



September 2, 2022

Message from the Principal

Welcome to the end of a warm week! (What an understatement!)

Since Altadena strives to be a "No Place For Hate" school, I will be focusing my messages in the coming weeks on bullying. Specifically:

- How students can recognize the different types of bullying- physical, verbal and relationship bullying.
- Helping students to understand the difference between joking and bullying.
- How to report bullying at school.
- How to stand up to a bully in a safe and pro-active way.

By definition, bullying is the intentional physical, verbal or social aggression that can be repeated over time and occurs when there is a real or perceived imbalance of power.

For helpful resources, please refer to The Counselor's Corner section of the Altadena Newsletter, dated 8-19-22. It contains some informational articles regarding the subject of bullying.

In addition, Altadena is working with the Not My Kid organization to arrange an antibullying presentation for our students in the near future.


Have a cool and relaxing long holiday weekend.

Ms. Erica Modzelewski, M.A.Ed.
Principal

Learning Lab is in Session

Learning Lab takes place in the library every Tuesday and Thursday. In the mornings it runs from 7:00 to 7:50 and in the afternoons from 3:10 to 4:00. Learning Lab gives students a quiet work environment to make up assignments, study, or complete homework. Every session has a math teacher for support in math and Thursday afternoons has an ELA teacher as well. Students can come for the whole session or just part of it. In the afternoon, students must have transportation home since there is not a late bus. Learning Lab is a great opportunity for students!

8th Grade Dedications

<p>Congrats Laila</p> <p>GOOD LUCK IN HIGH SCHOOL!</p> 	<p>1/8 a page</p>
<p>1/8 a page: \$20</p> <p>1/4 a page: \$40</p> <p>To purchase a dedication go to the Altadena Web Page and click on Yearbook</p>	<p>1/4 a page</p>



This Week in Fall Sports

Girls Volleyball and Boys Soccer had their first week of games and the Panthers won some and lost some.

On Monday:

JV Girls Volleyball had a bye, but Varsity Girls Volleyball lost to KMS in 3 games: 22-25, 25-18 and 13-15.

JV Boys Soccer starting off the season strong, beating KMS 12-0. Goals from TJ, Adrian, Ryan, Adam, Maxx and Hunter.

Varsity Boys Soccer lost to KMS 4-2.

On Wednesday:

JV Girls Volleyball beat Akimel in 2 games: 25-7, 25-13.

Varsity Girls Volleyball lost to Akimel in 3 games: 25-22, 17-25, 10-15.

JV Boys Soccer played a tough game against Pueblo. They were able to take home the 2-0 win thanks to a goal by Carter, a successful penalty shot by Ryan and stellar goal tending by Elliot.

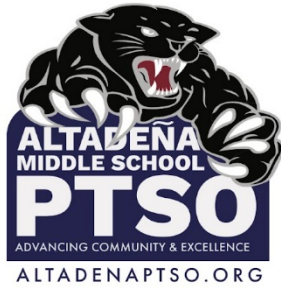
Varsity Boys Soccer beat Akimel 6-1. Way to go Panthers!

The first Cross Country Meet of the year will take place on Tuesday, September 6th at 4:30 against Akimel and Centennial. The meet will be at Altadena.



Sleep dysregulation

Students have been seeking out help due to not sleeping well. Please see the NASP handout on sleep difficulties [here](#).



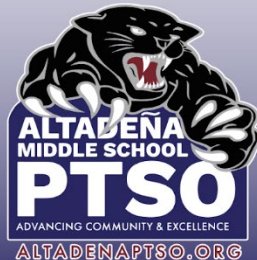
AltadeñaPTSO.org

- **Stay Informed**
- **Volunteer**
- **Donate**
- **Buy Spirit Wear**



Shadow's GAME ON! Fundraiser

**3... 2... 1...
DONATE!**



KICKS OFF NEXT TUESDAY!

Shadow's GAME ON Fundraiser runs Sept. 6th - 23rd.

100% of the funds raised from this direct donation drive will support Altadeña Middle School.

GOAL: \$30,000

REWARDS: When a grade level raises \$10,000 those students will be invited to celebrate at *Shadow's Showdown Assembly* where staff members will **SUMO WRESTLE!**

HALFTIME: raise a combined \$15,000 and ALL students will get a cold treat at lunch. Reach our \$30,000 goal and ALL students will attend the assembly, get a free Bahama Bucks snow cone, and our principal will wrestle!

* For every \$10 you donate your student's name will be entered into a drawing to win prizes. Ex: \$50 donation = five chances to win. *

Almost 100 prizes will be given away to students and teachers!

Large donations are eligible for additional prizes.

Donate \$100 win "Shadow's Lunch Delivery Service"

Your student will get lunch delivered on Friday Sept. 30th

Donate \$150 win "Shadow's Spin the Tunes"

Students will receive a certificate to be the DJ at lunch.

Donate \$200 win "Shadow's Front Row Seats"

Donors will receive two reserved seats in the front rows at the *8th Grade Promotion Ceremony* in May 2023. (Limited quantity available!)

Donate \$300 win "Shadow the Principal for the Day"

The first six students to donate \$300 will get to be the principal for the day.

VIP Prize Winners: Students with the largest weekly donations will be selected to participate in easy sports challenges during *Shadow's Showdown Assembly* on Wednesday Sept. 28. Students will receive a prize at the assembly.

Full details about the fundraiser and prizes at <https://altadenaptso.org/donate/>

The PTSO needs you!

Our next PTSO meeting is Wednesday Sept. 14 at 8:30 a.m. in the staff room in the library. All are welcome.

Altadeña Points of Pride

A+ School of Excellence

Lead School - Leader in Me

No Place For Hate School

Member, National Association of Student Councils

Member, National Junior Honor Society

Contact Us

Kyrene Altadeña

14620 S Desert Foothills Parkway
Phoenix, AZ 85048

Phone: 480-541-6000

Fax: 480-541-6010

Attendance: 480-541-6001

Office Hours: Mon, Tue, Thu, Fri: 7:30 – 4:00 pm

Wed: 7:30am-2:00pm

School Hours: Mon, Tue, Thu, Fri: 8:20am-3:05pm

Wed: 8:20-1:05pm

