



Jog - A - Thon 2016

Monday, Oct 31st

Come out and enjoy the fun. Watch your child run around in circles, dance, get colored spray in their hair and have fun with their classmates. Stay for lunch and challenge Ralph in our Annual Chili Cook-off and finish the afternoon with the Halloween parade.

During Jog - A - Thon even the staff comes out to boogie!



How do we keep in touch with our Community?

The Charles Armstrong Yahoo group is an online e-mail publicize tool we have created for parents of Armstrong students. It gives us an easy way to school and community events, as well as hear from parents like you. What kind of information is on it?

- Carpool information
- Information regarding LD materials
- Educational initiatives
- Transitioning
- Extra-curricular activities for kids
- Fundraising activities

Join Yahoo Groups today! Find out how to join by using this link to our CAPSO home page on the Armstrong website.

[www.charlesarmstrong.org/
community/capsohome.php](http://www.charlesarmstrong.org/community/capsohome.php)

CAPSO CO- CHAIRS

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Room Parents are also a great source for information and reading the Weekly Bulletin is advised.



C A P S O

WELCOMES YOU TO
ARMSTRONG!



WHAT DOES CAPSO STAND FOR?

Good Question. It stands for Charles Armstrong Parent School Organization. We are your fellow parents that run the PTA of Armstrong. We provide the volunteers to help Armstrong thrive and enhance our children's education. We also help you get acquainted with your fellow parents and students through educational forums and community events.



What does CAPSO do?

Glad you asked! Each year there are many school wide events – Book Fair, Jog -A-Thon, Community Picnic, a Community Fundraiser for the whole family, spring musical and many more class room activities such as field trips & special events. CAPSO provides the volunteers for these events.

CAPSO Fundraising

This one week of Fundraising supports the Armstrong staff, classrooms, and Library all year long!

JOG-A-THON

OCT 31ST

This money goes directly to fund classroom activities and support the teachers and staff with parties, teacher gifts, lunches, equipment and end of the year appreciation dinner.

Book Fair

Oct. 31st- Nov. 4th

All proceeds from the Book Fair go directly to the Armstrong library.



At Armstrong, we strongly encourage every family to volunteer a minimum of 20 hours for two-parent families and 10-hours for single parent families for the school year. Volunteering is strongly encouraged as a way to engage with the community, partner with the school in your child's education and stay connected to each other. There are volunteer opportunities for everyone that work with every kind of schedule. We promise that it will be worthwhile