



The FPHE Educator

Education News from Our Community

Volume 4

First Quarter
2010

FPHE Presents the Second Annual Oak Park Restaurant Walk

Tuesday, May 11, 2010

6:00 – 8:00 PM

Oak Park Center

1908 Oak Park Blvd., Pleasant Hill

The Foundation for Pleasant Hill Education (FPHE) invites you to the **Oak Park Restaurant Walk** on May 11th, 6-8 pm.



Join us for an enjoyable evening of family fun!
Sample the specialties of the Oak Park Center restaurants!
Dance to the live music of Phresh Press &
the Valley View Middle School Jazz Ensemble!

The Oak Park Restaurant Walk includes great food from six Oak Park Center restaurants, live music, exhibits by Oak Park merchants, face painting, balloon tricks, and a prize drawing.

Tickets are available: \$20 for adults and \$5 for children (ages 5-12). Visit www.fphe.org to purchase your tickets via PayPal or for questions email generalinfo@fphe.org.

Proceeds from the event benefit the 11 Pleasant Hill public schools.

Last year a fabulous time was had by all. Don't miss it!

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Mark your Calendar

- Apr 30 Sequoia Elem. Family Dance
- Apr 30 Strandwood Bike to School Day
- May 6 CPHS Open House
- May 7 FPHE Grant Applications Due
- May 11 Oak Park Restaurant Walk
- May 21 Gregory Gardens Talent Show
- May 25 Education Rally at State Capitol
- May 25 Sequoia Elem. Open House
- May 26 Strandwood Open House
- May 27 PHE Open House
- May 27 Hidden Valley Open House
- May 28 Gregory Gardens Walk-a-Thon
- July 9-11 CPHS 50th Anniversary Weekend

Support and Hope for Our Community

A Message from a Teacher and Involved Community Member

While the Foundation for Pleasant Hill Education is committed to financially supporting our local schools, it also brings hope and encouragement to our community.

As a sixth grade teacher at Valley View Middle School, I am a daily witness to the toll the budget cuts are taking on our staff, students, and parents. Details aside, it may be sufficient to say that the load on the shoulders of educators continues to increase, while relief and even adequacy seem to be slipping away. The equation can feel very bleak at times.

This is why I have been so grateful to FPHE for stepping up for our students, working against complacency and indifference, and providing the encouragement that can go a long way. It is very heartening to hear about colleagues who have had a project or a piece of technology paid for by a grant from the Foundation. Not only that, but FPHE is fun! I have had a blast as a face painting volunteer at their restaurant walks, and greatly enjoyed their most recent event, A Night of Improv comedy shows.

So, thank you, FPHE, for being a part of Pleasant Hill. I hope your presence continues to increase in our community and that your vision continues to unfold.

Kristin Celio
Teacher, Valley View Middle School

FPHE Board Meetings are Public

The public is always welcome to attend FPHE board meetings. They are held the first Tuesday of the month in the City Hall Small Community Room at 7:30 pm. Join us for a future meeting:

- May 4
- June 1

Apply for a FPHE Grant

In May 2010 FPHE will issue mini grants for the 2010-2011 school year. Mini grants are grants of \$1000 or less. In subsequent years grants over \$1000 will be available.

FPHE will send a letter to principals, teachers and PTA/PTSA groups in Pleasant Hill schools explaining the grant process.

Every school will be able to request grants using a Grant Request Form. The form is available on the Foundation website, www.fphe.org.

To request a grant, principals, teachers, and/or PTA/PTSA groups will need to complete the Grant Request Form and have it approved by the school principal. Grant Request Forms are due to FPHE by May 7, 2010.

The FPHE Board of Directors will review all mini grant requests, give grant approval, and send notification of approval. Grants will be publicly announced on May 20.

FPHE at the Farmer's Market

FPHE will be at the new Farmer's Market on May 1 and at the Grand Opening on May 8. Come by to say hello and, while there, buy tickets to the May 11 Oak Park Restaurant Walk.

The new Farmer's Market will be run by the Pacific Coast Farmers' Market Association (PCFMA) and will have a new location on Crescent Drive in front of the Century Theaters. The market will be open every Saturday, 8 am - Noon, through November 20.

The Grand Opening on May 8 will include cooking demonstrations, live entertainment, live music, fun activities for children, and prizes.

FPHE thanks PCFMA for graciously donating a booth to the Foundation for Oak Park Restaurant Walk ticket sales.



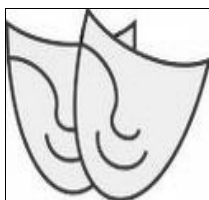
Review of the 2010 Annual Campaign

Improv Night Helps FPHE

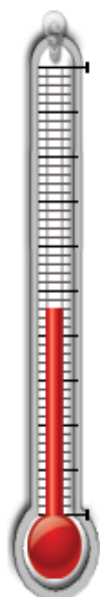
FPHE extends a heartfelt thank you to Mark and Kristin Celio for organizing A Night of Improv on March 20 and 21.

FPHE also thanks comedy troupes *Trapped in a Rumor* and *A Touch of Zen* for generously donating their performances to FPHE.

The performances netted \$1127 for the 2010 Annual Campaign. Thank you to everyone who purchased a ticket to support FPHE.



Annual Campaign Results



As of April 28, FPHE has raised over \$25,000 during the 2010 Annual Campaign. That amount includes proceeds from the Dine Out for Education! and A Night of Improv events. The funds will go directly to the grants awarded to Pleasant Hill schools in May 2010.

If you haven't donated yet, it is not too late! Please donate today at www.fphe.org.

FPHE thanks all our donors for their generosity and support of Pleasant Hill schools.

Together, we're making a difference.

**Dine Out for Education!
Event a Great Success**

Our community came out in force for FPHE's Dine Out for Education events in February and March. As a result, FPHE raised \$1996 from the Dine Out events. The funds have been incorporated into the FPHE 2010 Annual Campaign and will be applied to the school grant program.

Special thanks to the Dine Out for Education participating restaurants. Each restaurant donated 15-25% of the proceeds on the night of the events. Please thank them for their support the next time you visit their restaurant:

- Back Forty Texas BBQ
- Bangkok Restaurant
- Burger Road
- Chevy's Fresh Mex
- Kinder's Deli
- Monsoon Masala
- Panda Express
- Pasta Pomodoro
- Tahoe Joe's Famous Steakhouse

Help Schools Thrive -

Give \$55!

www.fphe.org

Get to Know Pleasant Hill Middle School

Pleasant Hill Middle School (PHMS), formerly Pleasant Hill High School, was reopened as a middle school in 1997. PHMS students come from Pleasant Hill, Strandwood, Gregory Gardens, and Fair Oaks Elementary Schools. Current enrollment hovers at around 830 students.

Principal Jonathan Roselin has been at PHMS for nine years. Mr. Roselin strongly supports students and staff in creating a successful learning environment, while considering the unique developmental needs of the middle school-aged student, that enables all students to reach grade level standards.

PHMS places a strong emphasis on academic excellence. The latest API score of 807 is evidence that PHMS is successful in its charter. Academic success at PHMS is highlighted and enhanced through activities such as the quarterly honors dessert for the students who excel in their studies, Gifted and Talented Education (GATE) clustered core classes, and Career Day, a day of presentations from people representing a cross-section of professions such as a nuclear physicist, USAF pilot, comic book artist, veterinarian, executive assistant from Walt Disney Studios, and cardiovascular technician.

PHMS is fortunate to be able to use and have a campus with two gyms, a swimming pool, and a track. One of the highlights of the PHMS campus is the Troy Spencer Edible Garden, a garden created in memory of Troy Spencer, a much beloved young science teacher who died of cancer four years ago. The garden, maintained by students, parents, and staff, grows produce that is donated to the school cafeteria and also used at the annual PHMS Founders Night dinner. The garden is incorporated into the curriculum and used as an outdoor teaching resource.

PHMS has a multitude of classes that benefit students and create a well-rounded education. The Conflict Management class is an elective that teaches students how to mediate disputes among their peers. Throughout the year, the Conflict class analyzes and discusses all types of interpersonal and inter-group situations. Students are certified as conflict managers, at which point they may be called upon to act as a conflict manager to resolve student disputes. In addition to helping the student body, the Conflict Management class instills confidence and teaches the trained conflict managers invaluable skills that they will use throughout their lifetime.

The PHMS staff gives strong support to extracurricular programs such as academically-based California Junior Scholarship Federation (CJSF), Mock Legislature, and GATE. PHMS has a very active Drama class that performs two shows per year. PHMS also has a student run Art Club and Earth Club.

PHMS takes extra steps to make 6th graders feel welcome at their new school. The process begins with a 5th grade field trip to PHMS to observe the school in session. During 6th grade PHMS provides a special 6th grade-only field trip event and numerous special lunchtime activities.

The middle school years are often seen as a time when families and schools see a decline in parent involvement. PHMS allows for the natural inclination of parents to give their students more “space”, but its staff strives to create a positive and welcoming relationship with parents in order to keep them remotely involved with their child’s school and education.

One of the ways PHMS does this is with the Goals Committee. The Committee has helped establish a solid partnership between faculty and parents by having both work together to create extracurricular programs, as well as develop campus beautification efforts and other initiatives. The PHMS Parent Teacher Student Association (PTSA) does an excellent job of keeping parents involved. Examples include the school’s Make-a-Difference Day, where, on average, over 150 parents, students, and staff work to enhance the PHMS campus. Also, for more than 10 years the Parent Partners Program has invited parent volunteers to take an active role by providing additional campus supervision on a daily basis.

PHMS holds an annual 5th Grade parent night. It is an excellent opportunity for parents whose children will be attending PHMS in the following year to learn about the school.

The characteristics of PHMS create an educational community that enhances core academic learning, broadens a student’s horizons, and prepares students for high school and the years beyond.





Education Begins at Home

Here are ways you can give your children opportunities to succeed in school from Kindergarten through high school :

1. Ask your children what they studied in class - what they liked and learned.

Asking questions shows them that school is important.

2. Choose a place for quiet home study. Creating a quiet place goes a long way toward helping your children learn.

3. Maintain a regular homework schedule. Follow up with your children to be sure homework is complete and turned in on time.

4. Learn Together. If you want your children to read their assignments, give yourself an assignment too. When they do homework, read a book, magazine or newspaper.

5. Learn Everywhere. Increase your children's interest in homework by connecting school to everyday life. For instance, teach children fractions and measurements while you prepare favorite foods together. In later years, discuss the chemistry of baking while you bake.

6. Meet your children's teachers to find out what the class is learning and to discuss your child's progress in school.

7. Praise your children for successfully completing homework and school tasks (projects, etc). Nothing encourages children (of all ages) more than constructive praise from their parents.

Adapted from materials from the California Teachers Association and the California State PTA.

Realtors Team with FPHE

FPHE would like to publicly recognize the following realtors for their support. These realtors have teamed with FPHE to enhance Pleasant Hill schools. Their generous donations will be instrumental in helping our Foundation succeed.

Please join us in thanking them:

Don and Norma Flaskerud of RE/MAX CC Connection, Inc.

- Don and Norma donated \$2000 to FPHE
- Contact: donandnorma@gmail.com, (925) 676-5859
- www.pleasanthillrealestate.com

Nathan Hitchcock of Hitchcock Realty

- Nathan will add an additional \$10 to contributions of \$55 or more given to FPHE. To all donors: please send Nathan an email stating that you gave \$55 or more to FPHE.
- In addition, Nathan will donate \$750 to FPHE when a client or referral buys or sells real estate with Hitchcock Realty in 2010. Donations will be made at the close of escrow.
- Contact: nathan@hitchcockrealty.com
- www.hitchcockrealty.com

Pete Sabine and Lori O'Brien of J. Rockcliff Realtors

- Pete and Lori will donate \$1000 to FPHE when a client or referral buys or sells real estate with them. All donations to FPHE from Pete Sabine and Lori O'Brien shall be paid at close of escrow from each transaction.
- Contact: Pete@contracostaliving.com, (925) 385-2340
- Contact: Lori@contracostaliving.com, (925) 385-2332
- On Facebook at Pleasant Hill Community Connection
- www.contracostaliving.com

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A current list of donors can be viewed at www.fphe.org.

FPHE will publish an updated donor list in the next quarterly newsletter.

How to Give

FPHE accepts donations throughout the year.

- Visit our website, www.fphe.org, to donate using PayPal
- Complete the donation card on the back of this newsletter and send to: FPHE, P.O. Box 23851, Pleasant Hill, CA 94523
- Arrange for employer matching donations
- Arrange an in-kind donation with a FPHE Board Member

Education, then, beyond all other devices of human origin, is the great equalizer of the conditions of man, the balance-wheel of the social machinery.

-Horace Mann

Volunteer and E-news Form

If you would like to become a part of FPHE or would like to be included on our E-news distribution list, please complete the information below and mail this column to:

Foundation for Pleasant Hill Education
P.O. Box 23851
Pleasant Hill, CA 94523

Name: _____

Address: _____

Email: _____

Phone: _____

Please add me to FPHE's E-news list.

I am interested in helping with the following:

Community Campaign for Education - Jan-Mar

Oak Park Restaurant Walk - May 11, 2010

July 4th in the Park and parade - July

"The Bee" spelling bee - Fall/Winter

Web site Coordinator - Ongoing

Grant Advisory Committee - Spring

Marketing Committee - Ongoing

Business Partners Committee - Ongoing



General Information About FPHE



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Soldenbourg@fphe.org

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Kgallagher@fphe.org

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Snoack@fphe.org

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Pleasant Hill Elementary

Sequoia Elementary

Strandwood Elementary

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Pleasant Hill Middle

Sequoia Middle

Valley View Middle

College Park High School

FPHE Basics

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Pleasant Hill, CA 94523

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FPHE Mission Statement

To work in partnership with our local community to enhance the quality of education and provide enrichment opportunities for students in Pleasant Hill schools.

Submit a Date to the FPHE Educator

If you would like to submit a date to the FPHE Educator, please email: Lhamaji@yahoo.com

Please remember dates should be at least three months in advance.

Foundation for Pleasant Hill Education

If you prefer, donate online at www.fphe.org

I wish to contribute the following to the

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