



September 2013

BIRD'S EYE VIEW

From Our PTA President, Michelle Alexander

Dear Matoaka Families,

**MATOAKA
ELEMENTARY**

Home of the Cardinals

On behalf of the PTA, I want to extend a warm welcome to all of our new & returning Matoaka families. I am honored to serve as your PTA President this year, alongside a wonderful group of leaders on our PTA Board, who have already been working hard on plans for the 2013-2014 school year. We have many exciting programs & events planned!

The goal of the Matoaka PTA is to work, in cooperation with our school administrators and staff, to create an atmosphere where families are engaged in activities that promote well being & educational success. It is our hope that, together, we can create & support the Matoaka community where all children will thrive!

You can help us reach this goal by supporting the work of the PTA in a variety of different ways. First, you can become a member of the PTA. Your \$6 individual membership OR \$10 family membership dues help sponsor PTA programs, like Family Fun Nights, Cultural Arts assemblies, & the Reflections Program. Second, you can donate your time as a volunteer at a PTA sponsored event and/or serve on a PTA committee. We have many opportunities for volunteers, including our two big fundraisers, the Walk-a-thon & our School Carnival. These events raise money to support various programs, such as the Chesapeake Bay Experience, the Local

Produce Initiative, & other school gifts. Finally, you can donate toward the Enrichment Drive, which replaces catalog sales with 100% of the funds going directly back to PTA--supported programs, like the school garden, Matoaka Dads, Field Day, educational internet programs, & other activities.

There are many ways you can stay up-to-date on all PTA programs and activities. In addition to our wonderful, monthly newsletter, you can keep track of what is happening through the Matoaka PTA website (matoaka-pta.org). Also, don't forget to "Like" us on Facebook (www.facebook.com/MatoakaElementary) and follow us on Twitter (@MatoakaPTA).

I look forward to seeing you at Back to School Night on Wednesday, September 18th, 6-8 PM. Look for our tables in the main hallway; we will have more information on all of the planned programs & events for the year, opportunities for you to volunteer & become a member, as well as our awesome Matoaka gear for you to purchase!

I wish everyone a wonderful start to the year! Thank you, in advance, for all you do to support our school!

Sincerely,

Michelle Alexander
PTA President

Calendar of Events

September

18 Back to School Night, 6-8 p.m.

October

4 Family Fun Night

18 7th Annual Walk-A-Thon

2013-2014**Y
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Committee/Role	Chairperson	Contact info
President	Michelle Alexander	chele.alexander@gmail.com
VP of Programs	Fran Metzger	fnmetzger@gmail.com
VP of Fundraising	Karen Quinlan	karenbq3@gmail.com
Recording Secretary	Stacey Long	messecretarypta@gmail.com
Treasurer	Karen Talley	ketalley4@gmail.com
Box Tops for Education	Heather Hansen Donna Grosfeld	wfd231@verizon.net donnagrosfeld@gmail.com
Cardinal Carnival	Leanne Conrad Sue Borenshein Marbury Abella	elconrads@aol.com skysharkJB@aol.com mabella201@yahoo.com
Grocery Programs	Lane McCann	rlrcva@gmail.com
Merchandise	Amanda Gada	adgada@cox.net
Spirit Nights	Robin Bennett	robin_bennett@cox.net
Walk-a-Thon	Christine Tirone	ctirone@yahoo.com
Council Representative	Christy Grubbs	ccg_68@yahoo.com
Cultural Arts	Francine Teer	francie.teer@cox.net
Family Fun Nights	Tatia Granger	tdgranger@wm.edu
Fine Arts Nights	Katherine Klarenbach	robert_klarenbach@hotmail.com
Healthy Lifestyles	Tryna Fitzpatrick	tfitz@hotmail.com
Hospitality	Anna Hughes Cindy Kordek Heather Power	annamh26@yahoo.com kdek10@yahoo.com HPower710@yahoo.com
Matoaka Dads	Dan Fitzpatrick	dcfitz@gmail.com
Membership	Debbie Tucker	dlarnett2006@gmail.com
Reflections	Tricia Royle	tricia@triciaandjohn.com
School Directory	Leanne Meyer	leannelmeyer@yahoo.com
Veteran's Day Luncheon	Sue Borenshein Beth Robles	skysharkjb@aol.com bethnjose@hotmail.com
PTA Website	Tryna Fitzpatrick	tfitz@hotmail.com
Yearbook	Lisa Iannuzzeli Dana Kailian Stephanie Thees	ljiannuzzelli@gmail.com danakailian@yahoo.com Stephthees@gmail.com
Room Mom Coordinator	Laura Rocha	laurarocha4@gmail.com
Newsletter Editor	Loralee Clark	loralee13@verizon.net
Publicity	Katherine Klarenbach	robert_klarenbach@hotmail.com
Volunteer Coordinator	Wendy Cochran	wendycochran@gmail.com

It's that time again! Time to register your favorite grocery stores to Matoaka Elementary.

Remember, you must do this annually, or Matoaka does not get credit for your purchases.



Harris Teeter: www.harristeeter.com



Martins: www.martinsaplus.com



Food Lion: www.foodlionmvprewards.com



Farm Fresh: Receipts can be dropped off at school or sent in with your child.

Don't forget to drop off **Labels for Education: www.labelsforeducation.com** (visit for a complete participating product list) or forget to use your RED-card at **Target: www.target.com**. The Take Charge of Education Program lets guests designate 1 percent of their REDcard purchases to a K-12 school of their choice to fund whatever the school needs most.

Box Tops for Education



Matoaka earned over \$3800 last school year through Box Tops for Education!

Class prizes for Box Tops will be awarded again this year. The class that submits the most box tops at each quarterly submission date through the year will be presented with the official Matoaka Box Top Winner Trophy. The winning classroom will display the trophy in their class room until the next deadline.

Our first collection deadline for Box Tops will be October 14.

Box Tops can be attached to a collection sheet if your kids enjoy this activity, or they can be placed in a ziplock baggie (the baggie is the preferred method-as we take them back off the collection sheet to mail them in.) Make sure to include the teacher's name and grade so each class will get proper credit!

Additional ways to earn Box Tops credits for Matoaka

www.bboxtops4education.com (btfe.com) Our school gets points for each person that goes online to this site and registers as a Matoaka supporter. There are often other opportunities and contests on the website under the "Earn" tab. Those registered can also earn points for the school by shopping online through the site at any of the registered merchants, including Lands' End, Kohl's, Oriental Trading, Barnes & Noble and many more.

Farm Fresh GLL Certificates General Mills has a "Growing Local Learning" Program at Farm Fresh. Watch for these certificates to print out at the register and send them into the school (or enter them yourself at www.growinglocallearning.com.)

**Don't forget to ask grandparents, neighbors or friends
to clip their Box Tops too!**

If you have any questions, please contact Box Top Coordinator, Donna Grosfeld, donnagrosfeld@gmail.com, 585-2458.

Thank you so much for your support of Matoaka Elementary School!

The 7th Annual Matoaka Walk-A-Thon

SAVE THE DATE:
FRIDAY, OCTOBER 18TH!!

The 7th annual Matoaka Walk-a-Thon is right around the corner and this year's theme is **"A WALK IN THE WILD WEST"**, so save Friday, October 18th to come cheer on your favorite Matoaka walker!

The Walk-a-thon is the PTA's largest annual fundraiser that helps support all of the programs and activities we bring to the school! Our students collect pledges from friends and family in support of walking 20 minutes on October 18th during the school day. With a fundraising goal of \$12,000 we hope to also increase the overall participation of our students and their families.

Our top prizes, for the students who help raise the most money, are an ipad mini, ipod touch, and nook! The top class room prize will be a bowling party! There will also be a top grade level prize. Pledge sheets will be sent home soon.

Volunteers are needed to help with advertising, prop/costume design & day-of-event support – bubble blowers, lap tickers, etc.

For more information contact
Christine Tirone, Walk-a-Thon Chair,
at ctirone@yahoo.com



Capture A Memory!



Please help the 2013-2014 yearbook staff fill the yearbook with memories! If you enjoy taking photos and would like to take or submit photos from your child's class, please contact Dana Kailian at danakailian@yahoo.com.

(No camera phone photos please, unless they are high resolution.)

UPDATES FROM HEALTHY LIFESTYLES

The PTA sponsored Healthy Lifestyle Program at Matoaka is committed to advocating health and wellness throughout our school. We offer programs and events that promote, educate and encourage good nutrition, physical activity and healthy behavior. We encourage you to get involved! Contact Tryna Fitzpatrick tfitz@hotmail.com

Local Produce Initiative:

We have partnered with Kelrae Farm to make fresh, locally grown produce available in our cafeteria on selected days each month. Watch for news in the coming weeks about our first Local Produce Day scheduled for later this month.

Healthy Snack Initiative:

In an effort to limit sugary treats at school celebrations, our Healthy Snack Initiative was created. These guidelines call on parents, teachers and the PTA to be conscience of our message by offering healthier alternatives to cupcakes and candy whenever possible.

Healthy Ideas & Recipes:

To help you find healthy snack alternatives, visit the PTA website matoaka-pta.org/healthy. You will find links to our Pinterest board, our Healthy Recipe Guide and much more. And, be sure to watch for news coming soon about the exciting activities planned for Healthy Lifestyles Week Nov 4th - 8th !

BITE SIZED VEGGIE DIPS

Are you planning a classroom party or event? Try serving your snack idea in a mini baking cup. You can find them in lots of fun colors & fill them with healthy treats!

Fill a baking cup halfway with hummus; cut carrots and celery in thin, decorative pieces and insert into the center of each cup. (You may need to double the baking cups for more support.)

How to Curl Celery: Slice a very thin piece away from the edge of stalk of celery with vegetable peeler, without peeling it off. Do not dig deep, or too long. Dunk in ice cold water. The celery will curl around itself making gorgeous garnishes, or a fun snack!

Other Ideas: These small baking cups are the perfect size for little hands. You could also fill them sliced apples in greek yogurt dip, fresh salsa with pita chips, nuts, raisons, or dry cereal.



We are currently taking orders for the following sweatshirts:

Sweatshirt Hoodie
(screen logo)
\$24



Zippered Hoodie Sweatshirt
(embroidered logo)
\$32



Both available in White and Sport Grey
Youth Small, Medium, Large, XL
Adult Small, Medium, Large, XL

Orders taken now through Back to School Night.
Please make checks out to Matoaka Elementary PTA

Name: _____

Phone # _____

Homeroom _____

Merchandise Order _____

TOTAL _____

**T-shirts will be available at Back to School Night
as well as NEW baseball caps and NEW Matoaka water bottles!**

The Matoaka Dad's Club

Studies show students perform better when mothers and fathers are both involved in the education of their children. Men and women think differently and bring different perspectives and skills to school and PTA activities. School communities and PTAs thrive when both men and women participate. (pta.org)

If you are interested in becoming (more) involved in your child's education, The Matoaka Dad's Club **"Morning With Dad" will be Friday, October 11th.** A light breakfast will be served. For more information, see last year's event at <http://www.matoaka-pta.org/2012/10/morningwithdad/>



For more information, contact either Dan Fitzpatrick, at dcfitz@gmail.com or Ben Thacker-Gwaltney at bthackergwaltney@gmail.com

Matoaka Elementary School

PTA[®]
everychild. onevoice.[®]



2013 Reflections Program: Believe. Dream. Inspire.

Feel like showing off your creative side?

The Reflections Program would love to see what you can do! Show us what this year's theme means to you with an original creation submitted by **Friday, October 25.**

With categories in Dance

Choreography, Film Production, Literature, Music Composition, Photography and Visual Arts, if you can create it, you can enter it. There's also a Special Artist Division. You can enter as many creations as you like, but make sure the work is all yours - group projects aren't eligible. Look for rules and entry forms in the coming weeks. Send questions to Tricia Royle (mesreflections@gmail.com).

Now's the Time To Get Involved!

Connie McCarthy, Aug 13, 2013
www.schoolfamily.com

The start of the school year is the perfect time to think about volunteering at your child's school. Any time you can spare would be beneficial. As a more involved parent, you increase your child's opportunities to be successful in school. Being involved, to whatever degree possible, not only helps your own child but also improves the overall quality of your school. It also keeps you "in the loop" about what's happening at school. Even if your volunteer time is limited, you can still have a presence in various ways.

Here are seven simple ways parents can participate at their child's school:

Meet your child's teacher as soon as possible. Ask how he or she likes to be contacted, e.g., email, phone, written note, etc. Ask how you can help at home. Join the school's PTO or PTA, and plan to attend as many meetings/events as you can.

Check backpacks every night for homework or project assignments, important school calendars, announcements, etc. Keep all important school notices in one particular place for easy access and referral.

Volunteer to help in the classroom if your schedule allows, or with fundraisers, events, or other after-school activities.

Set up a special homework place and limit distractions. Have a distinctive homework folder and make sure completed homework is put in the folder and then into the backpack each night. Limit electronic entertainments during the school week and encourage reading. Visit your local library, or swap books with friends and neighbors to read with your child.

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Simple, proactive "getting involved" actions like these can make a big difference in your child's early school experience.



ENJOY SOME LATE SUMMER COLORS

Take your family to their favorite outdoor area, to the Williamsburg Botanical Gardens, or to your back yard and try to find all of the colors on this scavenger hunt! Make sure you list what the object is that you have found underneath the color.

 orange	 cream	 brown	 pink
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
 red	 light green	 magenta	 white
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
 blue	 yellow	 grey	 green
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
 lilac	 light brown	 black	 light blue
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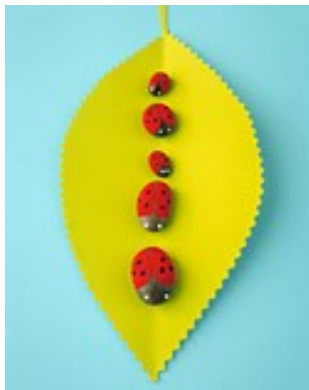
learning through the seasons

www.naturedetectives.org.uk
run by the Woodland Trust (charity 261616) Autumn Park, Gleadthorpe, Nottingham NG21 6LL (0800 095 990)



Crafty Kids: Stone Art

Do you have any stones you've collected over the summer? From the beach? The mountains? They may be very pretty without doing anything to them, or you may want to pick a few to experiment. Get out your paints, permanent markers, glitter glue, paper and white glue. Paint, decoupage (fancy French word for gluing) and mark up your stones. Here are some pictures to inspire you. If you do make something, send me a picture and I'll post it in the next month's Bird's Eye View: loralee13@verizon.net.



WATER CONSERVATION

How might your water habits change if you had to carry all the water you use into your house? That is what people in our country had to do less than 100 years ago; many people around the world still have to. See how much water your family uses in one day by filling out this table:

Water Use	Times Did This	Total Times (add all tally marks)	Gallons used each time	Total gallons of water used (total times x gallons)
Flush Toilet			6	
Run faucet for 1 minute			4	
Fill a bathtub (about 5 inches)			40	
Take a shower (5 minutes)			35	
Run dishwasher			15	
Wash dishes by hand (in basin)			4	
Wash a load of laundry			45	
Brush teeth with water running			2	
Wash hands			1	

Which activity required the most water? How many gallons would you have to have carried into your house in one day? A gallon of water weighs 8 pounds, so how many pounds would that have been? Here are some ideas to help you conserve water:

Put the stopper in the tub before you turn the water on for a bath; the cold water that comes out first will mix with the hot water.

When washing your hands turn off the faucet while you lather up.

Turn off the water while you brush your teeth.

Keep a bottle of water in the refrigerator so you don't run the water faucet waiting for it to get cold.

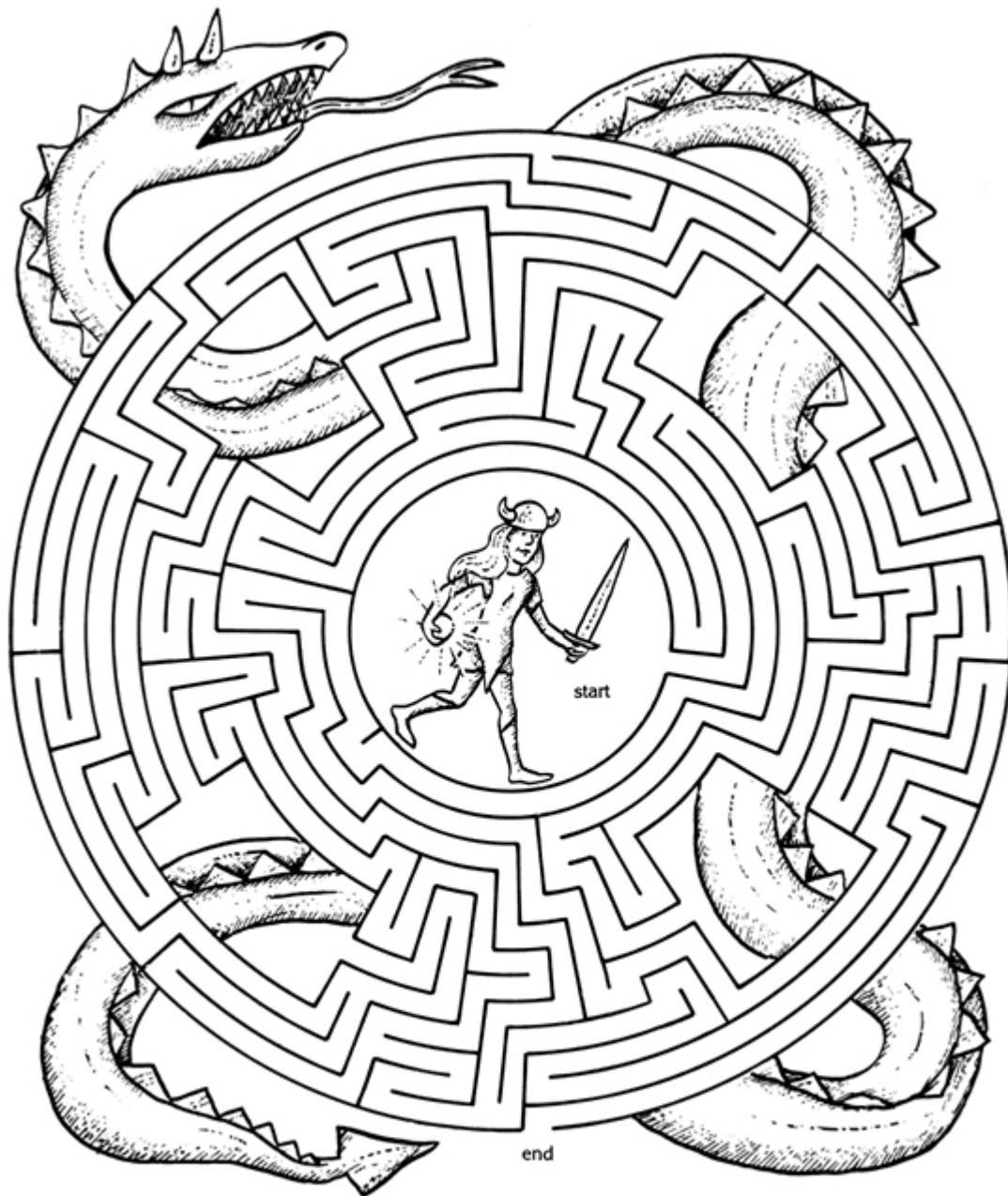
Operate the dishwasher and washing machine only for full loads.

Use the correct size pot for cooking foods; when boiling, add water so it just covers the food.

What are some other ideas you have for conserving water?

—adapted from Penn State's College of Agricultural Sciences 2001 pamphlet "Water Conservation"

Negotiating a new class, new teacher, new grade and new routine
can sometimes feel like you are stuck in a maze.
See if you can help this girl escape her maze while you get used to all of your
new mazes!



The Gem of the Serpent. An evil wizard once cast a spell upon a dreadful serpent so that it would live forever and guard an enormous diamond he had hidden. The serpent grew to a great size and terrorized the countryside, but always returned to the maze surrounding the crypt where the gem was hidden. It came to pass that a young girl entered the maze and found the diamond. But just as she was trying to find her way back out, the serpent returned.

Help the girl find the exit, but beware the serpent's coils.