



Mitchell Mustang

Volume 34, Issue 6

February 2010

From the Principal's Desk...

Important Dates

- ☺ February 2nd: PTO Meeting, 6pm
- ☺ February 12th: PTO Valentine's Day Thank You Dinner. Stay tuned for times
- ☺ February 15th: President's Day, No school
- ☺ March 1st: Candy Bar Sales Begin
- ☺ March 4th and 5th: Parent-Teacher Conferences, No school
- ☺ March 10th: Family Night 5:30pm-7pm. Visit with Geronimo Stilton or Clifford The Big Red Dog from 6:00 to 6:45 pm.

Dear Parents,

We are finishing up the second trimester (2/3 of the year gone already??) this month and conferences are scheduled for March 4th and 5th. Please start thinking now about questions you might have during conferences. Also, please remember there will be NO school on those days, so please make childcare arrangements.

Families who are seeking to have their child attend an Albuquerque Public School outside of their designated attendance area can apply for a transfer beginning February 1, 2010. The first window of opportunity will run from February 1, 2010 through March 15, 2010. Individuals can apply for a transfer by contacting the APS Student, School and Community Service Center at 6400 Uptown Blvd. NE Suite 100 West. Applications and transfer information are also available on-line (www.aps.edu) and in the main office here at Mitchell. Transfer applications will be accepted under the Open Enrollment and No Child Left Behind provisions.

Transfers will be granted on a space-available basis and in compliance with State and Federal requirements. As per legislation, we will be using a random lottery system in granting transfer approvals, following the prescribed priority system.

Students who currently have an approved transfer do not need to re-apply unless they are changing schools. They will be considered a "rollover" transfer if they remain at that school site. "Rollover" transfers do not apply from one school to its feeder school. Feel free to contact the Student Service Center at 855-9050 or 855-9040 for more information on the student transfer process.

Since we don't know at this writing what the ground hog will decide on February 1st, I thought I should update you on how APS handles inclement weather.

Weather Related Abbreviated Day or Cancellation of School

The decision to change the schedule due to inclement weather requires coordinated efforts in several areas. State, county, and city street departments, as well as Snow Watch Volunteers may be contacted for reports on road conditions. Information from school bus contractors will be obtained before a decision is made to implement a change in schedule due to inclement weather.

APS Police and Student Transportation Services will provide Dr. Brad Winter, Chief Operating Officer with reports on road conditions and the ability of school

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ments, as well as Snow Watch Volunteers may be contacted for reports on road conditions. Information from school bus contractors will be obtained before a decision is made to implement a change in schedule due to inclement weather.

APS Police and Student Transportation Services will provide Dr. Brad Winter, Chief Operating Officer with reports on road conditions and the ability of school buses to transport students safely to and from school. He will make the final decision to implement an inclement weather day schedule for the Albuquerque Public Schools-abbreviated schedule, early dismissal, or cancellation of school. Parent Link will be used to contact all parents about any change of schedule. Please make sure the school has your current contact information at all times.

Abbreviated Day

The announcement for a delayed day will be made by 6:00 a.m. The abbreviated day schedule is a shortened school day that begins later than the regular schedule but ends at the regular time. **For Mitchell, this means that the school day will begin at 11:10 AM and end at our usual time of 3:40 PM.** This time schedule will also apply to “short days,” so if the abbreviated day falls on a Wednesday, school will end at 3:40 PM, rather than 1:00PM. Breakfast is not served on delayed days, but lunch is served as usual.

Cancellation of School

The announcement to cancel school will be made no later than 8:00 a.m. Following the decision to implement an abbreviated schedule, weather conditions occasionally worsen or do not improve to the point that makes it necessary to close the schools.

Early Dismissal

If severe weather conditions materialize during the school day that would necessitate an early dismissal of students, School Police will be contacted and will make a recommendation and feasible plan. After 11:30 a.m., it will be very difficult to arrange for school buses to arrive at school sites, other than at their regular time. If a decision is made on a district wide basis to dismiss early: KANW (89.1 FM), commercial radio stations, and Parent Link will be utilized to provide instruction and direction.

In the case of an early dismissal, the directions you provided when you filled out the “Emergency Dismissal” form at Registration will guide staff. Please make sure that your contact information, list of people who are allowed to pick up your child, day care provider, and early dismissal plan are all up-to-date. Also, please discuss your plan with your student!

I look forward to seeing each of you at the PTO Valentine’s Day Thank You Dinner on Friday, February 12, 2010.

Debbie Garrison
Principal

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.

Lessons in Friendship

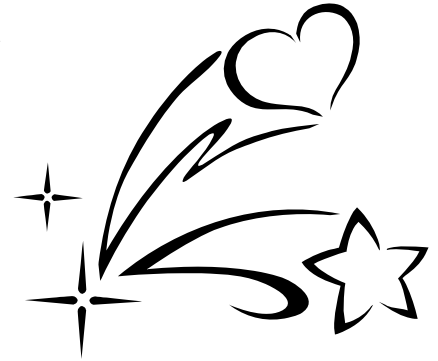
During the month of January, in Health and Wellness class, the third and fourth grade students have been discussing friendship and what it means to be a good friend. Good friends are important at every stage of life and friendship is very essential to overall health and wellness. Making sure your child has a friend and knows how to be a good friend is central to a happy life. As we all know, a good friend can mean so much and brighten our days.

Friendship is complicated, as it is a relationship between two people. As adults, we need to teach children how to treat each other in healthy relationships. Often times students are unsure how to treat a friend, or are mistreated by someone they perceive to be their friend. Conflict is usually the result and feelings are hurt.

In class, we have been talking about the qualities of a friend. A few of the qualities the students have decided that are important in a friend are: kindness, caring, fun to be with, trustworthy (does not lie), respect-

ful, unselfish, thoughtful, friendly and shares. At home, role-playing of these qualities is a good exercise and reinforcement to how we should all treat each other.

Be sure and talk with your child about friendship. Some good questions to ask your child are: Who are your friends? What



do you like to do together? How do your friends treat you at school? Friends are such an important part of life. We all want a good friend and all need to know that we are liked by someone else. Friendship and respect does not come naturally to us. We have to be taught and guided so we understand how to treat people. We all get what we give!

We will continue to integrate social skill topics in between physical activities and lesson in the weeks to come. Our hope and goal is "good health inside and out!"

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



PTO Valentine's Day Thank You Dinner

The PTO wants to thank the families of Mitchell elementary for all of their help and support

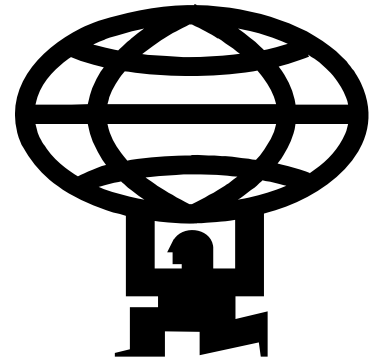


throughout the year. We will be hosting a thank you dinner on February 12th as a way to

express our thanks. Be watching for more information being sent home with your student.

Help for Haiti

Mitchell Student Council is organizing the collection of a single dollar from every student and teacher in order to help the families struggling to recover in Haiti. If every person in the Mitchell Community participates, we will be able to send approximately \$500! A very small contribution can make a very big difference when an entire community pulls together.



SIRLOIN

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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.

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FROM THE LIBRARY BOOKSHELF:

Our **SCHOLASTIC BOOK FAIR** is arriving February 26th. The theme is: **ALL YOU CAN READ BOOK FAIR DINER!** Think Summer and begin preparing for your child's summer reading with a car or truck full of summer books. Books also make terrific gifts for any occasion!

Our **ONE FOR BOOKS** program will once again be a part of our Book Fair. It has already made a difference in so many of our students' lives. Your past generosity was so very appreciated by these students.

If you wish you can send in \$2.00 or more to allow other students who cannot afford to buy books, to choose a "free" book from the Book Fair.

Fill out the form below and send it and the money in an envelope with your child to school. All students donating \$2.00 or more will be invited to a **Library Pizza Party** to show our appreciation. Also, with a donation of \$5.00 or more, your child will be entered in a drawing for prizes. And don't forget to add to your classroom library. This is a good time to buy a book for your teacher and next years' class.

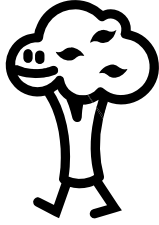
Another Big Thank You goes out to our PTO and supporting parents. We now have a **PTO/Student Store** in our Library. It is open at morning recess for children to purchase supplies. Our volunteer fifth graders are learning a little about retail and responsibility.

_____		_____	
ONE FOR BOOKS		TEACHER WISH LIST	
_____		_____	
Name of Student		Teacher to Receive Certificate	
_____		_____	_____
Amount Donated		Student Donating	Amount

Family Night will be March 10th from 5:30 to 7:00 pm. Buy books that night and be entered in a drawing for prizes. Visit with *Geronimo Stilton* or *Clifford The Big Red Dog* from 6:00 to 6:45 pm.

Healthy Ideas

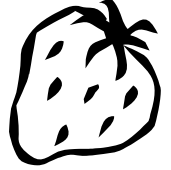
Mashed potatoes are super yummy but they can end up being really high in empty calories and fat, especially after adding lots of butter and milk to them. Fortunately, they can be whipped into shape quite easily. When boiling your potatoes, throw in a few stalks of cauliflower and/or peeled turnips in place of one or two potatoes. Boil until all vegeta-



bles are tender. Instead of whipping with butter and whole milk, substitute with fat free milk or a little chicken broth instead. Add garlic powder, red chile powder, or another favorite herb to add flavor. This will eliminate fat from this yummy favorite while reducing the carbohydrate content and adding fiber.

Don't you hate it when you buy **Strawberries** on sale and the very next day they look as if

they will go bad if you don't eat them right away? Well, don't fear. Throw them into zip lock baggies, freeze them and use them to make smoothies at your convenience.



Smoothies are a fun, quick and nutritious breakfast. Blend non-fat yogurt, fruit and a little juice or fat free milk together for an energizing start to your day.

Veggie Ranch Pizza

- 1 ready made pizza crust
- 8 oz package light cream cheese at room temperature
- 1 cup fat free sour cream
- 1 envelope powdered Ranch dressing mix
- 2 cup raw vegetables, chopped fine (broccoli, cauliflower, carrots, tomatoes or better yet, let the



kiddos decide)

1. Bake the pizza crust, without toppings, at 350 degrees for 5 to 10 minutes, until lightly browned.
2. Stir together the cream cheese, sour cream, and dressing mix. Alternatively, you can use a prepared ranch dressing. Toss with vegetables, spread over pizza crust and serve.

Healthy Cake???

Absolutely! Try these easy substitutions:

- Replace vegetable oil with an equal volume of applesauce or replace 1Tbs of butter/oil with 3Tbs of ground flax
- Replace an egg with egg substitute (according to package directions) 3 Tbs of pureed banana or 1Tbs of ground flax mixed with 3Tbs of water. This will make your cake more dense but you can

add 1tsp of baking powder to help keep your creation light and fluffy. Start slowly, for example only replace 1/2 of the fat and see how you like it. Small changes add up!

"An apple a day keeps the doctor away."
-- Benjamin Franklin