THE PANDA POST

Week of November 11-15
Semana del 11-15 noviembre

Arcado Elementary School/ Escuela Primaria Arcado
https://www.gcpsk12.org/ArcadoES

November 12
CreekFest Spirit Night
4801 Lawrenceville Hwy
5:00pm – 7:00pm

November 14
Green Cleaning – Free Class for Parents/ Clase gratis de limpieza para la vivienda
10:00am – 11:00am

STEAM Night
6:30pm-8:00pm

November 25-November 29
¡Cohetes! SPACE Exploration
Discovery Dome! Jardinería nocturna! ¡Codificación!
¡Desafíos de ingeniería!
ROBOTS! Juegos y mucho más!
Congratulations to this week’s PAWSITIVE Panda award winners!

Felicitaciones a los ganadores de PAWSITIVE Panda de esta semana

Student                  Teacher              Nominated by
Estudiante              Maestro              Nominado por
Shea                    Steck                Blocker
Samuel                  Trimble              Blocker
Ian                     Crittenden           Hudson

Congratulations to this week's Dojo winners for their positive behavior in our school!

Felicitaciones a los ganadores de PAWSITIVE Panda de esta semana por su comportamiento positivo en nuestra escuela!

Student                  Teacher
Estudiante              Maestro
Carmah                  Adams
Ahmed                   Atkins
Giselle                 Bell
MEDIA MOMENT: SIXTH MEMBER OF THE 100 BOOK CLUB!

A BIG CONGRATULATIONS Justin in Mrs. Atkins’ fourth grade class for reading 100 books! He is the SIXTH member of the 100 Book Club. A BIG THANK YOU to Mrs. Atkins’ for her encouraging words, and motivating her students to read 100 books this year.

CONGRATULATIONS, JUSTIN AND MRS. ATKINS!!

Happy Reading!
Dr. Underwood, Media Specialist

MOMENTOS DE MEDIOS:

UNA GRAN FELICITACIÓN ¡Justin en la clase de cuarto grado de la Sra. Atkins por leer 100 libros! El es el SEXTO miembro del Club del Libro 100. MUCHAS GRACIAS a la Sra. Atkins por sus palabras alentadoras y motivadoras para sus alumnos a leer 100 libros este año.

FELICITACIONES, JUSTIN Y SRA. ATKINS!!

¡Feliz lectura!

Dr. Underwood, Especialista en Medios
United Way Student/Special Events Campaign

Arcado will receive 50% of funds raised. The other 50% will go to the Child Well-Being Impact Fund, which supports over 120 organizations to better our 13-county region through nearly 160 programs and initiatives.

October 23rd-25th – Students can bring $1 and vote for the cutest staff’s dog.

November 1st – Classroom ice cream party for the class who raises the most money.

November 8th – I “Moustache” You to Donate to the United Way – students can buy an adhesive moustache for $1.

November 15th – Grade level competition! The Grade level who raises the most money gets to have a dance party with Admin.
Green Cleaning Class

Nov. 14 @10-11 AM
In the Parent Center/En el Centro de Padres

Come and learn the importance of keeping your house free of chemicals. Hands on activities will be provided on how to make your own cleaning products with natural ingredients!

Clase de Limpieza para la vivienda y el ambiente

Venga a conocer la importancia de mantener su casa libre de químicos. Proveeremos actividades en donde les enseñaremos como hacer sus propios productos de limpieza naturales!

CLOTHING & SHOES COLLECTION FUNDRAISER!

Bring items to the bin located at our school!

Every pound of clothing collected will raise money for our school and give clothing a second life

THINGS WE NEED

Men’s, Women’s & Children’s

Casual, Athletic, Formal, Jeans, Jackets, Shoes, Shirts, Sweaters

and small household items such as pots and pans (non glass items)
Parkview Youth and Middle School Wrestling
2019-2020
Making Tomorrow’s Champions Today

The Parkview Youth Wrestling Club is dedicated to teaching the fundamentals of this great sport. Boys and Girls grades K-8 are eligible to participate. Our program has produced numerous high school State Champions, All-Americans, and a National Champion in previous years. Hopefully, your child will have fun, learn the sport of wrestling, and one day become apart of the top program in Georgia, the Parkview Panthers!

Instructors: Middle School: Antoine Glasgow
Youth/Beginners: Antoine Glasgow

Registration Deadline: December 20, 2019. If past the deadline, you can visit the wrestling room during one of the below scheduled times and speak with one of the coaches.

First Practice: October 22, 2019

Practices: Beginners: (K- 3) Tuesday and Thursday, 6-6:45pm
Intermediate / Advanced (4-8) Tuesday and Thursday 7-8:30pm
*There will be no practices on days that school is not in session.

Registration Fees: $150, includes MMA Fight Shorts, Compression Shirt, Singlet, and USA Wrestling Card (used to register for tournaments)

Parkview Youth Head Coach: Antoine Glasgow Phone: 678-310-4492 Email: info@gwrestling.com

Please fill out the registration sheet below, and bring to the first day of practice.

Name: ___________________________ Phone: ___________________________

Address: ___________________________ City: ___________________________ Zip: ___________________________

Parent Name: ___________________________ Email Address: ___________________________

Students DOB: ___________ Age: ___________ Weight: ___________

T-Shirt Size: _______ Short Size: _______ Singlet Size (See Chart on Back): ___________________________

Signature: ___________________________ Authorization #: ___________________________

Online payment options are available through the ParkviewWrestling.com/youth wrestling
Or

By check made out to: ParkviewTakedownClub
### YOUTH

<table>
<thead>
<tr>
<th>KO SIZE</th>
<th>XXS</th>
<th>XS</th>
<th>S</th>
<th>M</th>
<th>L</th>
<th>XL</th>
<th>2XL</th>
<th>3XL</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEIGHT CLASS</td>
<td>30-37</td>
<td>40-43</td>
<td>46-52</td>
<td>55-61</td>
<td>64-70</td>
<td>73-80</td>
<td>84-92</td>
<td>96-105</td>
</tr>
</tbody>
</table>

*Please note: youth sizes have changes as of May 11, 2005*

### MEN

<table>
<thead>
<tr>
<th>KO SIZE</th>
<th>XXS</th>
<th>XS</th>
<th>S</th>
<th>M</th>
<th>L</th>
<th>XL</th>
<th>2XL</th>
<th>3XL</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEIGHT CLASS</td>
<td>83-95</td>
<td>103-112</td>
<td>119-125</td>
<td>130-135</td>
<td>140-152</td>
<td>160-171</td>
<td>189-215</td>
<td>275</td>
</tr>
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</table>

### LADIES

<table>
<thead>
<tr>
<th>KO SIZE</th>
<th>XS</th>
<th>S</th>
<th>M</th>
<th>L</th>
<th>XL</th>
<th>2XL</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEIGHT CLASS</td>
<td>95</td>
<td>102-110</td>
<td>119-138</td>
<td>148-165</td>
<td>185</td>
<td>215</td>
</tr>
</tbody>
</table>

*Please note: Ladies sizes may fluctuate with build and body proportion.*
FALL/2019

Parkview High School
998 Cole Road SW
Lilburn, Ga. 30047

Phone: 770-806-3796  Directors: Pam McRae
Fax: 770-931-5619  Assistant: Sharda Myers
E-mail: Parkview_community_school@gwinnett.k12.ga.us
Website: http://gcpsk12.org/parkviewcommunityschool

Youth Classes

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Date(s)</th>
<th>Time</th>
<th>Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACT Test Strategies (1 night)</td>
<td>WED</td>
<td>10/17, 12/5, 1/30, 3/26</td>
<td>4:00 - 6:00pm</td>
<td>$25</td>
<td>D. Elkins</td>
</tr>
<tr>
<td>Drivers Education</td>
<td>M-TH</td>
<td>9/23-10/8</td>
<td>3:30-6:30pm</td>
<td>$345</td>
<td>Hunt/Bowden</td>
</tr>
<tr>
<td>Drivers Education</td>
<td>M-TH</td>
<td>11/11-11/21, 12/2, 12/3</td>
<td></td>
<td></td>
<td>Cornerstone</td>
</tr>
<tr>
<td>SAT Practice Test</td>
<td>SAT</td>
<td>9/28</td>
<td>9:00-12:00pm</td>
<td></td>
<td>Cornerstone</td>
</tr>
<tr>
<td>SAT Prep</td>
<td>Online Only</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

ADULT CLASSES

Elementary and middle school students are permitted to register for an adult class if a parent/guardian also registers for the class.

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Date(s)</th>
<th>Time</th>
<th>Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic Yoga</td>
<td>W</td>
<td>10/16-10/30</td>
<td>6:30-7:30pm</td>
<td>$45</td>
<td>B. Greenberg</td>
</tr>
<tr>
<td>Basic Yoga</td>
<td>W</td>
<td>11/6-11/20</td>
<td>6:30-7:30pm</td>
<td>$45</td>
<td>B. Greenberg</td>
</tr>
<tr>
<td>Defensive Driving, Teens/Adults</td>
<td>TU, TH</td>
<td>10/15 &amp;10/17</td>
<td>6:00-9:00pm</td>
<td>$45</td>
<td>NatSafCouncil</td>
</tr>
<tr>
<td>Defensive Driving, Teens/Adults</td>
<td>TU, TH</td>
<td>12/10&amp;12/12</td>
<td>6:00-9:00pm</td>
<td>$45</td>
<td>NatSafCouncil</td>
</tr>
<tr>
<td>Cardio, Strength, Abs, Interim</td>
<td>M, W</td>
<td>10/21-12/4</td>
<td>7:00-8:00pm</td>
<td>$55</td>
<td>C. Walker</td>
</tr>
</tbody>
</table>

(This certificate course may qualify you for a 10% car insurance discount. Check with your insurance company.)

REGISTRATION METHODS: ONLINE THROUGH MY PAYMENTS PLUS (MPP) OR BY MAIL, FAX, PHONE, IN PERSON.

No refunds issued after class has begun.

Registration must be received at least 4 or more business days prior to first class.
Submit request for withdrawal or cancellation 4 or more business days before camp/class.

Check our website for more detailed information about our classes/camps.

Interested in teaching a class? We would love to hear from you!
To receive future class lists via e-mail, please send request to www.parkviewcs@yahoo.com.
OFFICE CLOSED OCTOBER 10-11, NOVEMBER 25-29, DECEMBER 23-JANUARY 2 and every Friday.

ONLINE REGISTRATION IS EASY THROUGH MY PAYMENTS PLUS (MPP).
(See website for link to MPP instructions)
STAY AT YOUR SCHOOL

Only $55 per week!

☑ STAY AT YOUR SCHOOL
No day care van ride

☑ AFFORDABLE TUITION
$55/week, billed monthly

☑ HOMEWORK HELP
Spend time enjoying your kids at home

☑ ORGANIZED OUTDOOR PLAY
Volleyball, basketball, soccer and more

☑ HEALTHY SNACKS
That are fun to eat

☑ STEM, ARTS & CRAFTS, KARAOKE

☑ Solo $55 a la semana!

☑ Te quedarás en tu escuela y no tendrás qué tomar transporte en la van al cuido diurno

☑ Acceptamos CAPS

☑ Juegos al aire libre organizados cómo, voleibol, baloncesto, fútbol y mucho más

☑ Ofrecemos ayuda con las tareas

☑ Las meriendas que ofrecemos son nutritivas

“It’s the cool way to end your school day!”

Register NOW! We accept CAPS

www.GASP-ga.com
770-318-7848
Classes

September – December

**ART**
- Kids Art
- Kids Art – Drop-in
- Tween Art
- Tween Art – Drop-in
- Fun & Relaxing Acrylic Art

Ages |
-----|
6 – 9 |
6 – 9 |
10 – 13 |
10 – 13 |
18 – up |

Fees |
-----|
$46 |
$15/class |
$46 |
$15/class |
$61 |

**DANCE**
- Ballet
- Belly Dancing
- Belly Dancing – Drop-in
- Creative Movement
- Hip Hop Kids
- Hip Hop Kids – Drop-in
- Jazz – Beg/Int
- J.U.M.P Dance Clinic
- Soul Line Dance
- Soul Line Dance – Drop-in

Ages |
-----|
3 – up |
18 – up |
18 – up |
3 – 5 |
6 – 12 |
6 – 12 |
8 – 12 |
5 – 16 |
21 – up |
21 – up |

Fees |
-----|
$37 |
$51 |
$15/class |
$129 |
$41 – $51 |
$15/class |
$129 |
$78 |
$24 |
$10/class |

**FITNESS**
- Dance Fitness
- Dance Fitness – Drop-in

Ages |
-----|
All Ages |
All Ages |

Fees |
-----|
$41 – $51 |
$15/class |

**HOBBIES**
- Chess – Beg/Int

Ages |
-----|
6 – up |

Fees |
-----|
$41 |

**MARTIAL ARTS**
- Karate – Beg

Ages |
-----|
5 – up |

Fees |
-----|
$70 |

**MUSIC**
- Baby & Me Music
- Group Piano
- Group Piano
- Individual Piano
- Guitar Club – Beg/Int
- Guitar Club – Int
- Music Makers

Ages |
-----|
0 – 2 1/2 |
5 – 8 |
9 – 13 |
5 – up |
8 – 12 |
13 – 18 |
3 – 5 |

Fees |
-----|
$129 |
$71 |
$71 |
$97 |
$129 |
$129 |
$129 |

**SELF IMPROVEMENT**
- Leaders Academy
- Model4Life

Ages |
-----|
15 – 25 |
8 – 18 |

Fees |
-----|
$16 |
$151 |

**CLUB**
- Senior Coffee Club

Ages |
-----|
50 – up |

Fees |
-----|
Free! |

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**Lilburn Activity Building**
788 Hillcrest Road, Lilburn
6 / 8 / 2 / 6-18-05

**Register Today!**
GwinnettParks.com
*Non-Gwinnett Resident fees apply.
September - November

**Events**

**New! Teen Movie Night**
Come on over for a movie night out without busting the bank!

**Friday • 7:00pm – 10:00pm**
Ages 13 – up • $2/person

<table>
<thead>
<tr>
<th>Date</th>
<th>Movie</th>
<th>Lab Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 13</td>
<td>Aquaman</td>
<td>LAB41631</td>
</tr>
<tr>
<td>October 4</td>
<td>Crazy Rich Asians</td>
<td>LAB41632</td>
</tr>
<tr>
<td>November 15</td>
<td>Avengers Endgame</td>
<td>LAB41633</td>
</tr>
</tbody>
</table>

**New! Paint Party**
Spend a fun & relaxing evening with friends in an instructor-led paint party.

**Saturday • 7:00pm – 9:00pm**
Ages 18 – up • $18/person

<table>
<thead>
<tr>
<th>Date</th>
<th>Theme/Theme</th>
<th>Lab Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 21</td>
<td>Fall Themed</td>
<td>LAB41641</td>
</tr>
<tr>
<td>October 12</td>
<td>Harvest Themed</td>
<td>LAB41642</td>
</tr>
<tr>
<td>November 16</td>
<td>Wine Glasses Themed</td>
<td>LAB41643</td>
</tr>
</tbody>
</table>

**Free! Super Hero Costume Party**
Come dressed as your favorite hero for an afternoon of fun, games, music, and more!

**Saturday, October 26 • 4:00pm – 7:00pm**
All Ages • LAB41620

Lilburn Activity Building
788 Hillcrest Road, Lilburn
678.277.0875

Register Today!
GwinnettParks.com
*Non-Gwinnett Resident fees apply.*