



Mitchell Mustang

Volume 34, Issue 4

December 2009

From the Principal's Desk...

Important Dates

- ☉ December 1st: PTO Meeting, 6pm
- ☉ November 30th- December 2nd: Shop at Barnes & Noble in Coronado
- ☉ December 9th: Family Night at Roller Skate City
- ☉ December 10th: Last day to make donations to the Mustang Giving Corral
- ☉ December 10th-18th: Scholastic Book Fair
- ☉ December 16th: Family Night at Applebees
- ☉ December 21st-January 1st: Winter Break—no school



Fund your student's cafeteria account online at:

mylunchmoney.com

Dear Parents,

Let me begin by saying that I am so glad to be back. I was able to relax and recover because of the confidence I have in my wonderful staff and in Mrs. Dixon. I would also like to thank the staff, parents, and PTO for the cards, flowers, gifts, gift certificates, and meals during my time out. I am truly blessed.

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.

As we prepare to say good-bye to 2009 and to welcome the New Year, I hope that each of you enjoy a wonderful holiday, filled with laughter, songs, good company, and good cheer, and that 2010 brings each of you tranquility and contentment.

Thank you for your support of our school and our staff.

Happy Holidays!

Debbie Garrison
Principal



Barbara Fort
Insurance Agent
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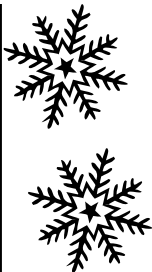
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**MITCHELL
TEAMS UP WITH**

Albertsons
Community Partners
Giving back for youth. One cart at a time.

Pick up your card
today in the office.



Mitchell Mustang Corral

Help out our Mitchell families in need of support this holiday season by taking a tag from the Mustang Corral. Please bring in **new** socks, underwear, and a solid color pull over sweat-shirt (no print, picture, or logo please) for the gender and age of the child on your tag. The Mustang Corral will be in the office beginning December 1st. Drop off your items **unwrapped in a gift bag, with the tag tucked inside and a gift receipt in case sizes are not right**, by Thursday, December 10th. Those who wish to contribute any of the new items listed above, without taking a tag, are welcome to do so.

Treasurer's Report

PTO would like to thank everyone who helped make the Fall Festival a hit. We had a great turn out and lots of Fun. We made \$3200 profit. Again thank you for all your help. Our next fundraiser will be in February and we will be selling chocolate bars. We invite all parents to attend our monthly meeting (first Tuesday of each month).

A big thank you to the following new Mitchell Booster Members:
Michelle and Adrian Chavez

**Business card ads are
\$25
One line messages are
just
\$5!**

A Special thanks to our Fall Festival Booth Sponsors. The Mitchell Community is extremely grateful for your support!

Charley 33's and CD Higher

Standard Electric, LLC

Albuquerque Gymnastics Morris and Comanche

Auto Jungle Cuts

Nancy Burch State Farm Insurance

Sandia National Credit Union



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RECORDS • CDS • CASSETTES
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ROCK T-SHIRTS**

7602 Menaul NE
Albuquerque, NM
296-3685

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.

**Merry Christmas and Happy
New Year to my wonderful
family: Sam, Jake and Chris
Grosso. Love you! Julie**

**Happy Birthday Alyssa!
Love Mom, Dad, Preston,
Chavie and Mia**

Diabetes in Children

With in the past decade, there has been a dramatic increase in the cases of Type 2 Diabetes in children under 16 years of age. Many studies have come to the conclusion that the reduction in physical activity and the increase in caloric intake in children have lead to this increase in diabetes. There has also been a large increase in the number of children that are obese (120% of their recommended weight). Researchers believe that these two indicators go hand-in-hand. Children who are diagnosed with Type 2 Diabetes present with the following symptoms:

- *Overweight at diagnosis (obesity is the hallmark of type 2 diabetes)
- *Strong family history of diabetes
- *An increase in thirst or urination

With the increase of children diagnosed with type 2 Diabetes, awareness of the disease and prevention is the best possible defense. Prevention involves identifying the high-risk children and implementing early intervention. Improving overall nutrition and increasing physical activity is key to overall good health for your child and prevention of type 2 diabetes. For more information on diabetes, check the following web site:

www.childrenwithdiabetes.com. For complete nutrition information, visit:

www.mypyramid.com.

Campbell's Labels for Education™

We just need **1500 more points** to meet our goal for the Holiday Bonus Sweepstakes!! If we can collect a total of 2,500 Campbell's Labels before December 20th, 2009, we will receive a bonus of **2,500 points!**

Good News! We were able to turn in some points and get Coach Aragon a Portable Ball Cart, Soft Ball Throw Down Bases, and a Deluxe Batting Tee to use with the Mitchell Mustang P.E. Program. We are working towards earning enough points to get two Mini Golf Sets.

Featured Campbell's Labels for Education™ Products:

Swanson Broths

Pepperidge Farm

Prego Sauces

Please just submit the UPC, not the entire label and **don't forget to ask family, friends, neighbors, and co-workers** to help so we can reach our goal and double our points!

Keep Clipping! *Robyn*

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
BRAZILIAN GRILL

TUCANOS. THERE'S ALWAYS MORE FUN.

110 Central Ave. SW, Albuquerque, NM 87102 (505)-246-9900

For Sale in the Office!

New Youth Long Sleeve Tee-Shirts \$15

Adult Long Sleeve Tee-Shirts \$20

Short Sleeve Tee-Shirts \$10

Backpacks\$10

Pencils .25

Entertainment Books still available!**BOX TOPS UPDATE**

Wow!! Great job clipping Mustangs!! We've collected another 1400 Box Tops this month. Keep up the good work! Just put your clipped Box Tops in a Ziploc with your teacher's name on it and turn it in to the office.

Class Contest Update:1st McElroy2nd Tschida3rd Ms. Kim4th Gumble**Featured Box Top Products:**

Avery School and Office Supplies

Betty Crocker

Juicy Juice

Keep Clipping! *Robyn*

FROM THE DECEMBER 2009 BOOKSHELF:

Thank you all for your support of our library while I was out. I am back now and once again love being in the library. We have had many wonderful volunteers who kept the library going. They did a tremendous job of keeping up with the books and students.

They are Carla Irwin, Bernadette Burr, Alisa Gagliano, Christy Herron, Kelly Lotrich, Stacy Sturgess and Tabitha Diffie. Thank you .

November 30 through December 2nd Barnes and Noble in Coronado Center is inviting all family and friends to shop at their store and will give part of your sale to our Mitchell Library. Let them know you are from Mitchell Elementary.

And, on December 10th through the 18th the **Scholastic Book Fair** will be arriving and selling books and other items for your gift giving needs. Come into the **Library** anytime between the hours of 8:45 and 3:45 to shop. Everyone is welcome. Flyers will be going home.

Family Nights are a great way to support the Mitchell Community while enjoying some quality time with the kiddos. Please join us at **RollerSkate City on December 9th** and again at **Applebees on De-**



UNM Music PREP School

The UNM Music Prep School will provide a spring session of Saturday music classes for children from birth through 9th grade. The program of 45-minute classes (30 minutes for birth through 29 months) begins January 16 and ends May 1, 2010. the Saturday classes are held in the UNM Center for the Arts (Popejoy Hall) between 8:00 am and 2:45 pm, and include pre-school, family, and general music; drumming; group piano; group guitar; group marimba; and Suzuki violin, viola & cello (starts Fall only). Cost per child is \$105 (\$85.00 for birth through 29 month classes) and **fees are non-refundable.** The Family General Music Class (a 45-minute class) requires at least 2 children for enrollment and is \$190.00 for both children.

The UNM Music Prep School Children's Choruses begin on Wednesday, January 27, 2010 and are open to children ages K-9th grade. No audition is required. The choruses meet at St. Paul's Lutheran Church 1100 Indian School Rd. NE. Cost for the spring session is \$100 per child, per chorus. **Fees are non-refundable.**

For more information call 277-8816 or email musprep@unm.edu