

our new logo!



The San Luis Obispo Classical Academy

Scoop

School News Volume 1, No. 1

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Dates to Remember

10/1.....Start Creating Your Mascot
 10/5.....Tuition Due
 10/7.....Parent/Teacher Meetings
 10/14...Parent/Teacher Meetings
 10/21....Parent/Teacher Meetings
 10/28....Parent/Teacher Meetings
 10/30 Daylight Savings Time Ends

Field Trips

October 3 11:00 Autumn Apex
for kids
 October 5 12:30 Avila Valley
Barn Field Trip
 October 6 9:30 Alexander at the
PAC
 11:30 Alexander at the
PAC
 October 7 11:30 Alexander at the
PAC
 October 25 11:00 Chi at the PAC
 October 31 9:30 Princess & the
Pea at the PAC
 11:30 Princess & the
Pea at the PAC

Contact Monika Pock at
ampock@yahoo.com for
 performance info. Contact Betsy
 Pollon at joepollon@sbcglobal.net
 for Avila Barn field trip info.

New to Homeschooling?

Remember to not get overwhelmed.
 Take a little break when necessary.
 Change the pace when nobody is
 happy.

What to do?

- o Do arts & crafts
- o Take a walk or a nature walk
- o Sketch
- o Garden (pulling weeds counts!)
- o Paint
- o Do ceramics or play-doh
- o Bake or cook
- o Look at photos
- o Cuddle up and read
- o Put on classical music
- o Lie in the grass and identify
the clouds

All of these things are fun ways of
 learning, and it will help to lighten
 everyone's mood!

Mascot Contest from Mark Lewis

Students of SLOCA: We now have a logo for our school, but I think that our school needs a mascot. I asked my mom if we could have a contest for students to create a picture of what mascot they are interested in. We could all vote for the one we like and the most popular could be used on a t-shirt for us to wear to let people know of our school. The rules are you cannot photocopy any pictures; it has to be your own free hand artwork. You may use paint, chalk, crayons, pencils, etc. You must limit your colors to only six different colors. Try to use only bright colors. This will help the printer make the t-shirts. The size of the paper you use needs to be 8 1/2" x 11". Don't include any words; just draw a picture of your idea for a school mascot. Do not write your name on the paper, write it on a 3x5 card and paper clip it to your picture.

We will have our contest for the month of October. We will vote at the end of the month and the one chosen will be used to make our t-shirts.

Around The Central Coast

Here are some great places that our parents suggested to go to that are fun and educational...

"One of my favorite places is in Los Osos. The Los Osos Sweet Springs Nature Preserve on Ramona between Third and Pine St. It is a beautiful peaceful nature walk. You can observe western pond turtles and mallard ducks. In the fall you'll see monarch butterflies. It is adjacent to the back bay so you can observe the tides, the shore birds, and the pickle weed seasons. Best of all it is free and you don't need an appointment. It is always fun to go early and take stale bread to feed the ducks too."
 -Lisa

"My favorite place on the Central Coast will always be the tide pools at Montaña De Oro. You can hike down to the ocean and during low tides walk amongst hundreds of little tide pool habitats! It's totally amazing and so beautiful. Here the kids can actually touch and hold wonderful sea creatures. Drive to Los Osos and follow the signs. I just love it there!" -Krystina

"We love going to Windmill Farms at the Los Berros exit on 101 between AG and Nipomo. You can visit the animals: chickens, goats, miniature burros, a cage with tons of cool birds. The produce is delicious and mostly pesticide-free - and not expensive. They also carry gourmet and health foods, books, and fun gift type stuff that is fun to browse through." -Cathe

Doc Bernstein's Ice Cream Lab was a favorite of my kids. They got to learn about the first time ice cream was ever made, they got to help make ice cream and then of course eat some ice cream! -Betsy

Please send more "Around the Central Coast" ideas for the school newsletter to Krystina Montemurro at krystina@mac.com

October 2005

Lisa's Column

"Now, too, the first of October, or later, the elms are at their autumnal beauty, great brownish-yellow masses, warm from their September oven, hanging over the highway. Their leaves perfectly ripe. I wonder if there is any answering ripeness in the lives of the men who live beneath them."
Autumnal Tints, by Henry David Thoreau

I simply love the fall; the crispness in the air, the return of school routine, spectator sports abounding. Have you and your family taken time from your doing to simply enjoy being? This is one of the great paradoxes of life; balancing the time we are given in a day or week to come out even in these two areas.

I have tried several methods to attempt to arrive at this balancing equation and the results have changed with each season of life as well as season of the year. Perhaps you have determined exactly how to balance work with play on an ongoing basis. I applaud you. I would also like to know your method! But if you are like me, this seems to be a work in progress, and a worthy one to pursue.

Over the years of parenting I have sought to share with my sons what has brought me great joy, the great outdoors. Now I realize not everyone is as passionate about science and nature study as I am, but I want to encourage you to take advantage of the season and get outdoors. We are blessed with wonderful nature preserves here on the central coast and they are free! Having lived in Los Osos for 14 years three of my personal favorites are found within seven miles of one another. They are the Elfin Forest, Sweet Springs Nature Preserve, and Montaña de Oro State Park. Each of these has very easy walking trails that can be navigated with a baby in a backpack, and a toddler in hand. There are many wonderful things to observe, discuss and draw.

For those of you who are learning about classical education as you go, one of the highly recommended activities for children is nature study. The power of observation is lost in our culture unless we actively foster the development of both the ability to watch and the ability to describe what it seen. I don't mean the nuances in a particular cartoon either! Children in the grammar stage will parrot what they hear and if we give them the message that taking time to observe creation and appreciate it is important they will follow our lead. Nature study involves a regular pattern of getting outside and simply taking the time to take a walk where trees and other plants are able to be experienced.

If you don't already own it, the book *Keeping a Nature Journal* by Clare W. Leslie and Charles E. Roth is a delightful collection of examples and suggestions to stimulate your and your child's skills of observation and recording what you've seen. Another book, *The Handbook of Nature Study* by Anna Comstock is an encyclopedia of sorts for the scientific knowledge that you might long to have but don't have the time to go back to college for! Both are in paperback and useful as you go through the seasons of nature study.

I encourage you to pick a place that would be convenient for you to get to at least once a month and begin this week. Pack a snack, put on your tennies and go for a walk. Collect leaf samples, look for bugs, look at the colors of leaves. The next time take some paper or if you are more ambitious, a journal for sketching what you see. If your child is the least bit artistic and you have the means, invest in quality colored pencils like Prismacolor. Take those things and a blanket and park yourselves somewhere to simply watch for a short while. Their patience and interest will grow with your gentle and loving persistence. Who knows, you might start taking some of your school work and do it outside in your special spot that you revisit again and again! We are meant to be reconnecting with nature for rest and renewal. That's part of why there are seasons. Go out and enjoy where we live! -Lisa Lewis



News & Information

Current Academy Classes

PE	9:30-10:20	K-1
Teacher's Aide for PE	9:30-10:20	4-6
Drawing Exploration	9:30-10:30	1-3
Sign Language	10:30-11:00	All
Drawing Skills	10:30-11:30	4-6

✿ Remember to plan the Academy Class you'll be teaching. You may also want to consider offering childcare with a partner at the park for others who might want to teach. Contact Mandy Palmquist with your Academy Class ideas. You can email her at MDP21264@aol.com.

Classroom Help

Don't forget to sign up to help in the classroom. Make sure you put in your volunteer hours and don't forget to log them and turn them in!

Room Moms for the Classical Academy are as follows:

Paulina Obert.....Kindergarten
Cathe Olson.....1st Grade
Sandra Ronda....2nd-4th Grades
April Kemp.....5th-6th Grades

Parenting Class Opportunity

Raising Responsible Children with Love & Logic

Love and Logic is a way of working with children that puts parents back in control, teaches children to be responsible, and prepares young people to live in the real world, with its many choices and consequences. It is a philosophy of raising and teaching children which allows adults to be happier, empowered, and more skilled in their interactions while allowing children to learn responsibility and self-reliance in a dignified way.

Class Dates: October 5, 12, 19 & 26

Class Time: 6:00pm to 9:00pm

Class Location: Allan Hancock College: Santa Maria Campus

Class Room: C-37 (that's building C next to the PCPA theatre)

Class Fee: no charge

Instructor: Joe Pollon is a marriage & family therapist intern, holds and MA in clinical psychology. As a clinician he has helped many families address the challenges of disciplining children

To sign up or ask questions please e-mail Joe Pollon at

joepollon@hancockcollege.edu or call at 922-6966 ext. 3568

Classifieds

Okay, this is where you put in what school stuff you're selling or giving away so people know about it ☺

Kids in the Kitchen

Send in your favorite recipes to make with kids to be published in our school newsletter!

Send your recipes and classifieds to Krystina Montemurro at krystina@mac.com

