

MARK YOUR CALENDAR...

- Oct. 9th: Parent Workshop—Let's Get Organized
- Oct. 14th: Underwood Family Farms Field Trip:
- Oct. 16th: End LP 4
- Oct. 19th-23rd: LP 4 Blue Week
- Oct. 26th: Restaurant Night at Shakey's Pizza
- Oct. 28th: Fall Festival at AVLA
- Nov. 5: Restaurant Night at Fire Island Grill
- Nov. 11th (Wednesday): Veteran's Day (NO SCHOOL)

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Principal's Corner

Fall is in the air at AV Learning Academy! That means it's time for our annual Harvest Field Trip on October 14th. In years past, we've visited Lombardi Ranch, but sadly, due to the drought conditions, Lombardi Ranch is closed this year. Instead, we are visiting the Underwood Family Farms in Moorpark. Supervising Teacher Mrs. Lindsay Gocke is heading this one up. Look for the flyer and permission slip at the table by the Front Desk, or ask your Supervising Teacher. This one has always been a popular field trip and we hope many of you will make the drive to this event. It's a family-friendly event and everyone always has a lot of fun! We hope to see you there!

We've got our first Parent Workshop of the year coming up this month on October 9th. Supervising Teacher Mrs. Katie Mercado will be hosting our annual "Let's Get Organized" Workshop. This is a must-attend workshop for all our new-to-AVLA families and is a great refresher for our returning families. Mrs. Mercado will show you how to organize your student's assignments, plan your day and put together all the paperwork we need for our Blue Week meetings.

Book It! kicks off this month. Book It! is a reading incentives program for students in grades K-6. You and your ST will set a reading goal for your child each month. If your child meets the goal, he/she will receive a Pizza Hut pizza coupon! In addition, we are hosting a monthly Restaurant Night to assist with costs associated with field trips and other activities. Our October Restaurant Night is on Monday, October 26th at Shakey's Pizza in Palmdale. Please make sure to pick up a flyer from your teacher or the front desk.

Check out our newest event—the Fall Festival! Students can dress up, they will complete a craft, and go trick or trinketing around the learning center!

October is Bullying Prevention Awareness Month. AVLA remains committed to helping raise awareness about bullying prevention. In this newsletter, I am pleased to highlight some practical and effective ways to stop bullying and intolerance.

Check out all the upcoming events in this edition of the Parent Post – there are plenty! We encourage you to participate. From Parent Workshops to Restaurant Nights to field trips, there is something for everyone. And, as always, my door is open so please call or stop by with any questions, comments, and/or suggestions.

Erin Wade, Principal, AVLA

Character Counts

"Intelligence plus character—that is the goal of education" Martin Luther King, Jr.



The pillar of character for
October is
TRUSTWORTHINESS.

Go to:

<http://charactercounts.org/sixpillars.html>

Once there, click on Resources and Lesson Plan Bank to get age-specific activities for the trait of *Trustworthiness*.

Trustworthiness

Be honest • Don't deceive, cheat, or steal • Be reliable — do what you say you'll do • Have the courage to do the right thing • Build a good reputation • Be loyal — stand by your family, friends, and country

Think "True blue"

October is Bullying Prevention Awareness Month

- when individuals, families, schools, and communities across the nation help to raise awareness about bullying prevention. Bullying remains a widespread problem with nearly 30 percent of adolescents in the U.S. reporting some experience with bullying, whether as the victim, the bully or both.

We know that there are a number of emotional effects that can result from bullying, such as depression and anxiety. There are also physical effects as well, like headaches and stomachaches, and sleep problems.



Definition of Bullying

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and the one who bully others may have serious, lasting problems.

In order to be considered bullying, the behavior must be aggressive and include:

- **An Imbalance of Power:** Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.
- **Repetition:** Bullying behaviors happen more than once or have the potential to happen more than once. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

(<http://www.stopbullying.gov/what-is-bullying/definition/index.html>)

Bullying can lead to serious emotional problems, multiple school absences, and higher risk factors for suicide. These incidents have raised national awareness with anti-bullying laws in all 50 states that require schools to take immediate action regarding bullying. According to a UCLA psychology study, 70.6 percent of teens have seen bullying occur in their schools. But if someone intervenes, the bullying stops within 10 seconds. Additionally, research from scholars at University of California - Davis found that approaches to bullying and harassment have a better chance of success if bystanders, who make up the vast majority, are the focus of efforts to shift social norms. Interestingly, students seeking to move up the social ladder engage in acts of social cruelty, erroneously believing that it will increase their status. In our PBS film *Not In Our Town: Class Actions*, middle school students take the lead in educating their peers and their teachers in a NIOS (Not in Our School) anti-bullying initiative that reached 50,000 students following two suicides of local youth in Lancaster, California.



In accordance with Title IX of the Education Amendments of 1972, AV Learning Academy does not discriminate on the basis of sex (including sexual harassment) in the educational program or activity which it operates.

Title IX Coordinator: Erin Wade, Principal
AV Learning Academy
1240 Commerce Center Drive, Lancaster, CA 93534 661-952-5520

Five Practical Ways to Stop Bullying and Intolerance

Becki Cohn-Vargas

Director, Not In Our School, Not In Our Town

<http://www.edutopia.org/blog/stop-bullying-create-upstanders-becki-cohn-vargas>

1) Recognize and Respond

- Bullying and intolerance manifest as verbal, written or physical acts that harm another person.
- Educate students, parents and staff about taking bullying seriously and how to recognize it. Make an action plan to respond swiftly to incidents and daily teasing.
- Identify and monitor places where most bullying happens (e.g., on the way to and from school, in the cafeteria, and on the school yard.)

2) Create Dialogue

- Create opportunities for open dialogue with youth about bullying and intolerance. Let students lead through peer-to-peer action.
- Provide opportunities for students to share their feelings, problems or ideas.
- Get students involved in organizing anti-bullying forums where they resolve problems.

3) Encourage Bystanders to Become "Upstanders"

Upstanders are people who stand up for themselves and others.

- Model ways for young people to intervene and speak up. Practice with role-playing.
- Help youth develop effective phrases to reject negative comments or social media posts.
- Have older students help younger students learn to speak up.

4) Foster Safety and Inclusion

- Foster identify safe and welcoming environments that promote inclusion and acceptance, places where students feel everyone is respected and their identity is valued as an asset rather than a barrier to success in the classroom.
- Connect with young people and create the trust that will help them come forward if they are being bullied.
- Listen to them, pay attention and offer support when students are upset or sad.

5) Educate Your Community

- Partner with others to take joint action in educating students, teachers and parents about bullying in your school and community.
- Create a coalition of elected, school and civic community leaders to sign a school-wide pledge to say No Bullying: Not In Our School/Not In Our Town.

A Movement

Not in Our School as a movement and campaign is an effort that asks everyone to change the atmosphere that can lead to bullying and intolerance. Although the process can begin with these five steps, a safer climate for students does not happen overnight. It requires a sustained and collaborative effort of students, parents, educators and community members who work together to model and practice empathy, thoughtful responses and respect for different backgrounds and perspectives. It grows out of authentic discussion and efforts to create a safe and welcoming environment for students of all backgrounds and gender identities. School needs to be a place where students discover their identities, and where each student feels that a unique identity is an asset to him or her -- and to the world. They need to feel emotionally comfortable in a warm and "identity safe" environment where stereotypes and stereotype threat (the fear of being judged by a negative stereotype) are addressed. Efforts to build empathy and involve students in the process of change can shift the school culture to one where offending or hurting someone else, either in person or online, is not seen as cool. The whole culture can become a warm, caring environment where bullying is much less likely to occur.

Academy Action



Learning Center Classes are in full swing. Many classes are FULL and on a waiting list, but please be patient...after a learning period or two, things generally settle down and spots begin to open up. If your child is on a waiting list for a class, you will be notified by your ST just as soon as a spot becomes available. Attendance matters! If your child does not consistently attend a class they are enrolled in, they could lose their spot. If that happens, you will be notified and a child on the waiting list will be allowed to take the spot. Please let us know if your child is out due to illness. And just FYI—school-sponsored field trips are considered excused absences. Let the classroom teacher know your child will be at a school-sponsored field trip to receive an excused absence from class.

We will be conducting Emergency Drills each learning period at the Resource Center. Students will be taught how to duck, cover and hold in the event of an earthquake, and also how to safely evacuate the building should the need ever arise. We don't want them to be frightened when the drills take place; rather we want them to know what to do in the event of an emergency. The Great Shakeout takes place on Thursday, October 15th at 10:15 AM. We will be conducting Earthquake Drills on both Wednesday, October 14th at 10:15 AM and again on Thursday to accommodate our class schedules.

The 6th-8th Grade Middle School Program is growing! As of right now, the 6th and 7th grade AM Sessions are full and on waiting lists. Middle School Program students on the waiting list remain on Home Study until a spot opens in the classroom. Please remember to send your child to school with a nutritious snack and a sweater. We take a short break mid-way through the session to allow the students to eat something...make it healthy!



Character Counts

On the front page of this edition of the Parent Post, you will see the monthly Character Counts trait for October. I encourage you to have your child participate in Character Counts; this is a terrific program to teach your children responsible, respectful, fair, and trustworthy behavior.

The CHARACTER COUNTS! approach to character education doesn't exclude anyone. That's why we base our programs and materials on six ethical values everyone can agree on—values that are not political, religious, or

culturally biased.

Anne Frank, the 13 year-old victim of Nazi persecution said in her diary, "The formation of a person's character lies in their own hands."

The efforts by parents, teachers, and others to instill these values are important. They can have a great deal of influence on the values one adopts, but we must never underestimate the role of choice (and accountability for making that choice) in the formation of character.

Thus, character is both formed and revealed by how one deals with everyday situations, as well as extraordinary pressures and temptations. Like a well-made tower, character is built stone by stone, decision by decision.

How we behave when we think no one is looking or when we don't think we will get caught more accurately portrays our character than what we say or do in service of our reputations.

Be a person of character because character counts!

See more at: <http://charactercounts.org/>

Parent Workshop

Let's Get Organized!

Friday, October 9th @10:00 AM
at the Lancaster Resource Center

Presented by Katie Mercado
AVLA Supervising Teacher

Call 661-952-5520 to reserve your
spot at this FREE workshop
TODAY!

Let us help you with...

- reading the assignment sheets
- creating daily and weekly lesson plans
- developing a schedule that works
- setting up a learning environment in your home
- making sure your student is learning
- finding the teaching moments in every-day life
- filling out all that paperwork
- reaching out to other home study families

Refreshments will be served
**Space is limited*



Field Trip

Come celebrate the harvest at Underwood Family Farms! On this tour, we will learn about plants, animals, and farm life from a presentation by a farmer, and take a vintage tractor-drawn wagon ride around the farm and pumpkin patch. We will also have a chance to visit the Farm Animal Center and Corn Maze, and each person will be able to pick their own pumpkin.

Who: All Learning Academy (AVLA, MVLA) K-12 students, siblings, and parents are invited.

When: Wednesday, October 14th @ 10:30 AM (Please meet at the entrance at 10:15 AM so we can gather as a group and begin the tour on time—look for our green & white AVLA/MVLA Field Trip sign) *Wear your AVLA T-Shirt!

Where: Underwood Family Farms
3370 Sunset Valley Road in Moorpark, 93021

Cost: \$8 CASH per person (includes presentation, tour and pumpkin)

How: Please contact Lindsay Gocke at lgocke@avlearning.org to sign up for this field trip. Field Trip Permission Slip and exact cash are required and due by October 9th

Permission slips are available at the front desk.

More School Activities...



Please join us for our next Restaurant Night at Shakey's Pizza!

When? Monday, October 26th from 5:00—8:00 PM

Where? Shakey's Pizza in Palmdale

39450 10th Street W, Unit A in Palmdale

661-273-3196

You must have a flyer to participate!

Proceeds go towards supporting FIELD TRIPS and other school events!



Fire Island Grill is located in Palmdale at:

**40117 10th Street W
(between W Ave O-8 and
W Ave O-4
661-272-1402**

And planning ahead to November...

**Please join us at Fire Island Grill
Hawaiian Restaurant for our third
Restaurant Night Fundraiser on
Thursday, November 5th from
5:00—8:00 PM.**

Flyer coming soon!



October—March
For students in grades K-6

The BOOK IT! Program was established over 25 years ago to help motivate children to read more. Your role in this mission to instill a love of reading in every child is the most critical one. Regularly reading aloud, encouraging independent reading and being seen enjoying reading yourself, are all effective ways to make reading a priority and a habit in your home. My challenge to you is to spend just 20 minutes each day focusing on raising a reader. Students receive incentives for completing their reading goals each month.

Check out <http://www.bookitprogram.com/> for some great resources!

More School Activities...



Fall Festival!

Please join us for a
Fall Festival

When: Wednesday, October 28th
from 12:30pm-2:00pm
Where: AVLA

Please join your students as we...

- Watch "It's the Great Pumpkin, Charlie Brown"
- Complete a Fall craft
- Participate in a costume parade and go trick or trinketing* around the learning center (no scary or inappropriate costumes, please)



***All students welcome (siblings, too, with RSVP only)**

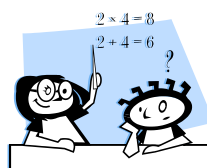
***If your child is in the learning center classes, please pack a lunch and join them for lunch prior to the start of the Festival**

***No child may participate without a parent/guardian present (no drop-offs)**

Please RSVP to your Supervising Teacher or the Front Desk no later than Friday, October 23rd.

**No candy will be distributed. Instead, we will distribute trinkets to the students who participate.*

Tutoring at AVL A



- Free tutoring is available for students grades K-12 in all subjects!

Trudy Ditmyer

- Available days/hours: 8:30am to 3:30pm Monday—Friday
- Phone: 661-952-5520
- Email: tditmyer@avlearning.org

JPL OPEN HOUSE 2015



Jet Propulsion Laboratory
California Institute of Technology

NASA's Jet Propulsion Laboratory, Pasadena, California, invites the public to our annual Open House on October 10-11, 2015. The event takes visitors on a "ride" through the wonders of space. Highlights include a life-size model of the Curiosity Mars rover; demonstrations from numerous space missions; JPL's machine shop, where robotic spacecraft parts are built; and the Microdevices Lab, where engineers and scientists use tiny technology to revolutionize space exploration.

The event and parking are free. No tickets or formal RSVP required. We recommend coming early for the best parking and shortest lines.

Community Events...



**American
Heart
Association®**

My Heart. My Life.™

2015 ANTELOPE VALLEY 5K HEART WALK

WHEN: SATURDAY, NOVEMBER 7TH, 2015
REGISTRATION & EXPO BEGIN AT 7:30 AM
WALK BEGINS AT 9:00 AM

WHERE: MARIE KERR PARK
39700 30TH STREET WEST
PALMDALE, CA 93551

*Join the Learn4Life Team
when you register!*

The American Heart Association's **My Heart. My Life.** is a comprehensive new health, wellness and fitness platform to empower Americans to get healthier. A key goal of **My Heart. My Life.** is to increase the number of people who understand the link between their health and their risk of heart disease and stroke. It's an important component of the American Heart Association's overarching goal: to improve the cardiovascular health of all Americans by 20 percent and to reduce deaths from cardiovascular disease and stroke by 20 percent by the year 2020. .

After the walk, check out the fun activities for your kids at our Kids Zone. Learn about your heart health with free CPR demonstrations and blood pressure screenings.

To register, go to www.heartwalkla.org
For information contact the Heart Walk Team
(213) 291-7102 or heartwalkla@heart.org



Come on out on Saturday, October 24th, from 5-9 p.m. as the City of Lancaster hosts this fun, family-friendly event that will provide you with a boo-fully good time without frightening your budget.

Trick or Treat with The BLVD merchants starting at 5 p.m. (while supplies last)

- Hypnotist and ghostly train rides
- Carnival games, pumpkin decorating and much more
- Harvest Festival and delicious food from local vendors and BLVD restaurants