

Vaughan Elementary School Weekly News

Week of January 30-February 3, 2012

www.vaughanptsa.org

Science Fair Deadline Extended:



To allow more students to participate in the Science Fair, we have extended the deadline for Science Fair projects. The deadline is now February 29th.

All students in grades K-5th may participate. First and second place winners in each grade level will go on to participate in the Tom Mathis Science Fair.

Attention all Vaughan Families:

Please remember to Clip, Save and Send your Box Tops in to the basket in the front office. Our yearly deadline is approaching fast and we need your help to reach our goal. Please send your Box Tops in by February 10, 2012 in order for them to count towards this year's fundraising efforts.



PALS PROGRAM VOLUNTEERS NEEDED!

Thank you to those that have already volunteered!!! The PALS program is still in need of **at least 4 more volunteers** who can spare 30-35 minutes once or twice a week to help students learn to read. The volunteer can be anyone over 18 in our community - parents, grandparents, your neighbor, someone from church - anyone who works well with kids and can spare the time. We provide the little training needed and all the supplies. We match the student to your free time. If interested, please contact Stephanie Wells (snkwells@bellsouth.net) or Carol Thompson (edcarolinathol@aol.com)

Attention Parents of 4th and 5th grade girls...

esther element...girls with courage at Vaughan Elementary is underway!

The unique and revolutionary girls program meets every Monday after school in Room 1.176 (next to the Guided Reading Room) If you have a daughter who needs to learn simple life skills to help her overcome bullies and girl drama, reinforce self-confidence, personal discipline and respect or learn the key to developing quality friendships...than this program is for you. A few openings still remain...

Please visit www.estherelement.com for details and registration forms.

There is still time to buy tickets for Vaughan Sparkles Night

Thursday, February 2nd 5-8pm

Order forms due by Tuesday, January 31st!!!

<http://www.vaughanptsa.org/index.cfm>

Please join us for our 2nd PTSA General Membership Meeting

January, 31st from 6:00-6:30pm (Café Le Vaughan to follow)

We will be voting on two very important issues - amending our bylaws and electing our Nominating Committee. Information regarding these two issues can be found on the PTSA website. Your PTSA membership card will be needed for the vote.

<http://www.vaughanptsa.org/index.cfm?subpage=1516191>

Health tips from the Health and Wellness Committee.....

A few tips from the President's Council on Physical Fitness and Sports:

Start your day with breakfast.

Breakfast fills your "empty tank" to get you going after a long night without food. And it can help you do better in school. Easy to prepare breakfasts include cold cereal with fruit and low-fat milk, whole-wheat toast with peanut butter, yogurt with fruit, whole-grain waffles or even last night's pizza!

Get Moving!

It's easy to fit physical activities into your daily routine. Walk, bike or jog to see friends. Take a 10-minute activity break every hour while you read, do homework or watch TV. Climb stairs instead of taking an escalator or elevator. Try to do these things for a total of 30 minutes every day.

Snack smart.

Snacks are a great way to refuel. Choose snacks from different food groups - a glass of low-fat milk and a few graham crackers, an apple or celery sticks with peanut butter and raisins, or some dry cereal. If you eat smart at other meals, cookies, chips and candy are OK for occasional snacking

Balance your food choices - don't eat too much of any one thing.

You don't have to give up foods like hamburgers, French fries and ice cream to eat healthy. You just have to be smart about how often and how much of them you eat. Your body needs nutrients like protein, carbohydrates, fat and many different vitamins and minerals such as vitamins C and A, iron and calcium from a variety of foods. Balancing food choices from the Food Guide Pyramid and checking out the Nutrition Facts Panel on food labels will help you get all these nutrients

Week of January 30th Activities:

<http://www.vaughanptsa.org/calendar.cfm>

1. Monday PM - **PIE** - Esther Element - 2:30-3:30 - Please visit www.estherelement.com and click on *2012 Classes for a registration form or email estherelement@yahoo.com and we'll hold a space for you.
2. Tuesday AM - **Fundraiser**: Chick-fil-A Biscuits will be on sale from 7:15-7:50AM for \$2.50. Pre-paid tickets are available for a discounted price of \$12 for a book of 5 tickets and \$24 for a book of 10 tickets, fenway19@bellsouth.net
3. Tuesday PM - Enrichment: **ASEP**: Acworth Art Gallery & Secret Agent Classes
 - PTSA General Membership Meeting 6-6:30 pm
 - Café Le Vaughan - K-2nd 6:30-7:15pm
 - 3rd-5th 7:15-8:00pm
4. Thursday PM – Enrichment: **ASEP**: Kid Chess
 - Sparkles Spirit Night - Hiram - 5-8pm
5. Friday AM – **Community Outreach**: Hat Day: Donate 50 cents and wear your hat, all proceeds go to The Rally Foundation