Dear Parents,

If you ask most students what their favorite subject is, after you tell them that recess is not a subject, they answer PE! Kids really enjoy physical activity and we know that the more we can provide in the school schedule, the better it is for students’ health, emotional well-being, and academic achievement.

The state of California requires that all public schools provide 200 minutes of Physical Education every two weeks. At our school, we have chosen PE as our teachers’ prep time. This ensures that our students receive 60 minutes each week, 120 minutes over two weeks of physical education with our two certificated PE teachers, Kelly Wiskus and Joe Kastorff.

In addition, we have provided recess to students through the day. In TK and Kindergarten, the students have three recesses each day. At first and second grade the students have a morning recess and a recess before lunch. In third – fifth grade, our students have one long recess before lunch. Though most students play at recess time and get additional physical activity, it is not structured fitness time and does not count toward the required number of minutes. We also know that some students spend time socializing and are not engaged in physical activity at the same time.

For this reason, we have now begun a new physical education program, called Impact, that will begin to fill the gap between our physical education program and the required number of PE minutes. The program allows for an additional 20 minutes of physical education time, each time classes participate. Starting the week of January 22nd, we have scheduled weekly participation time for all grades except Kindergarten.

The program is structured so that each class rotates through five Fitness Stations that are 2 1/2 minutes in duration. There is a 30 second rest between stations for the students to rotate. The stations allow for different cardio and stretching activities from hula hooping, to jumping rope, to yoga exercises. It is all set to music so the time flies by. There are hundreds of station cards with the program, and Kelly Wiskus plans to change the stations monthly to give students variety. She and Coach Kastorff teach the station activities to their classes prior to their scheduled Impact day so that students know the correct way to do the exercises.

In the first few weeks of the program, I have heard nothing but positive comments from students and teachers. The kids are enjoying having the brain break and are having fun exercising and playing with their teachers as they go from station to station. The teachers are enjoying the exercise and the opportunity to bond with their students in another way. We’ve also incorporated some time with the new playgrounds, which the students love!

We thank Kelly Wiskus for her efforts to plan the stations, set up and take down equipment for the rotations, etc. It is going very smoothly thanks in large part to her efforts. I also thank the teachers for fitting this into their already tight schedules and their work to ensure that students are using the time effectively at each station. We also thank our district PE resource teacher, Lynn Barnes-Wallace, for training our teachers and supporting our program at the district level.

And I don’t think we’re any closer to having students choose nonfiction reading over PE when asked about their favorite subject . . .

Principal Tripi

Donna S. Tripi, Principal
CHECK IT OUT- THE STORY OF THE LJES LIBRARY

Did you know that before 1998, the LJES Library did not have a permanent home on campus? The LJES library was housed in a variety of different spaces and classrooms, and at one point, it was even placed in a corner of the cafeteria! It wasn’t until the passage of Prop MM in 1998, which provided funds for building school libraries that LJES’s dream of a permanent library structure would begin to be realized. The parents and supporters of the LJES library gave input on the design. When the original library design provided by the district didn’t match the materials or mid-century modern aesthetic of the other buildings on campus, LJES parent-architect, Steve Pomerenke, gave critical input on the design of the building and designed the adjacent ‘Reading Garden’. He also painted the library mural! Parents, staff and members of the community all worked together to raise funds for the new library. An article in the LJ Light led to a naming grant from the Wallner family in honor of their son, Harle Montgomery, an LJES grandparent, provided a generous matching grant incentive. The successful fundraising campaign made it possible for the new library building to be filled with new books and furnished beautifully with oak shelving, tables, upholstered chairs, and the whimsical soft reading area. The library building was opened in 2005, the first new building on campus for over 40 years. With all the library means to us at LJES, it’s important to remember it was the community of parents and local supporters who enhanced this resource and we need to preserve and expand that legacy.

THE JEWEL OF OUR SCHOOL! WE LOVE OUR LIBRARY!

Sitting in the center of our LJES campus is the jewel of our school. Our library is “home” to a collection of over 10,000 books, an essential student resource for information and a center for celebrating literature and the joy of reading. But it is also an essential gathering place for meetings, clubs, classes, workshops, and celebrations in our school community. And don’t forget the yearly Book Fair!

Due to changes in the district staffing policy and to budget cuts affecting the 2017-2018 school year, the district reduced our library support to only one day per week. Our new Library Assistant, Luz Tackett, travels to 5 different schools in the district each week, visiting LJES every Tuesday. Class visits for TK-2nd grade are scheduled on Tuesdays to give these students the opportunity to visit the library and check out books every other week.

Still, keeping the library functioning, managing the collection and maintaining the library space is, in reality, a full time job. We were fortunate to have our former full-time librarian, Marta Thiele (and her dog Cedar!), for the past 12 years - ever since the doors of the new library building opened in 2005.

So this year parents have stepped in to help. We are passionate about our library at LJES! A new PTO Library Committee is working hard to make sure the library stays functional for everyone, 5 days a week. Parent volunteers have stepped forward to staff the library, reshelve books, clean, and maintain the space. New signs and procedures are in place to help all groups, classes, and clubs monitor themselves while using the space to help keep the library in the wonderful shape it is in now. The new open library time, before school from 8 - 8:15am, ensures all students have an opportunity to return or select books for checkout, or just enjoy some quiet reading time.

It is fantastic, and typical of the spirit of LJES, that parents have stepped in to help with the library this year. But it is not an optimal longterm solution. With even more budget cuts looming next year, finding the ways and means for library support will be even more challenging than ever. Without a doubt, the library is an amazing resource for everyone in our LJES community. Something we should preserve, support and celebrate. If you haven’t been in the library recently, please come on by. Drop in with your child to read a book before school! And, if you are interested in volunteering in the library, please contact Sonia Teder-Moore (tedermoore@gmail.com).

LIBRARY MURAL “I-SPY”

Can you find these in the library mural?
Humpty-Dumpty (added last minute by the artist, and Ms. Tripi pretended to “hate it” for her most successful April Fool’s joke ever!)

- The craftily camouflaged outlet cover
- Mathematical Symbol tribute to Maryanne Pye (past PTA president & Super Volunteer)
- Our school mascot, Spout
- A historical figure reading on the beach
- The artist’s signature
- A GIANT
- Two books making an escape!
WHAT IS TEXT NECK?
By Julie Hom, MPT, NCS

My children begged for screen time over the holidays, but once they had that golden iPad in their hands, I noticed they immediately slumped into a poor posture.

I'm a physical therapist, so I was horrified that I could let that happen to my own children's necks and backs. It made me realize that educating parents, kids, and anyone who works with handheld devices (basically the world) could benefit from a review of the best practice and posture.

Why should we be concerned? Research shows that children who spend more than 30 minutes at a time on electronic devices in one sitting are setting themselves up for increased risk of headaches, chronic neck pain, and chronic back pain. In a young, growing body, constant postural positions can lead to permanent changes in the shape of the bones in the spine. In the long run, these changes contribute to postures we commonly call kyphosis (AKA “hunchback”), causing the back to round and the neck to extend. Muscles, ligaments, and tendons all have to overwork in these postures leading to pain, tension, spasms, etc.

Prevention is key! Take a look at the following diagram. Ideal postures have the ears over the shoulders, the shoulders over the hips, and the hips over the ankles (when standing).

Text neck occurs when we look down at handheld devices causing our head to travel forward in front of our shoulders. The human head weighs about a dozen pounds. But as the neck bends forward and down, the weight on the cervical spine begins to increase. Some say for every inch the head tilts forward, the pressure on the spine doubles.

Here are the facts to consider for yourself and your children regarding positioning and prevention:

1. Limit device use to 30 minutes or less in one sitting.
2. Limit the downward movement of the neck. Prop up the iPad rather than look down at it. Gaze down with your eyes instead of tilting the chin.
3. Use desktop computers rather than iPads for major assignments or projects that require longer periods of typing.
4. Encourage children to stretch and move regularly during the day rather than adopting prolonged sitting habits whenever possible.
5. When using handheld devices, ensure using optimal postures that keep the ears over the shoulders and shoulders over hips.
Our annual Family Movie Night was a big success thanks to PTO Movie Night Chair, Elizabeth Tobias, who has chaired this event for the past 2 years. Students and families packed the auditorium to watch Despicable Me 3 and enjoyed treats sold by LJES Fifth Grade Graduation Committee.

The McGrath Family JA BizTown is a 10,000 sq. foot mini-city in which kids discover how the “real world” works. Last month, 99 LJES 5th graders became JA BizTown “citizens,” to work in one of 21 businesses. Throughout the day, they made personal financial decisions, held business meetings, paid taxes, and donated to charity.

To prepare for the day, students prepared ahead of time in their individual classes to learn how to be a citizen, how an economy works and how to run a successful business. Jobs ranged from BizTown mayor to bank tellers to city judge. Each student citizen got paid, managed a checking account and had a chance to purchase retail items, get a health checkup and much more thru the 4.5 hr simulated work day experience. This interactive, project-based program taught our fifth graders the importance of becoming a successful professional within the community. Special thanks to the parent volunteers who helped run various stations.

Pirates from Grammar Island the musical was performed by Ms. Skommesa and Ms. Polen’s 3rd grade classes this February. Instead of finding gold to fill treasure chests, these grammar pirates were in search of good grammar and good grammar is what they found. The characters included commas, types of sentences, synonyms, antonyms, and officials that keep all the words that begin with capital letters. There were pirates that couldn’t form complete sentences and the pirates were tasked to get the subjects and verbs to agree. Adventure abounded by punctuation pirates who steal people’s punctuation and scouts who were looking for nouns and verbs. There were adjective librarians and even their very own queen of pronouns. It was an incredible experience that mixed learning and fun.

Students were ecstatic to start the new year with brand new playgrounds which were completed in January. Ms. Tripi commented “The playgrounds are done and are beautiful. The students are really enjoying the new structures. They are larger with more areas to play and more to do. They are now ADA accessible. We are also pleased with the new surface underneath the equipment. It is seamless and more cushioned than the previous playgrounds. It should cut down on student injuries.” Students also gave the playgrounds rave reviews!

Yearbook lovelines are a wonderful way to preserve a special message to your child. You can choose a text only option or add a picture. Purchase lovelines thru the online LJES PTO store, then send the text/photo to Erin Harris at runnergrl@gmail.com within 48 hours of your purchase. Final deadline to purchase and submit is February 28, 2018!!!
PIRATES FROM GRAMMAR ISLAND

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NEW PLAYGROUNDS!

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MAKE YOUR MARK

LJES Student Art Exhibit
Visual and Performing Arts
Opening Event
Friday March 16 from 4-6pm
Featuring Choir + Drama Performances
Special Outdoor Installation by the 5th Grade
Brought to you by the LJES PTO
Chess Exhibits On View thru 3/23 in the Auditorium
Hailers by Summer and Zach
LA JOLLA OPEN AIRE MARKET – IT’S FEBRUARY...SHARE THE LOVE!

Take a stroll through our market on Sunday and you'll find endless examples of Love....

Above: LJES 5th grader Cooper Smith ♥'s Belinda's Cocina.

Above: We all ♥ these beautiful blooms!

Above: This lovely customer ♥'s her morning coffee and pastry.

Center: LJES 5th Grader Sunjana Reddy ♥'s Fresh Fruit Cups.

Center Far Right: LJES Parent Nithin Reddy ♥'s fresh kale and strawberries.

Bottom Center: Kettle Corn Vendor George ♥'s his fresh cilantro and carrots.

Bottom Far Right: LJES Alum Gigi Cooper ♥'s SoCal Beach Ice.
I love a wild night! I love a party no one wants to leave because it’s just THAT good. For me, the best nights are spent laughing with friends and strangers, and they almost always include an impromptu dance party. Whether it’s a late-night dinner or an all-nighter at Coachella, it’s got to be a little wild to be worth the loss of sleep. Because, like you, I have somewhere to be in the morning. And this year, my co-chair, Wendy Marchbanks, and I are planning a party you’ll want to lose sleep over.

On behalf of Wendy, the gala committee and our fearless leader, Angie Tetmeyer Yazici, I ask you to join us this Spring for a raging good time. Let’s celebrate the adventure!
- Nicole Peck (99% Responsible, 1% Ridiculous)

Let your free-spirited self take over and join us for the bohemian bash of the year. Tickets are on sale now at www.bidpal.net/ljesgala/ticketing

April 21, 2018
6:00pm until Midnight
Farmer & The Seahorse
Boho Chic Attire
Activities We’re Stoked For
Dancing (Just say, yes!) • Craft-cocktailing
Mobile Bidding (silent auction) • Lounging by the fire

Support Friends of LJES by attending this light-hearted yet purposeful gathering, and be inspired to give to a cause that fosters experiential learning and an enriched education for each child at our school.

There are many ways to help with this year’s gala!

• Donate a bottle of wine! All donated wines will be added to the gala “Wine Cellar”, which will be auctioned off to one lucky winner at the gala on April 21. If you can donate one or more bottles, we ask that the price be roughly $25 per bottle or higher. To donate, simply label the wine (your name on a piece of masking tape will work), and deliver the bottle(s) to the front office.

• Support your classroom artwork and baskets

• Underwrite a portion of the event

• Get your party on! Host an LJES Social

• Donate an item or experience to the silent auction. Visit www.friendsofljes.org/gala-auction-donation-form to complete an online donation form or contact Nicole Peck and Wendy Marchbanks at LJE Sao@ gmail.com.

Whenever you go, go with all your heart
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