
February 2023

Cadman Elementary

A Message from Mrs. Trousdale

Dear Cadman Community,

We just completed our Kindness Challenge week where scholars filled up charts with hearts and acts of kindness. We came together as a school to form a circle of kindness and take a school wide photo.

February is a month where we celebrate caring for each other, our school and our community.

Caring is like a red heart!

- * Treat people with kindness and generosity.
- * Be sensitive to people/s feelings: never be mean or hurtful.
- * Always remember- we become caring people by doing caring things.

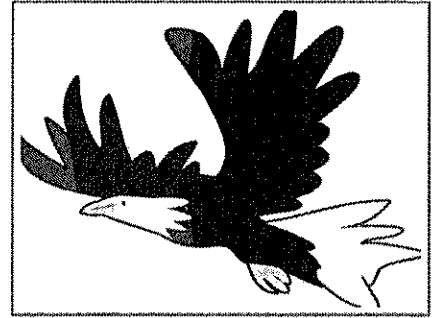
We will continue to spread kindness and caring in the months ahead. How will you show caring and kindness?

On February 9th, we will be celebrating our 100th day of school. Can you believe it? We will all be 100 days smarter. In our classrooms, we are excited to see the learning that is happening every day. I was recently in 5th grade and they were doing a coding lesson. It was impressive to see their collaboration, expertise and enthusiasm as they figured out a complex lesson. They were able to choose the level that they wanted to use: easy, medium or challenge. I was amazed at their abilities and persistence.

We appreciate the continued support for our Cadman community. Together we will SOAR through this month as a team that cares about making a difference in our community and world.

With Eagle Pride,

Mrs. Trousdale



Upcoming Events

February 9

100th Day of School

February 13

PTA Board Mtg @ 7:30

February 16

Eagle Pride Assembly

February 17

NO SCHOOL

February 20

NO SCHOOL

February 22

Spirit Day-Animal Theme



VOLUNTEER

Sign up to be a volunteer at Cadman. Help out at events, in the classroom, field trips, etc.

Pick up the packet in the office. Takes 2-3 weeks for the background process so get your information in now.

Wear Blue on Friday to show your CADMAN SPIRIT!

The next PTA Meeting is set for March 15 at 6:00 pm.

Join us in the Auditorium



**NO SCHOOL February 17th & 20th.
President's Day**

Character Counts

February =
Caring-

Wear RED on
Thursdays

How To Order Your Valentine's Day Gram(s)

- 1. Include To/From scholar and teacher information (Three recipient's per order form)**
- 2. Select number option per recipient (Add next to recipient's name)**
- 3. Send cash in an envelope**
- 4. Drop-off in front office anytime or during A.M. gram sales on: 1/23, 1/25, 1/27, 1/30, 2/1, 2/3, and 2/7**

****** CASH ONLY ******

****** All orders due by 2/7 ******

Valentine's Day Grams



CASH ONLY!!



CASH ONLY!!



To: _____
(Please include teacher/grade)

From: _____

To: _____
(Please include teacher/grade)

From: _____

To: _____
(Please include teacher/grade)

From: _____

1. Ring Pop \$1

2. Friendship bracelet \$1

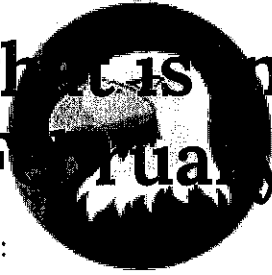
3. Friendship bracelet & Ring Pop \$2

*** Due by 2/7 ***

California State
PTA[®]
everychild. onevoice.

PTA ANNOUNCEMENTS

**Here is what is in store for
February!**



Exciting events coming up in February::

- On 2/1/23 we will begin selling online for Cadman Merchandise. Flyers will be sent home with scholars.
- Selling Cadman Merchandise on 2/21/23, 2/22/23, & 2/23/23 during drop-off on the blacktop area of the campus.
- The 100th day of school is on 2/9/2023
- Candy Grams are being sold during drop-off on the below dates.
 - 1/30/23
 - 2/1/23
 - 2/3/23
 - 2/7/23 - Final day to turn in your Candy Grams

Announcements for what's next!

- Jog-a-thon - **SAVE the date 3/8/23**
 - Volunteers are needed. If you have any questions on how to become a volunteer contact Katie Burnette at katy20.98@gmail.com.
- The next association meeting will be held on 3/15/2023 at 6:30 pm in the Cadman Auditorium. *Please come join us to hear how you can join in the fun with the PTA.*
- Kindness Rocks Family Art Night 4/21/23
- Cadman Spring Craft Fair 5/6/23



Join us on Band or Facebook to keep up to date on our events!

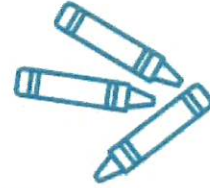
Facebook - <https://www.facebook.com/groups/421998031770094/?ref=share>

Band - <https://band.us/n/ada7SelfC6Ea8>

Questions? Send an email to ptacadman@gmail.com



Cadman PTA



Cadman Merchandise

Purchase online

Website:

<https://cadman.itemorder.com/shop/sale/>

**SHOP
ONLINE
NOW:**

**Feb 1st, 2023 -
May 8th, 2023**

**Questions about Merchandise contact
PTA Merch Lead- Narcisa at
narcisacunha@yahoo.com**

***Disclaimer- Online purchases may be subjected to additional fees.**

What to do if your student feels sick, SDUSD current illness protocol during the 2022/2023 school year:

STUDENTS CAN NOT COME TO SCHOOL WITH THE FOLLOWING SYMPTOMS. They will be sent home for any of the following and be asked to take a COVID test and follow the San Diego County Health Guidelines. * Please report all illnesses to your school upon your student's absence.

- Fever with or no chills > 100.0F
- Cough*
- Shortness of breath
- Nasal congestion/Rhinorrhea (Runny Nose) *
- Sore Throat
- Nausea/Vomiting/Diarrhea*
- Fatigue*
- New Loss of Taste/Smell
- Headache*
- Muscle/Body Aches*
- Poor Feeding or Poor Appetite*

If any of these symptoms are present, please isolate your student at home. Your student may return to school as soon as symptoms have improved, and they are fever free for 24 hours and have a negative at home COVID test.

If your student tested positive for COVID please let your school know immediately and contact tracers will contact you regarding your students return to school.

*If your student has a chronic pre-existing condition that causes these symptoms, your student may come to school if a "Certification of Chronic Medical Condition" form is on file. Form is available in the health office.

UTK PRE-ENROLLMENT

Pre-Enrollment Priority Window
February 1, 2023 – February 28, 2023



San Diego Unified **Universal Transitional Kindergarten (UTK)**

- **Students born between September 2, 2018 and September 1, 2019 are eligible for UTK.**
- **Pre-enrollment will be for your school of residence.**

UTK Enrollment **PRIORITIES**

1. Resident Students
2. Date of Birth

SCHOOLS WITH SPACE AVAILABLE:

3. Priority Choice Students (In-District)
 - a. Siblings
 - b. Children of Site Employees
4. Overflow List
5. Out-of-District Students



Detailed information will be
posted on the UTK website in
January 2023

UTK PARENT WORKSHOPS

will be held via Zoom on the following dates:

- **January 17, 2023**
5:30 pm – 6:30 pm
- **January 19, 2023**
10:00 am – 11:00 am

REQUIREMENTS: Birth Certificate, Proof of Residence, Up-to-date Immunizations and IEP (if applicable). Students must be fully potty-trained to attend UTK.

Preinscripción de UTK para el año escolar 2023-2024

Periodo de prioridad de preinscripción
1 de Febrero de 2023 al 28 de Febrero de 2023



Unificado de San Diego El Kindergarten de Transición Universal

- Los estudiantes nacidos entre el 2 de Septiembre de 2018 y el 1 de Septiembre de 2019 son elegibles para UTK.
- La preinscripción será para tu escuela de residencia.

Inscripciones para UTK

1. Estudiantes Residentes
2. Fecha de Nacimiento

ESCUELAS CON ESPACIOS DISPONIBLES:

3. Estudiantes de Elección Prioritaria (Dentro del Distrito)
 - a. Hermanos
 - b. Hijos de los empleados del sitio
4. Lista de Desbordamiento
5. Estudiantes Fuera del Distrito



La información detallada está
en Unificado de San Diego
sitio web de UTK

TALLERES PARA PADRES DE UTK

se realizará vía Zoom en las siguientes fechas:

- 17 de Enero de 2023
5:30 pm a 6:30 pm
- 19 de Enero de 2023
10:00 am – 11:00 am

REQUISITOS: Acta de nacimiento, comprobante de residencia, vacunas al día y IEP (si corresponde). Los estudiantes deben estar completamente entrenados para ir al baño para asistir a UTK.



Girls on the Run is for **EVERY** girl.



Girls on the Run is an afterschool program like no other!

Twice per week for 10 weeks, participants will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 3rd - 5th grade girls through interactive lessons and movement activities. The season ends with a celebratory 5K event at De Anza Cove on May 7, 2023!



WHY IT MATTERS

It's fun. It's effective.

Participating in Girls on the Run transforms girls' lives by helping them increase their self-confidence, develop healthy relationships, and feel good about themselves, inside and out.



Girls who were the least active at the start of the program increased their physical activity by more than 40%*



97% of participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions*

*Results based on a independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.

SEASON DETAILS

CADMAN ELEMENTARY

Registration Closes: February 24th

Program Starts: February 21st

Practice Schedule: Tuesdays & Thursdays
3:45 PM - 5:15 PM

Program Fee: \$240

Financial Assistance: scholarships@gotrsd.org

Contact: Heather Mollica

hmollica@sandi.net

Learn more and register today at www.gotrsd.org/locations



Girls on the Run es para **TODAS** las niñas

¡Girls on the Run es un programa extraescolar como ningún otro!

Durante 10 semanas, participantes se divertirán, harán amistades, aumentarán sus niveles de actividad física y aprenderán habilidades importantes para la vida. Entrenadores capacitados y atentos guían a las niñas de tercer a quinto grado a través de lecciones interactivas y actividades que requieren movimiento. La temporada termina con una carrera de celebración de 5 km el 7 de mayo en De Anza Cove Park.



¿POR QUÉ ES IMPORTANTE?
Es divertido. Es eficaz.

La participación en Girls on the Run transforma las vidas de las niñas ayudándolas a confiar en sí mismas, desarrollar relaciones sanas y sentirse bien consigo mismas, tanto interna como externamente.



Las chicas que estuvieron menos activas al inicio del programa aumentaron su actividad física en más del 40 %.



El 97 % de las participantes dijo que aprendió habilidades críticas para controlar las emociones, resolver los conflictos, ayudar a los demás o tomar decisiones intencionales.

DETALLES DE LA TEMPORADA CADMAN ELEMENTARY

La inscripción se cierra: 24 de febrero

Comienzo del programa: 21 de febrero

Horario del equipo: martes/jueves

3:45 PM - 5:15 PM

Tarifa del programa: \$240

Asistencia financiera: scholarships@gotrsd.org

Contacto: Heather Mollica

hmollica@sandi.net

*Resultados basados en un estudio independiente llevado a cabo por la especialista de Positive Youth Development, Mauren R. Weiss, Ph.D.

Obtén más información e insíbete hoy en www.gotrsd.org/locations

Usamos el término "Niñas" que se refiere a jóvenes expansivos de género (niñas cis, niñas trans, jóvenes no binarios, jóvenes no conformes con el género, jóvenes queer de género)



Noon Duty Position Available at Cadman

Have an extra hour in your day to come help out our school?

Noon Duty Hours will be 12:30 to 1:30, Mon. Tues, Thurs. Fri.

You will not work on Wednesdays or any other additional Minimum days.

You will be required to get a TB Test, show proof of Covid vaccination be fingerprinted, and processed at the District Education Center before you can start your schedule at Cadman Elementary. Please call Human Resources Department at 619-725-8089 to schedule this process AFTER you receive notification from them via email that you have the position.

Applications available in the office.



San Diego Unified
SCHOOL DISTRICT

Cadman Elementary School
A California Distinguished School
A Star Arts School
Linda Trousdale, Principal
4370 Kamloop Avenue
San Diego, CA 92117
Ltrousdale1@sandi.net
858-397-6500
858-397-6540 (Fax)

NOON DUTY APPLICATION - 2022/2023 SCHOOL YEAR

Name (legal): _____

Address: _____ City/State/Zip _____

Phone: _____ Email Address: _____

Noon Duty Hours will be 12:30 to 1:30, Mon. Tues, Thurs. Fri.
You will not work on Wednesdays or any other additional Minimum days.

You will be required to get a TB Test, show proof of Covid vaccination be fingerprinted, and processed at the District Education Center before you can start your schedule at Cadman Elementary. Please call Human Resources Department at 619-725-8089 to schedule this process AFTER you receive notification from them via email that you have the position.

Applications available in the office.

How did you hear about this position?

<p>Office Use Only:</p> <p>Par Completed: _____</p> <p>Par Number: _____</p> <p>Cleared by HR: _____</p>

Caring

“Like a red heart!”

- Treat people with kindness and generosity.
- Be sensitive to people's feelings; never be mean or hurtful.
- Always remember - we become caring people by doing caring things!

The Cadman Store

What is the Cadman Store all about?

Scholars can earn "CADMAN BUCKS" on a daily basis for many reasons:

Wearing the Character Counts color of the week on Thursdays, Wearing Cadman Blue on Fridays, helping another student, being kind, being responsible, etc. Every teacher has the discretion of how to earn the CADMAN BUCKS.

Where can we spend our Cadman Bucks?

Once a month the CADMAN STORE is open for scholars to "shop". The store is set up a lot like the "Chuck E. Cheese" prize program. The more bucks you have the bigger the prize. Prizes range from 3 for 25.00 to 1500. Other ways to spend is to drop your Cadman Bucks in the box in the office. Names are then drawn on Friday Morning and there are about 15 prizes to choose from.

Donations are always welcome to keep the prizes and Cadman store stocked and can be dropped off in the front office. (new items only please)

Thank you!



SAN DIEGO UNIFIED SCHOOL DISTRICT
2023-24 INSTRUCTIONAL CALENDAR

FINAL

ADOPTED BY THE BOARD OF EDUCATION 5-10-22

	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	TOTALS	
JULY	3	4	5	6	7	10	11	12	13	14	17	18	19	20	21	24	25	26	27	28	31						0
AUGUST		1	2	3	4	7	8	9	10	11	14	15	16	17	18	21	22	23	24	25	28	29	30	31		9	
SEPTEMBER					1	4	5	6	7	8	11	12	13	14	15	18	19	20	21	22	25	26	27	28	29	20	
OCTOBER	2	3	4	5	6	9	10	11	12	13	16	17	18	19	20	23	24	25	26	27	30	31				21	
NOVEMBER			1	2	3	6	7	8	9	10	13	14	15	16	17	20	21	22	23	24	27	28	29	30		16	
DECEMBER					1	4	5	6	7	8	11	12	13	14	15	18	19	20	21	22	25	26	27	28	29	11	
JANUARY		2	3	4	5	8	9	10	11	12	15	16	17	18	19	22	23	24	25	26	29	30	31			20	
FEBRUARY				1	2	5	6	7	8	9	12	13	14	15	16	19	20	21	22	23	26	27	28	29		19	
MARCH					1	4	5	6	7	8	11	12	13	14	15	18	19	20	21	22	25	26	27	28	29	21	
APRIL	1	2	3	4	5	8	9	10	11	12	15	16	17	18	19	22	23	24	25	26	29	30				17	
MAY				1	2	3	6	7	8	9	10	13	14	15	16	17	20	21	22	23	24	27	28	29	30	22	
JUNE	3	4	5	6	7	10	11	12	13	14	17	18	19	20	21	24	25	26	27	28						4	
Total																										180	

H Holiday
F/L First/Last Day of School
N/I Non-Instructional Day (No School)
Instruction Day

Blue
Orange
Green
Yellow

2023 - 2024

* end of semester 1