



Zellerbach Zebras



From your PTA

WOW! What a great start for the school year and a great Back to School night! Thank you for all who signed up on our volunteer sign ups and for PTA. The PTA has so many events and programs planned for the new school year, and we can't do it without you. We hope to see you at the first PTA meeting on Tuesday, October 14 at 7 p.m. You do not need to be a PTA member to attend. However, if you haven't yet signed up for PTA, don't worry, we are always collecting memberships.

If you have any questions or concerns please contact one of the PTA board members.

Co-President	Zoe Clow	834-2569
Co-President	Michelle White	834-6406
Secretary	Amy Avino	833-9315
Treasurer	Shannon Huckvale	834-7151
Membership	Keli Aerni	954-5534
Volunteers	Molly Geaslen	833-1793
Newsletter	Kim Demmon	210-4538

Phone Directory

We're excited to produce our first ever JDZ school directory this year. This directory is for you the parents...and of course the children. We are hoping to fill it with as many names and numbers as possible, so please remember to turn in your forms with all your information to the Office by Oct. 14. Additional forms are available in the Office.

Please contact Zoe Clow at 834-2569 with any questions.

Coffee and Conversation

Join us in the Library on the first Monday of each month to chat with Patricia Erdmann. This is a great time to get to know our principal, voice any comments or concerns, and get the most recent news from the heart of our school! Coffee, tea and juice will be provided.

The PTA is looking for volunteers to plan and coordinate Kindergarten Reading Night and Dinner, October 20. We need volunteers that do not have a child in Kindergarten. Contact Molly at 833-1793

Calendar of Events

Thurs., Sept. 11	Payback books fundraiser begins
Thurs., Sept. 11	Reflections Art Contest begins
Mon., Sept. 15	Fifth Grade Curriculum Night, 6:00-7:00 PM
Tues., Sept. 16	Second Grade Curriculum Night, 6:00-7:00 PM Third Grade Curriculum Night, 7:00-8:00 PM
Thurs., Sept. 18	Fifth Grade field trip to Columbia River Watershed Festival
Thurs., Sept 18	Camas Roots Garden Meet and Greet 5:00 PM
Tues., Sept. 23	Picture Day! Kindergarten Curriculum Night, 5:00-5:55 AM classes 6:00-7:00 PM classes
Thurs., Sept .25	Fourth Grade Curriculum Night, 5:30-6:30 PM First Grade Curriculum Night, 6:00-7:00PM
Thurs., Oct. 2	Vision Screening (K, 1 st , 2 nd , 3 rd , 5 th) Scoliosis Screening (5 th)
Mon., Oct. 6	Coffee & Conversation with the principal 9:00-10:00 AM
Fri., Oct. 10	NO SCHOOL State Inservice Day
Tues., Oct. 14	PTA General Meeting, 7:00 PM Library
Wed., Oct. 13	Reflections Art Contest (projects due)

For more details on events at JDZ, go to www.camas.wednet.edu

Counselor's Corner

April Marvin
School Counselor
J.D. Zellerbach Elementary
(360) 833-5710

Here in Camas, we have a team of 5 elementary school counselors. As a group we would like to share information with you in each of our school newsletters. This is the first installment. With the start of school, we thought we would share some information on anxiety and how to deal with it. If you have any questions, contact your child's school and ask to speak to his/her school counselor. Have a great year!

Anxiety, What is normal?

It is probably safe to say that every child has anxiety in varying degrees. As a parent, then, how do I decide what is normal? More importantly, what can I do about my child's anxiety? Anxiety in children is not only normal but necessary. It can prepare them to handle some of life's unsettling experiences and changes. The nature of anxiety changes as children grow and develop from the stranger anxiety of a baby, to monsters and ghosts, fear of the dark, going to school, taking a test, and/or trying new things. Signs of anxiety may be such things as problems sleeping, nervous twitches, sleeping longer than usual, becoming impulsive or distracted, sweaty hands, accelerated heartbeat and breathing, nausea, headaches, and stomachaches to name a few.

How do I know if it is normal? Ask yourself, is what my child is experiencing typical for his or her age? How long has it been going on? Is it interfering with daily functioning? Does it seem unreasonable to the reality of the situation? If a pattern is persistent for longer than six months and/or starts leading to anxiety in more places than one or two, it is probably time to talk to a trusted professional.

What can I do to handle normal anxiety? First, recognize the anxiety as real even if it seems trivial to you. Never belittle the anxiety by saying such things as "don't be ridiculous." Give your child the space to talk about the source of the anxiety. Listen and support your child through teaching coping strategies. You can have your child rate the intensity of the anxiety on a scale of 1-10 to help him/her be able to see that the anxiety is less intense than first imagined. Other coping strategies are: relaxation techniques; story telling about how another child was anxious and learned to calm down; looking for books at the library to model a path your child can choose, or ask your child what might help them to deal with the anxiety.

The most important thing to remember is **don't cater to the anxiety**. For example, if your child does not want to go to school, take him/her anyway and drop them off. Your goal is to listen, support, teach coping strategies, and help your child to notice how time and practice helps them conquer difficult situations. Someday, they will have anxious times as an adult and we want them to know how to make it to the other side. Each of us, as counselors, is trained to help your child deal with this situation. Don't let the anxiety alter your child's daily functions and if it does, then seek professional help. If you get anxious about your child's anxiety it will make the situation worse. Anxiety is normal and necessary. Let us know if we can help.



Refelctions ~ WOW!

JDZ PTA Announces the 2008-2009 Reflections Program "Wow!"

Take a photo, draw, paint, write a story, song, or poem that reflects this year's theme—"Wow!", then enter your ORIGINAL work in the PTA Reflections Art Program.

The Zellerbach PTA Reflections program is part of a national art program that provides opportunities for children to express themselves and receive positive recognition for their artistic efforts. Award winning entries will be sent on to the state and, possibly, national level programs. In 2006, a JDZ second grader went to the state level!

Each entry must be the original work of one student only that addresses this year's theme—"Wow!" Help from an adult or another student is not allowed. Entries are judged on creative ability and interpretation of the theme.

Entries are accepted in four areas:

- Visual arts: must be flat (max. 3/8 in.) and mounted on heavy paper or sturdy mat (no frame), maximum dimensions 24x30 inches
- Photography: must be mounted but not framed, maximum 11x14 inches
- Literature: fiction, non-fiction, poetry; limit 2,000 words
- Musical Composition: submit on cassette or CD, limit 5 minutes

Entry forms and complete rules for the Reflections program are available online at www.wastatepta.org/programs/Reflections/reflect.htm and on the PTA bulletin board, or you can request a copy by contacting Missy Shepherd at missy.steeltek@comcast.net or 834-7692.

All entries are due by 9 AM on Monday, October 13



CEF Auction

CEF (Camas Education Foundation) <http://www.cefcamas.org/whoweare>

The Camas Educational Foundation was founded in 1997 based on the belief that partnership between community and schools is the most certain means to achieve excellence in education. We are a non-profit volunteer group of parents, educators, and community members dedicated to raising money and awarding grants in support of academic enrichment programs impacting over 5,000 students in the Camas School District.

The 10th annual auction is **October 11**. If you would like to be a part of making this a Magical Night, we are in need of people to set up silent and live auction, item retrieval or clean-up at the end of the evening. If interested, call Brenda Snell at 834-4416 or email at mbsnell92@comcast.net. In addition, if you are affiliated with a company who would like to donate items for the auction, let Brenda know as well.



Box Tops and Campbell's Soup

Campbell soups labels. QFC is doing a promotion the month of September. ***If you purchase 8 of the following products***, you will receive a **200 bonus label receipt** in addition to the UPC from the products. Please deposit them in the Campbell Soup bucket in the lobby.

Campbell's
Chunky
SpaghettiO's
Select Harvest
V8 Splash
V8 soup
Prego
Pepperidge Farm
Swanson
Franco American



We also collect BoxTops.
Students can turn them into
their teacher.
Thank you!



Payback Books

\$20

\$10 will go to JDZ

Our Payback Books fundraiser is in full swing!

Payback books are full of local discounts on fine dining, casual and fast food, shopping, movies, local attractions and lodging. Payback books sell for only \$20.00 – with \$10.00 from each book going directly to our school. Funds raised from the sale of a Payback Book will be used for PTA sponsored events, curriculum enhancements, teacher grants, etc.

We are hoping that each family will buy at least one book as we are not encouraging children to sell them door-to-door. Collection envelopes are due by September 24. Checks should be made to JDZ PTA.

Fundraisers like this are what enabled the PTA to donate \$100.00 to each teacher before school started. We all know that teachers spend money out of their own pockets for items they feel would benefit our children that are not supplied by the district. Thank you for your support.

Family Time Ideas!



Free Family Fun at the Water Center Sept. 13 & 14

Coming! A special Second Saturday, September weekend featuring the 2008 **Columbia Flyway Wildfowl Show**, with exquisitely hand carved birds and animals by some of the best in the West and Canada.

Free admission!

Second Saturday: 1-3 p.m., Sept. 13, with activities including carved bird painting.

Flyway Show: 10 a.m. to 5 p.m., Sept. 13,
10 a.m. to 4 p.m., Sept. 14

Location: Water Resources Education Center
4600 SE Columbia Way, Vancouver

Contact 360-487-7111 or www.cityofvancouver.us/watercenter

Ginger May, Educator email: gim-ger.may@ci.vancouver.wa.us



Get involved in the Camas Roots Garden!

The Camas Roots Garden, located behind JDZ, is bursting with organic produce and learning opportunities for our kids. If you would like to get involved, let us know. No gardening experience is necessary and time commitment is flexible to meet your schedule. Contact Sidne Kneeland at Sidne.Kneeland@camas.wednet.edu or Elisa Wells at info@camasroots.org or 833-0925, or join us at our next meeting:

Wednesday, September 17, 5:00 PM
JDZ Library