



Mitchell Mustang

Volume 34, Issue 3

November 2009

From the Principal's Desk...

Important Dates

- ☺ November 3rd: PTO Meeting, 6pm
- ☺ November 5th: Picture Retakes
- ☺ November 11th: Veteran's Day, No School
- ☺ November 12th: End of 1st Trimester
- ☺ November 13th: Thanksgiving Dinner
- ☺ November 19th-20th: Parent Teacher Conferences, No School
- ☺ November 25th-27th: Thanksgiving Break, No School
- ☺ December 9th: Family Night at Roller Skate City



Fund your student's cafeteria account online at:

mylunchmoney.com

Mitchell Families,

It is a privilege to work with you while Deb Garrison is out on medical leave. The reception from staff, community and students has made my work here enjoyable. It is fun for me to work with staff and schools across the district and see the hard work as well as accomplishments that are happening in schools. The dedication of all at Mitchell is evident and contributes to an outstanding school. Deb and I thank Mrs. Kassandra Poole for her work with Mitchell students. She took a position with the special education department at Grant Middle School.

Mark your calendar for several key events occurring in the month of November. The traditional Thanksgiving dinner will be Friday November 13th. Staff and students look forward to the time together to say thank you for the many blessings in our lives. We hope you will join us. November 19th and 20th are parent conference days. There is no school for students. If you have not already received a conference date it will be coming shortly. Parent conferences are an opportunity to discuss strength and growth areas for your student academically.

The safety tip for the month of November has to do with the fire lane on the east side of the school by the grass field and kindergarten building. The police and fire department visited the school the middle of October and said there are to be no drop-offs, parking or pickups in the fire lane or drive through lane in that area of school. The parent pickup area is on the west side of school. You are welcome to park in a parking spot and walk in to pick up a student. I have been out on several occasions in the area reminding drivers of expectations in this area. Please help keep Mitchell safe by following these requirements.

It takes all of us working together to achieve student success. Your support as well as your thoughts and ideas are welcome. Stop by the office when you come and introduce yourself.

Rose Dixon / Interim Principal

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Nominate a Teacher for the *Golden Apple Award!*

The Golden Apple Foundation of New Mexico will honor seven pre-kindergarten/ elementary school teachers in 2010 with the Golden Apple Award. The Golden Apple Award is perhaps the most prestigious recognition that a New Mexico teacher can receive, given not only for excellence in the classroom but also for commitment and service to the teaching profession. Awards will include paid professional development, a \$1,500 cash award, a personal computer donated by Intel Corporation, membership in the Golden Apple Academy, and annual institutes with other Golden Apple winners. Golden Apple Foundation values the diversity of New Mexico and encourages recognition of teachers working with diverse populations and who are themselves from diverse backgrounds. The deadline is November 30, 2009. Anyone may nominate a teacher. A nomination form is available at www.GoldenAppleNM.org. Mail completed forms to Golden Apple Foundation of New Mexico, PO Box 40469, Albuquerque, NM, 87196-0469. For more information, please call the Golden Apple Foundation of New Mexico at 68-5337.

Rub Your Kids the *Right Way*

Massage is not only for adults - it can be beneficial for children as well. Daily touch helps kids develop neurologically, behaviorally, and emotionally. Recent studies show that pediatric massage improves mood and long-term social behavior in kids with ADHD. Massage is also invaluable to the immune system, preventing yearly colds and flu.

It is not necessary to have a stranger massage your child. A parent's touch is often the most healing. A massage therapist can help a parent learn simple massage techniques for pediatric massage. If you choose to use a massage therapist, here are a few suggestions for finding the right one: 1) find someone you trust with your own body and get a preliminary massage from the therapist before you take your child to them; 2) ask about the therapist's experience with children; 3) ask your physician or pediatrician for referrals; and 4) find a therapist in private practice, instead of going to a spa where massage is tailored to adults.

Shilpa Chheda,
Local Massage Therapist
400-3765

Mitchell Mileage Club

The Mitchell Mustang Mileage Club has begun! In this club, the students are keeping track of the miles they have walked or ran on a Mileage Club Card. Each card has 20 mustang horses printed around the card. Each horse represents one lap around our Mitchell field. After all 20 horses have been punched out, the stu-

dent turns the card in and receives a foot, a bead and a string that start their necklace. The students are wearing their necklaces with pride, for each foot represents 5 miles they have walked or ran! We already have some students that are earning their fourth foot! Parents and family members are more than welcome to join the Mustang Mileage

Club. What an excellent way to help walk/run away some holiday stress!



Managing Holiday Stress

The holidays are always a source of stress. So much has to be done, with so little time. We end up having to do so much for the season, in addition to our regular jobs and schedules. It is often difficult to fit in the things that are the most important—eating healthy, exercise and quality time spent with our families.

Meals during the holiday season are often prepared or picked up in a hurry. Try to eat as much as possible at home, including 5 fruits and vegetables every day. Boxes of baby lettuce make a very easy salad, with the addition of a few tomatoes and carrots. Left-overs can be made in a variety of ways. A baked chicken on Sunday can become chicken quesadillas on Monday, then chicken soup on Tuesday.

Exercise is essential to managing stress. A quick 15 minute walk or bike ride is a quick and enjoyable way to de-stress from the day. A short game of catch is always fun and very regenerating! Everybody benefits from a little activity and one-on-one time away from the distractions of the season. Exercise improves our focus and levels out our moods and thought processes, even in short intervals.

Let's cruise through this holiday season, enjoying our family, friends and the season. The key is to manage the stress, and to use healthy strategies that help us control our stress level. Have a Happy and Healthy Holiday Season!

A big thank you to the following new Mitchell Booster Members:

Margaret Smith
 Greg and Robyn Elison
 Abby and Jack White

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.

_____ Please contact me. I have other thoughts or gifts to share. _____

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.

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For Sale in the Office! Get yours today!

New Youth Long Sleeve Tee-Shirts \$15

Adult Long Sleeve Tee-Shirts \$20

Short Sleeve Tee-Shirts \$10

Backpacks \$10

Pencils .25



BOX TOPS for EDUCATION UPDATE

Wow!! We are almost halfway to our goal of \$943. So far this year we have earned \$421!! Don't forget to ask family, friends, co-workers, and neighbors to clip for you too!! Fill up your Batty for BoxTops Collection Sheet and turn it in with your teacher's name on it. Some participating products include:

- Ziploc
- Huggies
- Cheerios
- Kleenex
- Betty Crocker

Remember that the class that submits the most Box Tops by March 1st, 2010 will earn a pizza party. Currently, Mrs. Keuhl's class is in the lead, followed closely by McNett, Schripsema, Gumble, and Torres.

Keep Clipping! Robyn

P.S. For each person that registers at www.btfe.com, 5 Bonus Box Tops will automatically be credited to our school!

Attention Mitchell Families--Clothing Needed for Clothing Drive!

As the weather gets cooler and our wardrobe changes, it is a great time to clean out closets and save clean, gently used clothing for the BCCPTA Clothing Bank. Our clothing drive will run from **November 9-13**. If you need to bring in your donation sooner, feel free

The Mitchell Library is Open!

The Mitchell community would like to thank all those who helped to get the library up and running. We greatly appreciate all your hard work!

Elisa Gagliano

Bernadette Burr

Carla Irwin

Stacy Scott-Sturgess

Tabitha Diffie

Kelly Lotrich

Christy Herron

Paula Adams

Mitchell PTO

Campbell's Labels for Education Holiday Bonus Point Sweepstakes

Don't throw away those cans without checking for Labels for Education!! If we can collect 2,500 Campbell's Labels before the end of the year, we will receive a bonus of **2,500 points!** Some qualifying products include:

- Campbell's Soups
- Chunky Soups and Chili
- Pepperidge Farm Gold Fish, Cookies, and Snack Mixes
- V8
- Prego Sauces

Spaghetios

Please just submit the UPC, not the entire label. Turn in your UPCs by 12/20/09 to the container in the office so we can double our points!

Keep Clipping! Robyn



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