

## 8 March 2009 - Sunday Edition

### Guiding Principle of the Week

*Your commitment is to make others around you successful.*

### The Luck of the Draw is At Hand

Aveson's annual public lottery was held this Saturday, March 7, at 10:00 a.m. We had an unprecedented 200 applications for kindergarten! 23 of our 42 slots are reserved for sibling and staff children, so we had only 19 open slots for the fall of 2009.

The number of applicants for grades 1-11 is 353. So, the total number of student applications is 553. We are not announcing the number of openings in grades 1-11 because there were so few.

### Every Penny Counts - Annual Fund Update

We continue to receive gifts for Aveson's Annual Fund and we thank you! What follows is a list of the new donors/families since our last report (Jan. 30, 2009), including the first two whose names were accidentally omitted from our original listing. Thank you and please remember that our participation rate - for grant writing and community building purposes - is an important number... gifts of any amount are greatly appreciated!

Janette and Sam Alibrando

Maria and Tim Blum

Elisabeth Dimopoulos

Sonya Hoss

Marla Kaseff

Total Contributions as of Jan. 30, 2009: \$34,685

Number of Contributing Families:	103
Number of Students Funded:	139
Total Aveson Enrollment:	398

### **Raise Money and Lose Fat... Fitness Boot Camp 2 Begins Tomorrow!**

A big thanks to the Boot Camp attendees who are wrapping up the first 3-week session. You've helped raise over \$280 for Aveson's Physical Education Program.

Beginning tomorrow - Monday, March 9th - fellow Aveson parent, P.E. Action Team Leader, and Certified Personal Trainer, Stephen Cooper will be offering the second Fitness Boot Camp on campus.

If your goal is to shed fat, tone, and tighten your entire body in only 3 short workouts per week, then this is for you.

Class size will be limited to no more than 20 participants.

Summary of benefits...

You will see accelerated fat loss in only 3 workouts per week with my high-intensity training program.

You will become strong, slim, and lean with my resistance training program.

**10% of your class fees will go directly to Aveson's Physical Education Program.**

The training philosophy for boot camp involves the use of compound functional movements done in a circuit training format for maximum fat loss and muscle toning. **We are the first and only Boot Camp in the Pasadena area to use the TRX full-body training system as seen on NBC's "The Biggest Loser."**

Stephen is also offering a 100%, no questions asked, iron-clad, money back guarantee. If you're not completely satisfied with the experience, and with your results, he will happily refund all of your money. No hard feelings. (3 week camp, 3 times per week, is only \$135)

Class times: M,W,F 5:45 a.m. - 6:30 a.m and 6p.m -6:45 p.m.

Please visit [www.bootcamppasadena.com](http://www.bootcamppasadena.com) or call (626)609-7399.

### **9-10th Graders Conjure Homer and Lighten Our Collective Footprint**

Working with the L.A. Conservation Corps, the students in Green Team and Mr. Bilandzija's Advisory have recycled close to 1000 pounds of paper, plastic, cans and bottles. That's 1000 pounds diverted from our landfills, which means cleaner air, water and soil for everyone. Mr. Bilandzija would like to see the students eventually take over this project completely, and make Aveson a waste-free campus. The Green Team is also recycling all e-waste (cell phones, ink cartridges, batteries, etc.) Please take all these items to Mr. Bilandzija's class (A-3). Eventually, the Green Team would like to install rain-water collection systems throughout the campus, and convert some of the lower black top space to edible landscapes.

In English, students are currently working on performance based projects for The Odyssey. Groups will be performing a variety of sketches, including mock news casts, re-enactments and talk shows. Performances will take place beginning March 10 and run through the Celebration of Learning. All are welcome to stop by and see The Odyssey via Aveson High School.

### **Get The \$\$ Scoop**

We are happy to announce that our Parent Education Night, March 11, 2009, at 6:30 p.m. will feature financial planner Alex Ruzich AND mortgage specialist Colette Porter. Alex will help us with the big picture and diverse elements of family finances. Fannie Mae executive and Aveson parent Colette Porter will give us the latest update on the mortgage crisis, new mortgage products and suggested strategies for staying afloat. As a follow-up, Alex is offering a free consultation session to any interested Aveson family. Show up and get current!

## **K-2 Celebrates Dr. Seuss & Our Planet**

Things have been festive on the K-2 level! We had a wonderful day at Eaton Canyon last Monday - and Tuesday was an amazing day celebrating Dr. Seuss. Many kids and teachers dressed up. We also spent a lot of time reading and writing Dr. Seuss stories. Every class read "The Lorax" by Dr. Seuss and thought of ways that we too can help our environment. Thanks for all the wonderful participation!

This coming week we are looking forward to our Community Day on Wednesday, as we learn more about the world and how we can help others.

## **Aveson's 1st Annual Campus Camp Out Saturday April 25!**

Sign-ups for Aveson's first campus camp night will be March 18 & 19 at Celebration of Learning in the Auditorium. If you would like to help plan our first school camping adventure, please e-mail Caroline Bencze-Fernandez [cbencze@sbcglobal.net](mailto:cbencze@sbcglobal.net).

## **Be Well & Benefit Aveson with The Four Graces: A *Traveling Wellness Collective***

The Four Graces delivers therapeutic massage, the exclusive Dr. Hauschka line of skincare product, soothing ambiance and other additional attentive services to your doorstep. Through holistic skincare and body treatments, their traveling spa services nurture the body and soul and seek to empower conscious, healthy living.

Four Graces Director and fellow Aveson parent Kathleen Van Dusen invites you to honor yourself, enjoy a respite and create your own "get away" spa gathering with friends! 10% of all proceeds from your Spa party will be donated to Aveson Charter School. For more details, visit [www.thefourgraces.net](http://www.thefourgraces.net) or call 626-802-7522 or e-mail [bliss@thefourgraces.net](mailto:bliss@thefourgraces.net).

## **MARK YOUR CALENDARS**

Mar. 9 Boot Camp 2 Begins

Mar. 11 Community Day

Mar. 11 Parent Education Seminar, 6:30 p.m. with Financial Planner Alex Ruzich

Mar. 18-19 Celebration of Learning

Mar. 23 thru April 3 Spring Break

Apr. 25 Aveson Campus Camp Out

May 2-3 Annual Rummage Sale

Jun. 6 June Jubilee