CORDOVA GARDENS
ACADEMY OF ARTS AND SCIENCES
EAGLES

Week at a Glance

Week of 10/12- 10/16

Dear Cordova Gardens Families,

Here is your gardens' week at a glance (The EAGLE'S Nest). This is a weekly update that is posted every Sunday before the start of the school week. It is a place for you to get updates regarding the school and the district. This week at a glance, a document will also be available for you on the website on the parent tab under the "Week at a Glance" .

WeTip District Anonymous reports: Click Here

****WeTip allows students, families, staff, and community members to report safety concerns or bullying anonymously**

How to stay updated:

1. **Check the week at a glance. It will be uploaded to the school website.**
2. **Check the main school website. Click Cordova Gardens Academy of Arts and Sciences**
3. **Check for Principal Texts. (Email Mr. Bliss if you do not receive them)**
4. **First week FAQ's:** Click here (End of document)

Health and Wellness Corner

- **Please read our updates regarding the district partnership with Care Solace!**
- **Teleotherapy information can be found here: Click here**
- **Mental Health Moment:**

Stay Cool While Building Frustration Tolerance

Frustration is a natural part of learning, and helping kids manage it builds confidence and resilience. Instead of rushing to fix problems for them, encourage them to pause, take a deep breath, and try again. Turn challenges into games—"Let's see how many ways we can solve this!"—to make problem-solving fun. Praise their effort, not just success, so they learn that mistakes are just steps toward getting better. Most importantly, model patience—kids learn how to handle frustration by watching how adults handle setbacks. With practice, they'll see that pushing through challenges makes them stronger, not stuck! Please click this link for additional information regarding this topic.

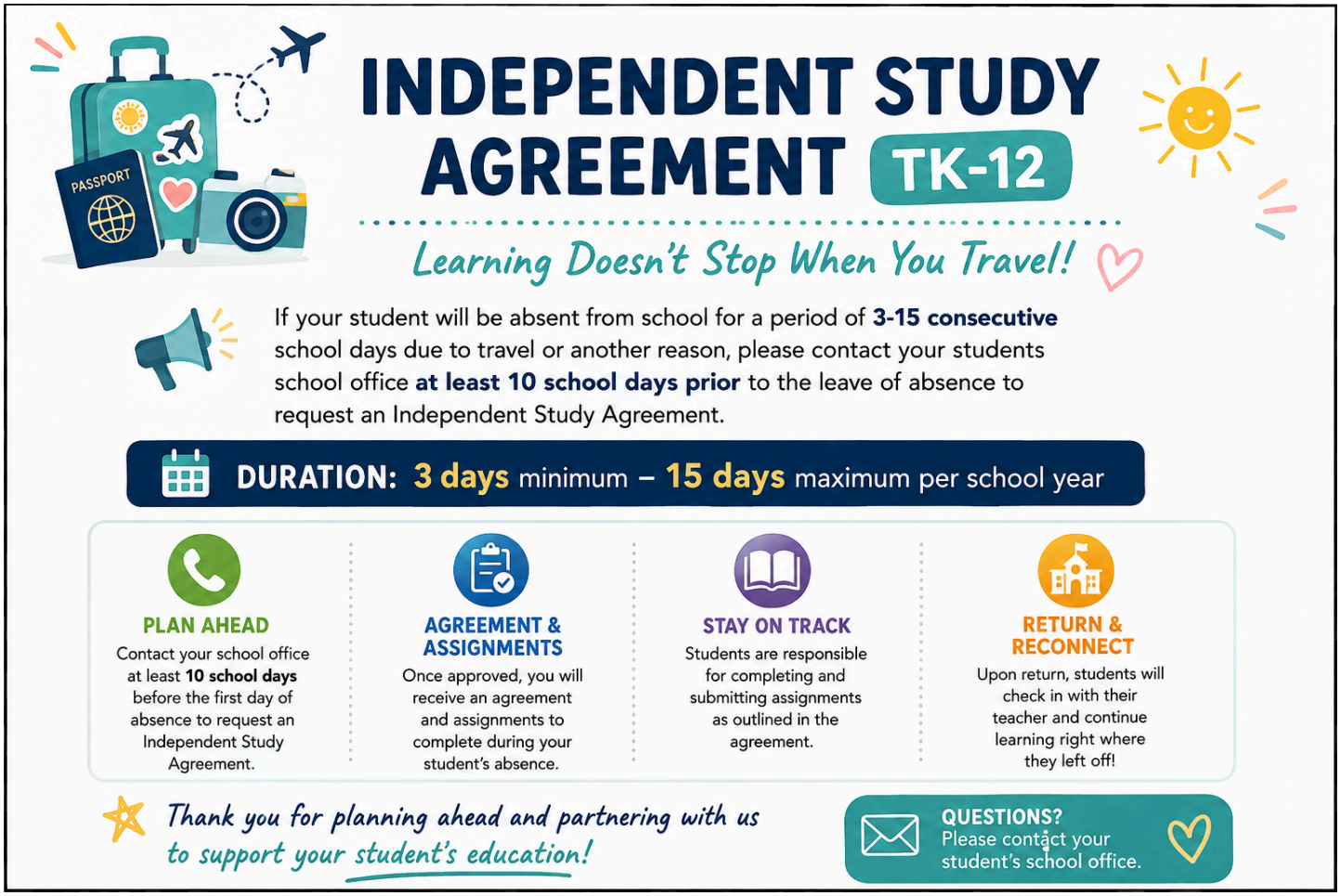
For any SEL or mental health related questions/concerns, please reach out to Jessica Biskner, School Social Worker at jbiskner@fcusd.org

Attendance Corner

Even missing just two days a month adds up to a whole month of learning lost each year. Every day your child shows up builds skills, confidence, and connection.

5 THINGS YOU CAN DO IF YOUR CHILD IS AVOIDING SCHOOL

1. Stay calm and curious. Ask what's bothering them, there's often a small reason behind big feelings.
2. Keep routines steady. Regular bedtimes and morning routines help school feel normal.
3. Model confidence. Say, "I know you can do this," instead of "You don't have to go."
4. Reach out for help. Don't wait, your school team wants to support your child early.
5. Start with the front office. They can connect you with the nurse, counselor, attendance staff, or mental health specialist for help.



PTA Corner Thank you for helping make sweet things happen at Cordova Gardens!
-- This is the direct link to the post - HERE

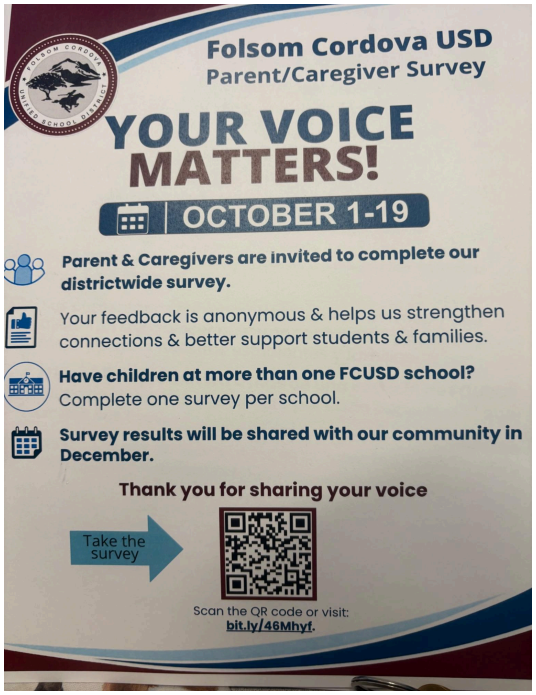


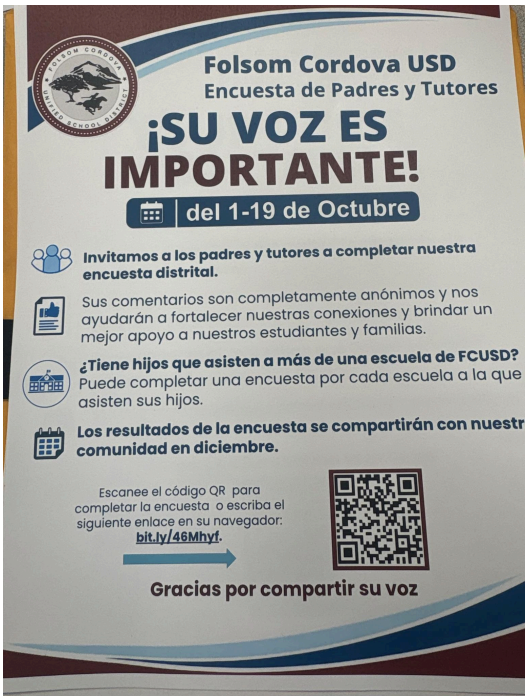
Community School's Corner

Look out this year for more opportunities for us to all connect!

Alexa Trotter is our Community Schools Facilitator here at Gardens. She believes that our differences are what make us all stronger and has seen with her own 3 children the value of a strong village. She hopes to connect and grow alongside you all this year to ensure the best for the students and families here at Gardens. Alexa is here to support our children, our families, and our community in any way possible. So please reach out if you need support at home or with your child, have a question, want to talk, or even if it's just to say hi!
atrotter@fcusd.org **(916)294-9115 Ext. 605187 Cell (530)350-6083**

Jeremiah Williams is the Restorative Specialist here at Gardens. Jeremiah has worked in education for 4 years and has a passion for creating an inclusive and joyful environment for learning. He has also worked as a raft guide and at youth summer programs where working as a family was essential for achieving success and giving us all the opportunity to reach our highest possibility. I hope to bring that same energy to academia and here at Cordova Garden, where we can all SOAR like the Eagles we are!
jwilliams@fcusd.org





Please complete the District Survey as soon as you can! Click here

Hello, Cordova Gardens families!

We're collecting candy and small prizes for our Fall Festival on Friday, October 23, and we'd love your help!



If you're able to contribute, we welcome:

- Bags of individually wrapped candy
- Small toys and prizes, such as stickers, pencils, spider rings, and bouncy balls

Please drop off donations at the school office. Every donation helps us fill our game stations with treats and prizes for students to enjoy!

Thank you for helping make this a fun evening for our school community!



Cordova Gardens PTA

2026 CORDOVA GARDENS ACADEMY

FALL FESTIVAL



FRIDAY, OCTOBER 23
4:30PM - 6:30PM





$3 admission per person
Students receive a FREE admission ticket!
All festival games are FREE!



Games & Activities • Candy & Treats • Community Booths
Food available for purchase from local vendors.

Costumes welcome!
Please leave masks, scary costumes, and toy weapons at home.

Bring a treat bag!
Bring your own bag to collect candy and prizes.

Questions? gardenspta@outlook.com

2026 CORDOVA GARDENS ACADEMY

FALL FESTIVAL PRE-SALE TICKETS

FRIDAY, OCTOBER 23 4:30PM - 6:30PM

CGA STUDENTS GET IN FREE

$3 admission per person
includes unlimited games.

Pre-sale ticket purchases due NO LATER than October 22

SCAN HERE

*** Show your Electronic Pre-sale Ticket confirmation at the Fast Lane Entry Gate ****
Cash and Card will be accepted during the Fall Festival at the Cashier tables

Running for Rhett

Dear Families,

Attached you will see a flyer for Running for Rhett. This is a free youth fitness program that Cordova Gardens is participating in. We will meet before school on Wednesday and Friday mornings at 7:20 to practice and get in shape for a 5K run/walk on December 5th in William Land Park. Scan the QR code on the flyer to sign-up and get more info. Please feel free to email me with any questions. We will be starting next week on Wednesday, Oct. 14th.

Melissa Allen
Learning Center
mallen@fcusd.org

Welcome to the Runnin' for Rhett Youth Fitness Program!

We are excited to announce that your children's school has been selected to participate in the **Runnin' for Rhett - FREE Youth Fitness Program!**

For six weeks, students will participate in fun, age-appropriate fitness activities that encourage running, walking, movement, teamwork, and healthy habits. Along the way, they'll set goals, build confidence, and discover that being active can be fun!

The program honors the life of **Rhett Seevers**, who was born with severe cerebral palsy and dreamed of doing the very things many of us take for granted—walking, running, and jumping. After Rhett passed away in 2004, his parents, Beth and Randy Seevers, founded the **Runnin' for Rhett Foundation** to inspire children and families to embrace fitness and healthy lifestyles in Rhett's memory.

Since 2007, more than **50,000 children** from **70+ schools** have participated in the Youth Fitness Program.

How Parents Can Get Involved

We encourage families to support their child's fitness journey by practicing the weekly activities together, celebrating their progress, and joining us at our end-of-season **5K Run/Walk on December 5, 2026, in William Land Park**. Whether you choose to run, walk, or cheer from the sidelines, your encouragement helps create a positive and memorable experience for your child. Your child will receive a Runnin' for Rhett shirt, silicone bracelet, and a finisher's medal on Race Day. The non-profit Bra's for Girls will be donating sports bras to participants.

We look forward to helping your child discover the joy of movement while creating healthy habits that can last a lifetime!

To learn more about the program go to:

https://vimeo.com/73749350

Program Highlights

Practice is every Wednesday and Friday starting October 14th.
Practice starts at 7:20 and ends at 7:50

Runnin' for Rhett - 5117 Worcester Way - 916.691.2311
A Non-Profit Foundation (501c3) - Tax ID #26-1419222
Governor's Council GOLD MEDAL WINNER - 2011

Upcoming Dates:

- **10/? Community paint 10-2, pushed back to November, look for additional info**
- **10/12 Indigenous People's/Columbus day PD, no school for students**
- **10/15 School Board Meeting 6 PM**
- **10/20 SSC/ELAC meeting 3 PM Room 5**
- **10/23 Harvest Festival 430-630**
- **10/28 Fall picture retakes**
- **10/28 Safetyville Field Trip 2nd grade Field Trip**
- **10/26-10/30 Red Ribbon Week**
- **10/30 is a superminimum day release 11:38**

Have a great week!
Mr. Bliss

Parent Feedback form. Provide your feedback here: Click here
We would like your feedback! Fill out the google form listed above!