

PACIFIC VALLEY SCHOOL

Big Sur Unified School District
2015/2016

Issue 32

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THE GREAT CALIFORNIA SHAKE OUT



Left: The CHP(California Highway Patrol) helicopter at Jade Cove. Right: John Handy, demonstrates the fire hose with students before letting them have a try.

Practice drills for The Great California Shake Out began at 10:15 a.m. on October 15, for our students and staff, along with 10.5 million other participants in California alone. "Great" is not how to describe an earthquake. They are dangerous, scary and deadly. The more prepared we are for one, the greater our chances of survival will be.

In an emergency, the California Highway Patrol (CHP) is not only traffic and law enforcement but also search and rescue, medical evacuation and fire assistance. Principal Gordon arranged a demonstration by local CHP pilots. The helicopter flew over the school and set down in the nearby field above Sanddollar Beach. Two CHP pilots talked about their jobs and helicopter operations. Students learned that helicopters are equipped with many instruments such as antennas, radios, thermal imaging and night cameras.

In an emergency, CHP works alongside the United States Forest Service and the Big Sur Volunteer Fire Brigade; a dedicated local trinity of life support for Big Sur. John Handy, pictured above, is Engineer of Engine 7854 of the Big Sur Volunteer Fire Brigade (BSVFB) at the South coast station. He helped our students understand the roles and responsibilities of a BSVFB "first responder" in the event of a real life earthquake.

Handy has been an intrinsic part of the South coast community for years as a resident, business owner and community service volunteer. He's no stranger to Pacific Valley (PV) School students and staff; three of his children attended the school, he's been supportive and involved with major school projects and he served as a district board member for seven years. PV students, who Handy describes as "born inquisitive," call him by his first name. On an average of once a week, Handy is helping to save lives by fighting fire, cliff rescue, responding to vehicle accidents or medical calls.

Handy demonstrated the use of a fire hose. Students experienced the force of water at 70 psi. Handy explains, "Turning the nozzle of the hose causes different effects. 'Right to Fight' puts out the fire with a jet stream of water. 'Left to Live' saves lives by producing a fan of water to cool down an area." In the event of an earthquake, Handy's best advice is, "Do not panic! Many people get injured from people trampling each other in a state of panic. Stay calm. Designated people need to make decisions. Seek cover under desks and doorways and try to gather everyone in one location to see who and who isn't accounted for."

Handy's desire to become a volunteer was not a childhood dream but rather "born out of necessity" from living in this remote area where help is scarce and far away. He hopes to inspire the spirit of volunteerism in our community. Handy notes, "There are currently only three south coast BSVFB volunteers and we desperately need at least three more." Visit the BSVFB website for more information. Use this link for earthquake info: http://www.earthquakecountry.info/downloads/ShakeOut_Recommended_Earthquake_Safety_Actions.pdf. Be safe, be prepared.

Mark Your Calendar

TUESDAY 11/

Field Trip High-school 4:00 p.m.
College night at Carmel High

WEDNESDAY 11/4

Field Trip 4th - 12th grade
Jazz In The Schools at Pacific
Grove Elementary School

THURSDAY 11/5

PTO Meeting 5:30 p.m.

FRIDAY 11/6

School Day & Field Trip
4th & 5th grade
Mission San Antonio

WEDNESDAY 11/11

Veteran's Day - No School
Wednesday or Thursday

FRIDAY 11/20

School Day

TUESDAY 11/24

Birthday Celebrations 3:40 p.m.
Dave A, Gail Ch. and Zyekiel

MONDAY -11/24

BSUSD Board Meeting 4:30 pm

WEDNESDAY -11/25

& THURSDAY 11/26

No School THANKSGIVING



Quote of the Month

Humility isn't thinking
less of yourself, it's
thinking of yourself less.
unknown

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H A L L O W E E N



Clockwise from top: Spooky seaweed sushi, roman goddess, vampire, black cat and the witches hat, students in costume with their fresh carved pumpkins.

Pacific Valley School celebrates Halloween the right way. Between the creative costumes, fun activities and festive attitudes; it's easy to enjoy the spooky tradition.

To start things off, the school bus, driven by the Phantom of the Opera, arrived on campus early in the morning. A dinosaur, vampire, zombie mermaid, zombie hunter, black rat, widow queen, black cat, myth buster old man and vampire bunny enthusiastically spilled out its doors.

They were greeted by a devil, goddess, victorian vampire and pirate. Normally, students exit the bus and scurry off to their classes. But on this day, in the spirit of Halloween, students transform into unearthly beings that balance class work with fun activities.

The first Halloween activity was a "Spooky Sushi" lunch buffet, where students and staff could make their own chicken or veggie sushi rolls. Many had never rolled sushi before and despite the slimy and bizarre ingredients, had a successful food, art and eating adventure.

Next, students guessed at the weights of giant pumpkins grown in the school garden, the heaviest of which weighed 32 pounds. Meanwhile, thirty pumpkins awaited

their fate to be transformed into jack-o-lanterns. Students displayed their scary and goofy carvings to a proud audience of parents and staff.

Lastly, students marched in the costume parade. Timed during PE, students happily walk over a mile as they journey around the field, climb the jungle gym, slide down the slide, and do it all over again, as they fill their bags with tricks and treats handed out by parents and staff.

PV's celebration is the perfect combination of fun, goofy, creepy and creative. We hope you had a "ghouls" night.

Quiz: 1.) Pumpkin is a squash. True or False? 2.) Are squash a fruit or vegetable? 3.) Why are squash considered a fruit? 4.) What do you call a pumpkin that has been carved for a candle or light to be put inside?



Answers: 1.) True 2.) Fruit 3.) They have seeds. 4.) Jack-o-lantern

Legal Notice/ Public Notice

The BSUSD TRUSTEES

seeks applicant to
fill board vacancy
through appointment
rather than election for a
PROVISIONAL APPOINTMENT
Now - November 31, 2015

Applicants will be invited to a public session interview by the board of trustees. Please contact the office for further information.

(805)-927-4507

**For more details go to the
governance page on our website.**

TURKEY MEATBALL & BARLEY SOUP

This delicious seasonal soup was served for lunch last month. Pictured below, it has home-made turkey meatballs, barley and vegetables from the school garden; squash, chard, onion, celery and carrots. It's topped with home made croutons and fresh tomato-basil salsa, making a rainbow of flavors that students and staff loved.



Basic recipe: Make large (2 golfball size) meatballs and bake them in the oven (about 35 minutes at 375). Cube squash, toss with olive oil, salt & pepper and bake along side meatballs until soft. Meanwhile, sauté chopped onion with salt and pepper in a soup pot for 5 minutes, add chopped celery, garlic, carrots and Italian herbs sauté until tender. Add a little "Better than Bouillon" chicken base, stir. Add a little water to deglaze, then add desired amount of water for soup, stir. Add "ten minute" barley (found at Trader Joes). Add more water as needed. Low boil for 20 minutes. Add julienned chard and roasted squash, stir. Turn off heat, cover and let stand 15 minutes. To serve, place two hot meatballs in a soup bowl. Ladle soup over the meatballs, getting a good variety of ingredients and broth. Top with croutons, shaved parmesan and tomato-basil salsa, if desired. Happy holidays.