



Mitchell Mustang

Volume 34, Issue 7

March 2010

From the Principal's Desk...

Important Dates

- ☺ March 1st-12th: Candy Bar Sales
- ☺ March 1st-March 12th: Book Fair
- ☺ March 2nd: PTO Meeting, 6pm
- ☺ March 4th and 5th: Parent-Teacher Conferences, and Book Fair, 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.
- ☺ March 15th-19th: Spring Break, no school
- ☺ March 23rd-April 15th: NM Standards Based Assessments
- ☺ April 1st: UNM presents Dog Boy and Boy Dog Play
- ☺ April 13th: Family Night at Dion's

MITCHELL TEAMS UP WITH



Pick up your card today in the office.

Fund your student's cafeteria account online at:

mylunchmoney.com

Dear Parents,

It was wonderful to enjoy spaghetti with so many of you on February 12th. I would like to thank our amazing PTO and say I feel truly blessed to be supported by such a wonderful group of parents. Remember, the next PTO meeting will be Tuesday, March 2nd at 6:00 PM in the main office area. Please join us!

Conference Week

I can't believe it is conference time already. We look forward to meeting with each of our students' families again on Thursday, March 4th - Friday, March 5th. There will be NO classes on these two days, so please arrange for child-care. The teachers will be discussing your child's progress and effort, as well as any concerns they might have for the remainder of the year. We invite you to bring any questions that you might have to the conference. Also, don't forget to visit the Book Fair on your way in or out.

New Mexico Standards-Based Assessment - "The Test"

Students in grades 3, 4, and 5 will be taking the New Mexico Standards Based Assessment beginning Tuesday, March 23rd. We hope to complete the testing and any make-ups by Thursday, April 15th. Our 3rd, 4th, and 5th grade students will be testing for approximately two hours each morning.

We need the support of our families in order for our students to do their best. **You can help by ensuring that your students are rested, have had breakfast and are on time to school.** Please avoid making appointments for your children during this window. Once testing has started we cannot interrupt the classroom, as this may disrupt testing for other students, or even invalidate test results. The tests are un-timed in order to give students ample opportunity to demonstrate knowledge. Last year we had a 100% participation rate for Mitchell and, as always, our students do their best on assessments. We are very proud of the way our entire educational community comes together as we implement the state mandated Standards Based Assessments. Our success is possible only through the support of our parents. Your understanding and patience during the testing period will be greatly appreciated.

I hope you all have a wonderful Spring Break, March 13th - 21st. When students return on March 22nd, we will be on the last leg of this school year.

Debbie Garrison
Principal

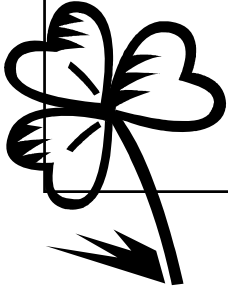
The Mitchell Community Supports Haiti

Mitchell is a Positive Behavior Supports (PBS) school and one of the components of our PBS pledge is empathy. In response to the situation in Haiti, our student council issued the challenge to show school wide empathy and collect money for Haiti. In a little over a week our students collected \$800. Our generous PTO matched that amount and we donated a total of \$1600 to Save the Children designated for Haiti Relief. The empathy shown by the students, families, and staff of Mitchell will go a long way toward helping the relief effort in Haiti, and contributed to our sense of individual and community accomplishment. Great job of showing Mustang P.R.I.D.E.

Happy 9th Birthday Sam

G.!

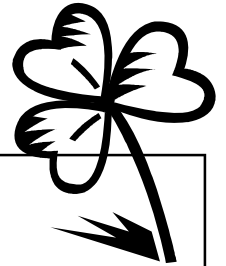
Love, Mom, Dad & Jake



Happy 6th Birthday

Jake G.!

Love, Mom, Dad & Sam



Thank you to the following new Mitchell PTO Boosters!

Greg Payne

Bill & S hellie Erikson

Jamie Harlon

Barbara Fort
Insurance Agent
Barbara Fort Insurance Agency, Inc.



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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.

We are What we Eat!

Everyone has heard this saying but they probably don't really believe it. We've all had potato chips and didn't suddenly grow a chip out of our ear! So



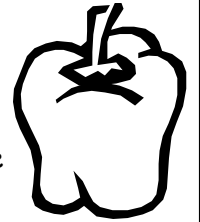
just how are we made of what we eat? It turns out that the composition of our cell membranes: bone marrow, blood and hormones are determined by the nutritional content of what we eat. Adults lose about 300 billion cells to old age every day. These cells must be replaced and are manufactured from the foods we consume. Children are growing every day, and their growth is generated by the foods they eat.

This is why it is so important to fuel our bodies with clean food and avoid junk foods. There are so many studies that have come to the same conclusion about diet and exercise. In 1993, two doctors, J. Michael McGinnis, MD, and William Foege, MD, published an article in the Journal of the American Medical Association titled, "Actual Causes of Death in the United States". The article stated that half of the annual deaths were premature and could have been postponed by modifying behaviors, mainly smoking, diet, and exercise.

We forge our health by our feet and our fork. So what is a clean food? Clean foods are

minimally processed foods that are as direct from their source as possible. They are free of additives, including preservatives, colorings, sweeteners and hormones. Foods that are the healthiest for us have one word ingredients: apples, blueberries, bananas, oatmeal, almonds, salmon, and beans. The longer the list of ingredients, the more chance of the addition of chemicals, additives, sugar, salt, hydrogenated fats and excessive calories.

The closer to nature you eat, the fewer calories you consume, which helps greatly with our body mass index. Processed foods have low amounts of fiber, water and a high ratio of calories to nutrients. They also have a high ratio of salt and sugar that over stimulates the appetite center in our brain. Clean foods are the opposite. They are filled with fiber, fluid and a high ratio of nutrients to calories. We therefore receive signals that we are satisfied before we consume too many calories.



Eating well is a major factor in reducing the risk of major chronic disease by almost 80%. We know now that our bodies need good, clean nutrients to replace cells and grow daily. Clean eating is so very important to our overall health, so let's get started!

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



- Get to bed early
- Eat a healthy breakfast
- Be on time

And not just during testing but for all school days! Practice P.R.I.D.E and be the best you can be!



HAPPY 11TH BIRTHDAY TO OUR

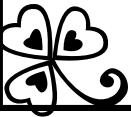
“WILD IRISH ROSE”

CATY MAE STURGESS

3/17/99

WE LOVE YOU!!!

MUMMY, DAD, GRANDMA, AND ALL YOUR BROTHERS
BUZZ AND CANDI, TOO



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Join Girl Scouts Now!

Girls are coming together to join Girl Scouts. If you can think it, you can do it. Be part of a troop, make friends, and learn new things as you discover your world. DON'T WAIT! Troops are forming and filling up fast.

There's a troop waiting for you and your friends. Have your parents call 343-1040 to find out how to join or visit our web site at www.gs-nmtrails.org

BOX TOPS for EDUCATION UPDATE

Deadline for turning in Box Tops for the Class Pizza Party Contest has been **EXTENDED!!!!** The class that submits the most Box Tops by April 30th, 2010 will earn a pizza party!!

Class Contest Update:

1st Hoy

2nd Tschida


3rd Schripsema

Don't forget to ask family, friends, co-workers, and neighbors to clip for you too!! Fill up your Valentines BoxTops Collection Sheet and turn it in with your teacher's name on it. Keep up the good work!

Keep Clipping! Robyn

P.S. Keep clipping through the summer and turn them in to the office when you come back to school in the fall!

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

Advertise in the
Mitchell Mustang!

- Full Page Ads \$125
- 1/2 Page Ads \$75
- Single Line Messages \$5
- Business Card Ads \$25



Mitchell PTO Update

The PTO appreciates all of your ideas and suggestions from the survey you filled out at the spaghetti dinner. As such, we will be including more information in our newsletter about what the PTO is doing each month.

Chocolate bar sales starting March 1 and running until March 12.

Remember this year we cannot accept opened boxes of chocolate back.

Rollerskate City March 3

Parents skate free

I am also including a PTO membership application in the newsletter each month. Lastly, I will be posting the agenda for each PTO meeting on our website (mitchellpto.org). I look forward to everyone's continued support and hope to see everyone at a future meeting. Remember, it costs **nothing** to join PTO. Our next meeting will be **Tuesday, March 2 at 6:00 pm** in the teacher's lounge.

Kelly Lotrich-PTO President

PTO Membership

Name: _____ Student: _____

Grade: _____ Teacher: _____

Treasurers Report March 2010

We want to thank everyone who participated in the Sheet Fundraiser. Mitchell profited \$3500 thanks to our students' hard work. PTO has decided to use the profit from the Sheet Sale in the following ways: Haiti fund (we are matching what the student body collected \$800), Pride Prizes (MVP's) \$500, afterschool clubs \$1500, and the remaining will go into the general fund. Again we would like to invite very parent to join our PTO, we meet the first Tuesday of every month. Thank you again for your support.

Kim Cordova, Treasurer