



Mitchell Mustang

December 2008

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www.aps.edu/aps/mitchell
Volume 33 Issue 4

From the Principal's Desk...

Important Dates

- Dec. 1: PTO Meeting, 6 p.m.
- Dec.3 & Dec. 8: Mitchell Nights at Il Vicino
- Dec. 22 -J an 2: Winter Break: No Classes



Peace on Earth

Dear Parents,

With the winter holidays on their way, your kids are probably spending more time thinking about the upcoming break than about the next three weeks of school. How can you help them stay on course?

Take No Detours

Make sure your children are in school all day, everyday. Taking them out of school for holiday parties, shopping, or travel can send them the message that school isn't important.

Focus on the Road

If your youngsters are struggling to concentrate on homework, try giving them an incentive to get their work finished – like the chance to play a game before bed or bake your favorite cookies together after dinner.

Keep the Motor Running

Let your kids know you expect them to work hard and do their best right up until school lets out. *Tip:* Keep your children's brain active and learning over the break with activities such as visiting the library and checking out books, or writing letters, thank you notes, or e-mails to friends and family.

I hope you all have a wonderful month of December and a joyous new year.

Debbie Garrison

Principal



Holiday Giving Corner

Help out our Mitchell families in need of holiday support by taking a tag from the Giving Corner. Please bring in *new* hats, mittens, socks or underwear (sizes K-5) for the gender and age of the child on your tag. The Giving Corner will be in the office beginning December 2nd. Drop off your item *unwrapped in a gift bag, with the tag tucked inside*, by Friday, December 12th. Family pick-up date is Tuesday, December 16th. Those who wish to contribute a new item without a tag are welcome to do so.

A Special Thank You from Debbie Garrison to:

Megan Morris
Dion's Pizza
Great Harvest Breads
The UPS Store
Now We're Cooking
Brenda Simpkins
Monroe's
Whole Foods

The Mitchell Staff and PTO

Mitchell Mustang Newsletter

Submission deadline for the Jan. Issue is Monday, Dec. 15.

Send articles to: newsletter@mitchellpto.org

Mitchell Mustang is sponsored by the Mitchell PTO.

For more info go to: www.mitchellpto.org

Building a Reading Habit

What's the best way to ensure your child's school success? Turn her into a reader. Try these easy ideas to get your child reading throughout the day, every day.



Leave Books Around

Put books in the car for your child to read on the road. Stack kids' magazines next to his bed, or place a cereal box beside his breakfast bowl. To keep him interested, change the selections often.

Set the Stage

Ask your child to memorize and act out a poem or song with you. You'll have fun rehearsing together, and she'll get reading practice as she learns her lines.

Search for Fun

Show your child the weekly events calendar in the newspaper. Have her read through the listings to find activities the family could enjoy together, such as the Parade of Lights or winter festivals.

Enjoy a Joke

Check out a riddle, knock-knock, or joke book from the library and ask him to share a few each day with the family. He'll get a kick out of making you guys laugh.

A Family Book Club

Sharing books is a great way to spend time with your children and share with them the passion for reading. To start a book club, first pick a book that everyone will like. Then, each of you agrees to read a certain amount on your own (for example, one chapter per day). It might be fun to create a warm cozy area for reading and have special reading snacks.

When everyone has finished reading the chapter, schedule a time to discuss what you've read. Use questions like these to get the conversation rolling: Did you like the characters? Would you have done the same things they did? Talking about the story will help your children think about what they have just read. And that's a great way to building reading comprehension skills!

Don't forget to have your child keep track of their minutes read for the Read-A-Thon!

Happy Birthday Alyssa!

Love,
Dad, Mom, Preston,
Charlie & Mia



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Annual Food Drive

The Mitchell Student Council is conducting a food drive to help hungry families in Albuquerque. This food drive has become an annual event, with Mitchell contributing over 1000 pieces of food each year to our community. The need for donated items this year has increased with the added economic stresses, according to the local food banks. The student council has set the goal for 1000 pieces of non-perishable food. We would easily make this goal if each student would donate just two pieces of canned food!

**Mitchell Mustang Pencils are on sale
in the office for 25 cts.
Great stocking stuffer!**

Emergency Lockdown Kits

Hello, my name is Paula Adams; I am the President of Mitchell PTO. It has come to our attention that our children's classes are in need of some VITAL supplies. Mitchell has had a couple of "lockdowns" on campus (this is when authorities find it necessary to secure the school and have everyone remain in one place, for the safety of our kids). When lock downs happen, our children are required to stay in class (or wherever they happen to be on the campus) and as you know, there are no bathroom facilities in the classrooms, no water, no food or first aide. A lock down can last a few minutes or even hours.

So this being the case, we need each classroom to get to get an Emergency Lockdown Kit supplied by it's class parents/guardians. Below is a list of supplies that are generally included in such a kit. **What can and will you supply to your child's classroom?** The school needs a kit in each classroom, the library, and the gym. If your classroom has already started to get a kit together, please feel free to donate any extra items to other classroom who may not be as fortunate. Or if you would like to head your classroom's collection and supply check off, contact your teacher ASAP.

If you have any questions or any ideas on how we can get our classrooms prepared, my email address is paulama@att.net or my cell number is **203-2155**. Thank you in advance for helping supply our kids with items they may need in case of an emergency.

You can bring your contribution to your classroom or to the office.

SAFETY KITS FOR CLASSROOMS

6 Rolls of toilet paper—\$4.

1 Case of bottled water—\$4.

Snacks (Granola bars, nuts, cookies, etc—individually packaged, enough for 50) - \$2./box of 10

Box of 3-5 gallon plastic trash liners—\$3.

2 - Large garbage bags—\$1.

Wet wipes—\$1.

5' x 7" tarp or shower curtain (solid color) - \$1.

5 Gallon bucket w/ Lid—\$6.

Box of Band-aids—\$2.

Box of 3" x 3" gauze pads—\$3.

Roll of adhesive tape \$3.

Sealed roll of gauze—\$3.

Instant cold compresses—\$1. each

Box Top News

We raised **\$322.40** in Box Tops for the Fall!!
Thanks to everyone who sent them in.

Grand Prize Winner: Sam Grosso (Stewart) - **601** Box Tops
Devin Butler (Encinias) - 145 Box Tops & 121 Campbell's Labels
Alyssa Adams (Encinias) - 180 Box Tops
Cyndall Miller (Tschida) - 174 box Tops
Jonathan Corfield (Stewart) - 160 Box Tops
Laurel Bennett (Brown) - 120 Box Tops

Keep Collecting!

Mitchell Question of the Month

What are the school colors?

Write your name, teacher, & the answer on a piece of paper and put it in the Mustang Box in the office within 3 days of receiving news-letter. First correct answer drawn is the winner and the student will receive a prize!

A special **thank you** from
the Nurse's Office to
everyone who donated
clothes!



FALL FESTIVAL BOOTH SPONSORS

Albuquerque Gymnastics
 All Class Electric
 Apple Mountain Music
 Nancy Berch—State Farm Insurance
 Gaylord-Gould Insurance

GolferNoggins LLC
 Morris & Comanche Auto Services
 Rio Grande Insurance
 Team Technologies
 Toyo Auto Services

Thank You All!!

MITCHELL ELEMENTARY PTO BOOSTER OF THE MONTH- NOVEMBER

Marty Glenn

Thank you for your support!!

If you would like to become a PTO Booster or member, forms are available in the office.

Health and Wellness

News:



Did you get your Dairy today?

Ask any Mitchell student how many servings of the dairy group is recommended for healthy, strong bones, and you will hear: three! Yes, everyday your body needs three servings from the dairy group to get the recommended amount of calcium and protein to support strong, healthy bones. Just how do we plan to get three servings of dairy everyday? A glass of low fat or skim milk with each meal is about the easiest way. Or, how about a piece of cheese for a snack? Low fat vanilla or plain yoghurt with some fresh fruit for breakfast, lunch, or a snack, is a tasty way of adding needed calcium and good low fat protein. Don't forget about pudding made with low fat milk. Then there is everybody's favorite, ice cream! Just be sure to read the ingredients on the container and avoid any thing with too much sugar and high fructose corn syrup. Start counting your dairy to ensure your are getting your needed calcium and enjoy!

November Treasurer's Report:

Our Fall Festival was a great success!! We hope that everyone who attended had a wonderful time! The PTO made a profit of \$3563.00 which includes the \$450 in Booth Sponsors. We also received more than \$600 in kid's meals and \$2800 in gift certificates from many businesses in our community. A huge **THANK YOU** to all the volunteers and sponsors! We're now looking forward to our next fund raiser, the Read-A-Thon

Mitchell also has received a number of donations in memory of Alma Miller, a former teacher, who recently passed away. To date, these donations total \$275. Our heartfelt thanks to all of her family and friends.



Timothy J Scott

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Mary L. Swift, RD, LD, SNS
 DIRECTOR

Important! Please Read.

Dear APS Parents;

The APS school board has approved a new charging policy for students. Starting January 5th, there will be a change in the number of meals students may charge at all of Albuquerque Public Schools Cafeterias. Students may charge up to ten meals at elementary schools, five meals at Middle Schools and two meals at High Schools. Once the charging limit is met students will be offered an alternate meal consisting of a cheese sandwich and a beverage.

Parents who do not qualify for subsidized meals are responsible for providing either a meal or the money to pay for a meal for their student. Parents who qualify for reduced meals are responsible for providing money to pay for their portion of the reduced priced meal.

Parents are responsible for meal charges up to ten days from the time the application for free or reduced meals is received by Food and Nutrition Services.

If you have any questions regarding the number of meals your student has charged please call your schools cafeteria manager.

If you would like to read the entire policy and procedure they can be located at <http://www.apsfacilities.org/nutrition/downloads.php>. Thank you for your cooperation.

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Students... Don't forget to READ over Winter Break and keep track of your time for the Read-a thon. Be sure to ask your family and friends to sponsor you and help support Mitchell! You'll earn a fieldtrip to a Thunderbirds' game when you raise \$50. or more!



Mitchell's Family Night at Il Vicino
 Join us on **December 3rd** or **December 8th** (or both!) at Il Vicino's on Montgomery & Juan Tabo. Bring in the flyer that will be coming home, and Il Vicino will donate 15% of the price of your meal to the school.

Dan Barrera
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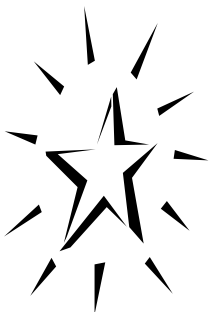
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***Half-page business ads
JUST \$75.***



Business card ads will run \$25.



*One line messages are just \$5,
For example, "Happy Birthday, Squirt!"*