



news and events

THE EAGLE EXPRESS

Joe Kettwig Principal

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Principal's Message

A New Year Thank You

At Mohr School, we have much to be thankful for every year. The staff is especially thankful for the gift of working with a great group of 651 children who learn so quickly and work so hard. They get to interact with fantastic, generous and giving parents who make their job so much easier. They have financial support that gives them lots of flexibility in what they can present to children in the curriculum.

We are well on our way to having a record

year of parent support in the classroom. We monitor the check-in computer to gauge the number of volunteer hours spent by our 400+ cleared volunteers. There are so many functions that parents provide to us from individual and group tutoring, management of centers in the rooms, driving on field trips to working on PTA committees. Many parents volunteer in the office to help make things operate smoothly. Did you know that on every Wednesday morning a group of moms work collating and stapling the Wednesday packets for distribution?

The teachers have received their second installment of \$10,000 from the PTA to purchase needed items and services to make the program more exciting. This means that approximately \$30 has arrived in each classroom for each child so far this year. Thanks to the "More for Mohr" program, parents have donated money to provide this and many other valuable services. We are very lucky to have this great support.

Behind the Scenes

When you come to school, it is customary to be familiar with the people who are the first that you meet. In the office, our secretarial staff of *Sue Lyon* and *Karen Vifian* greets you with

friendliness and helpfulness. *Cyndi Snyder* helps support the school with her efforts to maintain good school health and recordkeeping.

There are other people who are very valuable to Mohr who are not quite as visible to a visitor to our school. Our Library Assistant, *Leilani Thomson*, works hard to maintain our fantastic book collection in the Library and also makes sure that every student has their textbooks every year. *Julie Lowe* is our Technology Support Specialist who keeps

our many computers, projectors and cameras functioning. She also helps teachers in setting up equipment so that it operates correctly for students. Our custodial team of 3 hard-working people keeps Mohr looking newer than its 10 ½ year age. *Joe Robles* is our day custodian. His responsibilities are too many to list. Without him, I do not think that we could operate as well as we do. *Lucy Garcia* and *Francisco Flores* do the major cleaning tasks every night, which includes health and safety tasks, vacuuming of the thousands of square feet of carpet every night, disinfecting of surfaces, garbage removal and floor cleaning. They also assist the many groups that use our site each week during the year. *Pamela Boggs*, our cafeteria manager, makes sure that your children have healthy, hot and tasty food selections each day. Her contact with students is short each day as up to 400 children purchase lunch in a 20 minute time span. Her contact with your child is friendly, but only lasts for about 2 seconds per day!

We are fortunate to have these fine folks to help make Mohr and outstanding place to learn.

-Joe Kettwig, Principal

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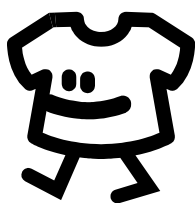


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Clothing Choices



Are you aware of the writing and graphics that appear on your child's clothing? Do you think it is appropriate for their age? Do you think that its content is positive about school? If so, you are being observant and working within our standards of dress for students at Mohr School.

We hope that students feel positive at school. Some of the current fashions available in stores portray school success, or studiousness as being "not cool." Periodically, waves of clothing in the market attempt to make fun of being successful. Others send a negative message more commonly seen in secondary school-age students that are overtly negative and portray rebellious beliefs and "dark" themes. These often become popular for younger students to wear to emulate their older siblings. Our standards of dress encourage parents to not allow students to wear clothing that promotes negative themes or behaviors more consistent with the gang lifestyle. More types of clothing are coming into popularity that paint a picture that school is not important. We know that our families feel that success in school is important for their children.

The staff at Mohr appreciates your vigilance in monitoring clothing choices of your children. We want our environment to be positive and conducive to learning. The popularity of some types of shirts, tops and hats are hard for students to resist. Wearing them outside of school is a good compromise when talking to students about this topic.

Incoming 6th Grade Parent Orientation Nights



Harvest Park Middle School will be holding its Sixth Grade Parent Orientation Night on **Monday, March 10th** in the Harvest Park Multipurpose Room. Parents of students with last names starting with A – L will meet from 6:00 – 7:15 pm. Parents of students with last names M – Z will meet from 7:30 – 8:45pm.

Hart Middle School will be holding its Sixth Grade Parent Orientation on **Tuesday March 11th** at 7:00pm in the Hart Multipurpose Room.

Pleasanton Middle School's Sixth Grade Parent Orientation meeting will be held **Tuesday March 4th** at 7pm in the Pleasanton Middle School Multipurpose Room.

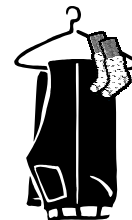
Important Dates

Parent Communication Council, 9:00 – 10:30 am, Bernal Room, PUSD	January 10
Peralta District Reflections Ceremony	January 14
Multicultural & Heritage Event Planning mtg. 9:20am in 11B	January 16
NO SCHOOL – Martin Luther King Jr., Holiday	January 21
PTA Executive Board Meeting, 12:30pm in 11B	January 22
Kindergarten Articulation Day – all KG on AM schedule	January 25
Eagle Express Articles Due	January 28
PTA Meeting-7:00 pm Social, 7:30 pm Business	January 29
Coffee with the Principal	February 1
Bingo Night	February 1
Multicultural & Heritage Event Planning mtg. 9:20am in 11B	February 6

The next issue of the Eagle Express will be distributed February 6

Wanted: Gently Used Jeans and Socks

Occasionally our students have accidents and need a change of pants. Next time you clean out your closets, please keep in mind that we can use jeans and socks of all sizes in our office. This will prevent us from having to call home and disrupt a student's day.



Thanks so much!

Notes from the Science Lab



Some exciting news is coming with the New Year. Mohr will be starting our "Saving More Energy at Mohr: A "Bright New Year" program. In January our whole campus will be directing our attention towards the subject of "Energy Conservation". Why does it affect us and what we can do? Our fourth graders will be integrating the physical science unit with lessons on energy, electricity and various efforts to work towards renewable energy in our daily lives. Other grade levels will be adding to what they have explored of Earth's resources, how we use them and more. Mohr families will be invited to take steps towards smart energy use with a gift to start off a "bright" new year. District wide, Pleasanton is the first school district in the nation to go "solar". With this effort each campus has been exploring ways to bring this universal concern to our students in meaningful ways, including the science that drives it. Each campus will be participating in a wide variety of ways. One common thread will be the curriculum component taught by the district science specialists. We have been working together on training and preparation and are very excited about the opportunities in part due to partnerships with PG&E Solar Schools/NEED program and PEAK, a special project made possible through the Energy Commission. . Much more will be taking place so keep a look out for continuing information.

All grade levels will begin new science units in the lab. Life, Physical and Earth Science are components of the state standards. In the lab we work towards investigating those concepts with hands-on lessons and activities that not only teach concepts, but also help students build necessary investigation and skills.

If you are interested in spending some volunteer time in the lab please send me an email (mconley@pleasanton.k12.ca.us.) Many thanks to those that have taken time to help out in the lab. Our science wish list (published in the last two newsletters) is ongoing. We would love to build a collection of grade level non-fiction science books to enhance our curriculum. Gently used books are just great.

On a personal note I want to thank the "Mohr Family" for making me feel welcome. New programs take time and patience to develop and refine. There is so much to look forward to, much to do and even more to learn. I appreciate the support, confidence and patience of staff, parents and students as together we will make our program "Soar". Wishing you a wonderful holiday season filled with joy of family, peace and good health.

Happy New Year.
Ms. Conley, Science Specialist

80 Mile Club Kids Walk America's Mountain Ranges

The Mohr Elementary walking program is off to another fantastic start with 112 students and staff members participating in the club. Our goal is for each member to walk or jog 80 miles between November 1st and April 30th.



In addition, the entire club is attempting to accumulate enough miles to symbolically walk America's three major mountain ranges, the Appalachian, Rocky and Sierra! Club members earn certificates, toe tokens and medals for reaching the different milestones, (20, 40, 60 80) as well as improving their physical and mental health. Not only is walking a safe aerobic exercise for virtually everyone, but walking is also a great way to spend time with your family, away from the distractions of television and video games. Remember, it only takes about 20 minutes, without stopping, for the average person to walk 1 mile. So, get out of the house and treat yourself to some fresh air and quality time with your son or daughter. The staff of Mohr Elementary takes pride in educating every student's mind and body.

Mr. Maz

Please, never smoke!

Coffee with the Principal

Please Join Principal Joe Kettwig on February 1, 2008 at 9:30 for Coffee with the Principal. Everyone is welcome!



Please RSVP to Sue Lyon in the office by January 25th at 426-4256.

Pleasanton USD E-Connection

We are pleased to offer Pleasanton families an easy way to stay connected with what's happening in our local public schools. School and district information will be sent to "subscribers" weekly (or more often, in times of crisis) during the school year.



To arrange for more than one address, or to specify school(s) from which you wish to hear, you may enter the subscription process as many times as needed.

This service is in response to parents' requests following emergency situations at specific schools.

To subscribe to a school/district list, go to <http://www.pleasanton.k12.ca.us/whathappening/econnection.html>, and click on the Mohr Elementary link.

PTA PRESIDENT'S CORNER

A very Happy New Year to everybody! As we enter the second half of the school year, the PTA Executive Board and Committee Chairs continue to plan fun and exciting events for our families for the New Year.

At the beginning of next month, please join us for **Coffee with the Principal** on **February 1st at 9:30 a.m.** Also on **February 1st**, please plan to join us for a fun Mohr family tradition: **Bingo Night!** Many thanks to Bingo Chairs **Tenne Rogers** and **Randie Hill** who have been hard at work planning another fun evening of B-I-N-G-O for our families.

**PTA Meeting Update:**

On our last general meeting the membership agreed to release the following funds: **Classroom Support (\$10,000)**, **Technology (\$5,000)** and **Yearbook (\$10,000)**.

Your continued support of the PTA throughout the end of the school year is essential in making Mohr soar. Please plan to join us for our **first PTA meeting of 2007 on Tuesday, January 29th** at 7 p.m. Social and 7:30 p.m. Business in the Library.

everychild.onevoice.

-- *Sonia Gupta, PTA President*

Supply Kit Chairperson Still Needed!

Do you enjoy shopping and pricing? Would you like to lead a program that is tremendously fulfilling and also provides an essential service and fundraising opportunity for our school? You may be just the person we need.

We are looking for a new chairperson for our school supply kit program. Our program provides 85% of our classrooms' school supplies. Our children, parents, and teachers are so grateful for this help. This year's chairperson will be happy to mentor the new chair for the coming year. Please help keep this service alive! Please Sonia Gupta (soniargupta@hotmail.com) **as soon as possible** if you are interested in leading this exceptionally beneficial program.

Thank you so much!

Bingo Night Is Coming!

Hey Mohr families! Mark your calendars now so you don't miss Bingo Night. All the fun is set for Friday, February 1st. Food sales start at 6:30pm and Bingo begins at 7:00. Bring the whole family out to try your luck at Bingo or maybe win a Raffle Prize! We're sure to have a great time with friends and family! It's a perfect combination of Food, Fun & Prizes! Please join us if you can. If you would like to volunteer to work the event, please contact Randie Hill 417-1155.

Four Mohr Students Advance in Reflections Contest

On December 4th the Reflections Awards ceremony for the Pleasanton Council was held, and four Mohr entries were advanced to the next level of judging: the Peralta (Alameda County) District level. The Peralta District Reflections Arts Recognition and Awards Night will take place on Monday, January 14, 2008.



The following are the Students whose entries were advanced:

- Intermediate Literature: *Sandhya Kalavacherla*
- Intermediate Musical Composition: *Shreya Magesh*
- Primary Film/Video Production: *Rishab Patgaonkar*
- Inter. Film/Video Production: *Varsha Ramakrishnan*

Congratulations to these young artists!

PTA Tidbit

The PTA chose to address television violence and children in the 1970's. They also helped begin something called Project RISE. "RISE" stands for Resources for Involving Scientists in Education. Here's its website: <http://www.nas.edu/rise/>.

Health and Wellness



Welcome to a New Year! It's normal at this time to make health resolutions like adopting healthier eating habits. Most people try to reduce their calorie intake by focusing on food, but another way to cut calories may be to decrease the consumption of sugar-sweetened beverages.

Sweeteners that add calories to a beverage go by many different names and are not always obvious to anyone looking at the ingredients list: high-fructose corn syrup, fructose, fruit juice concentrates, honey, sugar, syrup, corn syrup, sucrose, dextrose. The calories in some of your favorite **coffee drinks or smoothies** may surprise you. Check the web site or in-store nutrition information of your favorite coffee or smoothie shop to find out how many calories are in different menu items.

Here are some ways to make smart beverage choices whether you are making your grocery list or you are at the coffee shop or smoothie stand:

- Milk contains vitamins and other nutrients that contribute to good health, but it also contains calories. Choosing low-fat or fat-free milk is a good way to reduce your calorie intake and still get the nutrients that milk contains.
- Choose water, diet, or low-calorie beverages instead of sugar-sweetened beverages.
- For a quick, easy, and inexpensive thirst-quencher, carry a water bottle and refill it throughout the day.
- Don't "stock the fridge" with sugar-sweetened beverages. Instead, keep a jug or bottles of cold water in the refrigerator.
- Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon, or drink sparkling water.
- Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
- When you do choose a sugar-sweetened beverage, get the smaller size. Some companies are now selling 8-oz. cans and bottles of soda, which contain about 100 calories.
- Order the smallest size available of your coffee drink or smoothie.
- Request that your coffee drink be made with fat-free or low-fat milk instead of whole milk.
- Skip the extra flavoring – the flavor syrups used in coffee shops, like vanilla or hazelnut, are sugar-sweetened and will add calories to your drink.
- Skip the whipped cream; it adds calories and fat.
- Get back to basics. Order a plain cup of coffee with fat-free milk and artificial sweetener, or drink it black.
- Hold the sugar. Many smoothies contain added sugar in addition to the sugar naturally in fruit, juice, or yogurt. Ask that your smoothie be prepared without.

Excerpted from nutrition articles found in the CDC website, 12/2007.

eScrip News

January Updates

Get a S.H.A.R.E.S. Card if you shop at Lucky!
Mohr School can earn 3% of every dollar you add to the card.

Follow these simple steps:

1. Fill out the form below to request for a S.H.A.R.E.S card and return to the office *(Your Scrip Coordinator will send in your information & notify you when your cards arrive.)*
2. Take your card when you shop and tell the cashier you want to add value to your card. The value you add can be the total amount you are purchasing on *that* visit or it can be more so it can be used at a later time.

**This card does expire upon the student's graduation from Mohr so best to put your youngest child's name. You can have up to 2 cards per child. Our school staff can also request 1 card.*

Questions? Problems?

Contact Virginia Hwang, Scrip Chair, at 931-1078 or virginia.hwang@gmail.com

Child's Name _____

Graduation Date _____(mo/yr)

Parent/Guardian (print) _____

Signature _____

Date ___/___/___

Please indicate how many cards you'd like:

_____ 1 card _____ 2 cards

Thank you for continuing to support Mohr with your shopping!

Make Your Choice

1 Gourmet Hamburger plus a Coke

Or

Help Your Child's School?

Both Cost \$12

Join Mohr PTA

Details in the office or contact Laurie Park (laurie.yoon@sbcglobal.net)

The Eagle Express is generously provided by the PTA. Your comments and/or suggestions are always welcome. Please submit articles for the February publication to theeagleexpress@comcast.net by January 28th, 2008. Mohr Elementary is a **Go Green Initiative** school. Please recycle this newsletter when you have finished reading it.

BIRTHDAY MARQUEE

Looking for a way to make your child's birthday a little more special? You can have their name advertised on the birthday marquee at the front of the school. The cost is just \$5.00. All you have to do is fill out the form below and then place it in the gift-wrapped box in the office with a check made out to Mohr PTA. We'll take care of the rest. There are more forms inside the office next to the marquee box. We ask that you turn in the form at least a week before their birthday, no "same day" requests can be honored. Thanks for your support. If you have any questions, contact Susan Lopez at 417-1313.

Mohr School Birthday Marquee Request Form

Please submit your request at least one week in advance of the date you'd like your child's name on the marquee, with payment of \$5.00 per child. Please attach your check made out to Mohr P.T.A. We will make every effort to accommodate all requests as close to the preferred date as possible. Sorry, no same day requests can be honored. Thanks for your support.

Your Name _____ Your Child's Name _____
 Grade _____ Date Needed _____ Actual Birthday _____ Phone _____

Pleasanton Partnerships In Education



PPIE FOUNDATION STUDENT GRANT APPLICATIONS are now being accepted for the second cycle of funding. Funding is available in amounts of \$500 per project/per year for extracurricular or co-curricular PUSD student projects. Remember, all applications must be student authored! See the application packet for complete details.

Application packets may be obtained from the PPIE Foundation website, www.ppie.org or Terry Messick (terrymessick@yahoo.com), or by contacting the PPIE office at mail@ppie.org or 925/846-5620. Application deadline for Cycle #2 is March 18, 2008.

PPIE FOUNDATION EDUCATION GRANT APPLICATION PACKETS may be obtained from the PPIE website, <http://www.ppie.org>. This year's deadline for Education Grant applications is April 15, 2008. Education Grants are available to teachers and faculty of PUSD and fund in amounts up to \$2500.

For more information, contact your PPIE Parent Ambassador, Terry Messick (terrymessick@yahoo.com), or contact the PPIE office at mail@ppie.org or 925/846-5620.

LIVERMORE VALLEY WINE COUNTRY CHAMPIONSHIP TOURNAMENT



The Livermore Valley Wine Country Championship Tournament is coming to Wente Vineyards from April 3-6. This tournament showcases the PGA Nationwide Tour which includes great golf and "up and coming" golf stars. Pleasanton Partnerships in Education Foundation (PPIE) and Pleasanton Schools Educational Enrichment Foundation (PSEE) will be partnering with the school organizations to sell tickets to this tournament! Proceeds will be split between the foundations and Mohr Elementary PTA, a win-win for our school! This wonderful event will also feature fabulous food and wine, provided by Wente Vineyards, art and performances from the local community, and more!

It will be great fun for not only golf enthusiasts, but for the entire family. Please contact Terry Messick, PPIE Ambassador at terrymessick@yahoo.com or (925) 417-5998 or contact the PPIE office at (925) 846-5620/mail@ppie.org, to purchase your tickets. Tickets will make great Valentines Day gifts for those golf lovers on your list! But act fast, this is sure to be a sell-out!

Pleasanton Library Presents

"The Saddlecats"

Cowboy Swing Musicians to perform at the Pleasanton Public Library, Sunday, January 13, 2008, 2pm – 3pm.



The Saddlecats are a Western Swing pocket orchestra dedicated to taking the Western Swing tradition of Bob Wills, Milton Brown and Spade Cooley and bringing it into the new century in a blazing mix of finesse, abandon and exuberant spirits.

The Saddlecats are founded on the suave, peerless steel guitar artistry of **Bobby Black**, whose membership in such bands as *Asleep at the Wheel* and *Commander Cody and his Lost Planet Airmen* was decisive in bringing the sound of Western Swing to a new generation of listeners. Bobby is joined by fiddler and vocalist **Richard Chon**, a member of *Dan Hicks and the Hot Licks* and the *Sons of the San Joaquin*.

The driving rhythm of guitarist **Gordon Clegg** and acoustic bassist **Bing Nathan** round out this sleek, silver-toned cowboy outfit, whose repertoire runs from rustic Texas breakdowns to the sophisticated swing concoctions of Benny Goodman and Count Basie, from the high-driving California swing of Bob Wills' Tiffany Transcriptions and Tex Williams to the Cats' own stylish originals.

To hear some samples of the Saddlecats' music go to the website <http://www.saddlecats.com>. Enjoy an hour of free cowboy swing music at the Pleasanton Library. Sunday, January 13, 2008 at 2pm in the Pleasanton Public Library Meeting Room, 400 Old Bernal Ave., Pleasanton, CA 94566.

"Inner and Outer Peace Through Meditation"

A free seminar with Marshall Zaslove, M.D. Thursday, January 24, 2008, 7pm.

In this busy, fast-paced world, peace seems like an elusive commodity. Dr. Marshall Zaslove, a Board certified psychiatrist, author and meditation practitioner for over 30 years, will offer simple, effective techniques and will demonstrate the most practical methods of controlling and befriending the mind for better meditations and many other health benefits. As a result this can help reduce stress and offer more peace within.

These programs are free and open to all. No registration required.

For more information, call Penny Johnson, 931-3405.