings and when near those at higher risk for severe COVID-19 disease (see masking section below for additional information).
- Strongly encouraged to get vaccinated or boosted.
- If symptoms develop, test and stay home (see earlier section on symptomatic persons), AND
- If test result is positive, follow isolation recommendations above (Table 1).

Instructions for Isolation and Quarantine

If you have tested positive or been exposed to COVID-19, there are important steps you can take to protect yourself and others.

What are isolation and quarantine?

Isolation is when you stay home and away from others, even in your household. Isolation is for people who are sick or who test positive for COVID-19.

Quarantine is when you stay home and away from others if you have been exposed to someone who has COVID-19 in case you also get the infection. It is good to quarantine if you are more likely to get sick and spread the virus to others, or if you might be near someone who could get really sick if they got COVID-19.

When should I isolate?

If you test positive or have symptoms of COVID-19, you should stay away from others, even at home and even if you have been vaccinated. Isolate for at least 5 full days after your symptoms start, or after your first positive test date if you don't have symptoms.

Ending isolation: You can end isolation after 5 days if you test negative (use an antigen test) on Day 5 or later – as long as you do not have a fever and your symptoms are getting better. If you still test positive on or after Day 5 or if you don't test, isolate for 10 full days, and until you don't have a fever. It is strongly recommended that you wear a [well-fitting mask](#) around others – especially when indoors – for 10 days, even if you stop isolating earlier.

How should I isolate?

Stay home except to get medical care, and avoid being in the same room as other people, especially those [more likely to get sick](#):

- Are over age 65; are pregnant, are severely overweight; have a chronic disease (like cancer, diabetes, heart/lung disease); have a weak immune system

If you must be in a shared space, open windows, if safe, to increase air flow, or use [air cleaners and exhaust fans](#). Have everyone wear a [well-fitting mask](#).

When should I quarantine?

If you have been exposed to someone with COVID-19, even if you are vaccinated, test 3-5 days after your exposure. Isolate if you test positive. If you had COVID-19 in the last 90 days, only test if you have new symptoms, using an antigen test. Unless you develop symptoms during the 10 days after you were exposed, you do not need to quarantine. If you live or work in a [high-risk setting](#), like a nursing home or a shelter, you may be required to quarantine. People with [high-risk exposures](#), like having someone in your home test positive, should be extra careful.

For full directions on how to isolate and quarantine, visit [cdph.ca.gov](https://www.cdph.ca.gov).

Isolate when you test positive for COVID-19, to protect others.

Day 1 is the day **after** symptoms start (or **after** the day of your first positive test if you don't have symptoms).

Count from Day 1 and **test** on Day 5 (or later).

Call 911 if you start to have emergency warning signs, including difficulty breathing; pressure or pain in your chest; bluish or grayish lips, face or nails; confusion or difficulty waking; or other serious symptoms.



Scan the QR code to see the interactive links on this flyer.






November 2022 Arena Elementary



<p>Daily USDA Child Nutrition Guidelines Reimbursable Meal will include: 1c Milk, 1% or nonfat fruit 3/4 Vegetables 1c Meat – minimum (9-10 oz. meat/week) 2oz grain – minimum (8-10oz. grain /week)</p>	<p style="text-align: center;">1 NO SCHOOL INSERVICE DAY</p>	<p style="text-align: center;">2 HAM+CHEESE SANDWICH 3oz WW bread 2oz lettuce+tom 1/8c Cole slaw 3/4c kettle chips 1oz fresh apple 3/4c 1% or nonfat white milk</p>	<p style="text-align: center;">3 Chicken patty WW BUN 2oz lettuce+tomato 1/8c oven fries 1/2c green salad 1c Banana 3/4c 1% or nonfat white milk</p>	<p>PBJ 2oz on ww bread 2oz Sun Chips 1oz veggie sticks 3/4c fresh apple 3/4c 1% or nonfat white milk</p>
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Lunch Menu

<p>7 TURKEY & CHEESE 3oz WW bread 2oz lettuce+tomato1/8c carrot sticks3/4c kettle chips1oz Melon 3/4c 1% or nonfat white milk</p>	<p>8 CHICKEN Nuggs 3oz Tator Tots 2oz Celery stks 1c Mixed Fruit 1c 1% white milk</p>	<p>9 TAQUITOS 2oz 2 jicama sticks3/4c Refried beans 3/4c orange slices3/4c 1% or nonfat white milk</p>	<p>10 SALAMI& Cheese SANDWICH2oz lettuce+tomato1/8c ww Bread 2oz Mixed Veggies 1cp kettle chips1oz fresh apple3/4c 1% or nonfat milk 1cp</p>	<p>11 NO SCHOOL</p>
<p>14 PBJ Sandwich 2oz Ww bread 2oz Sun Chips 1oz Carrot Stick3/4c Fresh apple1c 1% White milk 1cp</p>	<p>15 bun 2oz baked beans1/2c Garden salad3/4c orange slices3/4c 1% or nonfat white milk</p>	<p>16 PASTA Buttered noodles parmesan cheese Ww roll 2oz Mixed veggies Fresh fruit1cp</p>	<p>17 TURKEY Sand 2oz Ww/Bread 2oz Lett& tomatoes 1/8c Carrot stks 1c sun chips1oz sliced peaches3/4c 1% or nonfat white milk</p>	<p>18 CHEESE PIZZA4oz green salad1c Ranch dressing2oz Cantaloupe 3/4c Dried Cranberries 1z o 1% or nonfat white milk</p>
<p>21 NO SCHOOL</p>	<p>22 NO SCHOOL</p>	<p>23 NO SCHOOL</p>	<p>24  Happy Thanksgiving</p>	<p>25 NO SCHOOL</p>
<p>28 HAM & CHEESE SANDWICH 2oz ww/Bread 2oz Veggie Sticks 3/4c Bannana3/4c 1% white milk</p>	<p>29 HOT DOG 2oz Ww/bun 2oz French Fries 3oz Carrot sticks 3/4c Apple slices1cp 1% white milk</p>	<p>30 BURRITTO 3oz Spanish rice ¾ c Caesar salad 1cp Mixed fruit 1cp 1% nonfat milk</p>	<p>Menu subject to change due to availability of products</p> <p>This institution is an equal Opportunity provider</p>	

NOVEMBER WORD SEARCH

R Y E I C E F C Q C M S N M B N F N S S
 Q G H U B A U H T M H Y P Y U G R I E G
 A I P O C U N R O C S E A R O F I A L N
 S Q U A S H H Y S E N D S L N Z E R I I
 N Z N H X F N S V K N O D T W O N D P V
 Y O S R G O U A E O C E V G N K D L F A
 D E C N S B E N I I N A N E N U S T A S
 S L K A I L J T L H R C T B M P T U E T
 R T E R H K C H U E O R N S I B O S L H
 E S U R U E P E B R C M E E Y D E B E G
 H W U F L T S M N X U C U B N A Y R G I
 T B X E F X U U U T S I H I N P H M S L
 A Y A M S I Q M U P K S W W S A A V E Y
 E T Q J T Z N A E N O C E N I P R Z L A
 W H N R T D T G F J R N O Y B P E C P D
 T S E V R A H M O O N U G W N V F X P C
 G N I V I G S K N A H T T Z C F R O A G
 L R O X E N E K Q X N S W I S I Q T G Z
 V E P S R T F K V K W C V O N W C W T L
 I O M J B O U N T Y X P T F A M I L Y H

*Can you find all of the words hidden in the puzzle above?
 The words might be backwards, forwards, up, down, or written diagonally.*

APPLES
 CHRYSANTHEMUM
 DAYLIGHT SAVINGS
 FRIENDS
 HAYSTACKS
 NOVEMBER
 PUMPKINS
 STUFFING
 WIND

AUTUMN
 CORN
 ELECTION DAY
 GOLDEN
 LEAF PILES
 NUTS
 RAIN
 THANKSGIVING
 YAMS

BOUNTY
 CORNUCOPIA
 FAMILY
 HUES
 LEAVES
 PIE
 SEASON
 TURKEY

CHESTNUTS
 CRANBERRIES
 FOG
 HARVEST
 MOON
 PINECONE
 SQUASH
 WEATHER