



Mitchell Mustang

October 2008

10121 Comanche NE
Albuquerque, NM 87111
(505) 299-1937
www.aps.edu/aps/mitchell
Volume 33 Issue 2

Important Dates

- Oct. 1: Fun Run
- Oct. 6: PTO Meeting, 6:30pm
- Oct. 10: Fall Break, No Classes
- Oct. 17: In-service Day, No Classes
- Oct. 24: Fall Festival
- Nov. 3-21: Book Fair
- Nov. 11: Read-a-thon Begins



Mitchell Mustang Newsletter

Submission deadline for the Nov. Issue is Wednesday, Oct. 15. Send articles to:

newsletter@mitchellpto.org

Mitchell Mustang is sponsored by the Mitchell PTO.

For more info go to:

www.mitchellpto.org

From the Principal's Desk...

Dear Parents,

In successful schools, parents look out for the good of all children, not just their own. Parents may correct other people's children, not because those children have a conflict with their own child, but rather to keep all children safe. All parents assume the care of all children. For instance, some parents have shared that they have stopped and corrected Mitchell students who have jaywalked on Comanche or Morris, darting between cars, or students who have ridden their bikes recklessly down the street. In these instances, parents were clearly looking out for the safety of all children.

However, I would like to suggest that if your child has a conflict with another student on campus, it is in the best interest of all concerned to have a non-biased trained educator mediate the conflict. Children and/or their parents should share their concern with the teacher, the counselor (Marty Glenn), or me. All of us have experience mediating such conflicts and will work to ensure that all children involved reach a workable solution.

In the past, when parents have confronted other people's children regarding behavior and actions toward their own child, the confronted children have felt threatened and frightened. The situation becomes even more intense when parents warn someone else's child to stay away from their child, then I become involved because a parent has complained that an adult has threatened his/her child. When this happens, the focus of all conversations becomes the action of the parents and not those of the children, even if the confronted child was originally at fault. All parents want the best for their children and in light of the violence that permeates our society it is important that parents remain calm and rational and have faith in the system and code of conduct we have established for children and adults here at Mitchell.

It was great to see so many people at Open House. I look forward to seeing you again on October 1st for our First Annual Mustang Fun Run and then on October 24th for Fall Festival. Make sure you check the handbook and the website for other important dates coming up.

Happy Fall!

Debbie Garrison

Principal

Students: Can you answer the **Mitchell Question of the Month** on page 5?



Health and Wellness News

Walking About Town

During the month of September, we spent a good deal of time on walking, jogging and running. We began our Mitchell Milers Club and had the Fun Run on October 1, 2008. These activities have inspired the kids to get out and get moving like I have never seen! They are so enthusiastic to complete a miler's club card and earn a foot for their necklace! This is so good for everyone, especially for the health of our children. The city of Albuquerque has created a program called Prescription Trails that parallels our Milers Club, but with adventure around our beautiful city. There is a guide that is accessed through the city web site at www.cabq.gov/parks/prescription-trails, which has many trails throughout the city. The mileage is always included in the information about the trail, and this mileage can be used on the Mileage Club Card at Mitchell to earn a foot. The trails are organized by zip code and include an aerial map, nearby cross streets, and bus information. There is also a walking log available to use as well.

Walking provides so many health benefits, including feeling better and having more energy. The Dietary Guidelines recommend that everyone should be physically active for no less than 30 minutes everyday, and one hour is optimum. To get the most benefit from walking, walk at a moderately intensive level for at least 30 minutes. If you break this time period up into small chunks, that will work just as well.

Try out the Prescription Trails web site with your student and enjoy our beautiful city while getting some great health benefits at the same time!

MITCHELL ELEMENTARY PTO BOOSTERS OF THE MONTH- SEPTEMBER

David & Norma Lauben
Sylvia Stearnes
Jeffrey & Julia Hoffman
Kim & David Rose
Edie Guess
Yendry Bruce
Kelly Lotrich

Thank you for your support!!

If you would like to become a PTO Booster, fill out the form on page 3 and return it to the office.

Fall Festival Donors

We would like to **thank** the following businesses for their generous donations to the Fall Festival:

Barnes & Noble
Ben E. Keith Embassy Suites and Spa
Betty's Bath & Day Spa
Black Angus Steakhouse
Bravo!
Chili's
Cochiti Golf Course
Crocs
DaVinci's Gourmet Pizza
Dion's on Montgomery & Morris
Elephant Restaurant
Fantastic Sam's
Farmer's Insurance: Timothy Scott
Barbara Fort
Francine's Hallmark on Tramway & Mont.
Golden Corral
Gruet Steakhouse
Hinkle's Family Fun Center
Isleta Golf
Le Peep
Lord and Lynn Salon
Olive Garden on Juan Tabo
Texas Land and Cattle
Weck's on Juan Tabo

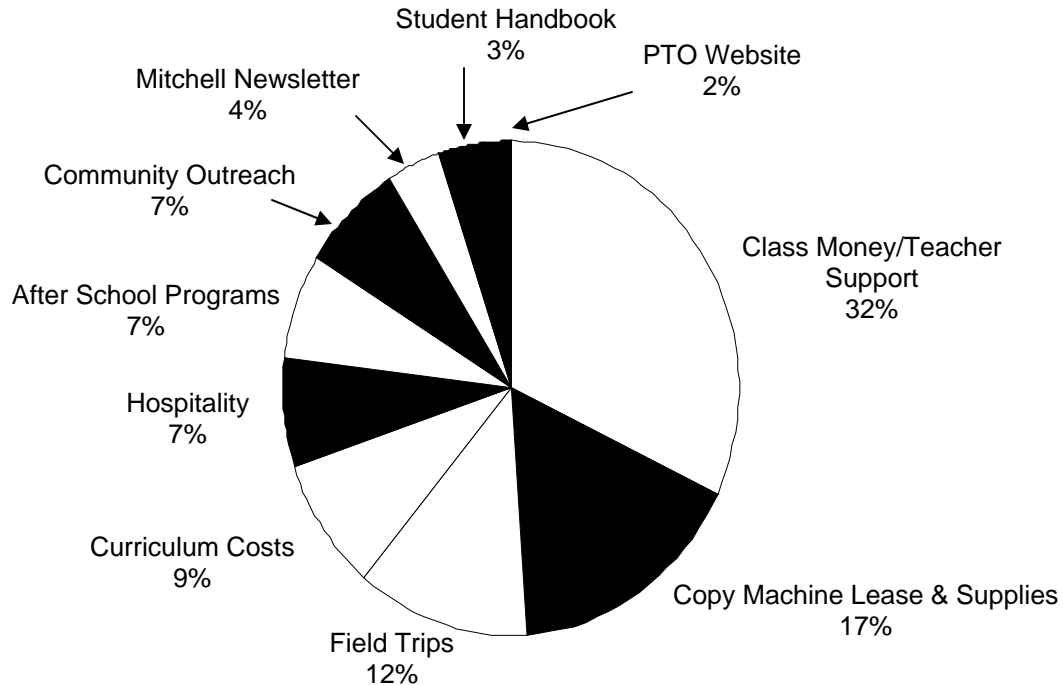
A SPECIAL
THANK YOU
to BARNES & NOBLES
for supporting our readers and
the Mitchell Library with
FREE BOOKS!

From the PTO Treasurer...

PTO would like to remind everyone that we will NOT be doing formal fundraising this year. Our means of income: Fun Run, Spell-a-thon, Read-a-thon, and parent donations. We are counting on our parents and community to help support our school this year. Most of the funds we raise go to supporting our Teacher (44%) and the rest goes to supporting things that the school needs. We would really appreciate your donation of any amount. As of September 15th, our Booster Club has raised \$360, our Membership Dues \$135, and T-shirt Sales \$526. It would be great to see every parent become a member of our PTO (membership \$5), it would also be great to have every teacher a member of our PTO! Please come join us the 1st Monday of every month at 6:30 pm. If you would like to donate, please make a check out to: Mitchell PTO.

THANK YOU FOR ALL YOUR SUPPORT!!

Where do the funds go?



We welcome your contribution now or at any time throughout the school year.
Any dollar amount is greatly appreciated!

Thank you so much!



Mitchell Elementary School P.T.O. Booster

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 P.T.O. Booster.

Send in your donation this month and receive a free t-shirt (while supplies last, limited sizes available).

\$10. \$25. \$50. \$75. \$100. Other.

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

_____ My Employer will match my contribution. Please contact me _____



Homework Hints

Assume that your children will have studying to do every night.

Ask your children if they understand their homework. If they do not, work a few examples together.

Ask your children to show you their homework after the teacher returns it, to learn where they're having trouble and where they're doing well. See if your children did the work correctly.

Stay in touch with your children's teachers. Ask about their classes and what they are studying. Ask their teachers how you can support what they are studying (flash cards, spelling, etc.). Remember, you and their teachers want the same thing — to help your children learn.

Don't be afraid to get in touch with the teacher if you and your child don't understand an assignment or if your child is having a great deal of trouble. Almost all parents run into these problems, and teachers are glad to help.

Don't do your children's work for them. Help them learn how to do it themselves.

Show your children that you think homework is important. If you are at work during homework time, ask to see their work when you get home.

Praise your children for doing well. Make praise a habit.

Maintain a portfolio of "best pieces."

Ask your school about tips or guides for helping your children develop good study habits.

Help older students organize their assignments by recording them on calendars or planners, along with due dates, dates turned in, etc.

Teachers' Wish List

The Teachers' Wish List is located in the main office. Items requested have been written on Post-It notes. Please pull a note and grant a wish. Thank You!

Help Your Student Get the Most Out of Homework

Many students try to avoid it, but teaching and learning research indicates that children who spend more time on regularly assigned, meaningful homework, on average, do better in school, and that the academic benefits of homework increase as children move into the upper grades.

Parents and families play an important role in the process. Together, families and teachers can help children develop good study habits and attitudes to become lifelong learners.

Why do teachers give homework?

Teachers use homework:

- to help students understand and review the work that has been covered in class
- to see whether students understand the lesson
- to help students learn how to find and use more information on a subject.

Homework is also the link between school and home that shows what children are studying. Research shows that when homework is turned in to the teacher, graded, and discussed with students, it can improve students' grades and understanding of their schoolwork.

How much help should I give?

This depends on each child's grade level and study habits. Younger students often need extra homework help. First, make sure the child understands the directions. Do a few problems together, and then watch your child do a few. When your child is finished, check the work. Praise right answers, and show how to correct mistakes.

Avoid doing your children's homework for them. Teachers need to see where your children are having trouble.

One of the most helpful things you can do is to show your children that you think homework is important. Many children today do their homework while their parents are at work. When you are at home, ask to see your children's homework and discuss it with them. Ask questions and be supportive.



Dan Barrera

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Happy 10th Birthday Abby!

Love,
Mom, Dad & Jack



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 17 - 21**, during parent conference week. If you need to bring in your donation sooner, feel free to drop it by the office any time. Donations are gratefully accepted all school year.

Box Tops & Campbell's Soup

Thanks to everyone who submitted Box Tops & Campbell's Soup Labels last Spring. We gathered \$295 in Box Tops since last October and over a thousand Label Points. Way to go Mustangs! Send in your Box Tops and Soup Labels (UPC's) by **October 6th** to be in the running for our next contest. Winners from the Spring of 2008 are: Krista Forte, Julian Garcia, Katherine Erikson, Raquel Najera, Abraham Hadad, and Jack White.
Keep Clipping!

Nurse's Office Wish List

- Small Round Band-aids
- Socks: size K-2nd
- Pants/Shorts: All sizes, especially K-2nd
- Belts: all sizes, esp. 3rd-5th



ParentLink

APS has implemented ParentLink, the new district-wide communication system this school year. So, what will that mean to you as a parent and to our teachers? As a parent you will receive a phone call every time your child is late or absent or if your child has a negative account in the cafeteria. To our teachers it means that as soon as you take attendance, the system begins to call the parents to notify them of their child's absence or tardies, whether excused or unexcused. Mitchell personnel will no longer call parents to ask why their child is absent. Please continue to call our school to report your child's absence or tardy. ParentLink will also be used to notify you of upcoming events (you have already received a few of these messages from me) and in the event of an emergency.

Mitchell Question of the Month

When did Mitchell Elementary
1st open it's doors?

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!



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.

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

Coming Soon... Fall Festival



Join us for the Fall Festival on **Friday, October 24th**. There will be lots of games, booths, baskets of great prizes, cake walks, hot dogs & hamburgers, jumper, and a hot air balloon. Lots of inexpensive fun for the whole family!

As in the past, we will have tickets for sale before the festival. Order forms will be coming home soon. Tickets will be 5 for \$1. If purchased at the festival, they are 4 for \$1.

We do need help getting more donations for the bas-

kets. If you own a business or want to contact one or more businesses, please do. It will make the baskets all the better! **Volunteers** are also needed to make the festival a great success. If you are interested in helping out in any way, please leave your name and phone number with the folks in the office and they'll make sure the PTO gets it. Look for more information to come home soon.



Hope to see you there!

From the October Library Bookshelf:

The children are doing a wonderful job keeping their library books safe in ziplock bags and in their backpacks. **Tell your child "Good Job!"**

- Our **Annual Fall Library Fundraiser** is opening on November 3rd. It is the **Scholastic Book Fair** where we will be visiting the Safari Jungle for a "**Book Fair Hot Time**"!
- The Book Fair profit helps our school library purchase new and much desired current titles and classroom equipment. Books also make great long lasting gifts for all students.
- The fair will feature specially priced books, including award-winning titles, children's classics, and bestsellers.
- It will be open from November 3rd through the 21st from 8:40am to 4:00pm Monday through Friday.
- Family Night will be Wednesday, November 12th from 5:30 to 7:00 in the evening. Clifford the Big Red Dog will be our guest visitor. Enter a drawing for free prizes.
- Volunteers are needed for promoting and running our fair. It's a small investment of your time—but it brings big benefits to our school. If you are able to volunteer please contact Debbie Sprague at 299-1937. It's fun and rewarding.
- We need people to put up signs, decorate, cashiers (very simple process), security, send out letters to get sponsors, help children and parents locate books, help with Family Night, set up and take down. If you have any time available **please send in the form below**.
- If you would like to help a child who cannot afford to buy from the book fair please donate to our ONE FOR BOOKS by using **the form below**.



VOLUNTEER FORM FOR BOOKFAIR

I would like to help by:

- Setting up signs around school 11/3 8:45am
- Decorate Oct. 31st PM
- Send out One For Books Business Letters
- Cashier sales on Family Night
- Anything

- Taking down signs after fair 11/21
- Cashier sales during school hours
- Help students locate books
- Prepare fliers to take home

Name _____ Child's Name _____

Teacher Name _____ Phone _____ Cell _____

Days/Times Available _____



ONE FOR BOOKS DONATION

I would like to donate \$ _____ so others may read.

My name is _____ Teacher Name _____