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# Alexandria Avenue School Parent Newsletter

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Issue 3  
November 20, 1998

## Letter From The Principal

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Dear Parents:



I would like to wish all of the Alexandria Family Members a very happy Holiday Season. The school's Winter Holiday Programs are scheduled for the month of December and your children may participate with their classmates or as members of the chorus led by Mr. Tom Armbruster our music teacher. We may need your assistance in creating some of the costumes and decorations for these Holiday Programs so you might receive a phone call or letter from your child's teacher. This is a good time of year to be involved in the classroom and at the school!

Thanks to all the efforts of the parents and community members, the city will now place a traffic signal near the intersection of Normandie and Rosewood Avenue! Many of our students do come to school from that area of the community and have found it difficult to cross the street on Normandie. The representatives from Councilwoman Jackie Goldberg's office attended the Parent Advisory Council Meeting in October and informed us that the city also conducted a study which measured the amount of traffic on Normandie Avenue and agreed that it is a high traffic area. We hope to have this new traffic signal in place shortly and I thank all of you for your efforts in making this a safe route for our students.

At this same parent meeting, the parents were informed about a new Community Garden which will be established on a vacant lot on Heliotrope and Rosewood Avenue. As we receive more information about this Community Garden, we will pass it on to you.

I also want to inform you about the changes in our school's administration. Dr. Terry Campa has been selected as the new principal of O'Melveny Elementary School and Mrs. Lupe Inabu as the new principal of Glen Alta Elementary School. We wish them success in their new assignments and congratulate them on their promotions.

Happy Holidays to you and your families.

Sincerely,



Carol Labrow  
Principal

## Letter from the Cluster Administrator

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Dear Principals, School Staff and Parents:

At this time, I have great news to share with you.

First of all, I take great pride in informing you that the Belmont Cluster met all of the **Superintendent's Nine Improvement Indicators**.

This tremendous achievement became possible because of your commitment, hard work and dedication to our students.

Secondly, in our academic area, Belmont was the Cluster with the highest Third Grade Literacy. Also, it was the most improved in student achievement, based on the norm referenced test results.

It is common knowledge among educators that our efforts are judged mainly by norm referenced test results. Therefore, we are to hold our heads high and rejoice in all our achievement. The Belmont Cluster has done well in all indicators including norm referenced tests !!!

Together... Juntos, we did it!

I extend to all of you my most sincere gratitude and... Congratulations!

Sincerely,  
Marta L. Bin

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## Vending Machines Powerade, Frutopia & Water Bottles

Attached to the outside of the Labrow Building, there are three vending machines which have bottled drinks for our students: Powerade, Frutopia and water. These drinks sell for 75 cents. Several students who wish to buy these drinks are sent to school with \$5, \$10 or \$20. The machines cannot accept these large bills and the cafeteria and school office do not have the capability of making change for these students. Another problem for many students is that the dollar bill slot on the front of the machine is at a high level and they cannot reach it in order to slide in the dollar bill. We ask that all students who wish to buy these bottled drinks bring the exact change needed to purchase the drinks. These vending machines do accept coins. We appreciate your cooperation and assistance.

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## Asbestos Inspection Abatement Activities

Every six months, specially trained personnel will visit our school to check the condition of any asbestos-containing building material. A copy of the inspector's written report will be included in the school's Asbestos Management Plan. Minor asbestos abatement work may be performed due to normal maintenance activities during the coming year. Any large scale abatement, if such occurs, will be preceded by a specific notice at that time. All abatement work will be followed by a report of such activities and will be included in our Asbestos Management Plan, which is available in the main office for review.

## What Consumers Need to Know about Juice Safety

### Know the Facts:

Juices may often look alike but there is a difference between pasteurized and unpasteurized juice.

When fruits and vegetables are made into fresh-squeezed juice, harmful bacteria that may be present can become part of the finished product. Most juice in the United States, 98 percent, is pasteurized to kill harmful bacteria. The remaining two percent of juice sold is unpasteurized. Unpasteurized juice may contain harmful bacteria that make some people sick.

To help consumers identify unpasteurized juice and cider, the Food and Drug Administration is requiring a warning on these products.

### Know the Answers:

#### Why is "WARNING" information needed now?

Recent serious outbreaks of food borne illness have been traced to the drinking of unpasteurized juices. The warning information is to help consumers decide whether to buy unpasteurized juice.

#### Why are some people more likely to get sick from drinking unpasteurized juice?

Most people's immune systems can usually fight off the effects of food borne illness. Children, the elderly and people who have significant health problems or those whose immune systems are weakened, risk serious illness or even death if they drink juice or cider contaminated with harmful bacteria.

#### What can I do if I can't tell if the juice or cider I've purchased is pasteurized?

If you or someone in your family is in one of the high-risk groups and you cannot determine if a juice product has been processed to destroy harmful bacteria, either don't use the product or bring it to a boil to kill any possible harmful bacteria.

#### Where can I get more information about food safety?

Call FDA's Food Information Hotline: 1-800-FDA-4010 or check FDA's web site: <http://www.cfsan.fda.gov>

### Know What to Look for When Shopping

Juice that is pasteurized may not say so on the label. Follow these guidelines for selecting juice products.

**Unpasteurized Juice** is normally found in the refrigerated sections of grocery or health food stores or at cider mills or farm markets. Unpasteurized juice should have warning information on the label or on a nearby sign:

#### **WARNING**

This product has not been pasteurized and therefore may contain harmful bacteria that can cause serious illness in children, the elderly and persons with weakened immune systems.

This warning information will appear either on product labels or on signs located near where the juice is sold, beginning on September 8, 1998, for apple juice and cider. Beginning in November 1998, for all other juice products. By November 1999, all unpasteurized or untreated juice products will contain the warning on the label only.

**Pasteurized Juice** is normally found as frozen concentrated juice or in non-refrigerated shelf-stable containers, such as juice boxes, bottles or cans. Pasteurized juice can also be found in the refrigerated sections of stores.

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## Developing Responsibility in your Children\*

In years past, children had to help with the family business or on the farm. They often had to watch younger brothers or sisters. Today, some children seem to have no responsibilities at all. They can watch as much television as they want. They can stay out as late as they want—even in elementary school! They wait to do their homework until their parents nag them or they don't do it at all.

Then these children become teenagers, faced with making responsible decisions and they don't know how to make responsible choices because they've never had to make them. Children need to learn responsibility. As a parent, you have a critical role to play in helping your child become a responsible adult.

Here are a few ways that parents can build this skill in their children:

- Make sure your child learns that actions have consequences. Let your child see the results of his actions. For example, if he completes his homework, he may watch television. Or if he is late for school, he has to go to bed earlier.
- Don't make it easy to forget. If your child has forgotten the homework, do not rush out to pick it up or return it.
- Set aside a special place for your child to keep everything he takes to school. Have your child choose a place for the box. Every afternoon, his first job is to place all school items in the box. In the morning, the box is the last stop before heading out the door.
- There is a lot of work involved in keeping a household going. Children can and should assume some of the load. When everyone pitches in to share the work, you will have a happier family and more responsible children.

The best way for parents to build responsibility in children is by giving them responsibility and helping them to see the consequences of their actions.

\*From "25 Ways Parents Can Build Responsibility in Children... and Help Them Do Better in School" published by the Parent Institute.

