

the TIGER TIMES

A Publication of the East Side Elementary School PTA

Oct. 17, 2011
Volume 5, Issue 2

Note from the Principal

Dear Parents,

In my last letter I communicated that in this issue of the Tiger Times I would highlight some of our academic successes. We recently studied our CRCT assessment results for grades three through five over several years. We were astounded to see significant growth in Mathematics, English/Language Arts, and Science.

In mathematics our percent of students exceeding the standards has increased from 54% in 2008 to 71% in 2011. Our English/Language Arts scores have increased from 54% exceeding to 67% exceeding. The percentage of students exceeding in science has increased from 59% to 75%. These gains are based upon the CRCT results for grades three, four, and five.

Math has been a school-wide goal for at least three years. Teachers have collaborated to create common assessments for students and have studied carefully the assessment results to adjust instruction for specific students or groups of students. Grammar and punctuation skills have been an “informal” school-wide goal for several years. Our teachers create pre-assessments to help determine the skills that require the most instruction. Teachers focus upon the application of these skills throughout the writing process, though actual grades may reflect a focus on particular skills at various points throughout the grading period.

Our science scores have increased steadily over the past few years. One could easily attribute this increase to the addition of our Science Lab. Our students receive a “double dip” of science instruction between the lab and their classroom. County-wide science scores are an area of weakness and have remained that way for several years. East Side is fortunate to be one of a few schools that have a staffed science lab.

While our reading scores are excellent, they appear to have plateaued the past few years. In grades three-five about 71% of the students are exceeding in reading. While these percentages are good, I believe that considering the average cognitive ability of our students we should have a higher percentage at the exceed level. Reading will be our area of focus for the next couple of years. We hope this emphasis on reading will gradually increase the percentage of students who exceed in reading based upon the CRCT or future Common Core Assessments.

The PTA/Foundation began to support this emphasis in reading last school year by bringing staff developers from Columbia Teachers’ College to our school to support “Reading Workshop” across all grade levels. We are looking forward to the trainers returning to East Side this school year as they continue to model,



Principal: Elizabeth Mavity
Assistant: Diane Gurr
Assistant Administrator:
Kristen Erbskorn
Secretary: Pat Mabry

By addressing the needs of all children, East Side’s community is committed to empowering our children to excel academically and become respectful, productive members of a global society.

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Note from the Principal (cont.)

provide resources, and feedback to our teachers as they work to implement best practices for teaching reading. This model will enable our students to develop higher order thinking skills so that they may become better readers across all reading genres.

To learn more information about Reading Workshop, please visit the following website:

<http://reading.ecb.org>

A good read for parents: *7 Keys to Comprehension* by Susan Zimmerman and Chryse Hutchins

Sincerely,

Elizabeth Mavity,
Principal

From the Co-Presidents...

First, we must say a huge THANK YOU to all of our families for supporting our Boosterthon Fundraiser this year. Once again, it was a very successful and fun event with over \$58,000 in pledges committed. While this was slightly less than we earned last year, we recognize we are in some hard economic times and appreciate all the support you and your children have given us. Our students enjoyed the Fun Run itself on Thursday Sept 15, celebrating fitness and teamwork with the EPIC Theme (Encourage others, Play together, Invite others to join, and Celebrate other's successes). We loved having a strong turn-out of parents to help mark t-shirts, hand out water, and cheer on the runners. Thank you also to the Boosterthon team and our amazing fundraiser committee chair, Paty Holdmeyer, for another great year. We have sent out a survey this week to seek both parent and teacher feedback on the Boosterthon and other fundraising ideas for next year. Hopefully you have had a chance to complete it, but if not, please try to do so in the next few days.

Some of you may be asking where this money will go? As this is our only official fundraiser for the year, this helps to fund all of our PTA programs - to mention just a few, the PTA funds things like teacher websites, to running in-class programs such as Adventures in Art and Fit in 1st/3rd/5th, to supplementing our teachers' training in Math, Reading, and Writing, and on and on. As we started last year, the PTA and Foundation will both sponsor the Columbia Reading program again this year, which entails special training for our teachers and new books to use in our classrooms. The Boosterthon results last year and this year have enabled us to fund this incredible program - we wouldn't have been able to do without such successful fundraisers.

We would also like to express our appreciation to all of you who have joined the PTA. We have 1108 memberships

to date this year, which helps us towards our goal of 1155 memberships (one per student and per certified teacher). If you haven't joined the PTA, it is not too late to join and lend your voice to advocate for our children. We welcome all of our parents, teachers, and administrators to join, as well as neighborhood businesses and extended family members too! It all means more voices to advocate for our children's benefit in governmental affairs.

October and November brings several events. To mention a few, we have **Red Ribbon Week Oct 17-21**, the always fun **Fall Festival on Oct 21**, and our **Scholastic Book Fair the week of Nov. 14th**. We hope to see you and your children participate in these events. In addition, all of our key programs are well underway for the 2011-2012 school year. Recycling efforts are helping to save the planet and teach our children valuable lessons on how to reduce, reuse, and recycle. Health & Wellness is continuing with our Fit programs, our wonderful school-delivery of fruits and vegetables through Nature's Garden Delivered, and Fresh Fruit Fridays. All Pro Dads has had their first 2 meetings of the year to engage fathers in our school and are scheduled to meet the first Friday of each month. Adventures in Art has started in our classrooms as well, so look to see what artists your children are experiencing! All this and more is underway this school year, and it is all due to the incredible efforts of our parent volunteers.

Wishing you a Happy Fall and thanking you again for helping us in "Building on Success" here at East Side.

Cora Towle & Jill Butler, PTA Co-Presidents



Why Should I Join PTA?

School is back in session, you've made it through Meet and Greets, Open Houses, Back to School Picnics and the stress of the first two weeks of homework. Your child has a new lunch box and back pack or a new set of binders and money on their lunch account. Activities have started back up and you've written checks for everything from a cheer uniform to an instrument rental to yearbooks and so on and so on. Have you written a check yet though for your PTA membership?

Every year, I hear someone say, "Why should I join PTA?" Let me tell you why! First of all, PTA stands for Parent Teacher Association. It is a group of parents, teachers, community members, cafeteria workers, grandparents, aunts and uncles, students and so many more individuals working towards the goal of advocating for our children and improving their lives. PTA today continues the tradition started 100 years ago, wishing for every child to be represented by one voice.

By joining your child's PTA, regardless of their grade or age, you can benefit greatly and provide your child and other children with additional opportunities for growth throughout the school year. Here are a few highlights of PTA Member Benefits:

Get Connected and Discover Great Resources

PTAs often have websites and/or newsletters that keep you apprised of things going on in school, including ways you can volunteer and programs being offered to benefit the family unit, not just the children. Some schools have "Lunch and Learn" programs for parents while others do "Parent Education Nights". Take advantage of these opportunities! Connect with other parents and use the resources offered to learn about today's youth and the challenges they face.

Speak up and Watch Yourself Grow

PTA is a forum where your ideas are welcomed and encouraged. Positive change in a school can be the result of a sometimes simple idea. Also, by sharing ideas and volunteering at your child's school, you will be able to put your hobbies and skills to use in a positive way for not only your child, but for the benefit of all children in the school and at times even the community.

Witness Improvement

You are a part of the solution by being involved in your child's school and, as such, you will be able to witness improvement first hand. Your child's PTA offers educational, social and family programs aimed towards bettering the lives of children. By joining PTA and volunteering, you will be able to see just how the programs PTA provides have a positive impact in your child's school. PTA sponsored programs can allow children to explore other countries, experiment with healthy eating and exercise, explore science in different and unique ways, and offer many other opportunities that these children may not otherwise have.

If the opportunities listed above do not appeal to you, let me tell you about other benefits. PTA is known as a powerful voice in the community and, as such, we are able to partner with local businesses willing to offer discounts to our members. Businesses offering benefits to our members this year include Chick-fil-A, Sport Clips, Aspens, Papa Johns, Cheeseburger Bobby's, Cici's Pizza, Subway, Turnin' Hedz Barber, Young Chef's Academy, E.nopi, Chocolate Jewels, Three 13, Boneheads, Domino's, G.C. BBQ, Botekim Brazilian Bistro, and Au Pair Care. The community definitely supports East Cobb County Council of PTAs and its members!

So, now that I've given you a multitude of reasons why you should join PTA, please consider joining the next time you are in your child's school. Help PTA continue to be a powerful voice for our children. Help us make a positive change in the schools and impact the life of every child in East Cobb County.

For more info on East Cobb County Council of PTAs and benefits offered, please visit <http://ecccpa.blogspot.com/>.

By Heather Held

Membership Chair
East Cobb County Council (ECCC) PTA

PTA Membership Form 2011-2012

Join Today! You are an important piece!

Help East Side meet its membership target by purchasing a membership for EACH ADULT in your family! Please help your child's class reach 100% membership.

Student(s) Name _____

Teacher _____ Grade _____

PTA Memberships (Issue in the following Name(s))

1. _____ 2. _____

\$4.00 per individual _____ = Total _____

Please make checks payable to East Side PTA.
Place in an envelope labeled "PTA Membership" and put it in the PTA Mailbox .

Boosterthon Successful Once Again

Our second Boosterthon Fun Run was a huge success and the PTA would like to thank the enthusiastic participation of students, parents, teachers and administration at East Side. On September 15th students wore their Boosterthon t-shirts and ran as many laps as they could, in the field across from the school. Parents, grandparents and neighbors came out to cheer the kids as they tried to reach their goal of 30 - 35 laps. Fun and high energy music, along with the Boosterthon team members, encouraged kids to meet their goal.

Throughout the two weeks leading up to the Fun Run students learned character lesson based on this years theme:

EPIC Adventure. Everyday the Boosterthon team members visited the classrooms for 5 minutes and talked to students about being part of a team.

- **E** - Reminds us to encourage everyone around us to be part of our team and do our best.
- **P** - is for play. Healthy team members go outside and play everyday.
- **I** - Invite those who feel left out or are new to the team or class.
- **C** - Celebrate your friends' achievements.



Thanks to the tireless efforts of students, teachers and parents, East Side raised \$58,000.00 in pledges; this is the profit amount our school gets if 100% of the pledges are collected. The top classes in each grade were Mrs. Roberts in Kindergarten, Miss Larsson, 1st grade, Mrs Huckaby, 2nd grade, Ms. Urbano, 3rd grade, Mrs. K. Jones 4th grade and Mrs. Gavin 5th grade. Mrs. Jones 4th grade class also had the most states represented with 19.

The money raised will go right back to the school, providing teachers with continuing training in the Columbia Reading Program, supplies, teaching tools, software programs, web pages, student planners and much more. This is the only fundraiser the PTA holds and we could not have done it without your help. Thank you!



Teacher of the Year Pep Rally!

Two, four, six, eight, who do we appreciate? **Mrs. Sahadevan**, that's who! Please come and support Mrs. Sahadevan, our wonderful Teacher of the Year on **Tuesday, October 25th**. She will be honored with a breakfast in the morning hosted by the Cobb Chamber of Commerce and the local business community.

Following the breakfast, Mrs. Sahadevan will be walking across the stage to receive her award at the Pep Rally held at the Roswell Street Baptist Church, 774 Roswell Street, SE, Marietta, GA 30060. The rally will start promptly at 11:00 am (doors open at 10:30 am). We encourage you to bring poster-size signs or banners to recognize her. Parents can transport their child(ren) there and back to school. It will be a unique experience for the children and a great way to show Mrs. Sahadevan how much she means to East Side Elementary! If you are interested please email Grace Seidita at staffappreciation@eastsideelementary.com or complete the form below and drop in the PTA mailbox.

We are looking for students to cheer for Mrs. Sahadevan as she proceeds across the stage. Students are encouraged to bring poster-size signs or banners to honor her (no glitter is permitted.) Students must be at the Roswell Street Baptist Church by 10:45 a.m. for the rally and must be transported there. It gets crowded, so give yourself plenty of time to get there and park.



TEACHER OF THE YEAR PEP RALLY STUDENT PARTICIPATION FORM

_____ Yes, my student would like to participate and I will take him/her there.

Student Name: _____ Grade: _____

Teacher: _____

Parent's Name: _____

Phone Number: _____ Email address: _____

Please respond by October 21, 2011. If you have questions, please contact Grace Seidita at staffappreciation@eastsideelementary.com or 770-634-9171.

Two Great Ways to support your school!

Did you know you can support East Side just by collecting products you already buy and use? You can save Box Tops from thousands of participating products and Coke Rewards from a variety of Coke products including Minute Maid and Dasani. Here's how they work:

Coke Rewards:

- Purchase your favorite Coca-Cola products to get codes (they're on hundreds of different packages, in a variety of sizes and flavors).
- Go to mycokerewards.com/school & sign in (register if you aren't a member).
- Enter your codes to collect points - then search for our school to donate points.
- Enter the amount of points you'd like to give, then click "Donate."

Or ESE PTA just made donating easier!

- Turn in your coke caps to the recycle bin labeled "Coke Rewards" and we'll enter them for you!!!

Check out www.mycokerewards.com for more information and start turning My Coke Rewards points into rewards for our school.

Box Tops:

Start turning in your box tops now, and receive credit for the Box Tops Collection Contest, coming in February 2012! Your student will receive credit for all contributions between now and February for the Collection Contest. We'll have great prizes, and even more importantly, you'll be helping East Side - did you know that the school receives 10 cents for every box top collected? Here's how to get credit for your submissions:

- Clip just the box top.
- Count 25 or 50 per baggie.
- Clearly label baggie with # box tops, student's first/last name, teacher and grade.
- Send baggie(s) to school with your child

There is a drop off box located in the study room next door to the Tiger's Cage. For Campbell's Soup Labels, please submit just the UPC bar code or specially marked sections. Label baggies as detailed above and send in with your child. Thanks for your help to earn credit/cash for East Side with easy Shopping Rewards!

Foundation Focus...

Thank you Parents for kicking off the 2011-2012 school year with your generous donations supporting the East Side Foundation. We are actively seeking 100% family participation this year to meet our goal of \$100,000 and are encouraged about the number of families that have already given. Just think, your donation of at least \$75.00 per child (the same price as ONE dinner out as a family), can help your child academically in so many ways this school year. Whether it's getting their hands "downright dirty" in science lab or reading enticing new genres of literature from the Columbia Reading Program, you can bet your child is benefiting from your one-time donation. Whether you donate now or during the Capital Campaign, which runs October 23rd -November 4th, we are excited about all the opportunities that YOUR contributions make to benefit EVERY child at East Side.

With some school systems across the nation moving to a four day school week due to tough budget cuts and

economic times, we need to tap into every resource available to fill the budget shortfalls that Cobb County faces. To compensate, your Foundation is utilizing other creative ways to access funds like maximizing corporate matching of your donation dollars and actively submitting grants for funds from outside sources. We could not go this extra mile without our great volunteers, so if you want to be more involved, please email foundation@eastsideelementary.com for details.

Through hands-on science, technology, math and reading enrichment and so much more, East Side Students are better than all the rest-just put it to the test! Test scores that is! Our students, because of the fabulous teachers and incredible enrichment opportunities available to them, continue to improve on the Georgia CRCT yearly exam. We are thrilled to have you join forces with the East Side Foundation and donate financially to build a better future for your child!

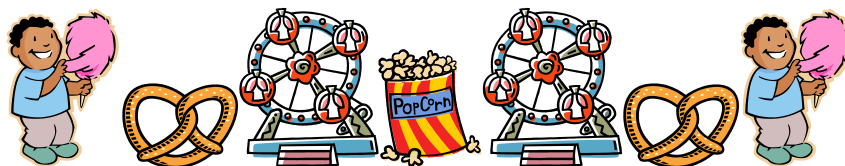
Fall Festival - Carnival Under the Stars!

Cotton candy, soft pretzels, hot dogs, what do all of those things remind you of? The East Side "Carnival Under the Stars Fall Festival" of course!!

Join us on Friday, October 21st from 5:30 pm to 9:30 pm for food, fun, games and entertainment.

Your children can enjoy bouncing on super cool inflatables, climbing a rocky mountain, playing carnival midway games, riding the Super Fly Swings and eating tasty carnival foods. We haven't forgotten you parents; you can enjoy watching the Dodgen band and Dance Stop perform. Test your strength and challenge one another on the Highstriker; see who can ring the bell the most times! Have your picture taken with your child at our fun carnival photo booth.

Pre-sale Wristbands are only \$10!! Wristbands will be sold the day of the festival for \$15. So buy early and save. Mark your calendars, and don't forget, we will see you at the Carnival Under the Stars.



East Side Fall Festival - Carnival Under the Stars
Friday, October 21, 2011 from 5:30-9:30 pm



WRISTBAND PRE-SALE!!!

Save \$\$\$\$ by purchasing your children's wristbands BEFORE the Fall Festival
Wristband pre-sale price \$10 (or \$15 on day of Festival)
(Parents and children 3 and under are FREE! Parents must accompany children - not a drop off event.)



FALL FESTIVAL PRE-SALE WRISTBAND ORDER FORM



(Parents and children 3 and under do not need a wristband)

Student name: _____

Teacher: _____ Grade: _____

of wristbands _____ x \$10 = _____ amount enclosed



Please make checks payable to "East Side Elementary PTA"



Pre-sale order forms will be accepted through Wednesday, October 19th.

Pre-sold wristbands will be sent home with the students during the week prior to the festival.

Lunch and Learn: Nutrition Education For Your Family

Join us on Thursday, October 20th for an hour of nutrition education that will change your life! Learn how to use nutrition to create balance and consistent energy throughout the day through blood sugar stabilization. No more 3 pm cravings! If you have a strong desire to provide your family with a health plan that will set them up for a lifetime of optimal health, you won't want to miss this one!

Jill Gregory, nutrition coach and fitness trainer will be leading this hour of education in Rm. 104 from 11:30 am - 12:30 pm. Please rsvp to lyerly@clear.net. Don't forget to bring your lunch!

Legislation and Advocacy Update

Did you know that a special state committee on education funding (the “Committee”) made up of legislators and educators has been charged with evaluating and making recommendations for short and long-term public education funding? The Committee has been meeting since this summer and set September 30 as the date to send recommendations to Gov. Deal.

One of these recommendations is to change the funding formula for school nurses with the state assuming a larger share of the costs and to increase the ratio of nurses to students in the face of concerns about the rise in childhood obesity, asthma and other serious health problems. The recommendation would make the state a 50-50 partner in the \$56 million a year in costs of the school nurse program, the majority of which are now covered by local school districts. In terms of the ratio, it would establish a nurse-to-student ratio of 1-to-750 in the elementary schools; 1-to-1,500 in the middle and high schools, which would cost the state about \$10 million extra a year. The current ratio is 1 nurse to 2,300 students.

Another recommendation is to change the requirement that local systems spend 65 percent of their revenues on classroom instruction. While the reasoning behind this 2006 law seems logical, the law narrowly defined what constituted a classroom and excluded costs such as teacher training, maintenance and media specialists.

Additionally, several studies and State Superintendent Barge agree that there is no proven correlation between spending 65% and student performance. (Georgia was the only state to adopt this initiative, over PTA objections, several years ago.)

These matters, among others, are ready for legislative consideration in January. This is just one of the topics of interest that attendees learned about at the Georgia PTA Advocacy Conference held on September 23 at the Capitol. PTA volunteers in attendance were asked to complete a brief survey on Legislative priorities for the 2011-12 year. If you would like to lend your voice to that survey, please go the Georgia PTA homepage (<http://www.georgiapta.org/>) and click on the link there. Being an advocate is not just for a few people - anyone who speaks up for another is an advocate. Whether you are speaking to your child’s teacher about issues related to his performance in the classroom or speaking to a school Board member about District-wide concerns, you are advocating on behalf of your child and other parents. The theme for Georgia PTA says it all:

**Stand together. Power up.
Reach out.**



October PTA Fun Days

Bowling Fun Day

When: Tuesday, October 25th (Early Release Day)

Where: Brunswick Zone
2749 Delk Road
Marietta, GA
770-988-8813

Time: 1:00 pm - 3:00 pm

For only \$11, you can enjoy up to TWO hours of bowling, bowling shoe rental, two slices of pizza and a soda. Also, you will be helping to support East Side PTA!

There is no need to preregister - just show up and pay at the door - (cash or check only please). Come have a GREAT TIME bowling with all your friends!

Chuck E. Cheese Fun Day

When: Thursday, October 27th (Early Release Day)

Where: Chuck E. Cheese
4340 Roswell Rd. NE
Marietta, GA
770-971-0165

Time: 1:00 pm - 9:00 pm

Come eat pizza or just play games and hang out with friends. Be sure to let them know you are with East Side when making purchases and be sure to use your sticker for 10 Free Tokens!

Come have a GREAT TIME playing with all your friends!

Casting Call for Budding East Side Actors!

We're taking you back to the nifty 1950's- a time of poodle skirts, duck tails and bobby socks! Meet us in Louise's Luncheonette where we find that Gracie & her friends are stuck trying to plan the upcoming Hippity Hop! If only Gracie's famous rockstar cousin, Ziggy Springer could perform! Join us at Louise's, and you'll meet our crazy cast of characters including Virginia & Donald who work there, Jughead, the local geek, Gracie, Sinbad & his "cool-daddy" beatniks, Muffin & the Teen Queens, even... dare we say... ALIENS?

This delightful romp into DOO WOP land will have you tapping your toes & dancing in the isles to some great '50's tunes!

We hope East Side 3-4-5th graders will consider being a part of this year's show & that YOU will join us as

East Side Elementary presents...
ROCK AROUND THE BLOCK!
 March 24 & 25, 2012
 Dickerson Theater 2:00pm

Applications are located in the Main Entrance Reception Area and are being accepted until November 16th, (or when cast size is met).

Contact Musical Theatre Workshop for more information!

770-313-9906, mtw_ga@bellsouth.net.



East Side's 2012 Spring Production

Sponsored by East Side Foundation.

Produced by **Musical Theatre Workshop**

ROCK AROUND the BLOCK!

Spring Musical Enrollment- \$185.

Non refundable. Deadline- Nov 16th, or when cast size is met.

Presentation Dates
March 24 & 25,
Dickerson MS stage

Student name: _____ Age: _____ M _____ F _____

Teacher: _____ Grade: _____ Room # _____

Parent/s names _____ Home phone #: _____ Work # _____

Cell Phone # s:1 _____, 2# _____

Home Address: _____

You will receive enrollment confirmation & information throughout the production process via email. Please **PRINT CLEARLY!**

Email #1 _____ 2# _____

Emergency contact: _____ & their Phone #s _____

*Please list any allergy or health issues that we should know about on the back of this form.

A CAST PARENT INFORMATION MEETING will be held in early November. (Date TBA) Some roles require more work with memorization & rehearsals due to lines /lyrics/solos. In order to appropriately cast the show, we will meet with all cast members on one day, (in groups) and provide some simple music, movement and/or script readings. We always keep this process light, fun & easy!
 These "Preview Days" are Nov 16 or 17, 2:30-4:30. (Sign up for 1 day only. Pick up in carpool line @ 4:30.)

Rehearsals will begin the week after Thanksgiving break & will be held after school, (2:30-4:00- Mon & Wed), until performance time. During the last 2 weeks of rehearsals we will require MANDATORY ATTENDANCE for certain rehearsals. (March 17, 19, 21 & 22) Show dates are March 24 & 25 at 2:00 pm. Actors arrive at 12:00.

In order for us to know your child's level of interest and availability, please consider checking any that apply: If you want to list previous performing or singing experience/training, please do so on the reverse side.

I would like to be considered for a role with a solo: I would like to be considered for the chorus.

I would like to be considered for an "ensemble" type of role. I would like to have an 'acting only' part

T-shirt size: YOUTH- S M L ADULT- S M L

*My student's image may be used in promotions. YES NO

Parent signature: _____ Date: _____

MAKE CHECKS PAYABLE TO: East Side Foundation
 Contact MTW with any questions. Vicki Chase, Julie Allison
 770-313-9906, 770-826-4819, mtw_ga@bellsouth.net

The Tiger's Cage

The Tiger's Cage School Supply Store is open for business! Shoppers can visit us by grade from 7:20 - 7:50 a.m. We are located on the main floor, just past the Media Center if you are coming in from the bus port.

Grades can shop before school on their designated day as follows:

Tues.- K & 3rd

Wed.- 2nd & 4th

Thurs.- 1st & 5th

Students love to shop for fun products, including pencil pouches, pencils, sharpeners, erasers, rulers, etc. We also carry the popular Peppermint Smencils (only \$1 each). It's a great way for them to learn how to budget their money for a special item. This is also where Sunshine Math coupons are redeemed. Items are priced from 5-cents to \$1.50.

Parents -- we also carry the handy School Dismissal Pad, Absentee Pad, East Side Pride Bumper Stickers & Magnets (ALL Only \$1).

Community Outreach Update

Community Outreach would like to thank everyone that brought in pop tabs last year. We delivered 3 garbage bags of pop tabs to the Ronald McDonald house in May. We will be collecting the tabs again this year. The collection bin is located in the study room next to the Tigers Cage.

Do you have magazines or paperback books that you have read but don't know what to do with?

Help Community Outreach collect magazines and paperback books that will be given to Project Mail Call at Mt. Bethel United Methodist Church to send to military personnel serving overseas. Below are the requirements for gently used magazines and paperback books:

Magazines (current, last 2 months)

Men's: Sports Illustrated, Field & Stream, Golf, ESPN, American Woodworker, Brigade QM, Popular Mechanics, any hunting/sport/auto mags.

Women's: Good Housekeeping, Southern Living, Family Circle, Working Mother, People, Entertainment, House & Home, or any women's mags.

Current news: Time, Newsweek, Business Week, Kiplinger, Money

Science & Tech: Discover, Scientific American, Photo, PC World

Other Magazines: Readers Digest, National Geographic, Smithsonian (for these the last 6 months are OK)

Religious Magazines: Guideposts, Upper Room, any inspirational

No 'Adult' Magazines or books

Halloween Candy Collection

Leftover Halloween candy collection will be November 1 - 7, 2011. The candy will be distributed to the local Ronald McDonald Houses and to Project Mail Call to send to the military serving overseas.

November Food Drive

Will again benefit families in need at our sister school, Fair Oaks Elementary. Each classroom will assemble a Thanksgiving basket that will be delivered on November 17th. The room representatives will provide more information as the date nears.

Toy and Game Drive for Fair Oaks Elementary

Will be November 28th - December 16th

Healthy Lifestyles

Children benefit physically, mentally, socially and academically from a healthy lifestyle of proper nutrition and exercise. Nutritional needs vary depending on age, gender and activity level, but a healthy diet includes balanced meals of fruits, vegetables, whole grains, proteins and low-fat dairy products.

Here are a few ways to help your family lead a Healthy Lifestyle:

Be active every day

- Regular physical activity is important for healthy growth and development of children.
- Children need at least 60 minutes of exercise a day through activities that build bones, such as jumping rope; strengthen muscles, push-ups, and also provide vigorous intensity aerobics, such as running.
- Parents need to be good role models and get active with their children.

Eat More Fruits & Vegetables

- Fruits and vegetables are a great low-calorie, low-fat source of vitamins, minerals, fiber, water, and other beneficial nutrients.
- Aim to eat at least 2-4 servings of fruits & vegetables each day.
- Have fresh fruits and veggies cut up and ready to grab for a quick snack.

Choose water as your drink

- Water is a great way to quench your thirst; it does not contain the added sugar found in juice or soft drinks.

Turn off the TV & get active

- Sedentary or "still" time spent watching TV, playing video or computer games is linked to obesity in children.
- Children should spend no more than 2 hours a day watching TV or playing video games.

Select Healthier Snacks

- Good snack choices are fruits, vegetables, reduced fat dairy products and whole grains.
- Avoid snacks that are high in saturated fats and sugar.

Book Fair Blast Off!

Calling All COSMONAUTS! Get Ready to Blast Off! Book Fair hurtles into our atmosphere November 14th through 18th, landing at Media Center Mission Control. Gather your Friends and Family for a Special Alien Invasion Thursday Night, November 17th. Let a New Book put YOU in Orbit -- Reading is Out of this World! And Parents - earn your stars by being one of our great book fair volunteers. Follow this link to sign up! <http://www.volunteerspot.com/login/entry/252345633512460099>

Study Skills Workshop

Attention 4th and 5th graders! Please join us Wednesday, November 2nd for an informative Study Skills Workshop. Huntington Learning Center will be conducting the workshop in the Media Center at 6:30. Parent and students are encouraged to attend. The presentation will cover useful skills for homework rules, time management and memorization techniques.

Will You Remember 2011-2012?

Have you ordered your Memory Book? The East Side Memory Book is our school yearbook. It includes class pictures with student names and candid shots from throughout the school year, assembled by a team of fifth graders who work hard on the book's theme and layout. Students love receiving their books at the end of the year and looking at the pictures with their friends.

Memory Books are sold by pre-order only. There is a hard order deadline this year of November 15th. No books will be sold after this date. To order, simply complete the attached form and return it with your check (payable to East Side Elementary PTA) to the PTA mailbox in the front hall of our school. For questions, or to confirm receipt of your order, email memorybook@eastsideelementary.com.

MEMORY BOOK ORDER FORM 2011 - 2012

Please complete the following information:

Name: _____

Grade: _____

Teacher: _____

Your E-Mail Address or Phone Number: _____

Number of Books Being Ordered (\$30 Each): _____

Your Enclosed Check #: _____

***RETURN THIS FORM WITH YOUR CHECK TO THE PTA MAILBOX INSIDE EAST SIDE.
CHECKS SHOULD BE WRITTEN OUT TO "EAST SIDE ELEMENTARY PTA"**

QUESTIONS? Contact MemoryBook@EastSideElementary.com

Important Dates to Remember

October

Monday, 17th:	Tiger Times Distributed 5th Grade Music Program 6:30 pm Chick-fil-A Eat Out Night Woodlawn, 5-8 pm
Monday, 17th - 21th:	Red Ribbon Week
Wednesday, 19th:	PTA Board/Committee Chair Meeting 10 am
Friday, 21st:	Fall Festival 5:30 - 9:30 pm Teacher Auction Booths
Monday, 24th - 28th:	School Conference Early Release 12:10 pm Report Cards Given Out ESE Foundation Capital Campaign begins this week
Tuesday, 25th:	Fun Day at Brunswick Zone 1:00 - 3:00 pm
Wednesday, 26th:	Arts in Education Performance
Thursday, 27th:	Fun Day at Chuck E. Cheese 1:00 - 9:00 pm
Friday, 28th:	Spirit Day Chick-fil-A biscuit sale 7:15 - 7:45 am Fall Box Tops Contest Deadline
Monday, 31st:	Happy Halloween!

November

Tuesday, 1st:	Halloween Candy Collection Willy's Eat Out Night 5-8 pm
Wednesday, 2nd:	Bus Driver Appreciation Day
Friday, 4th:	All Pro Dads Cafeteria 7:00 am ESE Foundation Capital Campaign Deadline Daylight Savings Ends
Monday, 6th:	Student Holiday
Wednesday, 8th:	Teacher Work Day Election Day
Wednesday 9th:	Waste Free Lunch Day
Thursday, 10th:	Planet Patrol Meeting 7:10 am
Friday, 11th:	Tiger Times Submissions Due Veterans Day



Jingle Jog is Coming! Volunteers Needed

Although we are only a couple of months into the school year, December is right around the corner. Which means the Jingle Jog is too! The 1 mile fun run is set for December 3rd and we need volunteers in various areas including: securing raffle prizes, securing post-race food donations, stuffing bags for race day, setting up decorations, photographers, selling t-shirts on race day, plus many more...If you are interested in helping with the Jingle Jog this year, please email Amy DeMoss at steveandamyd@comcast.net.

Don't forget to submit your articles!

Please submit your articles for the next issue of the Tiger Times no later than Friday, November 11th to tigertimes@eastsideelementary.com.



The Tiger Times is a publication of the East Side PTA.

The Tiger Times is designed and edited by Tabitha Varma

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