



# Mitchell Mustang

Volume 34, Issue 8

April 2010

## From the Principal's Desk...

### Important Dates

- ☉ April 2nd: Vernal Holiday, no school
- ☉ April 6th: Family Math & Science Night, 6-7:30pm
- ☉ April 13th: Dion's Family Night, 5-8pm
- ☉ April 13th: PTO Budget Meeting, 5pm. General PTO Meeting, 6pm
- ☉ April 22nd: 2010-2011 Kindergarten Orientation, 6-7pm
- ☉ April 22nd: Take your child to work day
- ☉ April 23rd: Mitchell Community Day, 11:30am - 2:40pm
- ☉ May 5th: Mitchell Annual Fun Run: 9:30-11:30 am and Fine Arts Night, 6-7pm
- ☉ May 8th: Eldorado's 5K Chalk Walk, 2-5pm
- ☉ May 28th: Last Day of School

Dear Parents,

The school year just keeps flying by and I find myself already making plans for the 2010-2011 school year. I anticipate making several grade level changes next fall and for this reason we will not be offering classroom observations and/or parent request letters this year. If you are concerned about your child's placement, you may request a certain type of classroom, but please **do not** request a specific teacher. These letters must be submitted by April 30, 2010.

We have several of upcoming events here at Mitchell, so mark your calendars for:

April 2 <sup>nd</sup>	<b>No School due to Vernal Holiday</b>	
April 6 <sup>th</sup>	6:00 PM – 7:30 PM	Family Math & Science Night
April 13 <sup>th</sup>	5:00 PM,	PTO Budget Meeting
April 13 <sup>th</sup>	6:00 PM	PTO Meeting
April 22 <sup>nd</sup>	6:00 PM - 7:00 PM	2010-2011 Kindergarten Orientation
April 23 <sup>rd</sup>	11:30 AM – 2:40 PM	Mitchell Community Day
May 5 <sup>th</sup>	6:00 PM – 7:30 PM	Fine Arts Night
May 28 <sup>th</sup>	<i>Dismissal time TBA</i>	Last Day of School

Watch for more information about these events.

I want to thank our PTO for their hard work this year. Many thanks also go out to all of our families for supporting our fund raising efforts this year. With the money raised, the Mitchell PTO is able to offer support to our classrooms and our families. If you are interested in helping to plan for next year, please attend the next PTO meeting on Tuesday, April 13<sup>th</sup> at 6:00 PM in the main office area.

Happy Spring!  
*Debbie Garrison*  
 Principal

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### **2010-2011 Current Mitchell Student Registration**

Registration Packets for current Mitchell students, that will attend Mitchell next year, will be sent home on Monday, April 19, 2010. Completed packets must be returned to the office by Friday, April 23, 2010 in order to be pre-registered for next year. Proof of residency will be needed to register. Please read "District Proof of Residency Procedures" for District requirements. If a student is not going to be attending Mitchell next year, please return the packet with a note indicating where the child will be attending next year.

### **2010-2011 Kindergarten Registration**

Kindergarten Registration will kick-off on Thursday, April 22, at 6:00 PM with our Kindergarten Orientation in the library. All parents and their 2010-2011 kindergarten students are invited to attend this fun and informational event. Registration packets will be handed out that night and must be completed and returned to the office by 4:00 PM on Friday, April 30, 2010. All kindergarteners will need to bring proof of residency, current shot records and a birth certificate. Please read "District Proof of Residency Procedures" for District requirements.

**District Proof of Residency Procedures** All students registering with APS must present proof of residency within their school's boundary area every year. Proof of residency for Mitchell will be any ORIGINAL February, March or April PNM bill with parent name and address on it. You **MUST** present the original bill—NO COPIES will be accepted or made. The original bill will only be used to determine residency and will be returned to you when verification is made. New property owners and/or renters that have not received utility bills can bring in an original purchase/rental agreement with their name on it.

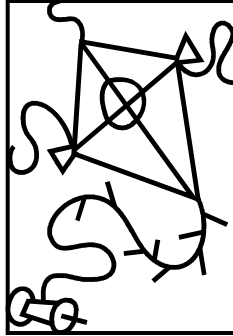
### **Become a Mitchell Elementary School PTO Booster!**

\_\_\_\_\_ \$5 \_\_\_\_\_ \$10 \_\_\_\_\_ \$20 \_\_\_\_\_ \$50 \_\_\_\_\_ \$100 \_\_\_\_\_ other

Please return this slip and your donation to the school office. Make checks payable to: Mitchell Elementary PTO. Your cancelled check will be your receipt. Your contribution will automatically enroll you as a Mitchell PTO Booster.

## How Times Have Changed!

Things were so different for kids when I was growing up. We played outside with the neighborhood kids after school, on the week-ends, until dark, or the dinner bell, whichever came first! Our mothers did not worry about us, and we were never alone. The neighborhood was filled with children playing outside. We played kick-the-can, hide and seek, cops and robber games, chase, rode bikes, made go-karts out of trash, and climbed trees. There was always something to do and someone to do it with.



Flash forward to the present day. Both parents have to work to make ends meet. As a result, the children are in afterschool care. Parents have to worry about their child playing outside because of the fear of harm from the bad people that live in our society. There are video games. Too many video games. Children are spending most of their leisure time indoors playing video games, or watching television, not experiencing play outside.

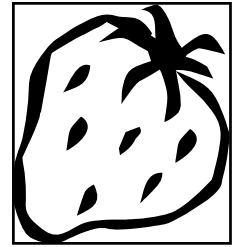
Major lifestyle changes have occurred since I grew up and many since my children grew up. The consequences of these lifestyle and society changes are enormous. Mitchell Elementary received the APS Healthy Weight Assessment Project Report. This is a wake-up call for our community. Over 30% of our students are overweight or obese. We are not alone, for most of APS is at this level as well. The data was collected as part of the health assessments conducted in kindergarten, third grade and fifth grade.

The health concerns for children that are overweight are the same as for adults: high

blood pressure, heart disease, diabetes, and stroke. Recently there was a long-term study comparing the vascular health of children of normal weight to children that were overweight. The study found, that by age 11, there were major differences in the vascular health of the two groups. The plaque build up and obstruction of arteries was much higher in the overweight children.

How do we combat these numbers? The students have been learning how to eat healthy and to exercise at least one hour per day during health and wellness class. With all this information, they need your help! Why not start today to make healthy choices and positive lifestyle changes for your family? Begin with changing one thing at a time. Try adding a walk around the neighborhood after dinner, or a game of catch. Eliminate sodas and sugar drinks from your diet for two weeks and notice the difference.

Send a fruit or vegetable for a snack instead of cheetos or candy. Start buying whole grain breads and cereals to add the necessary fiber and vitamins to your diet. When small changes are made, one at a time, it is easier to build a good habit and not return to the old ways.



These numbers are alarming, but we have the power to change them in a positive direction. We all want what is best for our children. Our desire is for them to grow up healthy, happy and live long prosperous lives. Let's join together for the health of our children and our community.

## Take Our Daughters and Sons to Work

Take Our Daughters and Sons to Work Day will be observed on Thursday, April 22nd. This national, public education program connects what children learn at school with the actual working world and encourages girls and boys across the country to dream without limitations and to think imaginatively about their family, work, and community lives.

This day provides an opportunity for children ages 8 to 18 to team up with family members, neighbors or friends to get a peek at different careers. Since the District stands in support of appropriate and meaningful work-based learning opportunities for our students, this day's absence will be excused if our office is notified. Please check with your child's teacher for any make up work.

### From the PTO President...

I can't believe that the school year is already almost over. It has been exciting so far and we still have lots to do! We had a great family night at Roller Skate City. Thanks to everyone who attended. It was a lot of fun. The chocolate sales are going great. Good job selling everyone! We have some fun things coming up in the next couple of months that hopefully everyone can attend. Science Night is April 6, Dion's family night out is April 13, Earth Day is April 22 and Kindergarten Night is April 22. Please remember we changed the PTO meeting this month to April 13 at 6:00 due to Science night. We would love to see some new faces there.

Kelly Lotrich  
PTO President

**SIRLOIN**  
**SO PAMPERED,  COWS VOLUNTEER.**

Picanha. No one treats top sirloin like we do. We start out with the finest cuts available. Then, using only the most delicate seasonings, we grill them over an open fire, sealings in all their juices and flavor. To top it off, we slice the sizzling Picanha off the skewers, fork tender, right at your table. Come to think of it, you'll be pretty pampered yourself.

**TUCANOS**  
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## April's Treasurers Report:

It is amazing that we have only two more months of school left. We have had a great year with fundraising and all the activities that go on here at Mitchell. I would just like to let you know we will be conducting our budget meeting on April 13<sup>th</sup> at 5pm immediately before the regular PTO meeting, so if you are interested in attending and getting a real feel for how we spend our funds at Mitchell, please come. As of today we have collected \$7174 (this is not profit) from chocolate bars sales, again we thank all that participated in the fundraiser and remember you can always opt out of selling and donate money to any specific activity or fund of your choice. We plan on using the funds raised from chocolate bars in the following ways: Photography Club, Outdoor Adventure Club, and Library bookshelves.

## BOX TOPS for EDUCATION

Deadline for turning in Box Tops for the Class Pizza Party Contest is April 30<sup>th</sup>, 2010. The class that submits the most BoxTops will earn a pizza party!!

### Class Contest Update:

1<sup>st</sup> Hoy

2<sup>nd</sup> Stewart

3<sup>rd</sup> Tschida

Don't forget to ask family, friends, co-workers, and neighbors to clip for you too!! There are many new products participating in the Box Tops for Education program. Some of the latest are:

Betty Crocker Cake Mix

Nestle Juicy Juicy Bottles and Sparkling Fruit Juice

Chocolate Cheerios

Progresso Soup Cans

Avery School and Office Supplies

Yoplait Simply...Go-GURT Yogurt

Keep Clipping! Robyn

P.S. Keep clipping through the summer and turn them in to the office when you come back to school in the fall!



**FOR IMMEDIATE RELEASE**

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**Support Great Teachers in ELDORADO HIGH SCHOOL/FUTURE EDUCATORS ASSOCIATION'S First Annual Chalk Walk<sup>SM</sup>**

Who is your favorite teacher? Whether it was your first grade music instructor, school counselor, high school track coach or history professor, most of us can recall one special teacher who made a difference in our lives. Through the Chalk Walk, you can now thank them in a meaningful way that has lasting, positive impact. Sponsored by PDK International, a not-for-profit organization that supports education through research, service, and leadership, and the Eldorado High School Future Educators Association<sup>®</sup>, which encourages students to explore careers in education, the Chalk Walk is a chance to honor those amazing individuals who have made a difference in Albuquerque.

The 5K walk will be held Saturday, May 8<sup>th</sup> at Balloon Fiesta Park FROM 2 P.M. TO 5:00 P.M. The registration fee is \$15.00 for adults, and \$10.00 for youth (13 and under) and includes a Chalk Walk t-shirt that can be personalized to honor a teacher that has made a difference.

The Chalk Walk is the only national walk-a-thon for education that directly supports our educators. The walk serves to support great teachers of the past and present, while raising money to help cultivate great teachers for the future.

EHS/FEA hopes to unite our community through the shared commitment of improving the educational experiences of our youth by advocating the recognition, support, and development of great teachers. We want our children to have teachers who are passionate about teaching and who will have a lasting positive impact on our children.

For more information about the Chalk Walk and a copy of the registration form, visit:

[www.eldoradoeagles.com](http://www.eldoradoeagles.com).

**PTO Membership**

Name: \_\_\_\_\_ Student: \_\_\_\_\_

Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_