



SECOND QUARTER NEWSLETTER

Armenta Learning Academy

December, January & February

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December 1, 2011

A New Beginning

By Julie M. Armenta, M.A.

With each New Year, we have the opportunity to reflect on our lives, and make adjustments to our life goals and objectives. These adjustments are usually expressed as New Year's Resolutions. This New Year, as you begin the journey down a new path, share this new beginning with your child. Listed below are a few ideas.

Eat Healthier: Children between the ages of six and twelve eat half of the recommended servings of fruits and vegetables a day. Dole Foods' website (www.dole5aday.com) has suggestions on good eating habits and it gives great information on vitamins in fruits and vegetables. Try some healthy snack recipes from Better Recipes www.healthy.betterrecipes.com/healthysnackrecipes.html. Your child will feel, act, and think better on a healthy diet.

Become More Physically Fit: With children choosing more often to play on computers, and watch TV, many are becoming sedentary. Children and adults should get some kind

of exercise daily. The best kind of exercise is one your child will do regularly. Help him or her find activities that are fun and rewarding. Baseball, walking, soccer, jumping rope—anything is OK if it is enjoyable and done



Happy Holidays

safely. Don't push them to exercise. Instead join them in a fun, vigorous activity. Kids are more likely to be active when they have someone to do activities with. Everyone in the family will feel better if they are active every day.

Read More Books: The advantages of reading are endless. Help increase your child's vocabulary and use of the English language, both verbal and written. I recommend 20-30 minutes

per night. Check out websites like **Reading Rainbow** (www.pbskids.org/readingrainbow/index.html), **World of Reading** (www.worldreading.org), and **Kids Reads .com** (www.kidsreads.com) to help get your children involved and excited about reading. Your local library is always a great place to visit.

Start A Journal: I cannot stress too much the importance of writing a journal. It is a wonderful self-reflection tool, and it helps to keep your child focused on daily/weekly goals and events. Journal writing will improve your child's writing skills. I encourage children to have a private journal where they have a safe place to explore their feelings, thoughts, ideas, and dreams. Or perhaps you could keep a family journal for everyone to share in and read. Journaling helps your child to become a writer at an early age.

Volunteer: Volunteerism is a great way to teach young children responsibility, not only to a particular task, but to the community in which they live. Volunteering is a

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Special points of interest:

- **December is National Drunk Driving Prevention Month**
- **Laguna Niguel Holiday Parade**
Saturday, December 10 at 10 a. m.
- **Pearl Harbor Remembrance Day** - December 7
- **Human Rights Day** - December 10
- **Winter Recess Monday**
December 19- Friday January 2
- **Happy New Year** - January 1
- **January is National Mentoring Month**
- **Dr. Martin Luther King, Jr. Day** - January 21 (Legal Holiday)
- **February is Library Lovers Month**
- **Presidents' Day** - February 18 (Legal Holiday)
- **Leap Year** - February 29

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New Year's Wishes

We all know how hard it is to keep those New Year's resolutions. We start out with good intentions, but lose momentum when we get involved in life in a new year. This year, we thought it might be nice to put a new twist on an old tradition. Instead of make resolutions for ourselves, we are making wishes for our friends and families. We hope you enjoy these heartfelt wishes.

* Katya Pulford - I wish my family, friends and teachers a lot of love and to be happy.

- * Mrs. Armenta - I wish good health, happiness and lots of love to all in my life and also to anyone who has never experienced these things.
- * Mr. Smith - May this year bring strength & growth to all those around us.
- * Ms. Malloy - For all my new friends at Armenta, I wish you all joy, peace & love.
- * Danielle- I want to learn how to play guitar and learn hieroglyphics.
- * Hannah /Brody-We wish for all dogs to be as happy in loved as we are.

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Happy Holidays from ALA



A New Beginning

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fantastic way to get children involved. They can work with animals, other children, technology, etc. There are many opportunities out there. Here are some informative websites for you and your family to check out:

Kids Care (www.kidscare.org)
Just Give Kids' Corner (www.justgive.org/html/kidscorner/)
FamilyCares (www.pointsoflight.org)
President's Student Service Challenge (www.presidentialserviceawards.org/tg/PSSA)

Creative Outlet: It is important for children to express themselves through music, dance, theatre, art, etc. Be creative and have fun. For some online creativity, try www.TouchPaint.com, www.CyberCones.com, www.Crayloa.com, and Kaboose's Kid's Domain (<http://www.kidsdomain.com/craft/>).

Quality Family Time: I recommend no

phones, no television, no friends, no distractions; have a family only night. Or, perhaps set aside a particular time daily. Try playing family board games, taking walks, or 20 questions games. Quality family time does not need to have a specific agenda or planned activity. This time can be spontaneous and varied in length from a few minutes to several hours depending on the situation. There are many activities that are enjoyable and can be of benefit to both you and your child. It is important to take advantage of quality time with your child. Take time to enjoy your family. Some great family geared websites are www.childslife.com, www.momexchange.com, www.ockidsdirectory.com.

Study and Organization Time: Get in the habit of studying each night. Review and reinforce always! Get

ahead on work and ask teachers for assignments to get ahead or do for extra credit.

Elementary should work one hour, middle school 1.5-2 hours and high school 2-3 hours daily. Get organized by making a schedule that works best for you and your family. Get started before you get too relaxed after coming home from school/work.

"Be always at war with your vices, at peace with your neighbors, and let each new year find you a better man."
~Benjamin Franklin

When helping your child create goals and objectives, it is important to stress realistic New Year's resolutions. This advice also pertains to you, the parent. Your child will be looking up to you as a role model as

you both share your new journey. Soon, I will be asking my own students if they have any New Year's resolutions, why they chose them, and how they will achieve them. Here's to the New Year—a new beginning for you and your family!



New Year's Wishes

(Continued from page 2)

* Pallena-I wish to join Beyoncé concert and meet Beyoncé.

* Mr. & Mrs. Pulford

- ◇ Katya, you continue dreaming and working to make the dreams come true.
- ◇ Stan, keep developing the confident, capable & happy person that you are.
- ◇ Mrs. Armenta, grow your influence on young people and dogs of all ages even beyond its current extent.

◇ Mr. Smith, continue your good and strong impacts on the children.

◇ Ms. Malloy, up, up and away to much greater altitude and health.

* Lauren - To Mom, I bless my mom with angels and with God's hands and she will be happy and will be strong and to fly everywhere so I will be by her side. I love you Mom!

* Mr. & Mrs. Berry - To Jigsaw - Continued academic success as well as further progression on your quest to self discovery. Thanks to Mrs. Armenta & Mr. Smith. XOXO

* The Horns - To Mr. Smith, Thank you so much for all your extra time, caring and dedication with Jett & a very happy New Year to you and your family. Love, The Horn Family.

* Maria-I wish to my dad to rest in peace and happiness. I love you dad.

Happy New Years Everyone!



Armenta Olympics



We want to encourage all our students to be physically active for their health and their minds. Kids who don't get enough physical activity have a harder time in school. It is more difficult to focus on their course work. That is why we decided to start this new program of physical activity to help our students be the best

**"If you can imagine it,
you can achieve it;**

**If you can dream it,
you can become it.**

William Arthur Ward

they can be in school and in life. The first ALA Olympics & Games will be held on Dec. 13. The second one is on Feb. 28. We want to encourage any parents who wish to get involved to come on those days and either participate or cheer your child on to victory, because everyone wins when they exercise!

Student of the Quarter

Danielle Guiol , Grade 9

is our Student of the Quarter.

Danielle is a brilliant student who is interested in everything in the world around her. She is an avid reader and frequently reads through her day. Danielle is knowledgeable about many subjects and is always willing to share what she knows with the other students and teachers. She gets along well with everyone here at Armenta. She has grown both academically and socially since

coming to ALA and we are proud of her.



Mrs. Armenta, Christopher and Danielle

CHRISTMAS ANGELS



Handpacked by people with intellectual disabilities, the 2011 ceramic Christmas Angel is now available. Collect 2010 and 2009 Angels while supplies last.

Order Online at

**www.BethesdaLutheranCom
munities/Angels**

**PHONE IN YOUR ORDER:
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ARMENTA PET ACADEMY

Custom Care and Training for you
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Get quick results with chewing, house-breaking, barking, jumping, digging, mouthing & more!!!

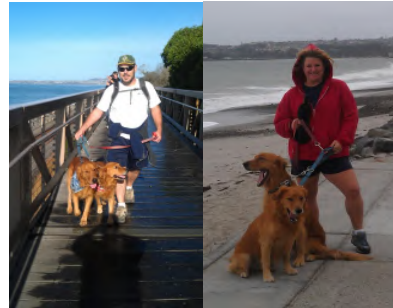
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Call Armenta Pet Academy for all
your pet training needs.

949.581.PPAL (7725)

Mrs. Julie M. Armenta, & Mr. Bruce Smith

Your Pet's Pal!



Upcoming Events

- ◆ Dec. - Clothes & Toys Drive
- ◆ Dec. - Volunteering Contest
- ◆ Dec. 3 - Secret Santa Begins
- ◆ Dec. 13 - Armenta Olympics & Games
- ◆ Dec. 19 - Jan. 2 - Winter Recess
- ◆ January - Book Drive
- ◆ Jan. 7 - Letters of Love to our Soldiers
- ◆ Jan. 17 - Surprise Guest Speaker
- ◆ Jan. 31 - Knott's Independence Hall Museum Park
- ◆ Feb. 1 - Poetry Contest
- ◆ Feb. 14 - Valentine's Day Party & Fund Raiser Donation
- ◆ Feb. 28 - Armenta Olympics & Games



The Gift of Giving

Toy Collection

ALA will be collecting donations of new, unopened toys, games, books, crayons, markers, etc. to donate to needy children this year. This is the season of giving and not everyone is as fortunate as we may be. Please share the gift of giving, and help a child feel the joy of this Holiday season.

December Contest

This month ALA will be holding a contest to see which student will work the most volunteer hours. Students just need to log their service hours and have them signed by a supervisor or parent. We will tally up the hours at the end of the month, and whoever spent the most time volunteering will win a lunch of their choice.

Jackets of Love

This year we are collecting jackets, sweaters and sweatshirts for local homeless people. Winter can get very cold when a person is living on the streets. Jackets are a more expensive item that are frequently unavailable to the homeless. We will be collecting all the way up to Winter Recess then taking all the jackets to Los Angeles for distribution.

Book Drive

Armenta is collecting books for the Million Books for Kids Campaign. In total, the I Am Foundation has gifted and distributed over 670,000 books since 1998. Bring in your books in January, or go to the web site and make a monetary donation. <http://www.iamfoundation.org>



The Armenta Family

Success Stories

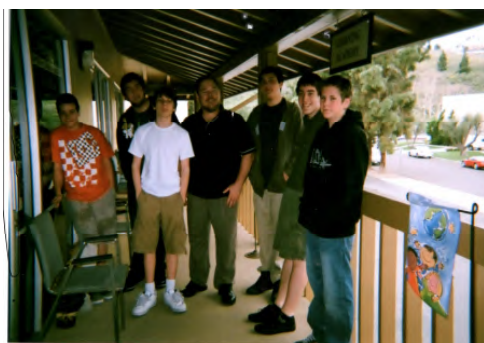
“Thank you Mr. Smith for all you have done for my daughter Sara. She is actually excited about math again and went from a D to a B+ in less than a month. You are an amazing teacher/ and role model. Thanks for coming in her life and making such a difference.”
Shelly Scott

Dear Mr. Smith,
“I wanted you to know that I am thrilled with your enthusiasm for teaching. It is obvious, just by looking in your eyes, how excited you are about what you do. It makes me miss teaching! It is a very precious gift to have a truly good teacher, and wanted to thank you.
I come home very excited by how excited you are and how well she is doing and all her great grades. So, thank you ”

Mr. Smith,
Thank you very much. I am so grateful for your presence in Sarah's life. You are a great math tutor and she loves working with you.”
Susan

MRS. ARMENTA,
THANK YOU FOR ALL YOU DO. PARKER LOVES YOU AND LOVES COMING TO ARMENTA.
MRS. ARMENTA IS NICE AND HELPFUL. I HAVE THE BEST TIME WITH HER.
PARKER

Dear Mrs. Armenta,
 “Thank you for your support with my children. They have learned valuable study skills in the past few weeks and it's reflected in their grades and attitudes in school.



You have a wonderful team and highly recommend your services.
 Thank you,
Leslye



26041 Cape Drive, Ste #270
 Laguna Niguel, CA 92677
 (949) 367-WISE (9473)
 (949) 367-0171 (fax)

ALA where academic success can start Now!!!

Armenta Angels

We believe, at Armenta Learning Academy, in the importance of reaching out to the community and making a difference. We instill these values and principles to our students. We have cleaned up beaches, raised money and collected food and toys for those less fortunate. This quarter, we will be bringing *Jackets of Love* to local communities, sending a thank you letter to our soldiers, collecting food for the hungry and books for children. Let us know if we can help in any area in your communities or any causes you support. We love to make a difference in your lives and the lives of those around us all.



Trash cleanup on 9/17 at San Juan Creek, ALA makes a difference!!!



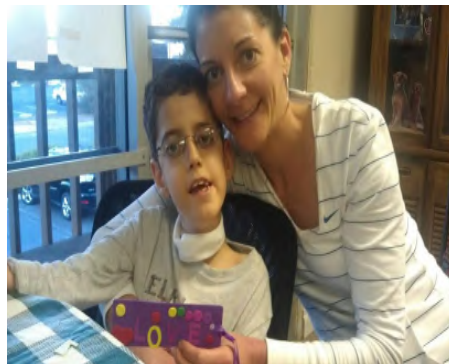
Trail Ridge event raised money for a good cause. October 2011

Call us to be a part of the Armenta Outreach Community Programs.

Armenta Learning Academy



Beautiful Russian student Katya on her 18th birthday 11/27/11, started with her when she was 12!



Zachary and his mommy! We made her a bookmark after we did school today! 11/22/11



Maria and Mrs. Armenta are working on Maria's reading and writing



Creekside clean up at San Juan Creek in SJC...9/17/2011 ARMENTA MAKING A DIFFERENCE AGAIN!

Learning is fun @ Armenta.
CALL NOW FOR PROGRAMS TODAY! 949-367-WISE



Christopher holding Jordan tight

ALA HALLOWEEN



Maria and Mrs. Armenta getting in the Halloween spirit !



Art fair in Dana Point

Don't Forget APA!



Teenage fun



Christopher and Danielle

We're on the Web!
www.armentalearningacademy.com