



Mitchell Mustang

January 2009

10121 Comanche NE
Albuquerque, NM 87111
(505) 299-1937
www.aps.edu/aps/mitchell
Volume 33 Issue 5

From the Principal's Desk...



Important Dates

- Jan. 12: PTO Meeting, 6 p.m.
- Jan. 13: In-service Day, No School
- Jan. 14: Read-In
- Jan. 19: Martin Luther King, Jr. Day, No School
- Jan. 22: Class Picture Day
- Jan. 30: Sports Day. Wear your uniform to school.



Dear Parents,

Happy New Year! It is hard to believe that the first half of the school year is already behind us and all of our Kindergartners are rapidly approaching 1st grade. The second half of the school year will be very busy here at Mitchell. We will begin our new year with a staff in-service on January 13th. The morning will be dedicated to the district's new information management systems. The afternoon will be spent with the rest of the cluster learning about data dialogues; Steve Gibson presenting. We will also spend time the first week back aligning the standards and setting goals for the rest of the school year.

We appreciate all of the love and support that has been shown for our staff through the PTO staff appreciation luncheon, as well as individual cards and gifts, during the holiday season. We all feel tremendously blessed to be a part of the Mitchell community.

In January we will begin the process for remodeling our kitchen and cafeteria. It is an exciting process and I will keep you posted on the plans and timeline.

The Read-A-Thon continues, with a special event on Wednesday, January 14, 2009 -- a Read-In. Don't be alarmed when your child asks to wear PJ's and carry a favorite blanket or stuffed animal this day.

Sincerely,
Debbie Garrison
Principal

ATTENTION: Dads, Grandfathers, Uncles

Are you interested in becoming more involved in your child's school? The PTO is looking into the Watch D.O.G.S. program where dads spend a day at their local school. Read more about it at: www.fathers.com/watchdogs/. If interested, please join us for discussion at the next PTO meeting on January 12th at 6 p.m. in the Administration Building.

A Special Thank You from Debbie Garrison to:

Dr. Bryan Euler
Annie Euler.

Holiday Giving Corral

A huge thank you to everyone who generously brought in items for the Giving Corral!

Mitchell Mustang Newsletter

Feb. Issue is Thursday, Jan. 15.
Send articles to:
mustangnewsletter@yahoo.com
(NEW ADDRESS)
Mitchell Mustang is sponsored by the Mitchell PTO.
For more info go to:
www.mitchellpto.org

THANK YOU
TO ALL OUR
GUEST READERS

We Greatly Appreciate
all of you!

Mayor Martin Chavez
Mary Lee Martin - President Board of Education
Raquel Reedy - Associate Superintendent for
Elementary Education
Greg Payne - ABQ RIDE
Bob Brown - Sportscaster CH 7
Leah Black - 93.3 KOB
Coach Duane Broussard - MENS BB UNM
Aaron Edgley - Albuquerque Thunderbirds
Trey – Albuquerque Thunderbirds mascot
Archie Ray Marquez & Jacob Maes—Boxers
Allie Suiter - UNM Volleyball
Ashley Rhoades – UNM Volleyball
Melissa Middleton - UNM Volleyball
Rose Morris – UNM Volleyball
Taylor Hadfield - UNM Volleyball
Coach Roy Sanchez - Eldorado HS BB
Dr. Kathryn Ryan
Dr. Richard Cripps
Ginny Morris
Thai Lee
David Lucero
Stacy Sturgess
Doreen Trotz
Ryan Wilkinson

Read-A-Thon

The Read-A-thon runs through January 16th. Please bring your reading chart and pledged donations to school on January 20th.

We will have a "Read-In" on January 14th. Wear your PJ's and bring a favorite blanket or stuffed animal. KEEP READING!



SCHOOL BREAKFAST

Parents,

School Breakfast helps kids:

- Improve their grades
- Pay better attention in school
- Increase school attendance
- Improve classroom behavior

PLUS, IT SAVES YOU TIME!

Parientes,

El desayuno de la escuela ayuda sus niños:

- Mejore sus grados
- En la escuela, pagan mayor atención
- Aumente asistencia en escuela
- Mejore el compartamiento en la clase.

MAS, SALVA TIEMPO PARA USTED!

IF YOUR CHILD RECEIVES MEAL ASSISTANCE FOR LUNCH, THE SAME APPLIES FOR BREAKFAST. COME JOIN US. 8:30 UNTIL 9:00 TAKE ADVANTAGE OF YOUR FREE OR REDUCED MEALS.

Thanks,
Beverly Elks
Site Supervisor



**Happy Birthday
Caleb E!**



Love,
Dad, Mom & Rowan

Health & Wellness News: Brain Boosting Foods

Did you know that you could help boost your brainpower by eating brain super foods? Yes, our brains function better when we feed them brain-boosting foods. These foods will help to battle the ill effects of neurotoxins in the environment as well. This is especially important to our children with growing, developing, and learning brains. Why not optimize the development by providing the best nutrition for our brains? Our brain needs fuel, not simply calories, but foods packed with brain boosting nutrients. The following are seven good ones to keep on hand and some ways to make them “kid friendly”.

Avocado—one of the most easily digestible sources of high quality protein and healthy fats. Avocado contains antioxidants, fiber, and folate, among other ingredients. Avocados are high in calories, so eat them in moderation.

Kid Friendly ways to prepare:

Mashed up on sandwiches; Mix up guacamole with tomato, onion, cilantro, little diced jalapeno, a splash of lime juice and a pinch of salt.

Nuts—Nuts contain protein and beneficial fats. They also provide a good dose of vitamin E, which promotes brain function. Almonds are the most nutritious.

Ways kids like nuts:

Mix up a trail mix with some raisins, almonds, peanuts, and seeds to eat on the go. Add sliced almonds to salads, oatmeal, cereal, or pancakes

Oatmeal—Oatmeal promotes healthy blood flow to help you brain function better. It also contains fiber, protein, antioxidants, and a bit of Omega-3's. Have a bowl for breakfast for stable energy all morning long.

Make it fun—Add a scoop of low fat vanilla ice cream, or some blueberries and milk!

Blueberries—Blueberries are a super food packed with nutrients. They are great for your body as well as your brain. Buy fresh, unsweetened frozen or dried blueberries.

Kids like it --Add blueberries to yogurt, ice cream and cereal for a yummy treat.

Salmon—Salmon is packed with Omega-3 fatty acids. These essential fats are linked to improved cognition, alertness, and memory.

Make it yummy—Marinate the salmon in teriyaki sauce and a bit of brown sugar, then grill it.

Beans—So good, so versatile and so affordable! How about some whole or refried beans with tacos, quesadillas, or in a burrito!

Eggs—Eggs contain protein and fat and are another source of stable energy for your brain. Choline is a chemical building block, found in eggs, of every cell and has been linked to improve memory.

For Kids—Hard-boil eggs and cut into fun shapes, or Scrambled eggs with some cheese folded in a tortilla or on a sandwich.



Get your very own Mitchell Mustang drawstring backpack!
Only \$10. in the office.

LOCKDOWN KITS

Teachers are still collecting items for the Emergency Lock-Down Kits. Please help your child's classroom out by donating a couple things on the list. If you need a copy of the list go to: www.mitchellpto.org and click on "Newsletter."

Dan Barrera
HERBALIFE
INDEPENDENT DISTRIBUTOR
948 Eubank Blvd. NE 505-296-2650
CALL FOR PRODUCTS OR OPPORTUNITY
FREE SAMPLES
www.shopherbalife.com/dbarrera

If you would like to receive this newsletter electronically, send an e-mail to: mustangnewsletter@yahoo.com. If you have signed up but are not receiving them by e-mail, PLEASE send a message to the same address.

Mitchell Question of the Month

Does Mitchell currently have a Vice-Principal?

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 newsletter. First correct answer drawn is the winner and the student will receive a prize!

Thank You Mitchell Families!

A big thank you goes out to all the Mitchell families who so generously donated clothing to help support the BCCPTA (Bernalillo County Councils of PTA's) Clothing Bank. We would also like to thank Eric Johnson, Manager of Albertsons on Academy & Tramway, for his generous donation of paper bags. Also, thank you Mrs. Zeter, for requesting the bag donations.

We delivered 120 bags of used clothing and shoes to the Clothing Bank! Your generosity was amazing. The volunteers at the Clothing Bank were very excited and appreciative when receiving your donations. They know that they can count on Mitchell families for your kind support. We are happy to accept clothing donations all year. Just send them in at any time and we will deliver your donations to the Clothing Bank. If you have any questions about the clothing bank, please call Marty Glenn, Counselor, Mitchell Elementary, 299-1937.



ALBUQUERQUE PUBLIC SCHOOLS
Winston Brooks
FOOD and NUTRITION SERVICES SUPERINTENDENT
Expect Great Things!

Ex-

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.

720 Rankin Road NE, Albuquerque, NM 87107 505.345.5661

Raise Money for Mitchell Through Routine Shopping

Our School Code is: R4R9

Use our school code when shopping at: 1-800-FLOWERS.COM®, footlocker.com and mysubway-card.com

Mitchell Elementary has joined forces with major companies to raise funds. By harnessing the everyday purchasing power of our community, we can earn thousands of dollars to enhance the educational experience of our students.

It's Easy to Start Raising Money for Our School Today! Look how your everyday shopping activities can earn money for our school:

- Eat fresh at **SUBWAY®** often with your family to lead a healthy life.
- Get the latest in athletic gear and shoes at **Foot Locker, Lady Foot Locker, Kids Foot Locker** and footlocker.com
- Stay in touch with the ones you love with **Verizon Wireless.**
- Book your next family vacation with **Travelocity.**
- Find the perfect gift for every occasion at **1-800-FLOWERS.COM®.**



Our school distributes free all-in-one Family Packs that include a letter to parents and supporters, partner offers, our school code (see top of page), Foot Locker key tags and instructions on how to use a registered SUBWAY® Card to start earning money for our school.

Your Support Can Make a Real Difference

Start shopping for our school immediately. Get coworkers, relatives and friends involved by giving them our school code (see top of page), extra Foot Locker key tags and getting them to use a registered SUBWAY® Card. They can also shop at Verizonwireless.com/myschool and TravelocitySchool-Rewards.com and help raise money. The more people who shop, the more our school earns.


Please contact our schoolPAX™ Coordinator, visit www.schoolPAX.org, or call **1-877-724-5729** for more information.

With your help, we can turn the power of everyday shopping into funds for our school!



Timothy J Scott
Insurance and Financial Services Agent
FARMERS
10301 Comanche RD NE#1B
Albuquerque, NM 87111
Bus: 505-314-9206
Fax: 866-209-6624
tscott2@farmersagent.com

Registered Representative
Farmers Financial Solutions, LLC



Barbara Fort
Insurance Agent
Barbara Fort Insurance Agency, Inc.
FARMERS
Auto • Home • Life • Business
10301 Comanche RD NE#1B
Albuquerque, NM 87111
Bus: 505-314-9206
Fax: 866-209-6624
www.farmersagent.com/bfort

Raise money for Mitchell Elementary PTO

when you use H&R Block to do your taxes.*

When you've got people



you've got fundraising power.

It's easy.

1. Go to a participating H&R Block office with your organization's referral form. To find the nearest H&R Block office, go to hrblock.com.
2. Give the referral form to your tax professional.
3. If you're a new client, your organization will receive \$25.
4. Feel good knowing you helped your organization raise money and you received exceptional tax preparation service.

Mitchell Elementary PTO Referral Form

As a new H&R Block client, your organization will receive \$25.*

To redeem this offer, visit a participating H&R Block office to have your taxes prepared between 01/01/09 and 11/01/09. To make an appointment or locate an office, call 1-800-HRBLOCK or visit hrblock.com

\$25 TO:
 Mitchell Elementary PTO
 10121 Comanche Rd NE
 Albuquerque, NM 87111-3614

H&R BLOCK®

For office use:
 4000-91084-65820

Non-Profit ID

ENTER NON-PROFIT ID INTO THE TFS CLIENT TRANSACTION SCREEN.

*Your organization is eligible to receive \$25.00 for each new client referred to a participating U.S. H&R Block office when that person pays for preparation of an original personal income tax return between 01/01/09 and 11/01/09. An eligible tax form includes: 1040, 1040-A and 1040-EZ. A new client means a person who did not have his/her 2007 taxes prepared by H&R Block. Referral form must be presented prior to completion of initial tax office interview. Amended returns do not qualify and H&R Block employees are not eligible. Allow approximately 8 weeks after May 1, 2009 and/or November 1, 2009 for delivery of check. Offer may not be combined with any other referral program or any coupon or discount offer. ©2008 H&R Block Services, Inc.

2008