

The Tiger Times A Publication of the East Side Elementary School PTA

Principal: Elizabeth Mavity
Assistant Principal: Diane Gurr
Assistant Administrator: Tucker Smith

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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

Dear Parents,

Wow! Another school year passes all too quickly. This year like all others has been full of East Side accomplishments. We have celebrated successes in student achievement, Chess State Champions for the fourth straight year, and the First in Math Marathon was a huge success! Our ASP programs continue to broaden allowing our students so many choices in extra curricular activities.

This has been a difficult couple of months as the county begins to consider budget reductions for the upcoming school year. East Side will be affected by these cuts by staff allotments and increases in class size. I am not anticipating our classes to be at maximum class size when school begins. I am not particularly concerned about the increase in class size as I am confident that our teachers will meet the needs of students regardless of the class size. I ask that you all think of us as we prepare for these changes. I will keep everyone up-to-date regarding the changes as soon as they are final. I have much faith in our staff and faculty so I know that we will work diligently to make the most of the situation. Typically, by this point in the school year, we have begun student placement for the next school year. Once teacher contracts are received, we can begin the placement process. We hope that will be within about a week.

Class sizes:

Kindergarten – 22 with para
First – Third – 23

Fourth – 30
Fifth - 30

We at East Side continue to look towards the new school as our ray of sunshine and hope for the future. Already, one can see an outline of the building by steel rods cemented in the ground. I look forward to watching the development this summer. So far everything appears to be running on schedule for opening fall 2011! We will be planning an open house for our current school to be held next spring. I want to invite the public so that anyone having ties to our school can enjoy one final walk-through.

I cannot close without acknowledging Irene Barton, PTA Co-President, for everything that she has done for East Side over the past few years. She steps down as Co-President of our PTA next school year to do bigger and better things. She will be serving as the Co-President of the East Cobb Council of PTA's. Her commitment to our school has amazed me especially considering that she has a full-time job! We can always count on her to advocate for anything that promotes our school in a positive light. All of her decisions have been made by considering what is in the best interest of students and teachers. It was of no great shock to me that under her leadership East Side's PTA would receive the First Place Award for Outstanding Local Unit for elementary schools larger than 750 in the 9th District. I know that Toria Peterson will continue to "carry the torch" for Irene's vision and mission of the PTA, thus positively impacting East Side School in so many ways. .

With much appreciation,

Elizabeth J. Mavity

From the PTA	Page 2
Child Nutrition	Page 5
Tiger Tales	Page 7
Calendar	Page 8

From the PTA Co-Presidents

Wow...where did the last 9 months go?! That blur that just went by was the 2009-10 school year and as always at East Side, it was packed full of wonderful things for our school family. Our PTA theme for this year was ***Building the Future***, and as we go to press, our new structure is indeed taking shape. But the real future, we would all agree, is our children and that construction project will go on for quite some time!

In keeping with our theme for the year, we worked to **build** and strengthen our relationships with all families at East Side, particularly those who are new or unfamiliar with the American school system by hosting ***American Schools 101*** last August. We had interpreters on site to help parents understand the different parties that are a part of our children's lives: local school staff, District personnel, PTA, Foundation and elected officials. What many of us who grew up in the States may take for granted is often a puzzle to those unfamiliar with the structure. We will look to build upon that next year with the formation of a Diversity & Inclusion Committee.

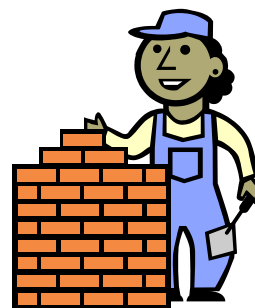
We also supported building math skills, a priority area for our school this year. We partnered with the Foundation and school to purchase 800 ***First in Math*** licenses and watched participation exceed even our wildest expectations! We hope students and parents enjoyed the new ways to expand their math horizons. We also invested thousands of dollars through our Appropriations Committee to purchase Versatiles, pay for teachers to attend several math conferences and purchase other math games/programs.

A third program that was brand new to our East Side family this year was ***Celebrate Calm***, an interactive and informative workshop hosted by Kirk Martin. The session held in November was such a success that we partnered with the Foundation to bring him back in February! We purchased a complete set of CDs for our parents and have just ordered a second set so more of you can listen, absorb and apply the lessons and tips that Kirk shares. The feedback was phenomenal and we thank you for letting us know that this was of value to you in your role as parent, teacher, cheerleader, advocate, counselor, etc.

Financial capital is one piece of our building success story, but human capital – that's all you wonderful parents! – is an even bigger piece and the cornerstone of what we do. Thank you for the ***thousands*** of hours that you donate in order to enrich our students' educational experience through Adventures in Art, Sunshine Math, the Science Fair, Junior Great Books, Arts in Education, Reflections, Heroes Essay and the annual Book Fair. A big shout out to the parent volunteers who help our school staff in the front office, media center, copy center and in the classrooms as Room Representatives, center volunteers, chaperones and Mystery Readers. And special thanks to those volunteers who work to keep our families connected through family events like the Fall Festival, Fun Days and the International Festival as well as through the Tiger Times, E-News, Directory and Memory Book.

It's been quite a busy year and we thank you for the opportunity to serve. Take time to recharge your batteries and reconnect with your family because before we know it, August will be here! Thank you for all that you do to support our school. Enjoy your summer.

Irene M. Barton and Toria Peterson
East Side PTA Co-Presidents



East Side PTA Sponsored International Festival:

March 27, 2010

We had fantastic performances, a fashion show that rivaled those in New York and Paris, demonstrations of origami, henna Painting and sword fighting, and delicious samples of cuisines from "Around the World" at our International Festival.

Countries represented were Australia (Jenni Hall) China and Taiwan (Rachel Sun) France/Zaire and Canada (Nancy Parkin Bashizi & Dominique Bashizi), Greece (George Nakos), Honduras (Gracia Erazo-Panter), India (Devasena Ramaswamy), Libya (Laurie Hamed), Mexico (Maura Montanez), Trinidad (Miss Liz Wood) and Vietnam (Truc Duong). Merci Beaucoup, Gracias and Thanks to all the Country Reps. A special thanks to Gracia, Karla Jakstadt and Performance Coordinator Ram Mallapa for their enormous dedication of time and talent.

The entire PTA and the International Festival Committee extends thanks to:

Marietta Martial Arts (Partner in Education)
Al Marwa Grocery -
Hair Images -

Demonstration
Food Donation
Henna/Bindi/Tweezing Demo



Please thank our sponsors when you see them and mention that you saw their business name here at East Side. Next year we look forward to even more countries participating in this wonderful event that brings awareness and celebrates the diversity we have at East Side.

Thanks to all students, parents, teachers and administration who made the International Festival a great success!

East Side PTA Take First Place!

At the Georgia PTA's 9th District Spring Conference on April 27, our PTA won First Place for **Outstanding Local Unit** for large elementary schools. The 9th District is comprised of 6 counties: Cobb, Douglas, Carroll, Paulding, Polk and Haralson. What does this mean for you? It means that your PTA is fulfilling its mission of supporting student success, welcoming families to school, communicating effectively, collaborating with the community and speaking up for every child. It means that we are good stewards of your money - keeping careful records and spending our funds only in accordance with the approved budget. It also means that we keep careful records of our meetings, so we have accountability. But, most importantly, it means that we have an organization that is comprised of the greatest parents in western Georgia who freely give of your time, talent and resources. On behalf of the entire 2009-10 Executive Committee, we thank you for your support and dedication.



Thank you Irene Barton!

Committed to our students and the school. **Dedicated** to the PTA's mission. Always striving to do more, get better, give more. That's **Irene Barton**. A modern-day Wonder Woman who accomplishes more in one day than many of us do in one week!

Mother to Casey, a fourth grader and Alex, a first grader, Irene has worked tirelessly in our East Side community for five years (thus far.) She has guided students through center time, coordinated classroom help as a Room Rep., led classroom Adventures in Art activities and read to curious minds as a Mystery Reader. Her involvement, though, hasn't just been in the classroom. For the past two years, she has served as PTA Co-President and prior to that served as PTA Secretary and Chair of the Parental Involvement Committee. If all that makes you tired, it apparently hasn't phased Irene. She has also served on the East Cobb County Council of PTAs as Environmental Education Chair AND she works nearby for LionShare Financial. Whew!

The impact Irene has made on our school and in our community has been tremendous. All that she has done and will continue to do is focused on our students. She is an advocate for them and for making their experience at East Side the best that it can be.

If there are local, state or national issues that will affect our school and our children, you can be sure that Irene has researched them and communicated their importance to us. She has given us the resources we need to further educate ourselves on those issues, listened to our opinions and shared our thoughts with local and state decision makers. Intelligent, articulate and well-versed in the issues, she is a strong voice for all East Side families.

Every, all and each. These are three words you often hear Irene use. Each and every student is important and all families are welcome to the school. For years, Irene has spearheaded efforts to help families of diverse backgrounds get adjusted to the school environment and become involved in the school. Through her leadership, families have received school information in their first language, been introduced to the school system through American Schools 101 and celebrated their heritage through the International Festival. A strong believer in the value of parental involvement, Irene sees and emphasizes how much students gain from family engagement in the learning process.



Not only is Irene passionate about diversity and inclusion but also about improving the physical surroundings in our community. She has been instrumental in school recycling efforts, in East Side becoming a Georgia Clean Air School and a Cobb County Green School and in promoting healthy and eco-friendly efforts such as Walk To School Days and Waste Free Lunch Days. We are all enriched by these efforts.

We couldn't be luckier at East Side to have a parent like Irene to give so much of time and her talents to East Side. Even though her time on the East Side PTA Executive Committee is over, her influence will continue not only in our local unit but beyond. Irene was just elected as the new Co-President of the East Cobb County Council of PTAs! There's more good stuff in store for *each and every* student in our area!

We thank you Irene for **all** that you have done for us at East Side! You are a true champion!



*Thank you Kim Fry for
all you have done at East
Side!*

We will miss you dearly!

Senate Agriculture Committee Moves to Improve Child Nutrition Programs

On March 24, the U.S. Senate Committee on Agriculture, Nutrition and Forestry unanimously passed the Healthy, Hunger-Free Kids Act, a bill to reauthorize school meals and other child nutrition programs. It includes a \$4.5 billion increase in funding over the next 10 years. This is a substantial increase in funding aimed at curbing the problems of both childhood hunger and obesity.

For the past two years, PTA has worked to improve school meals and other child nutrition programs through this legislation. Several PTA recommendations have made it into the bill.

The bill includes these provisions:

- **a 6 cent increase in the school meal reimbursement rate**, the first non-inflation related increase since 1973
- **a requirement for schools to meet improved nutritional standards** for the foods offered in school breakfasts and lunches. Nutritional standards will be developed by the U.S. Department of Agriculture (USDA)
- **a requirement to update nutrition standards for food sold outside of the school meal programs** through vending machines, school stores, and a la carte menus- for the first time since 1979.
- **efforts to provide better access to fresh, local produce in schools**, including mandatory funding for schools to establish gardens on campus as well as for assistance in sourcing local produce from the surrounding community

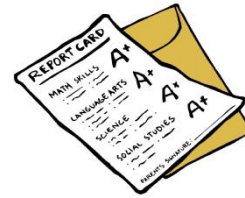
For more information on the many provisions and improvements included in this bill, please visit the [Senate Agriculture Committee's website](#).

USDA Secretary on PTA Radio

On Tuesday, April 6, PTA Radio featured National PTA President Chuck Saylor's interview with [USDA Secretary Tom Vilsack](#). During the interview, Secretary Vilsack shared his views on the importance of child nutrition programs, the progress made by the Senate Agriculture Committee, and how parents can advocate on improving the quality of school meals.

Report Cards

All report cards will be mailed to parents on Friday, May 28.
All test results will be mailed to parents as soon as they are received (probably mid-June).



The office staff wishes everyone a very Safe and Fun Summer

Earth Day News at East Side!

Have you ever heard the expression, "it's so hot you could fry an egg on the pavement"? The students in Mrs. Kelly Jones and Mrs. Judge's third grade classes tested it out on Earth Day. Earth Day was celebrated on Thursday, April 22. The third grade classes made their own solar ovens out of pizza boxes, recycled aluminum foil, and scraps of laminate (plastic).

The students designed their solar ovens as a culminating activity for their study of heat energy. The solar ovens were designed to reflect the sun into the ovens and to absorb the heat through the use of black paper. Students cooked pizzas and smores in their handmade solar ovens. One student said, "It was the best day ever!" when asked what he thought about the day.





Earth Day – April 22nd

By Garrett Guinther, Jack Steber, and Emily Smith



Most of you have heard of Earth Day, but how many of you actually know when it is. We know for one that Mrs. Ranger in Science Lab does. The guys at HSP know, because they wrote our Science textbooks. Environmentalists know because they get paid to work with the environment and nature and stuff. A lot of people celebrate earth day. The United Nations, in New York celebrates Earth Day one month and two days early. We do not know why.

To honor Earth Day, PTA (led by Irene Barton) has bought over one thousand black-eyed Susan seeds for us. (They're not edible.)

Some classes will be collecting litter and sculpting with it; while other classes will be planting flowers, rain gardens, and other environmental wonders. So, however you celebrate it, Happy Earth Day!

The International Festival

By Karishma Pradhan

Hola, Bonjour, Namaste, Hello. . . We heard all these ways of saying, "Welcome to the International Festival." Trinidad, India, China, Australia, and Honduras are just some of the countries that participated in this amazing festival at the end of March. The best part was the activities. We learned about henna, origami, Tai-Kwan-Do, and for the mothers, there was threading. The food was so tasty that I was stuffed when I got home! The main idea of the international festival is to share culture

from around the world. Events such as this bring people together. I loved all the performances from the different countries. It was a blast! I would like to thank Mrs. Panter for hanging in with all of us this year! Also, thanks to everyone who came. If you missed it, don't forget to come next year to the East Side International Festival!

The Fantastic Fifth Graders

By: Matt Smith, Payton Gregory and Rutva Rajeevowda

On May 21 the fifth graders are leaving and moving on to sixth grade. Most fifth graders have gone to East Side since kindergarten. This will be their last recess and they are probably going to miss it. The one thing they will miss the most though are their old teachers. The fifth graders probably have some good memories since kindergarten.

Safety First!

By Casey Barton (Guest Jr. Writer)

East Side is now a super safe school! Know why? Because Mrs. Tina in the clinic got a new AED or difribulator, that's why! The Student Council has been raising money for the past two years to purchase one of these. Now East Side has three AEDs, one for each floor of the new school. If someone passes out or their heart stops beating then get a trained person (like Mrs. Tina) to put this on them. It will even tell you what to do! The AED will shock the heart if necessary. When it shocks the heart it will start beating again. So if someone passes out, drowns, or faints get a trained person to put this on them. We've got a good chance of saving lives if you have one. So believe me! East Side is a super safe school!



Awesome Alabama Field Trip

By: Hannah Fry and Mary Kate Peterson

On March 19th, a great event took place. The 4th graders went to Alabama on a field trip about colonial times. It was in The American Village in Montevallo, Alabama. We left at 6:30 a.m, and traveled there by coach buses. There were movies and snacks, so it was great transportation. When we got there, all the classes were greeted by men dressed as patriots. They did a skit, then we were sent off to different stations.

At one station we were trained by a general to learn how to fill and shoot an English musket. We are now trained militia kids! At another station we went to the ballroom and learned the proper way to curtsy and bow, and some of us even got to dance.

At the Virginia convention, we voted on whether we wanted independence from Britain. It was unanimous! Last we went to a Sons of Liberty meeting. Some of the kids in the group had scripts and they spoke in front of the whole class. One of us even got to deliver a secret message to Paul Revere's wife!!! Here are some comments from different fourth graders.

Jack Steber-Werbke-4th- "My favorite part was when we walked through the church."

Emily Smith-Werbke-4th- " My favorite part was when we were pretending to be militia."

So, it was an event for 4th and 5th grade to look back on, and 3rd grade and below to look forward to!

Important Dates to Remember

Date	Event
May 13	Domino's Pizza Night
May 14-16	Greek Festival
May 18	Six Beans Eat Out Night
May 19	Awards Day (Grade 1-4)
May 20	Awards Day (Grade 5) Fifth Grade Picnic
May 21	Last Day of School Fifth Grade Walk of Honor
May 28	Report Cards Mailed
May 31	Memorial Day
July 29	Meet and Greet
Aug 2	First Day of School

**MARK YOUR
CALENDAR!**

We Applaud Our Junior Writer Team By Julie Marino

As another school year comes to a close, Kim Fry and I would like to thank our Jr. Writers for a job well done. Each of our budding journalists has shown tremendous commitment and exuberance in his/her writing. It has been a joy to watch them grow in their writing talents and learn journalism techniques. Kim and I would also like to thank Mrs. Werbke for opening her classroom to us twice a month and leading this fabulous group of writers. Ms. Larsson also assisted our Jr. Writer team and took time to guide them in their writings...for that we thank you.

Call for Our Replacement. Kim and I will be leaving East Side this year...Kim is moving and my 5th grader is moving onto Dodgen. This has been a very rewarding experience for Kim and I. Together we have had the privilege of leading the Jr. Writers. This job entails working with a lead teacher/staff member to assess 4th grade candidates and meeting bi-monthly to decide on topics and work on articles for the Tiger Times. The primary goal is for the student to learn journalistic technique, commitment, responsibility and to have FUN! If any parent has interest in leading the Jr. Writers, please contact Toria Peterson at toriapeterson@comcast.net.



Jr. Writers 2009-2010 (Top, right, going clockwise): Jack Steber, Matt Smith, Ms. Larsson, Payton Gregory, Emily Smith, Karishma Pradhan, Mrs. Werbke, Mary Kate Peterson, Rutva RajeevGowda, Hannah Fry and Garrett Guinther

Honoring Our Graduating Class: 5th Graders of 2010

By Julie Marino

Tell me it ain't so...another school year over and another 5th grade class is graduating. Congratulations to the 5th Grade Class of 2010. Six years ago, our rising 6th graders were just starting out on their educational journey. In kindergarten, they still had those baby dimples on their hands, they were learning to recognize letter combinations and sound out words...the first time they could read a sentence was so exciting. They learned to write words and string them together to form a sentence and actual stories. And remember how they still took naps on their class room pillow case and happily went to bed by 7:30p after you read them a story or they read you one of their first reader books. They were full of awe and brimming with anticipation with each new day.

Now our precious little ones, having emerged into young ladies and gentlemen, will leave the halls of East Side as articulate, mature, well-educated and well-spoken young people ready to embark on their middle school journey; still full of awe and brimming with the anticipation for their bright future.

Those kindergartners who once were thrilled just to read or write a sentence, are now writing brilliant persuasive essays and skating through Harry Potter novels...begging for cells phone...oh, those texting bills, and fighting us to stay up past 9pm so they can play Xbox or finish downloading iTunes to their iPod...the eternal joys of parenthood. We have seen them mature academically, physically and socially with much more to go. It is an amazing time as we send them forward into their new voyage.

We applaud all our 5th graders and the teachers/staff that have helped shape and aid them in their success. On Friday, May 21 at 1:45pm, please join us in the East Side hallways as we joyfully, proudly and tearfully (bring your tissues) watch our 5th grade students partake in the Walk of Honor. Congratulations Class of 2010!

Scouting East Side Elementary

By Julie Marino

Some exciting news for East Cobb, East Side Elementary and 8 Boy Scouts....

In 38 years of Mt. Bethel Scouting Program history, this is only the second time that all original members of a patrol have reached the highest level of scouting.

In 1998, eight first grade boys entered the program as Tiger Cubs. On Sunday, now high school seniors, these boys received the highest rank a scout can achieve; Eagle Scout. Congratulations to the Cherokee Patrol in Troop 1011.

Members of Cherokee Patrol are: **Connor Crank, 18, Preston Ehlers, 17, Kirk Malcolm, 18, , Alex Walgren, 17**, all Walton High School students and **Johnathan Gopel, 18**, of Wheeler High School, just completed his Eagle Scout requirements on Thursday and will have a separate ceremony....and they **all East Side alumni**. The other members are Joseph Privateer, 17, of Wheeler High School; George Merriam IV, 18, of Woodward Academy, and Benjy Stamberger, 18, of Walton High School.

Dr. Tom Haltom, the patrol's former scoutmaster, said there are 325 requirements to become an Eagle Scout. Only about 5 percent of those who become Boy Scouts earn the Eagle Scout rank, according to the National Eagle Scout Association. A Boy Scout must fulfill requirements in the areas of leadership, service and outdoor skills to attain this goal. One must earn 21 of the 120 merit badges to qualify for the Eagle Scout ranking. Of those, there are 12 required badges, including camping, first aid, personal fitness and family life.

The boys commented in the article published in the Marietta Daily Journal that this was a challenging accomplishment and some almost quit the endeavor. Those boys are proud of themselves and advise other scouts to "stick it out".

If you have a boy in grades 1-5 and are interested in Boy Scouts, please visit www.Pack744.com

Marion, Marion...How Does Your Garden Grow??

Have you ever taken a moment to admire the seasonal flowers at the front of our school? How about the burst of color by the school sign on Indian Hills Parkway? When's the last time you've been in the DEAR Garden and appreciated the variety of plants or looked for familiar names on the stepping stones? Have you ever stopped to think – how did all of this happen?

We'll tell you how it happened! It's all thanks to **Marion Richardson!** Marion has served as the Environmental Education Co-Chair for PTA for many years and will be "graduating" with her younger son, Kyle, onto middle school at the end of this year. Marion also has an older boy already in middle school, so her East Side "roots" run deep! Under her leadership, the DEAR Garden was literally transformed a few years back from an uncultivated space to an outdoor educational classroom. Marion received a well-deserved award from Keep Cobb Beautiful for her efforts. When the drought hit us hard in 2008-09, she organized a watering crew to keep the garden plants alive through captured runoff and rainwater. As Mrs. Lind commented, "Her work with our grounds/landscaping has transformed our school!"

In her leadership role, Marion organizes the parent "Friday Recycling Crews" and has added additional paper and plastic recycling spots to the program in order to encourage more of our East Side community to recycle. She oversees the No Idle Program of the Clean Air Campaign as well as sneaker, printer toner and Capri Sun pouch recycling. She makes sure that recycling receptacles are in place around our campus to capture plastics and has encouraged all of us to switch to reusable BPA-free water bottles. And the list goes on and on!

So, Marion, thank you for all of your work in making East Side a colorful, welcoming, beautiful place. We know it's time for you to plant seeds somewhere else, but please know how much we will miss you and hope you will be available for consultation for our new green space!



RAIN or SHINE!



YASOU! OPA!



"COBB COUNTY'S MOST DELICIOUS FESTIVAL"

May 14 Friday 3PM - 11PM	May 15 Saturday 10AM - 11PM	May 16 Sunday 11AM - 7PM
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- ❖ *SAVOR* Homemade Greek Food & Pastries
- ❖ *ENJOY* Live Greek Music from Alpha Omega Sound
- ❖ *TOUR* our Byzantine Sanctuary & Chapel
- ❖ *The South's ONLY* Authentic Outdoor Greek Amphitheater
- ❖ *LEARN* about Greek Culture & Traditions
- ❖ *SHOP* for Imported Greek Gifts & Jewelry
- ❖ *PLAY* in our Kids Art Area

KIDS EAT FREE
Friday from 3PM
to 6PM

On the Church Grounds
HOLY TRANSFIGURATION GREEK ORTHODOX CHURCH
 3431 Trickum Road, Marietta, GA 30066
 (Between Sandy Plains Road and Shallowford Road)
 Admission \$2.00 (Children 12 and under free)

Visit www.mariettagreekfestival.org for special promotions
 and free admission coupons. Festival Hotline: 770-924-8080

FREE Parking and Shuttle Bus Service is available at:
 Simpson Middle School, Trickum Road
 Church of Latter Day Saints, Trickum Road (except Sunday)
 Lassiter High School, Shallowford Road
 Shallowford Crossing Shopping Center, Shallowford & Trickum Roads

Teacher of the Year Announced

Congratulations to **Mary Gault** for earning the Teacher of the Year award.

Contratulations to **Yvonne Jorgensen** for earning the Classified Employee of the Year award.



Healthy Snacks for Summer

Healthy summer snacks are a must for keeping kids happy and active during time off from school. Snacks provide energy, prevent overeating, and keep blood sugar stable throughout the course of the day. For kids and adults alike, many of us have a particular type of snack attack that hits. Some crave salty foods, some crave sweets, and some just want something crunchy. Here are some fast, family-friendly snack ideas organized into snack-attack category, so that you can hit the snack craving with something both satisfying and healthy. Happy snacking!

Crunchy Snacks:

1. Light popcorn, or plain popcorn popped in paper bag in microwave with sea salt and your favorite spices
2. Crunchy veggie sticks (like cucumber, carrot, celery, pepper, etc) and dip (hummus, bean dip or vinaigrette)
3. Whole-grain cereal with dried fruits and nuts added
4. Brown rice crackers with natural nut butter
5. Homemade granola or muesli with soy milk
6. Baked tortilla chips with bean dip or hummus

Sweet Snacks:

1. Organic yogurt and fruit (try mango or pineapple!)
2. One chunk of dark chocolate with natural nut butter on top
3. Fresh, whole fruit (try freezing a banana with a popsicle stick)
4. Make your own fruit smoothie
5. Frozen yogurt
6. Sweet vegetables -- yams, sweet potatoes, squash
7. Banana, split lengthwise, with nut butter spread in the middle
8. Low-fat cottage cheese and grapes or apples



Salty Snacks:

1. Hard-boiled eggs lightly sprinkled with sea salt and paprika
2. String cheese
3. Almonds or other nuts (make your own trail mix!)
4. Steamed and lightly salted edamame pods (soybeans)
5. Pretzels with hummus.

The wellness world is abuzz with a new report showing that kids' snacking has increased in the last two decades – all the more reason to make sure that the snacks they do grab are healthy and satisfying!



12 million Americans know Food allergy doesn't discriminate

Food allergy can affect anyone, regardless of age, race, or gender and is the most common cause of severe allergic reactions treated in emergency rooms

Food allergies and associated anaphylaxis, which are different from food intolerance is a public health concern. An increasing number of school students and staff have diagnosed life-threatening allergies. The incidence of food allergy is highest among children and the most common food allergies include reactions to peanuts, tree nuts, dairy, egg, gluten, and soy.

Please don't discriminate or put others at risk by sending children to class with food that others must avoid.



For more information:
www.foodallergy.org
(800) 929-4040

RESPECT EVERY BITE May 9 - 15 is Food Allergy Awareness Week

Partners in Education (PIE): Local Businesses make a Positive Impact at East Side

Every 2 years a Partner in Education (PIE) devises a **Partnership Plan** agreement to work with a school to help meet specific needs. The agreement is customized upon the company's strengths and impacts all 4 quarters of a school year. The program is facilitated by the Cobb Chamber of Commerce to link local businesses with area schools. Our school's program is guided by Ms. Mavity and a PIE facilitator that is under the scope of the PTA. A number of our Partners have children at East Side (designated with an asterisk).

Please consider each one of these local businesses as a resource for your family. They have been integral in serving the East Side family. Below is a highlight of their impact at East Side.

Amy & Tammy's Boxed Lunch Company* Amy Philips' contributions this year have included participation in our Teacher/Staff Appreciation by donating a delicious lunch to our cafeteria staff. Each month this company supports the teacher of the month program by providing a gift card for the drawing. This act is certainly an inspirational highlight for the teachers at East Side.

Big Peach Running Company* joined as partner this year. Steve and Amy DeMoss, owners, provided a generous Fall Festival and Jingle Jog sponsorship and have participated in the Fit in Third program during the school year.

Delta Community Credit Union is a new Partner as of this school year. They donated a generous sponsorship to our Fall Festival. They also donated beautiful poinsettia centerpieces for the teacher holiday luncheon which were also used as favors. They purchased a number of hams and turkey in partnership with Honey Baked Ham for that event as well. Lisa Whitfield of Delta was on hand during the Science Fair and judged our fabulous submissions. Lisa Simpson who is the branch manager at their Johnson Ferry location is wonderful to work with in helping to facilitate the PIE program at our school.

Healthy Habits Chiropractic* Dr. Tony Brooks brings much enthusiasm to our children's physical well being as well as our staff's. He has run clinics for the teachers and works with them on strategies to help redirect the built up energy in the classroom. During the past few years, his group has set up a most welcome water bottle distribution booth at the Fall Festival. You can also see Alecia Brooks greeting visitors to East Side at the front desk, volunteering with Hearing and Vision screening and in the classroom as a center parent.

Honey Baked Ham conveniently located near Home Depot, has been providing their signature hams to East Side's staff events at a discount. They also participated in the much beloved "Green Eggs & Ham program" during Read across America.

Kid Chess Justin Morrison, owner, made himself available as a judge for the Science Fair. His company brings their fabulous program to each of our classrooms so the children can be introduced to the game of chess which is a lifetime skill. Many of you have children who also participated in their program through ASEP. Kid Chess supports Field Day by providing water bottles & T-shirts as prizes. They've also financially supported the Jingle Jog.

Kroger at East Lake is an outstanding partner that supports the Fall Festival with our pumpkin art booth. Store Manager Dan Bailey has provided either complimentary or deeply-discounted food to many school events this year. Mr. Bailey's store also hosted our school family for "Math Night at Kroger" this spring which was a big hit. Kroger over the years has also had a fabulous program of giving back a monetary gift to our school through their customer loyalty cards.

Our upper grade singing group, Encore, sang at the Kroger during the holidays to show our appreciation for all they do for us. Various classrooms have also reached out to their customers by providing a season appropriate artistic drawing on Kroger paper shopping bags.

Marietta Martial Arts Bill Wendell and Taylor Larkin are often seen in key positions at East Side. They have been hands on for a number of years during our Tiger Day event. When you pick up your child's school supply box at this event, they are there to greet you and assist through the process. Taylor also volunteers at the Media Center, led the warm up exercises at our Jingle Jog and was on hand for sword fighting demonstrations during the International Festival.

Pump It Up Gene Roma, owner, contributes by adding a carnival-like spirit to our Fall Festival by providing a popular spin-the-wheel game complete with fun prizes. They have also supported various committees by offering the incentive of a free admission. They have also welcomed us during PTA "Fun Days" which are scheduled on early release days. A portion of the entry fee is donated back to East Side.

Peachtree Gymnastics has been a long time supporter and always sends volunteer help during Tiger Day. This year they worked our popsicle stand that is ever so popular. They also send volunteers to assist the P.E. Dept. with the gymnastic segment of the curriculum. Their Parent's Night Out offering has been a relieve for many families at East Side.

Sunrise Assisted Living this year a spry group of residents visited East Side and judged the aluminum foil sculptures that were submitted as centerpieces for the Sock Hop. They shared their 1950s memories with a group of students while enjoying an ice cream float. Students from Encore provide a wonderful element to their community with a dynamic choral presentation.

The UPS Store provided a sponsorship at this year's Fall Festival and has supported East Side's printing needs with a discount. For many years our Kindergarten class has enjoyed a field trip to their facility to learn the ins and outs of shipping and communications via print.

Partners At Large:

We thank these companies who have assisted our school in other areas.

Publix at East Piedmont will provide a significant discount for items that are purchased for school events.

H2O Oasis on Lower Roswell Rd, located near Ritter's, donated 8 reconditioned water coolers to the trailers which house the 4th grade and supporting classrooms. Additionally, Owne, Joel Gilmore, put together a program to provide the water jugs for these units at a very low cost.

Note from the Editor

This has been a great year to edit the Tiger Times! There was so much news to report for every issue that I always had plenty of articles from everyone. The Junior Writers this year were very talented and the PTA board very responsive to all of the pesky deadlines. I have enjoyed every minute of editing this valuable newsletter but it is time to hand the keyboard over to a new Editor for the next school year.

Tabitha Varma has graciously agreed to be our new Editor and I believe that she will be a great addition to an already awesome team. She is a Graphic Designer by Profession and has lots of wonderful ideas for the Tiger Times. Wish you all the Best Tabby!

We are also looking for someone to take over distributing the paper version of the Tiger Times as Laura Stokes will be serving as PTA Secretary. Please contact president@eastsideelementary.com to learn more about this important position.

Sujata Shah



Stay at Home and Enjoy Dinner with Your Family Night



East Side's Partners in Education



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