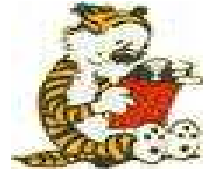


The Tiger Times

A Publication of the East Side Elementary School PTA



Principal: Elizabeth Mavity

Assistant Principal: Diane Gurr

Assistant Administrator: Tucker Smith

Date: November 19, 2009

Volume: 3 Issue: 3

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.



Note from the Principal

East Side Replacement School

The architect and program manager for the new East Side Replacement Elementary School visited East Side in October and presented the plans that are currently in design for this facility to the staff and to the East Side Foundation. This project is funded by the 1% Special Purpose Local Option Sales Tax (SPLOST) approved by the voters of Cobb County in a referendum held September 16, 2008. The documents for the new school are currently being prepared by JEA Architects of Kennesaw. The project is currently schedule to bid after the first of the year with construction beginning in March of 2010. With this schedule, students will be starting the 2011-2012 school year in the new facility. The new school is going to be constructed on the existing school site. The new building will occupy the playfields behind the existing school; this is why the portable classrooms have been moved to the front of the campus. The existing buildings will remain in place until the new facility is completed and then be demolished over the summer to make way for parking for the new school.

The new school will house 69 classroom spaces and be 149,892 square feet in size; compared to the existing buildings which have 49 classroom spaces, with 11 additional classes currently being taught in portables, and total 77,918 square feet. The new building will eliminate the need for these portable classrooms.

The classrooms in the new building will be 14% to 20% larger, on average. The cafeteria and kitchen area will be 1.5 times the size of the existing school with a clearstory over the cafeteria to provide natural lighting, a stage area for performances and a 30% increase in the size of the seating area over the existing cafeteria. The new building will also have a media center nearly twice the size of the existing school and a P.E area that is more than twice the size of the existing P. E. building; Two dedicated computer labs, increased space for the music program and art rooms with an outdoor art patio. 70% of the classrooms will have windows providing direct natural light with transom windows sharing light with the remaining spaces.

Students will no longer have to cross the automobile parking lot to get to the front playground. The automobile and bus

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entrances will be swapped and parents will have a queuing space three times the length of the current lot for dropping off and picking up car riders. The new parking lot itself will have 60 additional parking spaces (176 total spaces). The new bus lot will be adjacent to the P.E. area for outdoor use and will have a 190 foot long canopy running along the side of the building to provide protection during inclement weather.

The existing walking track and DEAR garden will both be replaced on the new site. The two existing playscapes will remain (one being relocated during construction) and a new K-2 playscape will be added for the younger students at the rear of the site adjacent to the building.

The new school will house all of the classes under one roof. The building will consist of three floors with direct access into and out of the building from the first two floors without stairs. All kindergarten through second grade students will be housed on the lower floors with third, fourth and fifth grade students occupying the upper level.

During construction, the contractor will be limited to the rear of the site and will maintain construction fencing between the construction site and the school grounds. While construction will be going on during the school day, certain activities will be limited to afterschool hours, weekends or during school holidays. All construction activities will be scheduled with the school staff to minimize disruption.

This project represents a major improvement to the facilities and site at East Side. We hope you are as excited as we are about the new building.

From the PTA Co-Presidents

We hear it all the time...this is the season to give thanks. We may hear it so often, in fact, that we simply let the phrase go in one ear and out the other. But, truly, we have so much to be grateful for in our East Side community. Here are a few things that come to our minds:

- Parents like yourselves who choose to be informed, involved and engaged in your children's education
- Committee chairs who plan programs and activities to enhance the educational experience of all of our children
- Teachers and staff at East Side who spend hours each week with our children – often above and beyond what is merely required
- A school culture that welcomes parents into the schools
- Everyone who is an advocate for issues important to children – e.g., funding for education, health and wellness, safe communities, the environment
- An administration that is supportive of our PTA and who encourages partnerships between faculty, family and volunteers
- A Foundation that funds programs which further contribute to the educational experience of our children
- A country where each child is given the opportunity for education and where each person can choose to be or do anything s/he dreams of
- And...a week off at Thanksgiving to spend time with family, friends and neighbors and recharge the batteries until winter break!!

We thank **you** for the opportunity to serve you, your children and your families. May each and everyone one of you enjoy a relaxing week off from the normal routine. We'll see you in December as we continue to **build the future!**

Irene Barton and Toria Peterson, PTA Co-Presidents

East Side PTA Gives Thanks

Every parent, community partner, or other family member who works a shift at the office, serves as Room Rep or a committee chair, or volunteers in other ways helps make East Side one of the best schools in the state. What better time for the PTA to show how much we appreciate **all** our volunteers than the season of Thanksgiving? Every hour that our volunteers spend working on projects and programs makes this school better for all of our children, and those efforts do not go unnoticed. **Thank you** for all your hard work for our children!

Volunteer Spotlight – Nancy Van Slooten

What were you doing in 1996? Many of us were still DINKs (Dual Income No Kids,) or maybe were not even married yet. School days and PTAs were the furthest things from our minds. Before most of our kids were even born, Nancy Van Slooten was already working for East Side through the PTA. In 1996, the Van Slooten family brought their oldest child, Erica, to kindergarten at East Side. Like many mothers before and since, Nancy joined the PTA to get involved in her daughter's school. Since then Nancy has worked quietly and consistently, both behind the scenes and as a leader, giving her time and considerable talent to East Side.

Nancy gave up a successful career as an attorney, a partner at an estate planning and probate firm, to raise her family. Although she has remained active in her field, currently serving as Chairperson of an International Law Society, she has focused her energy primarily on her children and their various schools for more than 10 years. Being active in the PTA was important to her from the start. "I felt it was important for me to give back to my community," says Nancy. "Working with the PTA allows you to know what is going on, helps you get to know people at the school, and lets the school administration know you are willing to give and not just ask for things."

Nancy began her PTA career working with various committees, including the Gold C fundraiser, a part of the larger Sally Foster fundraiser that raises funds for the PTA's programs throughout the year. She eventually moved on to join the PTA Executive Committee as Budget and Finance Officer. She transitioned to Treasurer, which led her to the job she has held for the last 8 years – Chair of the Appropriations Committee. Appropriations is a little-known committee with a large impact on the school. It has a sizable budget to work with, and considers requests for funds from teachers, staff and administrators for special conferences, supplies, and more. The Appropriations committee has carefully considered requests and distributed close to \$100,000 under her leadership. "It is nice to be able to hear the needs and assist the teachers directly, and do some good things for the school," Nancy says.

Keeping her position with Appropriations throughout, Nancy went on to serve as PTSA President at Dodgen Middle School as well, which she found "very rewarding." She has enjoyed getting to know and work with administrators and other teachers in the school – not just her own children's teachers.

Sadly, East Side will be saying goodbye to Nancy Van Slooten and her family this Thanksgiving, as they begin a new adventure in Utah. We wish them all the best of luck, and we give special thanks to a PTA Star and veteran volunteer for her many years of service to the PTA and to East Side. We'll miss you, Nancy!

THANK YOU, EAST SIDE VOLUNTEERS! HAPPY THANKSGIVING!

Jingle Jog

- The Jingle Jog will take place on Saturday, December 5th beginning at 8:30 am. Early registration costs are \$10 for short sleeve shirts, \$15 for long sleeve and \$30 for hoodies. There will be a \$5 late registration fee for those signing up after November 20th. Registration forms have been sent home with every student. To register fill out the form at the bottom of the page and along with your cash or check place in the accompanying white envelope marked Jingle Jog. Place the envelope in the East Side safe located outside the media center.
- The Jingle Jog is the PE Department's primary means of raising funds and most funds are raised through sponsorships. Businesses and families alike can sponsor the Jingle Jog. Sponsorship starts at \$100.
- We have created a great partnership with Chilis in which they will sponsor Jingle Jog Give Back nights on November 18th and December 5th. 10% of all money spent by East Side families and staff on these dates will be returned to the PE program.
- The T-shirt Design Contest is underway. Entries are due by November 20th. Entry rules: Must include "Jingle Jog," the date of the race Dec.5th, 2009 and the artist's name. Must be outlined in black. Must be on white computer paper. May only use 3 colors (black and white do not count as colors).
- Questions: contact Coach Daniel @ graham.daniel@cobbk12.org

Training Tips for the East Side Jingle Jog

- 1) **GOOD SHOES:** Have a good pair of properly fitted shoes. This helps prevent injury and makes your training and race experience much more enjoyable.
- 2) **START SLOWLY:** If you are just beginning, start off SLOW! Doing too much too soon is a sure-fire way to become injured. Start by doing intervals of running and walking. Example: Run 2 minutes, walk 2 minutes. Each day you can push yourself to do another interval and you will be amazed how quickly your mileage will add up!
- 3) **HYDRATE:** Even as we are entering the cold weather months, it is still important to keep yourself well hydrated.
- 4) **STRETCH:** Stretch throughout the day, not just right before or after running. Keep those muscles nice and loose!
- 5) **HAVE FUN!!!**

Tips Courtesy of:



Hey Carpoolers!

The No-Idling Zone is part of our involvement with the Clean Air Campaign's Clean Air Schools program. Through this program, we are working to protect the health of our students and our environment, and we ask you to show your support by turning off your engine when waiting in the carpool line.

A little more than 65% of afternoon carpoolers turned off their engines while waiting in line when we took our No Idle survey last month. That's an increase from our August baseline of 40%.

But we can do better! Tailpipe emissions harm all of us, especially children who breathe more and at a faster rate than adults. Metro Atlanta's air pollution problem poses particular risks for our children with asthma. Georgia has a higher than average rate of pediatric asthma, and even low levels of pollution can trigger an asthma attack or respiratory symptoms.

So, if you're going to be sitting still for more than 30 seconds, please turn off your car's engine. You'll not only improve our air, you'll also save money in fuel and vehicle wear and tear costs!

PTA Advocacy for Kids: Needed Now More than Ever

For more than a century, the PTA has changed the lives of children across our nation for the better — speaking with a unified voice on behalf of young people's education, health, safety, and well-being. Times and issues may have changed, but advocating for children remains a critical responsibility of all PTA members.

PTA's advocacy role is now as important as it has ever been. Although the nation's current economic woes seem to be moderating, tax rolls at all levels of government continue to decline even as demand for services increases. So the biggest children's issue for the coming year will be **education funding**.

Nowhere is this more true than at the state level. Georgia's lawmakers recognize the importance of education to our future, but they are also faced with a monumental budget deficit. Unlike the federal government, our state is constitutionally mandated to have a balanced budget. When the Georgia General Assembly convenes on January 11 next year, balancing the budget will be the most difficult issue of the session.

Almost half the state's annual budget is devoted to education. As a result, cuts to education are inevitable. But we, as a community can influence the difficult decisions ahead. Lawmakers are asking for input from individuals and community groups like the PTA. We can help then set priorities both across the state budget (education versus healthcare versus public safety versus transportation, etc.) and within the education budget (K-12 versus university system versus vocation, etc.).

To become more informed about funding and all other issues that affect our state, the Georgia PTA's Capitol Watch website (<http://www.georgiapta.org/issues-capitol-watch.html>) is the place to go. Capitol Watch will tell you what's what, who's who, and how you can make a difference. It is an excellent advocacy and information tool. And it is just one of your membership benefits from Georgia PTA!

Capitol Watch has:

- **News** - regular reports and news from State School Board, House, Senate, and committee meetings from the PTA representatives who attend the meetings
- **Legislation** - timely information on Georgia legislation by bill number, issue and PTA tracking level.
- **Officials** - information and links to East Side's representatives in Congress, the state legislature and statewide offices.
- **Grassroots** - create a personal profile to customize your PTA advocacy and help us maximize our effectiveness.

Look for updates to Capital Watch starting in January when the General Assembly convenes. If you would like to know more about Capitol Watch or the difficult funding issues that lay ahead, please contact Chuck Kaste, East Side PTA's Legislation & Advocacy Chair, at chuck_kaste@yahoo.com.



Counselor's Corner

An Attitude of Gratitude

Thanksgiving

is a wonderful holiday, but there is a lot of meaning to it, more than just turkey and pumpkin pie. The day is about giving thanks for all our blessings and remembering all of the good things in our life.



Thanksgiving is the perfect opportunity to teach your children about gratitude and enjoying one of the least materialistic holidays. The first step in teaching your children about Thanksgiving is to find out exactly why it is important to you. Once you have determined all the things that are important to you about the Thanksgiving holiday, you will then have no trouble teaching your children. Make time to teach your children to appreciate their blessings. Use the Thanksgiving holiday to let your kids see the fun in an attitude of gratitude.

- Teach children the story of Thanksgiving. Find books at the library or online about the Pilgrims and Indians and how they set aside a day for remembrance and feasting together.



- Create traditions with your child. Make a box full of blessings written by everyone attending your dinner and make a family blessings journal. Each year, read the blessings from the last year in the days leading up to Thanksgiving. Use this holiday to show your children the good in their lives.
- Before Thanksgiving, help your children by practicing how to count blessings. Kids often do not know what to be thankful for until you give them examples. Talk about blessings before the stress of the day. Give examples a child can be grateful for such as a favorite toy, food or memory.
- Teach kids what Thanksgiving is NOT. It is not just a day off from work and school to watch football, overeat and start holiday shopping.
- Talk about foods eaten at the First Thanksgiving and involve your kids in recipe selections for your meal. Let the kids cook and prepare parts of the meal.
- Find someone less fortunate and teach children to be grateful on Thanksgiving by inviting those who may be in need over for dinner, such as a neighbor who lives alone.



From the Health and Nutrition Committee

November is Healthy Lifestyles Month

Month at a Glance: Nov. 2nd- 6th Focus on Exercise
Nov. 9th-13th Mission: Nutrition
Nov. 16th-20th Step Away from the Sugar

Georgia ranks in the top third of states with the highest percentages of overweight/obese children (10-17 yrs). What can we as parents do to change this? Let's get to work on including better nutrition and exercise in our children's lives. **The CDC recommends that children and adolescents should do 60 minutes (1 hour) or more of physical activity each day.**

- **Aerobic activity** counts for most of the 60 minutes.
- **Muscle strengthening**, such as **gymnastics or push-ups** done 3 days a week.
- **Bone strengthening activity**, such as **jumping rope or running** done 3 days a week.

Tips for Families (from http://teamnnutrition.usda.gov/resources/mpk_tips.pdf)

Exercise

- 1 **Set a good example.** Be active and get your family to join you. Have fun together.
- 2 **Take the President's Challenge.** Track your physical activities at www.presidentschallenge.org.
- 3 **Establish a routine.** Set aside time each day as activity time. Adults need at least 30 minutes and children need at least 60 minutes of physical activity every day.
- 4 **Have an activity party.** Make the next birthday party centered on physical activity.
- 5 **Set up a home gym.** Use household items as weights. Stairs can substitute for stair machines.
- 6 **Move it!** Instead of sitting through TV commercials, get up and move.
- 7 **Give activity gifts.** Give gifts that encourage physical activity—active games or sporting equipment.

Eat Right

- 1 **Make half your grains whole.** Choose whole-grain foods more often.
- 2 **Vary your veggies.** Go dark green and orange with your vegetables.
- 3 **Focus on fruits.** Eat them at meals, and at snack time, too.
- 4 **Get your calcium-rich foods.** To build strong bones serve lowfat and fat-free milk.
- 5 **Go lean with protein.** Eat lean or lowfat meat, chicken, turkey, and fish.
- 6 **Change your oil.** We all need oil. Get yours from fish, nuts, and liquid oils such as corn.
- 7 **Don't sugarcoat it.** Choose foods and beverages that do not have sugar.

For further nutrition information, go to <http://www.mypyramid.gov/pyramid/index.html> Click on the food pyramid to learn more about each food group.

For more tips on including physical activity in your child's life follow the link <http://www.cdc.gov/physicalactivity/everyone/getactive/children.html#>

Americans consume an average of 22 teaspoons of sugar per day. In teenagers, that number goes up to 34 teaspoons per day! In August 2009, the American Heart Association published an article to advise limits on sugar consumption. Some highlights from the article follow:

- An upper limit for added sugars should be no more than half your discretionary calories.
- Most American women should consume no more than 100 calories of added sugars per day; most men, no more than 150 calories. That's about 6 teaspoons of added sugars a day for women and 9 for men.
- Soft drinks and other sugar-sweetened beverages are the No. 1 source of added sugars in the American diet. A 12-ounce can of regular soda contains about 130 calories and 8 teaspoons of sugar.

Reflections Winners

Beauty Is...

The 2009 – 2010 PTA Reflection Winners for East Side Elementary Are:

Literature:

First Grade:

1st Place: Aletha Santuso
2nd Place: Divya Virmatvi

Third Grade:

1st Place: Anna Catherine Hoyland
2nd Place: Alice Shen

Fourth Grade:

1st Place: Alex Pace
2nd Place: Tiffany Jeng

Fifth Grade:

1st Place: Nathan Wu
2nd Place: Joelin Bumper

Visual Arts:

Kindergarten:

1st Place: Sarah Grace Simons
2nd Place: Katie O'Brien

First Grade:

1st Place: Sarayu Ramachandra
2nd Place: Gillian Stoltz

Second Grade:

1st Place: Madeline Zhang

Third Grade:

1st Place: Amy Hattori
2nd Place: Jayson Wu

Fourth Grade:

1st Place: Dylan Drumm
2nd Place: Libby Jordan

Fifth Grade:

1st Place: Ajinkya Sawant
2nd Place: Carolyn Prunkl

Dance

Choreography:

First Grade:

1st Place: Rhea Singi
2nd Place: Rhea Singi

Fourth Grade:

1st Place: Iris Yin

Film/Video

Production:

Fourth Grade:

1st Place: Mason Carter

Music Composition:

First Grade:

1st Place: Meg G. Williams

Second Grade:

1st Place: Ellen Chamberlain

Third Grade:

1st Place: Hanna Pransky

Fourth Grade:

1st Place: Andy Chyong
2nd Place: Lena Robbins

Fifth Grade:

1st Place: William Zheng
2nd Place: Sarah Tsai

Photography:

Third Grade:

1st Place: Chloe Carlson
2nd Place: Chloe Marra

Fourth Grade:

1st Place: Libby Jordan
2nd Place: Mathew Chvasta

Fifth Grade:

1st Place: Xander Carlson
2nd Place: Xander Carlson

East Side had an outstanding turnout with 170 students submitting entries. A big thank you to all the teachers who encouraged their students to enter. Congratulations to the winners who will go on to compete at the County level.

Holiday Lights at East Cobb Park!

Saturday, December 5, 2009 at 5:00 p.m.

Join the East Cobb Park for an annual holiday tradition: an evening at the park featuring a children's choir, brass quartet, special guest appearances by Santa Claus and Rudolph, and the lighting of the live 40-foot tall tree. The proceeds from this event will go towards refurbishing and enhancing the park.

Lighting of the Hanukkah Menorah

Sunday, December 13, 2009 at 7:00 PM



Junior Writers

Red Ribbon Week

WHAT DRUGS WILL MAKE YOU

By: **Matt Smith, Jack Steber and Garrett Guinther**

Red Ribbon Week, in our opinion, was supercalifragilisticexpialidocious. Red Ribbon Week is based on a man named Kiki Camarena. He was a man who worked for the DEA (the Drug Enforcement Administration). He wanted to make a difference; so he started stopping people from taking illegal drugs by joining the DEA but was sadly killed in a mission.

This week, we celebrated this fantastically organized tradition at our school by: Parading, Making an Anti-drug Pledge, and dressing up fanatically. All of the teachers: the Mr.'s and Mrs.'s both, brought the kids together to make a drug-free difference in our lives.

We would like to thank: Mrs. Kim Dupuy, for being in charge, Ms. Elizabeth Mavity, Mrs. Dianne Gurr and Mr. Tucker Smith for letting us do this, all of the supportive parents and kids for rallying, and for all the administration (teachers and staff) for putting this together.

Bus Driver Appreciation

By: Payton Gregory and Emily Smith

Who thanked their bus drivers for driving them to school? Well if you didn't its okay, you can always thank them. A lot of people thanked their bus drivers with treats, cards, and just saying thank you. Here are some people whom we interviewed about their bus driver.

Mrs. Roberts, Mrs. Fox, and Ms. Alderson kindergarten class: Lawson rides blue bus. Her bus driver's name is Mr. Ray, and she said, "He is a fun guy."

Mrs. Sahadaven 1st grade class: Will rides black bus and what he likes about Mr. Ted is he's nice and on holidays he gives pencils! Mrs. Carlin's 2nd grade class: Channing rides black bus and what she likes about Mr. Ted is he is really cool.

Mrs. Kelly Jones's 3rd grade class: Bennett rides yellow bus. Mr. John, Bennett says, "He wears cool hats."

Mrs. Jubelts 4th grade: Annalia rides yellow bus and what she likes about Mr. John is that he's nice and he drives them safely home.

Mrs. Mills 5th grade class: Jake rides black and what he likes about Mr. Ted is that he turns on the radio and is nice to everyone! Well if you ride the bus, get on and say thank you so much for driving me to school and home!

Walk To School Day

By: Payton Gregory and Emily Smith

Yea! Walk To School Day was a success! We had over 30 kids walk to school! Way to go green East Side!!!! Walk To School Day was on Oct.7 and if you missed it you can always walk to school on our next one in the spring. Unfortunately, it rained heavily that day. People came in with raincoats and umbrellas but they were still soaked! But it rained last year too. During Walk To School Day all kids and staff had to wear green. The reason we wore green was to show our support for the environment. I noticed that half the school wore green! We have only been doing Walk To School Day for 2 years, but it is a big deal to East Side! We never could have done this if it wasn't for PTA! Thank you PTA! And **GO GREEN!**

Arts In Education: The Magic Show on Early Release Day

By: Karishma Pradhan and Rutva RajeevGowda

We're standing in line to go to the school assembly. It's always something different each Early Release Day. I wonder what it will be this time. Abracadabra! It's a magic show!

Arthur is a magician that does incredible things like take a long scarf out of his mouth, take a penny out of his ear, and a lot more. This ties in to when he mixed math and magic together. He had three hoops that were the shape of a circle and somehow it was first connected, then he unconnected it.

As Arthur inspires us, Doug Henning, a Canadian magician, inspired Arthur. He started to do magic at age 7. His first performance was in Salem, Oregon.

Reading books and lots of math interested him.

Arthur is famous to this day and the ones who saw him in Salem, Oregon were very lucky. Everyone likes him because he brings laughter and peace to the world. To hear more about Arthur the great, go to atsmagic.com. Abracadabra!

Fabulous Fall Festival

By: Hannah Fry and Mary Kate Peterson

Fall brings many things, including the Fall Festival at East Side. The Fall Festival was held Saturday, October 4th. It was a beautiful day, and lots of East Side families were there. It was lots of fun. There was music, food, drinks, and much, much more!! You could hear the music and smell the popcorn and cotton candy from a mile away!

Along with the fun, some of the activities that you did could really help people. Like at the pumpkin patch, nail painting, and tattoos – the donations were used to pay for school supplies for Clarkdale Elementary...which

was destroyed in the flood. So anyone who donated, thanks!

Wow! So much noise! There were two DJs, dancing, and much more! You could play games, win prizes, and play on the inflatables. How could it get much better? Well, it did! There could be a magic show, a bake sale, and pizza. The magic show was so funny, the bake sale hit the spot, and the pizza was cheesy and delicious.

Raise your hand if you like prizes! There were hundreds - erasers, bracelets, spiky animals, and much more. Once you played a game, you got a wonderful toy. Jack Peterson, age 10, said, "Other than the inflatables, I loved the prizes." Four-year-old Grace Anne Peterson said, "I liked the candy!"

The Fall Festival was the best way to spend some time with friends and family on a beautiful fall day. No one wanted to leave! When it was time to go, kids got their painted pumpkins, grabbed their goody bags, and finally left the festival for another year.

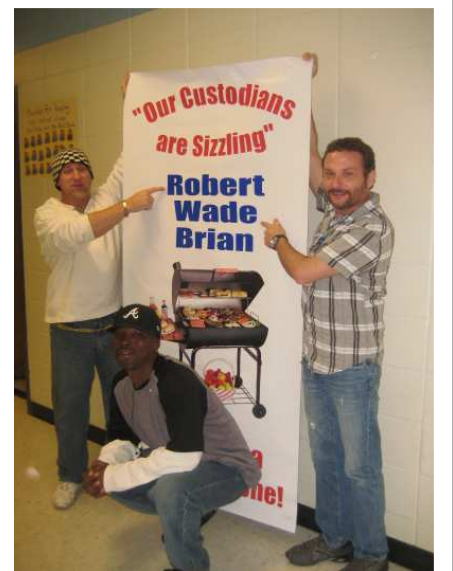
Custodian and Bus Driver Appreciation

The Staff Appreciation Committee helps plan various activities throughout the year for the teachers and staff of East Side Elementary to let them know how much they are appreciated. The Committee also helps to organize gifts for them at holiday time and coordinates other activities throughout the school year.

In the month of September we saluted our wonderful custodian staff for a "Job Well Done". Robert, Brian and Wade began their day with homemade baked goodies and a BBQ-themed gift basket. Lunch was delivered to them from BBQ1 as a thank you for all they do for East Side!

In October, we recognized our Bus Drivers for the great job they do in transporting precious cargo – our children! They were invited to the East Side "Cafe" for a spread of various baked goods and juices and were also presented with a personalized coffee mug as a small token of how much they mean to our school. Thanks again to our wonderful bus drivers!

East Side Elementary would not be the fantastic school it is without our administration, teachers and other staff members. . This is a great committee to be a part of to let folks know how much we appreciate all they do for us and our children!



Junior Great Books

What IS Junior Great Books Anyway?

You've heard of it but maybe you're not quite sure what it is. You've wanted to ask your neighbor at the bus stop but just haven't had a chance. You've noticed a reference to it in E-News but don't really know what it means. Here's the 411...

What is it? Junior Great Books (JGB) is a PTA-sponsored after school enrichment activity for students in 1st through 5th grade.

When does my student go to Junior Great Books? Small groups meet once a week after school for just over an hour for 8 weeks beginning the week of February 8, 2010 and ending before spring break.

What goes on during Junior Great Books? Adult volunteers guide students through a discussion about their assigned story and coordinate activities related to the story. Students get to share their ideas and opinions in groups of 8 to 10 students.

What does my student read? Students read stories from a student anthology put together by the Junior Great Books Foundation. The Foundation has selected stories based on age appeal, literary merit, interpretive depth and feature literature from a variety of cultures. The literature has been especially chosen to challenge children of all ages, spark their ideas, and promote thoughtful discussion.

What will my student have to do to get ready for his weekly discussion? Your child will need to read the story at least two times. (Hmmm...what a good way to get in that 20 minutes of reading that your teacher recommends.)

Why would I want my child to participate? Shh! Don't tell you students but JGB improves their reading comprehension skills, helps their critical thinking, builds their vocabulary and helps them see how one story can be interpreted many different ways. Think too how it will help prepare them for the CRCT in April.

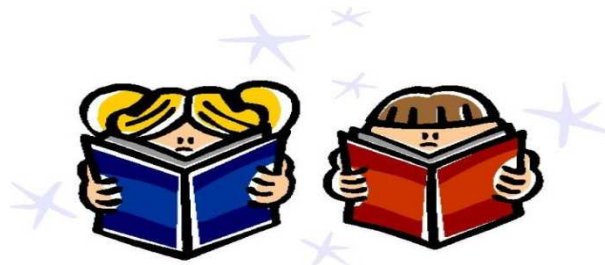
Why would my child want to get involved? It's fun to be able to share their thoughts about what they've read with their peers (and the snacks are good too.)

How can I get involved? The JGB program cannot exist without adult leaders to take the students on their literary adventure! Please sign up to lead a group. No experience is necessary and training will be provided.

Read. Think. Discuss. Grow.

Don't miss out!

To sign up, please complete the Junior Great Books Registration form. Additional forms and information can be found on the Committees and Programs page at www.eastsideelementary.com or by emailing Patty Pace or Jill Herring at JuniorGreatBooks@eastsideelementary.com. For more information on the Junior Great Books Foundation, go to the Foundation website at www.greatbooks.org.



Junior Great Books Registration Form

Complete the information below and attach a check made payable to East Side PTA for \$24 (to cover book and snack fees.) Drop the form and check in the PTA box located in the front hallway near the office.

Registrations due no later than December 11, 2009.

Student Name: _____

Grade (1st - 5th only): _____ Teacher: _____

Parent/Guardian Name: _____

Email Address: _____

Home Telephone: _____ Cell Phone: _____

JGB requires an 8-week commitment from every child beginning the week of February 8, 2010 and ending on April 2, 2010. Discussion groups meet once a week after school. The day of the meeting (M - F) is based on the availability of adult leaders for each grade and day. If there is a specific day that your child CANNOT attend, please indicate below: Student is NOT AVAILABLE on: _____

NOTE: This may decrease his/her chance for placement in the program.

Student Dismissal Instructions (please check only one):

- Student is to be signed into ASP after each JGB session.
Student will be picked up from carpool at 3:30 p.m. by: _____

(student will be released ONLY to person(s) listed above without a note)

ALL STUDENTS MUST BE REGISTERED WITH ASP TO PARTICIPATE IN JUNIOR GREAT BOOKS IN THE EVENT THAT THE PARENT DOES NOT ARRIVE IN TIME FOR CARPOOL PICKUP.

- Yes, my child is registered with the East Side ASP program.

Junior Great Books needs adult leaders. No experience is necessary and training is provided.

- Yes, I want to be a Junior Great Books leader!

Name: _____ Email _____

Address: _____

Home Telephone: _____ Alternate Telephone: _____

Which day would you prefer to lead a group? _____

Are there any days you are not available to lead a group? _____

If you are enrolling more than one child, do you prefer to lead a specific grade? _____

Is there someone with whom you would like to co-lead? _____

Would you be willing to lead a smaller group (7 or fewer students) without a co-leader? _____

Students are accepted into the program on a first-come, first-served basis, based on the availability of adult volunteers. If your child cannot be placed in a group, your check will be returned.

How to “Green Up” Your Holidays

No doubt about it...between the elaborate meals, house guests, gifts and traveling...we generate a pretty big carbon footprint during the last 2 months of the year. Did you know that ordinary packing peanuts are made out of polystyrene, which generally is not recyclable and takes 900 years to decompose? Yikes!! And the average American child receives 69 new toys each year – most of which are made from petroleum-based byproducts like chemicals, paint and plastics, packaged in non-recyclable materials and have traveled quite a distance to end up in our homes.

Here are a few things to keep in mind that may help you and your family live a little greener during the holidays and enjoy some side benefits too like increased time with your family.

Entertaining – Use regular dinnerware, silverware, glassware and cloth napkins when possible. It's better to wash a few dishes and throw those napkins in the laundry that you are going to do anyway than create a mountain of paper plates, disposable cups and plastic silverware. If you need to go the disposable route, check out environmentally friendly tableware (<http://www.pristineplanet.com> and <http://www.enn.com/lifestyle/article/25418>).

Compost your biodegradable food scraps. Heard of it but not sure where to start? Check out the basics at <http://www.composting101.com>. And of course, recycle aluminum cans, glass bottles, plastics and paper.

Alternative Gifts – Consider non-material gifts like tickets to a play, ballet, symphony, movies or a gift card. Memberships to a zoo, aquarium or museum make wonderful gifts for a family and last all year long. Kids of all ages can make “coupon books” good for mowing the grass, doing the laundry, completing homework without being asked, cooking dinner, babysitting, etc. Still stuck or prefer to give something tangible? Check out this link for eco-friendly and budget-friendly gifts: <http://www.mnn.com/family/holiday/photos/cheap-and-green-holiday-gift-guide-0>

Traditional Gift-Giving - Wrap gifts in reusable containers, such as canvas shopping bags, storage jars, hats, and towels. Or wrap it in newspaper or kraft paper if suitable. Reuse boxes, tissue paper and bows.

Americans purchase nearly 3 billion dry-cell batteries every year to power radios, toys, cellular phones, watches, laptop computers, and portable power tools. Household batteries contribute many potentially hazardous compounds to the municipal solid waste stream, including zinc, lead, nickel, alkalines, manganese, cadmium, silver, and mercury. Consider making the switch to rechargeable batteries and investing in a battery charger. It's cheaper in the long run and better for the waste stream and environment in the short-run.

Decorating – Lights play an important role in holiday celebrations but our old incandescent bulbs are highly unreliable and inefficient. LED lights are costlier up front, but use 90% less energy, last much longer and are Energy Star approved. If your tradition calls for a live Christmas tree, please take it to a designated recycler.

There are many more things that you can do to remain green not just during holiday time, but year-round too. Don't worry about doing it all – just pick one area to help the environment and before you know it, you'll be motivated to try something else. Happy “Green” Holidays!



Fall Festival



East Side families and teachers enjoyed the wonderful weather, great games and exciting entertainment at the Leaves of Change Fall Festival. With so many popular attractions fair goers had lots to choose from; Feed the Monkey, Bank Shot, the Obstacle Course and the ever-popular Rock Wall. But the most popular booth was the teacher run face painting, nail polish and tattoo booth. The wonderful teachers at East Side gave their time and talent to help raise funds for their fellow teachers at Clarkdale Elementary who were impacted by the floods. The booth raised \$361!!!

Families dined on pizza, chicken sandwiches and hot dogs all while enjoying dance, karate, great band music and a delightful magic show in the cafeteria.

A big thank you to all of the amazing parent volunteers who sent in food, drinks, and volunteered their time by working shifts during the day - we could not have had a successful festival without you. A special thank you to the fantastic parents who organized this PTA event; Lalia and Chris Anderson, Irene and Steve Barton, Kit and Danny Carlson, Harriett Pyburn, Amy and Peter Feste, Denise Geiger, Jennifer Heiner Gustafson, Susan Fanning, Molly Cushing, Lisa Susman and Dahesh Patel. A special thanks to our DJ on the field, our very own Coach Dave Shields and Brian Fry our DJ in the bus turn around.

The Fall Festival Committee and entire PTA Board thank our sponsors for their financial contribution to our biggest family event of the year.

Delta Community Credit Union (www.deltacommunitycu.com)
Lion's Share Financial of East Cobb (www.lionssharefin.com)
Big Peach Running Store (www.bigpeachrunningco.com)
Marietta Martial Arts (www.mariettamartialarts.com)
The UPS Store at ParkAire (www.theupsstorelocal.com/3616/)

We also want to thank our local area businesses who were so generous in donating or discounting goods and services. McDonald's, Wendy's, Peachtree Gymnastics, Sports a Rama, Pump It Up Healthy Habits Family Chiropractic, Corporate Events & Meetings, Domino's Pizza, Kroger at East Lake, Suburban Party Rentals, Learn After School, Chick-Fil-A and Fry Daddy Entertainment,

Please thank them all for their support of East Side Elementary when you patronize their businesses and mention that you saw their names here.

And last but not least, thank you all for coming to the festival and supporting East Side!!!



East Side Calms Down

On a cool Wednesday night in early November, over 300 parents, teachers, and administrators learned how to stay calm. No, they weren't attending a massive yoga class; they were listening to child behavior expert Kirk Martin of Celebrate!Calm, based in Tennessee. Mr. Martin specializes in working with "intense" children and teens – those with ADHD, OCD, Aspergers and more. However, his methodology is something that all homes can benefit from. As part of its parent education effort, East Side PTA brought Mr. Martin to East Cobb.

The Celebrate!Calm method of behavior modification focuses on being proactive, not reactive, and teaches parents to model the most important life skill: the ability to control your own emotions. By understanding and meeting your child's internal needs rather than reacting to outward behavior, parents and teachers can create the calm environment many of us are craving. Mr. Martin gave the audience specific ideas and tools they can use to turn around tantrums and defiance in children regardless of their "diagnosis."

Every parent in the audience related to many of the stories Mr. Martin told: some recognized their anxious, bossy daughters, others their fidgety, easily bored and defiant sons. Whatever our challenges with our children, the idea that change begins with **us**, the **adults**, was eye-opening. Mr. Martin challenged all of us to get control of ourselves – to sit down, stop reacting to the eye-rolling and "whatevers" – and become the calm, confident parents we want to be.

"My friend summed it up on the way home – it was life-changing," says one East Side mom. Another parent came all the way from Cherokee county to attend. "I have one of those 'intense' children, and Kirk's method has worked wonders for us," she said.

East Side PTA has purchased a set of Kirk Martin's audio CDs, which are used in over 3,000 schools and 29,000 homes nationwide. Mr. Martin encourages parents to listen to the CDs with their child so that he can take responsibility for his behavior and academic success, and feel validated and empowered.

To learn more or sign up for a free e-newsletter, visit www.celebratecalm.com.

Important Dates to Remember

Date	Event
Nov 16 – 20	Scholastic Book Fair
Nov 23 - 27	Thanksgiving Holidays
Nov 27	East Side Day at Caribou Coffee (3-8PM)
December 3	Walton Orchestra Holiday Concert (6-7PM) PTA Meeting and Encore Performance (6:30-7:30PM)
Dec 5	Jingle Jog (8-10AM)
Dec 10	Domino's Pizza Family Night
Dec 16 - 17	Class Holiday Parties
Dec 21-Jan 4	Winter Holidays

Stay at Home and Enjoy Dinner with Your Family Night



East Side's Partners in Education



The Tiger Times is a publication of the East Side PTA Every Child. One Voice

The Tiger Times is edited by Sujata Shah (E-mail: Tigertimes@eastsideelementary.com) Phone: 678-560-6956) and

distributed by Laura Stokes (E-mail: lcstokes@bellsouth.net.)

Please submit articles for the next issue of the Tiger Times to Sujata Shah (tigertimes@eastsideelementary.com) no later than January 25, 2010.

Limited Partnership



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