

PTO NEWSLETTER

Solvang School
www.solvangschool.org

February 2012

Volunteer-it feels good!

NEXT PTO MEETING

Mark your calendar: PTO meetings are the first Tuesday of every month. Meeting times alternate between evenings and afternoons to accommodate as many parents as possible. The **February meeting will be on the 7th in room 5 at 3:15**. Thank you to all the many wonderful parents that are helping in the classrooms, on the playground and in the Café. There are many ways to help and if everyone volunteers a little time it helps a lot!

SAVE THE DATE

APRIL 6

WALK-A-THON

Upcoming Events

PTO Meeting-Hope to see you there!

February 7, Tuesday, 3:15 P.M. Room 5

School Board Meeting

February 16 - Thursday, 6 P.M. Room 5

President's Day - School Holiday

February 17-20 Enjoy!

Piggy Weigh-In

March -watch for flyer with date

Show of Shows - Annual Talent Show

March 30 - Show Time! TBD

March 29 - Dress Rehearsal after school

Audition March 1 @3:30-5:50, 3/3 10-1pm

BOX TOPS - CLASS COMPETITION

Parents...students...and teachers....**Collect Box Tops between February 1-24** and turn them in with your name and your teacher's name. The Upper Campus and Lower Campus Class to collect the **most Box Tops will win a Class reward!** If you have any questions contact Camene Haws at 688-6021 or heehaws@comcast.net.

Golf Tournament News

The annual Golf Tournament has historically been a great fundraiser for our school but we need volunteers this year to make it happen! Ron McConnell has graciously volunteered to be our leader but he needs a great team. Contact him at ronemac1@gmail.com.

Treasurer's Report from Jutta

The PTO has contributed \$2,000 to the Athletic Program for the 2011/2012 school year. We are in the process of ordering new sport uniforms.

Host Families are still needed for Danish students from the Niels Brock Copenhagen. Thirty students will be coming to study at SYHS from mid August 2012 to December 2012 on their way to an International Business Baccalaureate Diploma. Students will be ages 15-17, speak English, have their own laptops and spending money. Host families should be able to provide a separate room for each student. A \$425 p/month stipend will be provided to cover expenses. Contact Jutta_Aichinger@yahoo.com for more info.

GO GREEN NEWS

Stainless Steel Water Bottles with Solvang School logo are available! \$8.00 per bottle, \$14.00 for 2 or \$20.00 for 3.

Recycle Rewards is still in full swing! Drop off your used ink cartridges/cell phones and recycle while raising money for our school. Please do not include laser ink cartridges that are already made with recycled materials. Drop box is located in the main office.

Recycle caps with Aveda. We continue to recycle plastic bottle caps. Some teachers have a box in their classrooms or there is a box in the breezeway by the front office. The collected caps get a second life as packaging and caps for salon products.

Reminders to Students

- Save Box Tops! Class Comp.
- Feed your Pigs for March weigh in
- Auditions soon for Show of Shows!

Volunteer Opportunities

Piggy Fundraiser Chair

Parent needed to Chair Piggy Fundraiser!
Contact: lisao@solvangschool.org

Go Green Committee

"We would really love more ideas and participation from parents and students. Let us know if you can help!"

Contact: Susan 452-1883 or Eleanor 686-8919

Carnival Information Mtg – Feb 2, Rm 5
8:30am please come if you would like to help!

Walk-a thon

April 6th-we'll need parent volunteers from every class...it's easy and fun! Save the date!

Special thanks to.....

Bill Serritslev-one of our wonderful parents, for donating his time and software cost for preparing our PTO tax return this year again!

How to Get Your Kids to Eat Healthier Food

Presented by Life Chiropractic

Parents' influence on diet of their children is enormous. How children perceive food within a family setting, and how children's involvement with food preparation impacts their dietary choices.

When they are abundantly exposed to fruits and vegetables, kids are more likely to add these healthy items to their list of favorite foods. However, the same is true if they are often exposed to high fat, high sugar and high caloric items – like fast food. When parents eat poorly, kids mimic their parents' food preferences.

Every year, more of North American's daily calories come from food prepared outside the family home. Currently people in North America spend 50 percent of their food budget in restaurants, and these foods are often high in fat and sodium.

With the number of obese children nearly topping 20 percent, you may be surprised at how some parents view obesity.

What can you do to help keep your child's weight level in an appropriate range? Obviously, you need to limit your child's intake of fast food and processed food. Here are some additional tips on healthy shopping, saving time and enticing kids to eat healthy.

- **Plan ahead** – Write a grocery list and stick to it. Read food labels.
- **Prep ahead** – Cut up veggies and marinate meat ahead of time.
- **Eat together** – Eating as a family promotes healthier eating habits.
- **Grow Your Vegetables** – Have your kids help plant and maintain a garden. This encourages them to want to eat what they grow.
- **Let kids help** – Get your children involved in meal preparation and they become more excited to eat your healthy meal.