

THE FAMILY CONNECTION

Every Child. One Voice.

Volume 5, Issue 1

A Monthly Newsletter of the Chatham M.E.D. PTA

January, 2007

Calendar of Events or Activities:

January 10: PTA Meeting, 6:30PM MED Faculty Room
January 17: Book Swap K-2
January 18: Book Swap 3-4

PTA Website is here!

Go to: www.chathamcentralschools.com
Click on M.E.D. Elementary
Click on M.E.D. PTA

Message From the PTA President:

Melony Spock, PTA President

Happy New Year!! For some reason every new year I feel refreshed and invigorated, motivated to do things. This year I am excited thinking about some of the things we have planned for the rest of our school year. We should all be thinking of different ways to reach our common goal of enriching and enhancing our children's educational experience. "It's more fun to color outside the lines." I have been hearing some creative new ideas of doing things this year and am looking forward to making some of these ideas a reality.

"If you are running for President...I would like you to know that I'm ready to help in any way that I can to get things going again." This is something Tammy Shaw wrote to me in one of my first email communications with her last year. And that is exactly what Tammy Shaw has done as PTA Vice President. One of the biggest things I wanted to do as President was improve the lines of communication. Tammy has made this a reality by creating a monthly newsletter, developing a website and collecting email addresses. She has worked hard to get us organized so that PTA leaders will have information to use in the future. She has always been there when people need a helping hand. She has helped me a lot, especially during the birth of my son. I have enjoyed chatting with her back and forth about new ideas to improve our PTA. As many of you know Tammy has resigned from her position as PTA Vice President. The board will miss her and we thank her for all she has done. We are still grateful that she will be involved with the Chatham MED PTA. Tammy is certainly committed to the PTA and its goals. On behalf of the entire PTA family I would like to say, Thank you Tammy!

Our first meeting of the new year will be on January 10th at 6:30pm. We will be discussing our overall plan for the rest of the year. Hope to see you there!

GIVE A FLOWER...Eat lunch with someone new...Listen with your heart...Visit a sick friend...Clean a neighbor's walk...Offer a hug...Give an unexpected gift...make a new friend...Pick up Litter...Say "Hello"...Call a lonely person...Open a door...Plant a tree...Pass a kindness on...buy someone's meal...Cheer up a friend...Thank a Teacher...Give blood...Read to a child...Do one kind act every day...Leave a thank you note...Offer your seat...tip generously...**BE TOLERANT...LET ANOTHER GO FIRST...Tutor a student...Give a Compliment...Lend a Hand...Celebrate the day...Respect others...Encourage a child...Walk a dog...Volunteer to help someone...Do a favor...Forgive mistakes...Drive courteously...Share a Smile!**

www.actsofkindness.org

FAMILY FUN COMING SOON! "BASKETBALL"

SIENA vs. ST. PETERS

WHERE: The Times Union Center (Pepsi Arena)

WHEN: Sunday, Feb.4th at 1pm.

COST: \$8.00 per person

Watch for your order form via backpack mail.

Questions may be directed to Mrs. Beth Hover, 1st Grade, at M.E.D. or at hoverb@chatham.k12.ny.us.

KINDNESS FOR THE NEW YEAR

Pass it on!

Melony Spock
President
392-7893

Kelly Mackerer
Treasurer
392-2936

Suzi Geerholt
Secretary
392-0267

Ruthanne Burnell
Co-Secretary
392-9711

“THANK YOU”

Message From the Principal’s Desk:

Charlotte Frye, M.E.D. Principal

A team of parents, teachers, community members and staff worked very hard with me to develop a long-range strategic plan for the building. We’ve brainstormed several goals for us to consider as we greet the New Year. We are concerned about using technology to improve communication with home, how to offer our elementary children more extracurricular activities, how to keep our kids eating healthily, and what to do instructionally when some children struggle with learning. The plan is strategic because it looks into our future and it helps inform the school board how they can support us with the educational plan and budget.

I am sincerely grateful for this terrific team: Julia Rubel, parent; Melony Spock, parent; Darci Ordway, parent; Ric Campbell, School Board Member; Kevin Boehme, School Board Member; Nancy Knabbe, Community Representative; Kachie Ladd, Teacher; Theresa Rossi, Teacher; Renee Morgan, Counselor; Rick Juliano, Technology Specialist; and Valerie persons, Nurse.

Thank you all! You care about our school and I appreciate you!

WRAP IT UP NIGHT!

Melony Spock, PTA President

On Friday, December 15th, the Med PTA had their first “Wrap It Up Night” at the M.E.D. On that evening the PTA Board with the help of some volunteers watched 50+ students from the M.E.D. while their parents took care of holiday chores.

Activities that the students participated in were bowling, arts & crafts, board games, movies, scooter races and karaoke. Girl Scouts from Troop 204 helped make crafts as well as sang winter songs with the kids. Mrs. Frye led the karaoke group and admitted that she went to sleep with the song “Head, Shoulders, Knees and toes” firmly fixed in her mind.

The students were provided a pizza dinner, which was donated by the Shaw family.

This was a fun evening for all. Thanks to all that volunteered to help make this evening a success!!

(Below: Photos from “Wrap It Up Night”)



Fall Book Fair: Thank you to Maureen Otto, Book Fair Chairperson; Elizabeth Powers, Book Fair Co-Chair; Amanda Powers, Book Fair Volunteer Coordinator; Kelly Mackerer, Book Fair Ice Cream Coordinator, Stewarts for the ice cream donation and all who volunteered their time to help with the Fall Book Fair this year. Your time is greatly appreciated. Sales were over \$8,000 which the PTA will then receive 30% profit of book sales. Thank you again to all!

Spirit Wear: Andrea Cartwright, Chairperson; Kelly Mackerer, Tammy Shaw, Melony Spock, Volunteers. Thank you Andrea for Chairing the Spirit Wear orders. Getting shirts ordered, delivered and distributed. Thank you again for all your time and hard work spent on SPIRITWEAR! Anyone who still has questions about his or her orders please contact Andrea Cartwright, Spirit Wear Chairperson at 392-5101.

Wrap It Up Night: Thank you to the Spock Family, Shaw Family, Burnell Family, Suzi Geerholt, Karen Gilligan & Troop 204, Mrs. Frye, Liz DiGiovanni, Brian Polhemus and son Gianni, Scott NeJame & sons, Tammy Walter, Kenneth Newkirk, Karen Engel & Maureen Otto. Thanks to all who volunteered their time.

PTA Computer & Website: Thank you to Rick Juliano, Network Administrator, for all of his help getting the PTA computer installed and getting the PTA website up and running. Thanks Rick!

Office Staff, Maintenance Staff, Kitchen Staff: A “Thank You” goes out to all of the Office, Maintenance and Kitchen Staff at the M.E.D. for all of their help throughout the school year. The answering of our questions, all of the favors that we ask, their hard work and dedication to our school and so much more. The entire PTA and M.E.D. Families would like to say “THANK YOU” for all that you do for us!

THANK YOU TO ALL OF OUR VOLUNTEERS AND EVERYONE WHO CONTRIBUTES IN MAKING THE MED PTA SUCCESSFUL!



BOX TOPS



Collecting Can Be Beautiful!

Suzi Geerholt, Box Top Coordinator, will be distributing a Box Top Collection Project to each student. It’s a great way to organize your box tops. The children are to color and fill their project sheet with box tops. After sheet is completed students may send back to school where their pictures will be displayed. Thanks Suzi!

Reminder to Teachers: Please empty your classroom’s box top containers and send all box tops to the Main Office.

“SCHOOL BANKING”

School Banking is every Tuesday unless school is closed. Students already having an account may send in their deposit sealed in an envelope with teacher’s name, child’s name and grade indicated on the outside of envelope. Students wishing to open a new account may request a “new account” packet by contacting Darci Ordway, School Banking Chair at 392-0553 or ordway10@msn.com. Thanks Darci!

Oops! Don’t forget to write **2007** on your checks for deposit.



4TH GRADE CANARIES”



Let’s applaud the 4th grade Canaries for their performance at the Canaries Winter Concert, which took place on December 13, 2006 at the M.E.D. The students did an awesome job!

The Canaries will be singing the National Anthem before Siena College Women’s Basketball game on February 9th.

4th Grade auditions for “Annie” will be held January 16th – 23rd during 4th grade playtime.

Thank you to Abby Brownell, M.E.D. Music Teacher, for all of her hard work keeping those Canaries tuned up.

(Each Canary received a Yellow Canary T-shirt which are funded by the M.E.D. PTA)

READING TIP OF THE MONTH



Reading alone is tons of fun, but it’s even more fun to read with a buddy. Read with your family, friends, and stuffed animals. Pets also love a good story; so read to your dog, cat, hamster, and fish. It’s a time for sharing, so share a good book in January.

“The Gift of Giving”

The 4th graders walked to the local grocery store to do some shopping for the Local Food Pantry before the Holidays. Classes were split up in groups along with a chaperone and told to try to purchase as much food as they could with \$11.00 per group. One group purchased pasta, sauce, canned veggies, juice, pudding, jello, soap, toilet tissue, and spent exactly \$10.99. The students were great shoppers.

The students then planned a walk to the Food Pantry during the same week to deliver their food donations.

Great Job 4th Graders! It’s always better to give than to receive.

COMMUNITY CORNER.....

Crellin Morris Association provides a variety of recreational and educational programs for youth in the Chatham Central School District. The programs include a fall soccer league, a winter CYO basketball league, a spring track and field program and a spring travel soccer club. CMA also hosts an after school program at the Morris Memorial on Park Row in Chatham which includes a drama program and language club. To be added to the CMA mailing list for program announcements and registration information please call the CMA office at 392-4622 or email cma@taconic.net

“ALL IN THE FAMILY”



“BETTER TOGETHER”

- Make a family scrapbook
- Sing songs in the car
- Play a card game
- Go to the park
- Take a walk
- Go to a museum
- Cook a meal together
- Go to a movie
- Go to the Library
- Plan a one-day field trip
- Have a picnic on the living room floor
- Fly a kite
- Build a family tree
- Go bowling or roller skating
- Go skiing

**Participate in your PTA Family Events!
Great way to spend time with your family.**

PTA Reminder: The MED PTA uses “Electric Green” Paper for all PTA correspondence for the 2006-2007 school year. Any correspondence from the PTA being distributed by backpack mail must be approved by the M.E.D PTA President and the M.E.D. Principal.

The Chatham M.E.D. PTA Newsletter is distributed on a monthly basis. If you would like to contribute an article or any information for the “Family Connection” newsletter please contact Tammy Shaw, Creator/Editor at 781-4005 or tshaw@taconic.net.

HEALTH WATCH

Parents are in charge!

As a parent, your responsibility is to buy healthy groceries and serve nutritious food to your growing children.

Start by establishing a routine, even if it is difficult at first. This means a set time for breakfast, lunch, dinner, and snacks. Once you have a routine for meals and snacks, meal times are more relaxed. Most children are happier on a schedule and become hungry at regular times. You'll feel happier about your parenting job when the family has a routine.

So, be consistent! Children need a meal routine just like they need a bedtime routine. Plan for three meals and two snacks each day! Serve a vegetable or fruit at every meal. Fruits and vegetables are great for snacking too.

Instead of rewarding your child with food, reward them with attention (hugs, kisses, and smiles) and playful activities.

Create a Healthy Eating Environment:

- Implement the same healthy diet (rich in fruits, vegetables and grains) for your entire family, not just for select individuals.
- Plan times when you prepare foods together. Children enjoy participating and can learn about healthy cooking and food preparation.
- Eat meals together at the dinner table at regular times.
- Avoid rushing to finish meals. Eating too quickly does not allow enough time to digest and to feel a sense of fullness.
- Avoid other activities during mealtimes such as watching TV.
- Avoid foods that are high in calories, fat or sugar.
- Have snack foods available that are low-calorie and nutritious. Fruit, vegetables and yogurt are some examples.
- Avoid serving portions that are too large.
- Avoid forcing your child to eat if he/she is not hungry. If your child shows atypical signs of not eating, consult a healthcare professional.
- Limit the frequency of fast-food eating to no more than once per week.
- Avoid using food as a reward or the lack of food as punishment.

Health Effects

