THE PANDA POST
Week of November 4-8, 2019
Semana del 4-8 noviembre del 2019

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

November 4
HEROE Night #2
6:00pm - 7:30pm

November 7
Coffee & Conversation with Ms. Young/ Café y conversación con Ms. Young
8:30am - 9:30am

Skate Along USA/ Noche de Patinaje
744 Beaver Ruin Rd
Lilburn
5:30pm – 8:00pm

Registration for FREE English Classes/ Registracion para clases de ingles GRATIS
1-2 pm
Parent Center/ Centro de Padres

November 12
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

Survey Monkey for parental engagement

Here at Arcado we aspire to stay connected with our families and communities! Our School Counseling Department is one of the ways in which we stay connected. Therefore, our school counselors are interested in any concerns that you may have so that we can continue to meet the needs of our students. Please take this short survey to let us know your thoughts! https://www.surveymonkey.com/r/HM68993

Survey Monkey para la participación de los padres

¡Aquí en Arcado aspiramos a mantenernos conectados con nuestras familias y comunidades! Nuestro Departamento de Orientación Escolar es una de las formas en que nos mantenemos conectados. Por lo tanto, nuestros consejeros escolares están interesados en cualquier inquietud que pueda tener para que podamos seguir satisfaciendo las necesidades de nuestros estudiantes. ¡Responda esta breve encuesta para hacernos saber sus pensamientos! !
Congratulations to this week’s PAWSITIVE Panda award winners!

Felicitaciones a los ganadores de PAWSITIVE Panda de esta semana

<table>
<thead>
<tr>
<th>Student</th>
<th>Teacher</th>
<th>Nominated by</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lucinta</td>
<td>Stanfield</td>
<td>Blocker</td>
</tr>
<tr>
<td>Subhara</td>
<td>Haney</td>
<td>Rago</td>
</tr>
<tr>
<td>Travis</td>
<td>Adams</td>
<td>Watts</td>
</tr>
</tbody>
</table>

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!

<table>
<thead>
<tr>
<th>Student</th>
<th>Teacher</th>
<th>Nominated by</th>
</tr>
</thead>
<tbody>
<tr>
<td>Syeda</td>
<td>Trimble</td>
<td>Watts</td>
</tr>
<tr>
<td>Elmira</td>
<td>Watts</td>
<td>Williams</td>
</tr>
</tbody>
</table>
A BIG CONGRATULATIONS to Nehab in Ms. Bell's fourth grade class for reading 100 books! He is the FOURTH member of the 100 Book Club. A BIG THANK YOU to Ms. Bell for her encouraging words, and motivating her students to read 100 books this year.

CONGRATULATIONS, NEHAB AND MS. BELL!!

Happy Reading!
Dr. Underwood, Media Specialist

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**Momentos de Medios:**

¡MUCHAS FELICIDADES a Nehab en la clase de cuarto grado de la Sra. Bell por leer 100 libros! Es el CUARTO miembro del 100 Book Club. MUCHAS GRACIAS a la Sra. Bell por sus palabras de aliento y por motivar a sus alumnos a leer 100 libros este año.

FELICITACIONES, NEHAB Y SRA. BELL

¡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.
Acompáñenos en la Cena de Noche de Padres Hispanos H.E.R.O.E.

¡Cosechando éxito en matemáticas!

4 de NOVIEMBRE
6 - 7:30 PM

Traiga un postre para compartir
FREE ENGLISH CLASSES FOR PARENTS (Level 1)

REGISTRATION
Thursday, November 7
1-2 PM
Parent Center

CLASSES BEGIN: Thursday, November 14, 2019
in the Parent Center from 1:00 - 2:00 PM

CLASES DE INGLES GRATIS PARA PADRES (Nivel 1)

REGISTRACION
Jueves, 7 de noviembre
1-2 PM
Centro de Padres

CLASES COMIENzan: Jueves, 14 de noviembre del 2019 en el Centro de Padres de 1:00-2:00 PM
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)
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!

FREE CLASS FOR PARENTS
CLASE GRATIS PARA PADRES

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!

ARCADO STEAM NIGHT
November 14, 2019
6:30 – 8:00 pm

SCIENCE ENGINEERING ROBOTICS & EXHIBITS ACTIVITIES FUN FOR ALL

Rocket Ships! SPACE Exploration Discovery Dome!
Nocturnal Gardening! Coding!
Engineering challenges!
ROBOTS! Math Games! And so much more!!!
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 E-mail: 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>
</tbody>
</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.*
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></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>Cornerstone</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.parkviewwcs@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)
GASP!
Georgia After School Program

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

✓ Solo $55 a la semana!
✓ Te quedarás en tu escuela y no tendrás qué tomar transporte en la van al cuido diurno
✓ Acceptamos CAPS

✓ ORGANIZED OUTDOOR PLAY
   Volleyball, basketball, soccer and more
✓ HEALTHY SNACKS
   That are fun to eat
✓ STEM, ARTS & CRAFTS, KARAOKE

✓ Juegos al aire libre organizados cómo, volleybal, baloncesto, fútbol y much 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

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

<table>
<thead>
<tr>
<th>Ages</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 – 9</td>
<td>$26</td>
</tr>
<tr>
<td>6 – 9</td>
<td>$15/class</td>
</tr>
<tr>
<td>10 – 13</td>
<td>$46</td>
</tr>
<tr>
<td>10 – 13</td>
<td>$15/class</td>
</tr>
<tr>
<td>18 – up</td>
<td>$61</td>
</tr>
</tbody>
</table>

## DANCE
- Ballet
- Belly Dancing
- 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

<table>
<thead>
<tr>
<th>Ages</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 – up</td>
<td>$37</td>
</tr>
<tr>
<td>18 – up</td>
<td>$51</td>
</tr>
<tr>
<td>18 – up</td>
<td>$15/class</td>
</tr>
<tr>
<td>3 – 5</td>
<td>$129</td>
</tr>
<tr>
<td>6 – 12</td>
<td>$41 – $51</td>
</tr>
<tr>
<td>6 – 12</td>
<td>$15/class</td>
</tr>
<tr>
<td>8 – 12</td>
<td>$129</td>
</tr>
<tr>
<td>5 – 16</td>
<td>$78</td>
</tr>
<tr>
<td>21 – up</td>
<td>$24</td>
</tr>
<tr>
<td>21 – up</td>
<td>$10/class</td>
</tr>
</tbody>
</table>

## FITNESS
- Dance Fitness
- Dance Fitness – Drop-in

<table>
<thead>
<tr>
<th>Ages</th>
<th>Fees</th>
</tr>
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<tbody>
<tr>
<td>All Ages</td>
<td>$41 – $51</td>
</tr>
<tr>
<td>All Ages</td>
<td>$15/class</td>
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</tbody>
</table>

## HOBBIES
- Chess – Beg/Int

<table>
<thead>
<tr>
<th>Ages</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 – up</td>
<td>$41</td>
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</table>

## MARTIAL ARTS
- Karate – Beg

<table>
<thead>
<tr>
<th>Ages</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 – up</td>
<td>$70</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Ages</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 – 2.5</td>
<td>$129</td>
</tr>
<tr>
<td>5 – 8</td>
<td>$71</td>
</tr>
<tr>
<td>9 – 13</td>
<td>$71</td>
</tr>
<tr>
<td>5 – up</td>
<td>$97</td>
</tr>
<tr>
<td>8 – 12</td>
<td>$129</td>
</tr>
<tr>
<td>13 – 18</td>
<td>$129</td>
</tr>
<tr>
<td>3 – 5</td>
<td>$129</td>
</tr>
</tbody>
</table>

## SELF IMPROVEMENT
- Leaders Academy
- Model4Life

<table>
<thead>
<tr>
<th>Ages</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 – 25</td>
<td>$16</td>
</tr>
<tr>
<td>8 – 18</td>
<td>$151</td>
</tr>
</tbody>
</table>

## CLUB
- Senior Coffee Club

<table>
<thead>
<tr>
<th>Ages</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 – up</td>
<td>Free!</td>
</tr>
</tbody>
</table>

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**Lilburn Activity Building**
788 Hillcrest Road, Lilburn
6/2/2023 & 6/8/23

**Register Today!**
GwinnettParks.com

*Non-Gwinnett Resident fees apply.*

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Gwinnett County Parks & Recreation
Gwinnett Parks.com

For real-time bus tracking, MyStop Mobile app or mygctransit.com.
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

- September 13 Aquaman LAB41631
- October 4 Crazy Rich Asians LAB41632
- November 15 Avengers Endgame LAB41633

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

- September 21 Fall Themed LAB41641
- October 12 Harvest Themed LAB41642
- November 16 Wine Glasses LAB41643

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

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

Lilburn Activity Building
788 Hillcrest Road, Lilburn
678.277.0875

Route 30, Stop 262 & 889
For real-time bus tracking, MyStop Mobile app or mygctransit.com.