



Mitchell Mustang

Volume 31 Issue 7

March 2007

From the Principal's Desk...

Dear Parents,

The staff at Mitchell encourages parents to be involved in the education of their child. There are many opportunities for meaningful involvement:

- Provide educational support at home.
- Maintain ongoing communication with the staff regarding the educational needs of your child.
- Attend school functions.
- Provide input to the staff which would assist in classroom placement for the following year.

Mitchell Elementary has an open door policy. Teachers welcome parents of their students to observe and/or assist in the classroom. Being aware of the student's classroom schedule and calling ahead will ensure a more productive visit and minimize classroom disruptions. Teachers are available by appointment before and after school for discussion of programs and student progress.

As parents anticipate their child's placement for the coming year, the staff welcomes their input. The process of classroom placement is not an easy one. There are many factors that must be taken into consideration for class composition. Heterogeneous groups will be created with equity in class size and boy/girl ratios. The separation of students who affect each other in non-productive ways will also be addressed. Current classroom teachers provide assistance in classroom placement for the following year. Parents are asked to **notify the office in writing by April 30th** of any special needs their child has which would be considered in making classroom placements.

Please call the office (299-1937) if you have any questions.

Thank you.

Raquel Reedy

Important Dates

- March 5: PTO Meeting, 6:30 pm
- Mar.5 -Mar. 23: 3rd, 4th, 5th Grade Testing
- March 26-30: Spring Break, No School

Boys Basketball

Mitchell 43-
Cochitti 13

Paul: 12 points
Liam: 10 points
Jacob: 6 rebounds.
The whole team scored points!

Girls Basketball

Armijo 36-
Mitchell 28

Joy: 8 points, 6 rebounds
Casey: 8 points
Lyndsay, Gabby, & Napashya all helped to score!

Reduce, Reuse, Recycle!



We are collecting plastic bags as a recycling effort at Mitchell. Please bring in any type of plastic bag such as a Target, Wal-mart, or Smith's bag and help with our efforts! The classroom that collects the most bags will receive a popcorn party. Thank you for helping Mitchell and our environment!

Did you know that if just 25% of American homes used 10 fewer plastic bags a month, we'd save over 2.5 BILLION bags a year! (50 Simple things you can do to save the Earth 1989).

Family Emergency Plan

As we look at today's world, you come to realize that having a family emergency plan makes more and more sense. Recently the New Mexico Department of Health came up with a "Safe and Ready" pamphlet that can be very useful. You can take simple steps to protect yourself, your home, and your children. Discussing emergencies ahead of time will reduce fear and anxiety, if it is done properly. The pamphlet asks that you be prepared to answer children's questions about scary things that they have heard or seen on TV, such as natural disasters. Give them simple information about how your family members can be prepared to protect themselves. Here are some simple points:

Things to Discuss:

- Types of emergencies
- Where to meet in an emergency. Select a family meeting place and make sure everyone knows how to get there.
- Important phone numbers to know by heart
- Emergency contacts to call, such as relatives who live nearby or in another state
- How to turn off water, gas, and electricity at the main valve or source (if age appropriate)
- Safe spots in your home for extreme weather conditions, such as high winds
- Escape routes from your home in case of fire
- How to tune in to emergency radio broadcasts on a battery-operated radio

Things to Do:

- Repair defective wiring, secure shelves, store meds. and pesticides
- Keep a flashlight handy
- Place non-skid treads under area rugs
- Keep battery-powered radio, blanket, sand bags, booster cables, first aid kit, fire extinguisher and water/snacks in your car
- Learn about emergency plans at work and at school
- Enter an emergency contact number in your mobile phone under the heading ICE (in an emergency)

You may get more information on the internet at www.health.state.nm.us/ohem. Take a few minutes to review the site because preparing for a public health emergency is everyone's job!

For information on Mitchell PTO check out: www.mitchellpto.org

Boys Basketball

Last Home Game:

3/14/07 2:45 pm Barelas

Girls Basketball

Last Home Game:

3/07/07 2:45 pm Alamosa

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From the March Library Bookshelf:

A **Huge Thank You** to all the families who support our library by paying for or replacing lost or damaged library books! You are what keeps this library growing with new and current books.

Just as a reminder:

- Library plays a big part in teaching students the **Character Counts Trait of Responsibility**.
- When a child misplaces a book it is a **great opportunity** to teach them how to search for the book, what they can do next time to avoid a loss, how they can pay for or replace the book on their own, and how important it is, as they grow up, to take care of borrowed items.
- During Library time, we try to teach the **thinking skills** that will allow them to borrow for many years ahead.
- Every note for overdue books is, in general, just a **reminder** for your student to return the book so others may check it out. It is one step in the learning process. The note is **not** an instant request for the book or money for replacement. (However, I do appreciate the responsible responses I receive.)
- Remember: If ever a lost book is found at home, in the classroom, cafeteria, day care, or library, I instantly let Ms. Carmen know so she can reimburse you the amount you paid for the lost book.
- Also, if a book is ever mistakenly returned to the public library be reassured that they return the books to us here at Mitchell and vice versa.
- We have different strategies for students who may have trouble returning books each week. This is a habit that is often hard to learn and many students are in programs that teach these strategies either by choice of parent, teacher or librarian.



News from Health & Wellness

February was National Heart Health Awareness month. In accordance with this, we participated in “Jump for Heart”, an American Heart Association fundraiser and awareness campaign. During this event, the students learned all about their heart, jump rope skills, and participated in jump competitions, as well as jump performances, during their regular Health and Wellness classes. This program focuses on prevention of heart disease, as well as other serious diseases associated with it, such as diabetes and stroke. Heart disease is the number one cause of death for women in our country.

The students learned how diet and exercise directly affect the risk factors of heart disease. Nutrition and diet are a major focus of the program. The American Heart Association has done extensive studies on the epidemic of overweight children since 1980 and the increase risks for heart disease that they face. The Jump for Heart event ran for the whole month of February.

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MITCHELL MUSTANG

From the PTO President

The PTO is beginning to plan for the 2007-08 school year. We are nominating the board this month and then will submit our nominations for a school-wide vote at the beginning of the chorus concert in April/May. If you are interested in joining the board, please come to the March meeting on the 5th, or e-mail me . Also, we will begin discussing fundraising for next year.

We thank you for your support in the cookie dough fundraiser. We are planning another family night. These nights are FREE events that help us all connect with our school and meet other parents and kids. Watch for details and please consider joining us at our next Family Night!

Edie Guess
acnbsmom@yahoo.com

Breakfast helps students make the grade!

We all know that breakfast is the most important meal of the day! Why then, are so many students missing out on school breakfast? Eating breakfast gives our brain and our body the energy we need after a night's sleep with no food. Furthermore, breakfast has been proven to have many other benefits for your children!

Studies have shown that children who eat breakfast:

- Have higher test scores
- Are more alert in class
- Are less tardy and have fewer absences!



School Breakfast

The National School Breakfast Program is a federally funded meal program. School breakfasts must provide 1/4 of the daily recommended calories, protein, iron, calcium, Vitamin A, and Vitamin C for children. No more than 30% of the calories come from fat, and less than 10% come from saturated fat.

Price List 2006-7

Breakfast	Elem.	Mid. & High
Full Price	\$0.75	\$1.00
Reduced Price	\$0.25	\$0.25

Check with the school cafeteria to see if your child qualifies for a free or reduced meal. Applications can be picked up and returned to the cafeteria. Some qualifying schools provide breakfast free to all students, check with your cafeteria!

Example Menu Items

- Breakfast Burrito
- Breakfast Muffin
- Blueberry Pancakes
- Bagel with Egg & Cheese
- Cheese Omelet
- Breakfast Pizza
- Yogurt w/Toast
- Cheese Quesadilla
- Cereal and Toast
- Banana Bread
- Sausage Biscuit
- French Toast Sticks
- Belgium Waffle

Albuquerque Public Schools
Mary Swift, RD, LD, SFNS
Director
(505) 345-5661