



**Happy Autumn, Bulldogs!**



## **What's new at CDS?**



### **Friends in the Farm & Garden**

We caught up with Ms. Elsa for some updates in the Farm and Garden, and here's what's new!

*"The three young chickens, Amiga, Tiger and Chickmunk had their first birthday (hatchday?) at the end of October. The two four-year-old chickens, Ita and Buttercup have welcomed them into the flock with some interesting adjustments in the pecking order. This fall, many visitors to the garden have been invited to feed some of the garden's plentiful kale crop to Frisco and Sunny, our Babydoll Southdown sheep.*

*A new caterpillar habitat brings the wonder of metamorphosis to students' eye-level. Observing a Monarch butterfly emerge from its chrysalis was a peak experience!"*



### **Protein Packed Iron Chef Competition**

At the end of October our eighth graders in the Food & Agricultural Sciences program faced off in an Iron Chef competition to create yummy and nutritious health bars. Not only did each team make a health bar but they also created packaging, implemented a marketing plan and supplied detailed nutritional information. Some local celebrity judges, including a chef and marketing expert, tested the protein bars. To read more about our stellar new FAS program, led by Analise Heid and Katina Papson-Rigby, check out [Molly's Blog](#).



### **Lasting Partnerships Still Forged in Buddy Program**

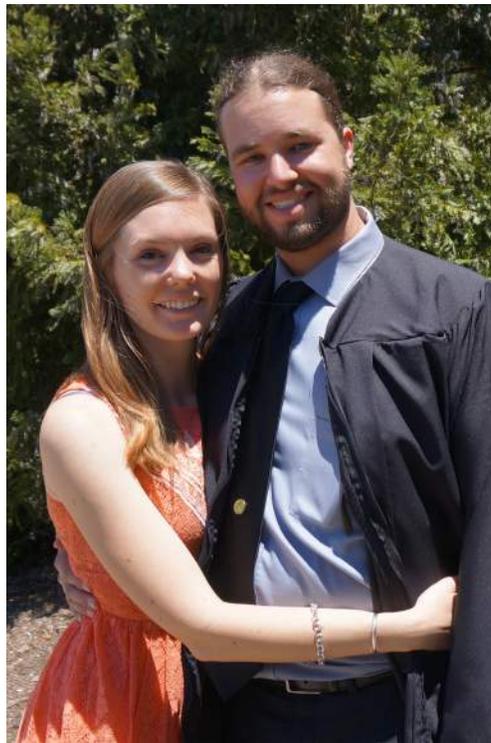
Remember when you were paired up in the buddy program? Both our youngest and oldest students are still benefitting enormously from the experience: the younger children enjoy the camaraderie and humor of the middle school students, while the older kids learn patience and the joy of helping the preschoolers learn. The students are learning to communicate, not only with their contemporaries, but across age-lines and even generations. They learn to respect the differences in age, education, and ability, and to build bridges across those differences—in effect, to make friends and to build community.

## **Cross Country Runs Strong**

This year in cross country the runners have been building their endurance running skills and learning how to race 1.5 miles with Coach Reggie. They've been doing strength training, distance running, as well as speed workouts. They've had 5 races, all in Golden Gate Park, with three top 10 finishers so far this season. Pascual Martinez and Finn Cornelius have finished in the top 10 of the Varsity Boys Division, and Owen Klingbeil has finished in the top 10 of the JV Boys Division. Everyone else on the team has made great strides in setting goals for themselves and continually improving. Some students have beat their times from the beginning of the season by 50-90 seconds!

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## **Class Notes**



### **Sonja Carlson, CDS 2006**

Sonja moved to Los Angeles after graduating from UC Berkeley in 2014. She is working as the Enrichment & Communications Manager at Seven Arrows Elementary, an independent school in Pacific Palisades. She loves seeing Gilli Cooper (CDS 2007), another Los Angeles CDS Alum resident, and recently attended Haden Cory's (CDS 2006) graduation from Cal Poly San Luis Obispo (pictured above). While she enjoys her job and free time as a working woman, Sonja is beginning to prepare for graduate school, preferably in an information studies program.



### **Brandon Naraghi, CDS 2008**

Brandon is a senior at the University of California, Santa Cruz where he is majoring in Biology. He really enjoys being a college student in Santa Cruz. In addition to academics, his sport interests are soccer and basketball, for which he received many distinguished awards at Drew.



### **Zoe Byl, CDS 2009**

Zoe recently began her junior year at UCLA where she is majoring in International Development Studies with a minor in Geography. On campus, she's on the Club Gymnastics team, where she was the competition coordinator, and is also in the Gamma Phi Beta Sorority. She has studied Ancient History abroad in Greece and has plans to study in Paris this summer. Through her travels, college classes and internships, she has been forming some amazing connections with amazing people from around the world!

### **Denis Ivanov, CDS 2010**

Denis is a sophomore at Reed College in Portland, Oregon where he is studying Biology with a focus in Behavioral Ecology. He is a science outreach teacher working with a class of 5th graders at a Portland elementary school once a week! On campus, he is also the co-leader of the Karma Patrol; a volunteer group that helps students celebrate the end of the semester in a safe way. After college, Denis is planning to take some time off before taking on a PhD in Biology.

### **Katie Hernandez, CDS 2013**

Katie is currently taking challenging courses at Sacred Heart Cathedral Prep including A.P. Spanish, Advanced Algebra, and Graphic Journalism. She is active in her school community, helping out at open houses with the Spanish department. Last year, she worked on a service-learning project with St. Anthony's, an organization that helps San Franciscans living in poverty. On top of all her homework and attending SMART, she also works in the Butterflies after school class at CDS!



### **Armon Naraghi, CDS 2014**

Armon is enjoying his sophomore year at Drew. He's taking European History, Geometry, English, Chemistry, and Digital Musical Composition. He feels that CDS has given him a very solid foundation to succeed in high school. Armon's favorite sport is basketball and he received the most valuable player award last year. This year, he'll be playing on the varsity basketball team.

### **Bianca Mercado, CDS 2015**

Currently a freshman at Convent, Bianca is taking interesting classes in Theology, History, and Spanish among many others and is a setter on the volleyball team. She is involved in theater outside of school and is excited to audition for the spring musical! She's also looking forward to going to Costa Rica for a big community service project during her sophomore year.

Do you want to be featured in our Class Notes section? Email [simoneo@cds-sf.org](mailto:simoneo@cds-sf.org) with a short update and a photo

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## Calling all Alumni from the Classes of 2012, 2013, 2014 and 2015!

On **Saturday, December 5th** from 2:00-3:00 p.m. CDS will be hosting an event designed for you, our amazing alums, to spread a little wisdom to our current eighth graders. We want you to tell them what you love about your high school! As they enter the final phase of their application process, help them figure out what schools will be on their final application list and give them some words of encouragement. We are particularly interested in having students from SOTA, Lowell, Waldorf, Gateway, SI, SH and any of the other public schools.

Please RSVP to Amanda Richard at [amandar@cds-sf.org](mailto:amandar@cds-sf.org). We hope to see many of you there!

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### Stay Connected!

Stay in touch, we want to hear from you! Please email Simone Octigan, our Annual Fund and Events Associate, to give us feedback, to update your contact information, to volunteer, or just to say hello! And now you can tweet, post and message your updates on our [Twitter](#), [Facebook](#), and [LinkedIn](#) pages!