

October 13, 2023

### LETTER FROM THE PRINCIPAL

Dear Families,

The Walk a Thon is next Friday and we are looking forward to this fun, healthy community building event. If you are not volunteering, you are welcome to watch from the lunch eating area. Please donate and encourage your friends and relatives to help us out too.

Warm regards,  
Patrick Eagle



### PTO UPDATE

Walk a thon is next Friday, Oct 20! Parents are welcome to join in on the fun. There are still opportunities to volunteer or just come as a spectator! TK/K will walk from 1:15-1:30, 1st-3rd will walk from 1:15-1:45, and 4th-6th will walk from 2:15-2:45. If you come please remember to get your child from the front of the school at the end of the day, not off the course. This will help all of us keep everyone safe and accounted for. Remember that pick up may take a little longer than normal so please keep that in mind. The pledging website is live, don't forget to share with family and friends. We are nearing our goal and every little bit helps.

[Walk a thon pledge site](#)

Don't forget to follow our social media accounts for school and PTO updates:

Facebook: San Miguel Site PTO

Instagram: @smeagles\_pto

### ENGINEERING DAY AT UC BERKELEY FOR K-3

Engineering Day is an exciting Halloween themed outreach event where K-3rd graders of all genders (and their parents/guardians) have the opportunity to participate and learn about STEM as we guide them through hands-on science experiments, talks with student engineers, lighting talks with showcases, and fun arts and crafts. We encourage everyone to dress up in costumes as there will be a photobooth!

Engineering Day 2023 Program Information:

- Date: Saturday, November 4, 2023
- Time: 10am - 12pm
- Location: UC Berkeley campus
- Registration Link:  
<https://forms.gle/r5QNP9PpYoTsp5cp9>
- Free of Charge!
- Registration Deadline: Saturday October 14th at 11:59 PM.

### A 'NOTE' FROM THE MUSIC TEACHER

Do you enjoy taking notes and want to support music and arts education in the Mark West District? The Mark West Education Foundation is seeking a willing parent or community member to join our monthly board meeting as secretary and record the meeting minutes. We meet for just one hour on the first Monday of each month at the District Office Learning Center. Interested? Please email Kara Kaufman at [kkaufman@mwusd.org](mailto:kkaufman@mwusd.org) for more information. Other positions are also available!

### UPCOMING DATES

10/20/23 - Walk a Thon  
10/26/23 - Make Up Picture Day  
10/27/23 - Skate Night at Cal Skate  
10/31/23 - Halloween Parade 1:15pm  
11/10/23 - Veterans Day - Holiday  
11/13/23 - General PTO meeting  
11/20-11/24 - Thanksgiving Break

### COACH BRE ON PE

We are officially into our Jump Rope Unit, one of my favorite units of the year. There are so many incredible benefits of jump roping. A few I share with your students- incredible for cardiovascular health, great for coordination, increases bone density, but most importantly- it's just fun! Every year we have a 'jump club' that gives the kids a goal to work towards. TK/K-5 jumps, 1st-10 jumps, 2nd-20 jumps 3rd-6th-1 minute for jump roping without error. All of my wildest PE teacher dreams would come true if each child left San Miguel in sixth grade able to jump rope for one minute. If you do not have a jump rope in your home, please consider getting one for your student so they can increase their skills at home. Thank you for your continued support! Also, I had to include a few photos from our warm-up game this week. A game of tag with the 'green machine' is always a hit!





Jump rope at PE, avoiding the 'green machine'



3rd graders with the fire fighters



5th graders with the water agency

