

Home of the puma's

Paw Print

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From the Sherwood Forest PTA

PTASherwoodForest@gmail.com

Welcome to the 2011/2012 school year!! On behalf of the Sherwood Forest PTA Board, I want to welcome you all back and look forward to a fun and exciting school year. I hope you had a relaxing, fun summer. It seems to have flown by in the blink of an eye.

It was great getting a chance to meet and talk with some of you at the coffee on the 1st day of school. We look forward to meeting more of you at the Back to School Barbeque and Curriculum Night on Tuesday, September

20th. There is a lot going on during these first few months of school, so be sure to read through the newsletter, check out the Kid Mail that comes home weekly (either with your child or delivered to your email), our website;

<http://sherwoodforestelementary.org/default.aspx> or the reader board in the front of the school.

The purpose of the newsletter is to keep you informed about school happenings, important information, things coming up and of course, for fun stuff

to do in the community.

Do you know of a fun event coming up? A recipe to share? A way to get your kids to eat more fruits and veggies? Send it on over!! I would love to have contributions so if you have something you would like to have considered for the newsletter, you can contact me at pawprintnews@live.com. I look forward to hearing from you.

The Sherwood Forest PTA looks forward to working with you. Here's to a GREAT year!

Brook Rose—Editor

September 2011

Volume 2 Issue 1

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Special points of interest:

- The school doors open at 7:30am
- Breakfast is served daily in the cafeteria at 7:30am
- The cost for breakfast is \$2.25 and lunch is \$3.00

Back to School Barbeque and Curriculum Night

Join us on Tuesday, September 20th from 5:00 – 7:30pm for our Back to School Barbeque and Curriculum night.

This is a great way to kick off the year and get to know other Sherwood Forest families and meet your child's

friends, Mrs. Deno, our principal and your child's teacher.

You are welcome to purchase a barbeque dinner at school or to bring your own picnic. Dinners are \$5.50 per person and must be pre-ordered.

An order form was sent home

in your child's back-to-school packet. Menu options include: Hamburgers, Chicken burgers or Veggie burgers and all meals include condiments, potato salad, chips, fruit,, cookie and milk.

We look forward to seeing you there!

Healthy Snacks

In a continuing effort to provide healthy snacks for the children, we ask that you send only healthful snacks to school with your child and also for classroom celebrations. We are trying to limit total fat and reduce added sugars.

Some snack ideas include:

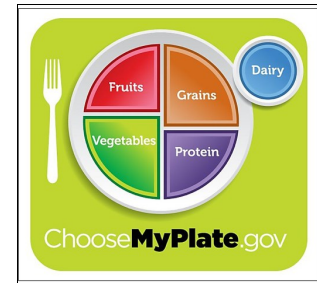
- * Cheese – such as 2% cheddar, Neufchatel, Swiss or string cheese
- * Multi-grain or whole grain crackers

- * Sun Chips (Frito-Lay)
- * Fresh fruit
- * Fresh vegetables
- * Pretzels/Light Popcorn
- * Bagels & low-fat cream cheese
- * Fruit cups or applesauce

Please do not send your child to school with soda pop or carbonated sugary drinks .

The Center for Disease Control (CDC), recommends starting the day off with a nutritious breakfast.

Visit www.fruitsandveggiesmatter.gov for more information.



School Safety

Please follow the rules established for picking up and dropping your child off safely. If you are walking on 24th heading West (towards the school), we ask that you use the brand new walkway (marked with orange flags) located on the east side of the parking lot instead of walking across the very busy driveway leading up to the school.

If you are dropping off or picking up by car, drive SLOWLY in our parking lot, follow the

directions of the Safety Patrol and painted curbs, pull ALL THE WAY FORWARD, DO NOT block fire lanes and wait until you reach the drop off/pick up zone! When walking in the parking lot use marked crosswalks and the Safety Patrol will assist you across when it is safe. If coming into the school, please wait in the gallery area between the concrete dividers. There are chairs available in the area.

Keep hallways clear at all times and do not pull your child out of line. This could cause confusion for the teacher or other students in class. If you wait outside upon pickup, not block doorways.

Thank you for you cooperation.



It's time for our 1st..... Label Contest!

Chances are that you are tossing Box Tops and Campbell's Labels for Education labels – and that means cash and products for our school– going out in your garbage.

Please take a moment to check your cereal boxes, tissue boxes, diaper packaging, soup cans and many pre-prepared foods for Box Top and Campbell's Labels for Education labels. Be

sure to ask your friends, family and neighbors as well!

Our Box Tops Drive, sponsored by the Sherwood Forest PTA, is coming up soon! Each Box Top is worth 10¢ and Labels for Educations provides different points values for products to help us fund programs, technology and

supplies for our students and teachers.

A collection page and a list of participating products for both programs will be coming home soon. Fill as many boxes on the page as you can and send them in by September 30th.

Continued on Page 3

We Invite You to Help

The Parent Teacher Association (PTA) needs your help! Have you ever really wondered what you can do to help your child succeed at school? Who helps to organize all of the events like Picture Day, Family Fun nights, field trips? It comes from the help of the PTA.

The PTA is a non-profit organization that gives you a voice to speak with on behalf of every child and gives parents tools to help their child to become successful students.

The PTA was founded in 1897 in Washington D.C. and was then known as the National Congress of Mother's, by Alice McLellan Birney and Phoebe Apperson Hearst. The goal was simple; to better the lives of children. More than 100 years later, the PTA is still going strong.

If you would like to learn more about the National PTA visit: www.pta.org. You can also go to Washington's website at www.wastatepta.org.

Fun Facts:

The Washington State PTA was established in 1905.

The Sherwood Forest PTA was established in 1979

Volunteer Training/PTA Meeting

Please join us on Tuesday, September 13th in the school Library at 6:30 pm for Volunteer Training.

If you are planning to do ANY volunteer work at the school, this includes anything from working in the classroom to attending fieldtrips, you must attend this MANDATORY training. It is only required to attend ONE TIME during your child's tenure at the school.

Immediately following the Volunteer

Training, our 1st PTA Meeting of the year will begin. This is a great opportunity to meet the Board Members, find out what's happening in the PTA this year, what the goals of the PTA are, upcoming events, volunteer opportunities and so much more.

If you are wondering why you should go, I ask you, Why Not? The reason the PTA was started was to allow parents to be more involved in their child's life and to

help the school, to use your voice to raise concerns and to let the school know what you feel they're doing right. The main focus of the PTA, aside from doing all we can for the children and making the school better, is to bring parents together, uniting us and allowing us to make new friends.

We hope to see you there!

Label Contest, continued

Get your tape ready, Box Tops for Education and Campbell's Labels for Education don't accept stapled labels and glue doesn't always stick. For the plastic Box Tops that come on wipes & diapers, we recommend clear tape across the Box Top. Please no expired Box Tops and the expiration date has to be visible on the Box Top. For the Campbell's Labels for Education,

please make sure to include the UPC scan/barcode label. Labels can also be submitted to teachers loosely in a bag. The winning grade will receive a popcorn party!

Information about both programs can be found on the programs' websites: www.labelsforeducation.com & www.boxtops4education.com



the difference
I can make.

Sherwood Forest
Elementary

16411 NE 24TH Ave
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Phone: 425-456-5700

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Family BBQ & Curriculum
Night is Tuesday, 09/20

IMPORTANT DATES

September

- | | |
|---------|--|
| 13th | Volunteer Training/PTA Meeting
6:30 pm in the Library |
| 19—30th | Fall Label Contest |
| 20th | PTA Family BBQ/School Curriculum Night 5—8pm |

October

- | | |
|------|--------------------------------------|
| 17th | Catalog Fundraiser Begins |
| 28th | Fall Costume Dance & Dessert Potluck |

Back to School

I don't know about you, but I have been enjoying the long, lazy days of summer and have had a hard time re-implementing a schedule. Here are some helpful tips and tricks shared with me by other parent's to help get the school year off to a GREAT start!

Pack up all necessary items the night before. Backpacks, lunches, sports/music equipment, and leave by the front door. Be sure to include things like coats/sweaters, gloves, scarves, etc....

Have a healthy snack after school.

Have a quiet place for your child to work on homework and to study. Here is to a FANTASTIC school year!

Brook

Try to have 'quiet time' about a half hour to an hour before bedtime so your child can begin to unwind and get ready for bed.

Be consistent about bedtimes. The Center for Disease Control recommends 9 – 11 hours of sleep for children ages 5 – 12.

That's a lot of sleep, but kids are growing, learning and are so active every day, they need all the rest and sleep they can get!

