

PARENT BULLETIN

A weekly newsletter for parents, students, staff and
volunteers at
PINE HILLS ADVENTIST ACADEMY

Issued November 15, 2019



Principal's Message:

Dear Parents,

As parents and guardians, you expect your child to have a safe and positive experience. As teachers and administration, we want all of our students to feel safe and welcome at our school too. We are working hard to prevent bullying and to stop bullying if it happens. For the last two weeks I have shared some tips for supporting and talking to your child about bullying. This week, I have two final tips to share.

What can I do to support my child who is being bullied?

- Spend time trying to find out more about the situation. Don't ignore it. This sends a message that bullying is okay or something that he/she just has to get through.
- Don't ask your child what he or she did to deserve it. It's never the bullied child's fault. Ask your child to describe what happened, where the bullying took place, who was involved, and if there were any witnesses. Write down the information.
- Even if you don't agree with the way your child handled the situation, don't criticize him or her during this first conversation. Discuss other ways of handling a bullying situation later.
- Tell your child he or she was right to let someone know. Thank him/her for talking to you.
- Try to stay calm. Don't make negative statements about the bullying child. Think carefully about what you're going to do.
- Tell your child that you will need to talk with his/her teacher.
- If your child asks you not to tell, explain what happened was against the rules and you're worried the bullying will continue if adults at school don't know about it. Never promise your child you won't tell. Working with the staff is an important step to getting the bullying to stop.

Here are some suggestions you might give to your child to deal with bullying in the future:

- Leave the situation if you can. Walk away.
- Find others who are friendly and stay with them.
- Try to keep your emotions calm... breath deeply.
- If someone is hurting you, yell for help from an adult.
- Don't try to get back at the person who is bullying you.
- Tell an adult you trust and your parents.
- If the adult doesn't listen, keep telling adults until you find someone to listen.

Some children who are bullied behave in ways that irritate others. These children may need help with social skills to help them interact better with peers. If this is the case for your child, you might get some help from a counselor or mental health professional about how to help with this behavior.

What can I do if my child bullies others?

If a teacher contacts you about your child's bullying behavior, it's important to take it seriously. Although it may be hard to accept, acting quickly will help the bullied child as well as your own. Listen carefully. Don't immediately defend your child's actions. This is an opportunity to help

your child learn some positive ways to relate with others. Here are some things you can do:

- Work with the staff to send a clear message to your child that you're taking the bullying seriously and it must stop immediately
- Set clear and simple rules within your family for your child's behavior. Give positive attention when your child is following the rules and use nonphysical and logical consequences when rules are broken. Be consistent with consequences when they are given.
- Spend lots of time with your child. Talk and listen to him or her. Keep track of his or her activities and behavior. Know who his or her friends are and where he or she spends free time.
- Encourage your child to spend time with kids who are positive influences and who bring out the best in your child.
- Build on your child's talents by keeping him or her involved in positive activities such as clubs, music and sports.

(Information presented comes from the Parent Guide For Bullying by the Hazelden Foundation, 2014)

Your partner in Christian education,
Joe Fralick

Looking for the perfect Christmas gift? We might have just what you need!



5/6 Grade are selling God's Creation calendar's. Wouldn't they make a nice Christmas gift? Stop by the office or contact your favorite 5/6 grader to order your gifts by December 2nd. The funds raised will help to reduce the cost for Outdoor Education at Leoni Meadows.

Grades 2-8 have has some amazing art that would make the perfect gift for grandparents! Check it out at www.cafepress.com/PHAAstudentart. Also beautiful student-made note cards are being sold in the office for \$3 each, or \$5 for two, or \$10 for five. Please stop by to look at your child's cards. All money collected goes towards buying art supplies.

See's CANDIES.
2019 Winter Fundraising

<p>Assorted Chocolates Milk and dark chocolates. Delivered in seasonal wrap. 1 lb \$21.00 #50318 2 lb \$42.00 #50319</p>	<p>Milk Chocolates Pure milk chocolate goodness. Delivered in seasonal wrap. 1 lb \$21.00 #50326</p>	<p>Dark Chocolates A taste of cacao in every bite. Delivered in seasonal wrap. 1 lb \$21.00 #50330</p>
<p>Nuts & Chews Tasty, crunchy and chewy. Delivered in seasonal wrap. 1 lb \$21.00 #50334 2 lb \$42.00 #50335</p>	<p>Truffles Wonderfully decadent and rich. 1 lb \$23.90 #902</p>	<p>Assorted Peppermints Treaty mint treats in milk and dark chocolate. 8 oz \$10.50 #358</p>
<p>Assorted Lollipops Vanilla, Butterscotch, Caramel and Chocolate. Approximately 30 lollipops. 1 lb 5 oz \$20.00 #296</p>	<p>Peanut Brittle Buttery, crunchy and irresistible. 1 lb 8 oz \$20.80 #355</p>	<p>Assorted Molasses Chips Crispy wafers covered in milk and dark chocolate. 8 oz \$10.50 #360</p>
<p>Santa's List Box The ultimate stocking stuffer! 4 oz \$7.50 #9668</p>	<p>Mini Snowflake Assortment An irresistible treat. 4 oz \$7.50 #9673</p>	<p>Toffee-ettes® Crunchy toffee, milk chocolate and almonds. 1 lb \$21.00 #316</p>
		<p>Gift Certificate For use at any See's Candies shop. 1 lb \$21.00 #787 (non-refundable continental U.S.) 1 lb \$22.90 #789 (refundable Hawaii)</p>

Seniors are selling yummy SEE's CANDIES! Find a Senior or stop by the office to order by December 2nd! Funds raised will help the seniors get to Washington DC for their Senior Trip!

Our school and office will be closed during our **Thanksgiving Vacation**, November 25-29. We encourage you to enjoy this extra time with your family!



Lost and Found is going, going, gone! All unclaimed items will be donated December 20th. Please make sure your child isn't missing anything. There are many unlabeled jackets, pants, shirts, water bottles, and much more!

PHAA VEGE STORE always open

It's NOT TOO SOON...

Be sure to get your Dinner Roasts, Turkey Loaf, and gravy too!

The Holidays are fast approaching!

In addition to credit card payments, **we can now accept a personal check as online payments** too! Using a personal check to pay instead of a credit card offers savings in processing fees to the school! The school benefits by you paying with a personal check instead of a credit card. Before you begin the payment process, make sure you have your checking account number and 9 digit routing number available. See the sample picture below.



*If you are paying an invoice or bill, please make sure you enter the invoice number along with your personal checking account or credit card information for proper tracking of your payment. For additional assistance, please **contact** our office at 530.885.9447.

Thank you for your tremendous support!

During this Thanksgiving season I want to mention my gratitude for the wonderful parental support at our school. Last Saturday, during the Fall Food Festival, there were so many parents who were actively involved in the game booths, concessions, and clean-up. I also appreciate all the time and effort that our Home & School organization along with the support of our room parents spent in planning and executing this event. Thank you for your involvement! The time that you

VINTAGE CARNIVAL TICKET BREAKDOWN
2019

CLASS	SOLD	TICKETS	TOTAL	-%10	CLASS FUND
KINDER/IST	POPCORN BALLS	420 TICKETS	\$210	(521)	\$189
2 nd /3 rd	PASTRIES	883 TICKETS	\$441.50	(544.15)	\$397.35
4 th GRADE	STRAWBERRY, BROWNIE SKEWERS	301 TICKETS	\$150.50	(515.05)	\$135.45
5 th /6 th	INDIAN FOOD	1254 TICKETS \$10 CASH	\$637	(563.70)	\$573.30
7 th /8 th	SIDES (437)/BALLOON POP GAME (760)	1,197 TICKETS	\$598.50	(559.85)	\$538.65
FRESHMEN	FRENCH FRY BAR (628)/KNOCK'EM DOWN (400)	1,056 TICKETS	\$528	(552.80)	\$475.20
SOPHOMORES	MACARONI BITES (448)/RING TOSS(548)	996 TICKETS	\$498	(549.80)	\$448.20
JUNIORS	PUPUSA PLATE (570)/JOUSTING GAME (459)	1,022	\$511	(551.10)	\$459.90
SENIORS	CORNDOGS (2217)/KISSES (1079)/JAIL (673)/MAZE (1417)	5386 TICKETS	\$2,693	(5269.30)	\$2423.70
ATHLETIC DEPT	FILIPINO FOOD	591 TICKETS	\$295.50		\$295.50
ART	FACE PAINTING	103 TICKETS \$15 CASH	\$66.50		\$66.50
MISSIONS/OUTREACH	CREPES (816), DUNK TANK (1,014), JUMP HOUSE (188)	2,018 TICKETS	\$1,009		\$1009
H.S TRIP ROAD TRIP	DRINKS	1,923 TICKETS \$3.00 CASH	\$964.50		\$964.50
HOME AND SCHOOL	ROCK CLIMBING WALL	134 TICKETS	\$567		\$567

invest communicates to our children that they are important and valued! It would be impossible for us to do all the extra-curricular events that we have planned on our calendar without the support of involved parents. Thank you for giving the resource of your time! Our students are blessed because of it! May you and your family have a blessed Thanksgiving vacation! - Mr. Joe Fralick

The mid-term check point for second quarter is next Friday, November 22.



Taco Bell Tuesday. Burritos can be purchased for \$2.50 each. Order forms will be available in the lobby on Tuesday morning or you can use the [online order form](#). This fundraiser is sponsored by the senior class.

Hot Lunch for Wednesday, November 20th will be Pasta Bar. Students can bring \$5 or parents may choose to give their child permission to bill their account. This fundraising lunch is sponsored by the Freshmen class.



Pizza hot lunch will be on Thursday, November 21st. Pizza is \$2 a slice. Order forms are available in the lobby on Thursday morning, or you can use the [online order form](#). All profits go to the music department.

All School Calendar At-A-Glance

- Nov 15-16 MBA Friendship Games
- Nov 18 Varsity Basketball Scrimmage
 - 5:45 Ladies vs John Adams at PHAA
 - 7:00 Mens vs New Life at PHAA
- Nov 21 Grades 2/3 Field Trip
- Nov 21 Grades 7/8 Field Trip
- Nov 22 K-3 Thanksgiving Feast
- Nov 22 High School Thanksgiving Feast
- Nov 22 Midterm Ends
- Nov 25-29 NO School – Thanksgiving Break / Office Closed
- Dec 2-3 Quarter Begins
- Dec 2 Grades 2/3 Field Trip
- Dec 2 Varsity BB @ EAS 6pm
- Dec 3 NHS Field Trip
- Dec 6 8th Grade Vespers



This Week's Student & Staff Birthdays:

- November 18th- Giovanna Burgos
- November 18th- Kellyn Haggerty
- November 22nd- Jazmin Diaz
- November 26th- Travis Murphy
- November 26th- Alice Murphy
- November 28th- Mickey Quirarte

Elementary Elements:

News & Information for Grades K-8



K/1 grade class (Pilgrims) will be inviting the 2/3 grade class (Native Americans) to a special thanksgiving breakfast Friday, November 22nd. The students will be making costumes and table decorations, sharing pumpkin waffles, scrambled eggs, tater tots, fruit and presenting a special song. We are thankful for our wonderful students and their families!

High School Happenings:

NEWS AND INFORMATION FOR GRADES 9-12

The high school students will be having a Thanksgiving Feast on Friday, November 22nd. The menu is as follows: Roast, **mashed potatoes**, stuffing, salad, sweet potatoes, corn, bread, dessert & bottles of Martinelli's. We need parents to **sign-up** to bring one of the above mentioned items. Thanks for your help!



The Student Association is planning A Vintage Christmas Banquet for all high school students on December 8, 2019 from 5:00-7:30 p.m. at the General Gomez Arts and Events Center in Auburn. It will be the guys turn to ask the ladies. The cost is \$25 per person which should be paid in the office. The attire is formal (with a 1940's twist being optional). Please refer to the dress code guidelines below before purchasing your child's attire for the evening.

Sports Spotlight:

NEWS AND INFORMATION FOR ATHLETES IN GRADES 5-12

MBA Volleyball Friendship Rally: Twenty-one of our high school students are traveling to Monterey Bay Academy today to participate in their annual Volleyball Friendship Rally. This is not just a weekend that is immersed in volleyball, but it is ultimately about fellowship with students from other Adventist schools. If you have not yet made your child's payment of \$50, please do so as soon as possible.



Basketball season has started. Practice sessions are as follows:
Jr. High Boys: Tuesdays & Wednesdays from 3:30-4:30
Jr. High Girls: Mondays & Thursdays from 3:30-4:30
Varsity Boys: Sundays & Mondays from 5:30-8:00



Sports Calendar: For your convenience, our athletic director, Brad Ludwig, has created a Google Calendar just for sports events. You can access the sports calendar with the button below. Since this is the beginning of the school year, the sports calendar is considered tentative. It will continue to be updated as games are added and practice times are confirmed.

Also, if you have a Google account and would like to add the sports calendar, follow the instructions below. After the school year begins and the calendar is more established, you might want to change the notifications under "Settings" so you can be aware of changes or cancellations in the sports calendar.

RESOURCES:

Quick Access to Useful Links

[Visit our website](#)

[FACTS \(District Code = PH-CA\)](#)

[SCHOOL CALENDAR--Click Here](#)

[SPORTS CALENDAR--Click Here](#)

Do you have a Google account and use Google Calendar? If so, you can add the school calendar and/or sports calendar by following these steps:

1. [Login to your Google account and Open Google Calendar.](#)
2. Open the school calendar and/or sports calendar with the buttons above.
3. In the bottom, right corner of the calendar screen(s) you opened click the "+ Google Calendar" icon.
4. Click the "Add" button to add the open calendar to your Google Calendar.



PINE HILLS ADVENTIST ACADEMY

Website: www.phaaonline.com

Phone: 530.885.9447

Email: office@phaschool.org

Online Login: **FACTS Family Portal** (District Code = PH-CA)