



AV Learning Academy Parent Post



Principal's Corner

Here come the holidays! It's tough to stay focused on the day-to-day requirements of schooling with all the excitement of the upcoming holidays, but it is so important to remember there is still work to be done on a daily basis. Please maintain your schedule so you and your students can remain focused and stay on track. This ensures that your Blue Week meetings with your teacher will be effective and focus on the learning that has taken place.

Did you know that November (1-30) is *Family Stories Month*? During the holiday season, gathering of family and friends around the table makes November is the perfect month to start telling and saving family stories. November is also *I Am So Thankful Month*. This month is dedicated to giving thanks

and counting your blessings daily. Share with others the things you are thankful for!

It's a scary topic, but it is, unfortunately, a reality of today's world...school shootings. AVLA staff will be participating in an Active Shooter Training on Tuesday, November 10th from 12:30 – 1:30 PM. Please note – the office will be closed during this time so that staff may focus on the training. We will re-open at 1:30.

On the next several pages, you can find information on all the upcoming events going on at AVLA. We have a Parent Workshop on the new curriculum, we have a Restaurant Night and we have a field trip to the LPAC to see Charles Dickens' *A Christmas Carol*. You will find information on all of these events in the pages that fol-

low.

Please remember, we turn our clocks back one hour on Sunday, November 1st as we "fall back" to Pacific Standard Time.

The Veteran's Day Holiday is on Wednesday, November 11th and Thanksgiving Break is Monday, November 23rd through Friday November 27th. We take the *entire* week off for Thanksgiving and the LP5 Blue Week is the week before the break. I hope you and your family enjoy a wonderful Thanksgiving holiday...it just happens to be my favorite holiday of the year!

Thank you!

Character Counts



The pillar of character for November is

CITIZENSHIP

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 *Citizenship* of *Respect*.

Citizenship

Do your share to make your school and community better • Cooperate • Get involved in community affairs • Stay informed; vote • Be a good neighbor • Obey laws and rules • Respect authority • Protect the environment

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Mark your calendars:

- 11/1: "FALL BACK" to PDT
- 11/5: Restaurant Night at Fire Island Grill
- 11/6: Parent Workshop
- 11/11: Veteran's Day Holiday—NO SCHOOL
- 11/13: End LP 5
- 11/16-11/20: Blue Week
- 11/23-11/27: Thanksgiving Break—NO SCHOOL
- 12/4: LPAC Field Trip—A Christmas Carol
- 12/21-1/1: Winter Break

How Physical Fitness May Promote School Success

By Gretchen Reynolds

Children who are physically fit absorb and retain new information more effectively than children who are out of shape, a new study finds, raising timely questions about the wisdom of slashing physical education programs at schools.

Parents and exercise scientists (who, not infrequently, are the same people) have known for a long time that physical activity helps young people to settle and pay attention in school or at home, with salutary effects on academic performance. A representative study, presented in May at the American College of Sports Medicine, found that fourth- and fifth-grade students who ran around and otherwise exercised vigorously for at least 10 minutes before a math test scored higher than children who had sat quietly before the exam.

More generally, in a large-scale study of almost 12,000 Nebraska schoolchildren published in August, 2013 in *The Journal of Pediatrics*, researchers compiled each child's physical fitness, as measured by a timed run, body mass index and academic achievement in English and math, based on the state's standardized test scores. Better fitness proved to be linked to significantly higher achievement scores, while, interestingly, body size had almost no role. Students who were overweight but relatively fit had higher test scores than lighter, less-fit children.

To date, however, no study specifically had examined whether and in what ways physical fitness might affect how children learn. So researchers at the University of Illinois at Urbana-Champaign recently stepped into that breach, recruiting a group of local 9- and 10-year-old boys and girls, testing their aerobic fitness on a treadmill, and then asking 24 of the most fit and 24 of the least fit to come into the exercise physiology lab and work on some difficult memorization tasks.

Learning is, of course, a complex process, involving not only the taking in and storing of new information in the form of memories, a process known as encoding, but also recalling that information later. Information that cannot be recalled has not really been learned.

Earlier studies of children's learning styles have shown that most learn more readily if they are tested on material while they are in the process of learning it. In effect, if they are quizzed while memorizing, they remember more easily. Straight memorization, without intermittent reinforcement during the process, is tougher, although it is also how most children study.

In this case, the researchers opted to use both approaches to learning, by providing their young volunteers with iPads onto which several maps of imaginary lands had been loaded. The maps were demarcated into regions, each with a four-letter name. During one learning session, the children were shown these names in place for six seconds. The names then appeared on the map in their correct position six additional times while children stared at and tried to memorize them.

In a separate learning session, region names appeared on a different map in their proper location, then moved to the margins of the map. The children were asked to tap on a name and match it with the correct region, providing in-session testing as they memorized.

A day later, all of the children returned to the lab and were asked to correctly label the various maps' regions.

The results show that, over all, the children performed similarly when they were asked to recall names for the map when their memorization was reinforced by testing.

Continued on page 3...

But when the recall involved the more difficult type of learning — memorizing without intermittent testing — the children who were in better aerobic condition significantly outperformed the less-fit group, remembering about 40 percent of the regions' names accurately, compared with barely 25 percent accuracy for the out-of-shape kids.

This finding suggests that "higher levels of fitness have their greatest impact in the most challenging situations" that children face intellectually, the study's authors write. The more difficult something is to learn, the more physical fitness may aid children in learning it.

Of course, this study did not focus specifically on the kind of active exercise typical of recess, but on longer-term, overall physical fitness in young children. But in doing so, it subtly reinforces the importance of recess and similar physical activity programs in schools, its authors believe.

If children are to develop and maintain the kind of aerobic fitness that amplifies their ability to learn, said co-author Charles Hillman, a professor of kinesiology at the University of Illinois and a fellow at the university's Beckman Institute for Advanced Science and Technology, they should engage in "at least an hour a day" of vigorous physical activity. Schools, where children spend so many of their waking hours, provide the most logical and logistically plausible place for them to get such exercise, he said.

Or as he and his co-authors dryly note in the study: "Reducing or eliminating physical education in schools, as is often done in tight financial times, may not be the best way to ensure educational success among our young people."

Article retrieved from http://well.blogs.nytimes.com/2013/09/18/how-physical-fitness-may-promote-school-success/?_r=0

Statements and opinions expressed in articles, reviews and other materials herein are those of the author and not necessarily the opinions of the Learning Academy.

Personal Health and Fitness with Coach Porter



**For all AVLA students
and their parents!**

WHEN?

Tuesdays and Thursdays,
2:00-3:00 PM

Fall Session begins
Tuesday, September 22

Sign up via your ST

In this course, students will work on:

- Cardiovascular exercise
- Body composition
- Strength
- Endurance
- Flexibility
- Resistance training
- Heart rate monitoring
- Preparing for state mandated Physical Fitness Test
- And LOTS and LOTS of FUN!!!

School Safety—Safety Matters!

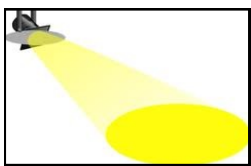


Here at AV Learning Academy, safety matters! You should know we participate in regular, monthly Emergency Drills where the kids practice how to respond and evacuate in an emergency. Every person on site at the time of the drill participates—staff, students, parents, EVERYONE.

To that end, we need you to sign your student in/out every time they come to the resource center for any reason (even if you are staying here with them). This is so we always know who is here at any given time during the day. We appreciate your cooperation with our sign-in/sign-out policy for students on site.

Also, student pick-up is always an area of concern. We **MUST** know if someone other than yourself is coming to pick up your student. You can write a note or call us and if they are not on the Emergency Card, they will need to be. We check IDs for every person coming in to pick up your student other than yourself. Please help us do our best to keep your kids safe while at AV Learning Academy. Thanks!

Finally, all staff will be participating in an Active Shooter Training on November 10th from 12:30—1:30 PM. The learning center will be closed during this time so that staff can focus on the training taking place.



Spotlight On...Learning Resources

Have you checked into your Type to Learn account yet? Type To Learn 4 (TTL4) is a keyboarding program AVLA has purchased for its students. According to Common Core

Standards, students must demonstrate sufficient command of keyboarding skills. TTL4 has over 100 lesson with skills-targeted typing games within each lesson, plus 7 diagnostic, formative and summative assessments. Type to Learn 4 increases the ability to touch type, which is a necessity today. If your child has not logged into their account yet, please speak with your Supervising Teacher about getting your account set up. Some of the learning center teachers are also using it in the classroom!



SCHOOL EVENTS & INFO

FREE Parent Workshop!

This workshop is specifically for parents as the **PRIMARY EDUCATOR**. We will explain the Parent Guides and Assignment Sheets.

What Are These Assignment Sheets Asking Me to Do?

enVision Math
& Digits Math,
Journeys

Workshop takes place
Friday, November 6th
at 10:00 AM
Refreshments will be provided.

This workshop will discuss the following topics:

- * Understanding the assignments and where to find them
- * Utilizing the online resources that go with the curriculum
- * Using the Teacher Guide to support you
- * Get support and answer questions about how to teach these subjects
- * And so much more!

Call 661-952-5520 to sign up
and reserve your spot.

Upcoming Field Trip & Restaurant Night

Please join us at the LPAC!

When: Friday, December 4th

Time: Play starts at 11:00 AM

We will meet at the far west
side of the building at
10:30 AM

Where: LPAC

750 W. Lancaster Blvd

Who: All AVLA families

Cost: \$5 per ticket (student and adult)

Info and RSVP (by Nov. 21st): Annastasia
Johnson at ajohnson@avlearning.org

Permission slip with exact cash for total
number of tickets due by Nov. 20th to the
Field Trip Box.



Please join us for our next Restaurant Night at
Fire Island Grill.

When: Thursday, November 5th
10:30 AM—10:00 PM

Where: Fire Island Grill
40117 10th St. W in Palmdale

20% of the proceeds get donated back to
AVLA!



**MORE
SCHOOL
EVENTS
& INFO**

Youth Incentive Program

Together with *In n Out Burger*, AVLA is celebrating academic excellence! Supervising Teachers are monitoring student progress and participation through December 31st. Then, forty-four students in grades K-8 will be chosen, based on teacher recommendation and then a drawing, to receive a certificate good for a FREE *In n Out* hamburger or cheeseburger. This incentive runs through December 31st. Upon our return from Winter Break, forty-four students will be chosen by random drawing to win the award and certificate.

Drawing will take place when we return from Winter Break.
Winners will be announced in January.

**Contest will be repeated during Spring Semester! You could win TWICE!*



Read to Succeed is an exciting program that encourages students in grades K through 6 to read for fun. Students who complete six hours of recreational reading earn a free ticket to Six Flags! The program is available to teachers and schools at no cost to participate, and it's a great way to motivate kids to read. Search for Six Flags Read to Succeed or go to this website to sign up:

<https://feedback.sixflags.com/rts/default.aspx>

MORE SCHOOL
EVENTS & INFO

No School Wednesday,
November 11th



In honor of

**Veterans
Day**

and all who serve,
**AV Learning Academy will
be CLOSED on**

**Wednesday, November
11th**

*There will be no learning center classes, tutoring or
Resource on Wednesday, November 11th*

*Regular hours and services resume on Thursday,
November 12th*

Thanksgiving Holiday



**Teachers and students are off the entire week of
November 23rd—27th for the Thanksgiving
Holiday. There will be no classes, tutoring, or
Resource the entire week.**

**The office will be open and staffed regular business hours (8:00 AM—5:00 PM)
on Monday, Tuesday, & Wednesday, November 23rd, 24th & 25th should you
have business to attend to. The office will be CLOSED on Thursday and Friday,
November 26th & 27th.**

AVLA PHOTO GALLERY—Field Trip to Underwood Family Farms in Moorpark



October 14th, 2015



AVLA PHOTO GALLERY—Fall Festival

October 28th, 2015

