



# Mitchell Mustang

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March 2011

## Principal's News

Dear Parents,

I so enjoyed getting to see so many of you at the spaghetti dinner on February 11<sup>th</sup>. I would like to thank our amazing PTO and say I feel truly blessed to be supported by such a wonderful group of parents. Remember, the next PTO meeting will be Tuesday, March 1st at 6:00 PM in the main office area. We will be discussing changes to our schedule for the 2011-2012 school year. Please join us!



### Conference Week

We are on the last leg of the 2010-2011 school year. We look forward to Student Led Conferences on Thursday, March 10<sup>th</sup> - Friday, March 11<sup>th</sup>. Remember, since your child is leading the conference, they must attend with you. There will be NO classes on these two days, so please arrange for childcare. The teachers will also participate by discussing your child's progress and effort, as well as any concerns they might have for the remainder of the year. We invite you to bring any questions that you might have to the conference.

### New Mexico Standards-Based Assessment - "The Test"

Students in grades 3, 4, and 5 will be taking the New Mexico Standards Based Assessment beginning Tuesday, March 22nd. We hope to complete the testing and any make-ups by Friday, April 15<sup>th</sup>. Our 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> grade students will be testing for approximately two hours each morning.

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## Thank you, Mountain Eagle Karate!

Mountain Eagle Karate held a two week karate program at Mitchell Elementary that was a super success! The students learned some basic karate in a positive and encouraging environment and how to use ultimate focus and manners to be a successful student! Mountain Eagle donated all of the funds raised to our school to benefit your students! For more information about karate taught in a positive way with life skill benefits, visit the studio at 1704 Moon NE, or visit their web site at [mountaineaglekarate.com](http://mountaineaglekarate.com). Mark and Anna Gorman would enjoy a visit. While you are there, let them know how much the community at Mitchell Elementary appreciates their support for our school.

### Important Dates

Feb. 22- March 10: Scholastic Book Fair

March 1: PTO Meeting, 6pm

March 2 & 9: Pennies for Patients

March 9: Mitchell Night @ Papa John's

March 10/11: Parent/Teacher Conferences, No School

March 14-18: Spring Break, No Classes

March 22-April 15: SBA Testing Period

April 2: Chalk Walk

April 5: Math & Science Nt.

April 12: Mitchell Night @ Dion's

April 22: Vernal Holiday, No Classes

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## Principal's News, cont.



We need the support of our families in order for our students to do their best. You can help by ensuring that your students are rested, have had breakfast and are **on time to school!** Please avoid making appointments for your children during this window. Once testing has started we cannot interrupt the classroom, as this may disrupt testing for other students, or even invalidate test results. The tests are un-timed in order to give students ample opportunity to demonstrate knowledge. Last year we had a 100% participation rate for Mitchell and, as always, our students do their best on assessments. We are very proud of the way our entire educational community comes together as we implement the state mandated Standards Based Assessments. Our success is possible only through the support of our parents. Your understanding and patience during the testing period will be greatly appreciated.

I hope you all have a wonderful Spring Break, March 14<sup>th</sup> – 18<sup>th</sup>. When students return on March 21st, we will begin the end-of-the-year race. May will be here before we know it.

*Debbie Garrison*  
Principal

## Health & Wellness News:

### Sugar and the Health of Your Heart



We have all heard the heart health stuff time and time again: know your numbers, get your cholesterol down, don't smoke, exercise 30 minutes daily, and order the salmon. What achieving and maintaining good heart health is also about is blood sugar. Our bodies respond to high blood sugar by pumping out more insulin to try and turn that sugar into energy. The high insulin levels raise your triglycerides and cause inflammation of the arteries. This makes your arteries more vulnerable to hardening.

So now, in addition to choosing a diet low in saturated fat, trans fat and cholesterol, eat lots of fresh fruit and vegetables, choose whole grains, and go lightly on sugar. Sodas and refined carbs can send blood sugar and insulin levels soaring, as they are both loaded with sugar or high fructose corn syrup. Donuts, pastries, white bread, cookies, cake, and snacks can have an excess of sugar in the ingredients. It is best to avoid these foods with high levels of refined carbs or eat them in moderation. The American Heart Association recommends having just 6 teaspoons of sugar per day. For more information, including heart health recipes, see [americanheart.org](http://americanheart.org).

#### Photos for Yearbook

Do you have photos of any of our family events this year? If so, we would like to have them for our yearbook! Please send them to [mitchellpto@yahoo.com](mailto:mitchellpto@yahoo.com) and put "Yearbook Photos" in the subject line.

#### Scholastic Book Fair

"Your Ticket to Read" Book Fair is now in the Library until March 10th. There is a great selection of books, so stop in today! Don't forget that it will also be open during Parent/Teacher Conferences. "One for Books" forms have been sent home, so please consider a donation to help buy books for those who can't afford to buy them.

**PTO Treasurer’s Report**

Our PTO Spaghetti Dinner was a big success, with over 100 people attending! A special thanks to the seven volunteers from Kohl’s and the six volunteers from Eldorado High School’s Future Teachers of America who helped set up, serve, and clean up. We appreciate you!

At the time of printing, chocolate bars sales had not yet been tallied. We’ll let you know in April how well we did. As always, thanks for your support!

**2011-2012 Proposed Schedule**

As we prepare for the new school year, a district-wide study of current elementary school start and end times has taken place. Early Wednesday dismissals were also reviewed. As a result, some elementary schools, including Mitchell’s, have been offered the opportunity to adjust their schedules effective the 2011-2012 school year.

Our school’s Instructional Council would like to consider this possible schedule change. We would like to have a start time of 8:00 a.m. and a dismissal time of 2:00 p.m. for Monday through Friday. There would be no early Wednesday dismissal.

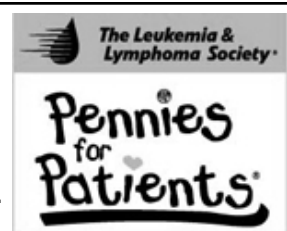
Getting input from the parents and the staff is a requirement before any decision can be made. The proposed schedule change will be discussed at the PTO Meeting on March 1, 2011. We invite all parents to attend this meeting and participate in the discussion. Each family of students registered at our school for next year will receive a survey on March 2, 2011, which will need to be returned by March 9, 2011. We are required to have a 66% approval rate of the surveys returned to be able to move forward with any schedule changes.

If you have any questions, please call the office at 299-1937.

Thank you for participating in this process. We will inform you of survey results by the end of April.

**Pennies for Patients**

On March 2nd & 9th we will join students across the country by collecting change for Pennies for Patients. This program of The Leukemia & Lymphoma Society raises money to help children and adults with blood cancers. Please send in your spare change with your child on these two dates.



**Help Needed!**

Popcorn & pickle sales have resumed. We need parents to help on Wednesday mornings with order taking, and in the early afternoons with popping, bagging, and distributing. If you would like to help, please let us know when you are available. Or just show up on Wednesdays! We will be there and always appreciate extra hands!

**Upcoming Mitchell Family Nights**

Mark you calendars now...

March 9: Papa John’s  
April 12: Dion’s

# From the PTO President

## Hello Mitchell Families!

WOW is the only word that comes to mind to describe the last several weeks! We began our chocolate fundraiser on January 31<sup>st</sup>. We expected to have a good first week and then Mother Nature threw us a four day curve ball! I am happy to say, that though we lost four days, our chocolate sales seem to be just fine. We extended the fundraiser for one week to make up for lost time and I think it is going to be a profitable year for us.

The **Clothing Drive** that was scheduled for the second week in February took a hit due to the snow storm. We have decided to do a more informal drive in order to be certain the clothing bank (which services ALL APS schools) gets a much needed infusion of clean, gently used clothing. Be on the look out for your donation bag, which will be sent home with your student in the next week or so. Of course, if you have more than a bag full or wish to bring items in sooner, please feel free to drop your donation at the school. The PTO will also be making a monetary donation to the Clothing Bank.

The new **PTO by-laws** have been ratified! Our Bylaws Committee has worked very hard to make sure they reflect the direction in which we want our PTO to head. They will be posted near the PTO office so that you can take a look at them anytime. Many of you will have received them already, as all PTO members will be sent a copy via email. If, however, we do not have your email address, and you would like a copy please send a request to [mitchellpto@yahoo.com](mailto:mitchellpto@yahoo.com) with "Bylaws" in the subject line. Don't have email access? No problem, leave a message with the office and we will be happy to make you a hard copy and send it home with your child.

I would like to thank everyone who came out to enjoy our PTO Valentine's Thank You Dinner on February 11<sup>th</sup>. I was not able to be there but my family told me there was a great turnout and that the food was yummy! I hope you all had a good time and enjoyed the food as well. The PTO is grateful for all you do! Without you, we couldn't do all we do!

Please come to the **March 1<sup>st</sup> PTO meeting** at 6pm in the administration building. Your input is needed! EVERYONE is invited to ALL PTO meetings. Mitchell is, after all, YOUR school too! We want to hear from you! Though we may not be able to take action on all suggestions or ideas, we want and need to hear them! Don't be shy! Come to the meeting and jump on in!

Let me close by saying that though the school year is just flying by, we still have lots to do! We will be calling for volunteers for several end of year activities, so be on the lookout for PTO information coming home with your child. I hope to see you all at each of those events! We have had an awesome turnout at just about every event this year and I hope that is a trend that continues!

Have a fantastic month! Spring is just around the corner and I can't wait to see all of our kids bloom!

Andrea Babineaux  
Mitchell PTO President



## Testing Snacks Needed

The PTO would like to have each family with a student testing **donate 1 bag of hard candy** (like Jolly Ranchers) **or gum** to the classroom. If you have multiple children testing please only donate ONE bag. These small items can be extremely helpful to our testing students. They help the kids focus. Our teachers have asked specifically for these kinds of items because they are easily distributed and easily cleaned up.