



# Mitchell Mustang

## Principal's News

April 2011

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[www.aps.edu/aps/mitchell](http://www.aps.edu/aps/mitchell)  
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Dear Parents,

Here it is April and we are already busy making plans for the 2011-2012 school year. The APS budget has been a hot topic in the news and I am currently working on the budget. It will be presented at the May PTO meeting. This is the time of year when everyone starts thinking about teachers for next year. At this time, I do not know what changes will be necessary in grade level assignments. If you are concerned about your child's placement for next year, you may request a certain type of classroom, but please **do not** request a specific teacher. These letters must be submitted by April 29, 2011.

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

- April 1<sup>st</sup> – 8<sup>th</sup> NMSBA Testing Continues
- April 5<sup>th</sup> Family Math & Science Night 6:00 PM – 7:30 PM
- April 12<sup>th</sup> PTO Meeting 6:00 PM and Mitchell Night @ Dion's Pizza
- April 15<sup>th</sup> Family Movie Night 7:00 PM
- April 18<sup>th</sup> – 22<sup>nd</sup> 2011-2012 Pre-registration
- April 20<sup>th</sup> Crazy Hat & Hair Spirit Day 
- April 22<sup>nd</sup> Regular Classes – GREEN Day
- April 28<sup>th</sup> 2011-2012 Kindergarten Orientation 6:30 PM - 7:30 PM
- April 29<sup>th</sup> Spring Picture Day
- May 4<sup>th</sup> Fun Run
- May 14<sup>th</sup> Family Fun Day
- May 23<sup>rd</sup> – 26<sup>th</sup> Play Days – Parent Volunteers Needed
- May 31<sup>st</sup> Last Day of School 1:00 p.m. Dismissal

We have nine, very busy weeks left of the school year. Thank you for your continued support.

Happy Spring!

*Debbie Garrison*

Principal

## 2011-2012 Schedule

Our school's Instructional Council and staff voted in February to implement a new schedule for the 2011- 2012 school year. The proposed schedule change was presented in the March newsletter and discussed at the PTO Meeting on March 1, 2011. We invited all parents to attend this meeting and participate in the discussion. Each family, with students registered at our school for next year, received a survey on March 2, 2011 to vote on the schedule change. We were required to have a 66% approval rate of the surveys returned to be able to move forward with any schedule changes. On March 10<sup>th</sup> all surveys were turned over the Associate Superintendent for Elementary Schools.

The results showed more than the required 66% approval. The schedule for next year will be a start time of 8:00 a.m. and a dismissal time of 2:00 p.m. for Monday through Friday, with no early Wednesday dismissal.

### 2011-2012 Current Mitchell Student Registration

Registration Packets for current Mitchell students, that will attend Mitchell next year, will be sent home on Monday, April 18, 2011. Completed packets must be returned to the office by Friday, April 22, 2011 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 28th, at 6:30 PM with our Kindergarten Orientation in the library. All parents and their 2011-2012 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 29, 2011. 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 March or April PNM bill with parent name and address on it. You **MUST** present the top portion of original bill—NO COPIES will be accepted or made. The original bill will only be used to determine residency and will be returned if necessary 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.

### PTO Officers Needed for 2011-2012

|                              |  |
|------------------------------|--|
| President: Kim Rose          | Ways & Means: open                         |
| Vice-President: Teri Mauldin | Newsletter Editor: open                    |
| Secretary: open              | Hoover Liaison: open                       |
| Treasurer: open              | Instructional Council Representative: open |
| Hospitality: open            | Volunteer Coordinator: open                |

Want to make a difference in your child's education and school experience? Become a PTO officer! If you are interested in a position, come to the April PTO Meeting on April 12th at 6 p.m. in the Teacher's Lounge and find out more.

### PTO Treasurer's Report

Thank you to everyone who sold Chocolate Bars! We were a little short of our goal, but we made \$3385. Our popcorn and pickle sells have been going really well. Our profit thus far is \$711. We will continue sales after testing on April 13<sup>th</sup>. We will also continue to ask parents to help us with the popcorn and pickle sales. We want to thank those parents who helped in February and March. Our profits from chocolate bars will go to the fifth grade party and play day activities. The profits from popcorn/pickles sells will go to classroom technology. Our next fundraiser will be our annual FUN RUN. If anyone knows of a business who would like to be a sponsor, please contact PTO at [mitchellpto@yahoo.com](mailto:mitchellpto@yahoo.com).

## Take Our Daughters and Sons to Work

Take Our Daughters and Sons to Work Day will be observed on Thursday, April 28th. 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.

**Next PTO Meeting is Tuesday, April 12th at 6 pm. Please join us!**

### Health & Wellness:

### We Are What We Eat!



Everyone has heard this saying, and probably does not believe it. We have all had potato chips and did not grow a chip out of our ear! How are we made of what we eat? It turns out that the composition of our cell membranes, bone marrow, blood and hormones are determined by the nutritional content of what we eat. Adults lose about 300 billion cells to old age every day! These cells must be replaced and are manufactured from the foods we consume. Children are growing everyday, and their growth is generated by the foods they eat.

This is why it is so important to fuel our bodies with clean food and avoid junk foods. There are many studies that have come to the same conclusion about diet and exercise. In 1993, two doctors, J. Michael McGinnis, MD, and William Foege, MD, published an article in the Journal of the American Medical Association titled, "Actual Causes of Death in the United States". The article stated that half of the annual deaths were premature and could have been delayed by modifying lifestyle behaviors. Those lifestyle changes include staying away from tobacco, improving our diet, and exercising daily.

We forge our health by our feet and our fork. So what is a clean food? Clean foods are minimally processed foods that are as direct from their source as possible. They are free of additives, including preservatives, colorings, sweeteners and hormones. Foods that are the healthiest for us have one word ingredients: apples, blueberries, bananas, oatmeal, almonds, salmon, beans. The longer the list of ingredients, the more chance of the addition of chemicals, additives, sugar, salt, hydrogenated fats and excessive calories.

The closer to nature you eat, the fewer calories you consume, which helps greatly with our body mass index. The main reason is that processed foods have low amounts of fiber and water, and a high ratio of calories to nutrients. They also have a high ratio of salt and sugar that over stimulates the appetite center in our brain. Clean foods are the opposite. They are filled with fiber, fluid and a high ratio of nutrients to calories. We therefore receive signals that we are satisfied before we consume too many calories.

Eating well is a major factor in reducing the risk of major chronic disease by almost 80%. We know now that our bodies need good, clean nutrients to replace cells and grow daily. Clean eating is so very important to our overall health, so let's get started!

**Remember, students are not to be dropped off at school before 8:40.**

Support Great Teachers at the



Future Educators Association (FEA)

# 5k

# ChalkWalk<sup>SM</sup>

**Supporting the Next Generation of Teachers**

**Date:** Saturday, April 2, 2011

**Location:** Balloon Fiesta Park  
9401 Balloon Museum Drive (North Entrance)  
Albuquerque, NM 87113

**Time:** 2:30 p.m. - 5 :00 p.m.

**Registration:** 2:00 - 2:30

For registration form and more information visit: [www.eldoradoeagles.com](http://www.eldoradoeagles.com),  
email [blatner@aps.edu](mailto:blatner@aps.edu) or [escobedo\\_ja@aps.edu](mailto:escobedo_ja@aps.edu)

