



news and events

# THE EAGLE EXPRESS

Joe Kettwig Principal

Attendance 461 7889 ext. 2

Office 426 4256

February, 2008

## Principal's Message

In the past two weeks, the groundwork for the next few years has started to be established in Sacramento. Unfortunately, the news is not good. The State Budget projections and recommendations from Governor Schwarzenegger do not provide much optimism. At risk is much of the funding that the Pleasanton Unified School District has been able to use to build exemplary programs that benefit the children of our district. Mohr School has benefited from the district budget leadership in the last 10 years to become one of the highest performing schools in California.



While decisions about budget reductions will not be made until the State Legislature and Governor agree on a budget this summer, we must prepare our budget based on what we currently know. Our staff has been notified about budget reductions that could result in personnel changes on each staff. Please read the letter included in this issue

written by Dr. John Casey, Superintendent.

The Mohr staff will continue to work as hard as they can to continue to serve children at a high level. The positive interaction between the community and the staff will help us to weather the more negative challenges that we will be facing over the next year. Services may look different, and adjustments will have to be made, but we know that the professionals that work at Mohr, and the school district, will strive to make reductions that have the least amount of impact on the classroom.

We urge you to keep up with the news of the implications of budget reductions and play an active role in the community to insure the continuance of the outstanding level of education currently existing in Pleasanton and at Mohr.

*-Joe Kettwig, Principal*

C  
R  
R  
E  
S  
P  
E  
C  
T  
H  
O  
N  
O  
R  
S  
S  
E  
L  
F  
-  
D  
I  
S  
C  
I  
P  
L  
I  
N  
E  
S  
I  
O  
N  
T  
B  
N  
Y  
I  
L  
I  
N  
T  
E  
G  
R  
I  
T  
Y



2000 \* 2004



2005

### Inside this Issue:

School News	School News	PTA News
Important Dates	Kindergarten Enrollment	Reflections
Science Fair	Incoming 6 <sup>th</sup> Grade Parent Mtgs	Yearbook Pictures Needed!
Friends Helping Friends	Read Across America	Birthday Marquee
Spelling Bee Winners	PTA News	
Six Flags Read to Succeed	PTA President's Corner	Livermore American Indian Ctr.
Superintendent's Letter	PTA Legislation Action Alert	Pleasanton Library Presents
News from the Science Lab	Health and Wellness	PPIE/PSEE Golf Tournament
Vice Principal's Corner	eScrip	PPIE Student Grants
Mr. Kettwig's Thank you	Recycling Drive	Excellence in Education
MC/Heritage Event	FAME	Parent Education

## Putting Science Into Action



It is that time of year when we begin to think about the Science Fair. This year's theme is **Action In Motion!** Our traditional kick-off science assembly was held February 6th. All students were able to hear about the Science Fair and receive their own booklet. Like the previous years, Mohr School offers a science fair workshop after school where students can purchase display boards and look at books for experiment ideas. The workshop will be held on Wednesday, February 13th in the library. We will open at 3:00 pm and close by 4:00 pm. This is always such an enriching experience for the students.

Bringing science alive with experiments is exciting. Our school's science fair date is March 18th. The district wide science fair is on the 19th of March from 6 - 9 pm at the Alameda County Fairgrounds. More information will be coming home in the Wednesday packets throughout the month. We are all looking forward to another successful science fair here at Mohr!!!! If you have any further questions please feel free to contact me.

*Linda Stanford - Science Fair Coordinator.*

## Friends Helping Friends



Friends Helping Friends wants to thank the Mohr community for supporting the Can Food Drive in December. Over 580 items were collected and put into food baskets that were delivered to local families during the holidays. The baskets were very much appreciated!

Our next activity will be collecting "Pennies for Patients" via the Leukemia & Lymphoma Society during the week of Feb. 12 - 15th. We will be collecting pennies, nickels, dimes, and quarters during that week. More information will be coming home on Wednesday, February 6th!

*Mrs. Dixon and Mrs. Reding-Friend's Helping Friends*

## SIX FLAGS READ TO SUCCEED



This year Mohr Elementary is participating in a six hour reading club through Six Flags theme parks. Each K-5 child who completes six hours of recreational reading and turns in a completed Student Keeping Track Form to their teacher before February 15, 2008 will each earn a ticket good for one free admission valid at participating Six Flags theme parks. For more details, see *Mrs. Thomson* in the library.

Have fun reading!

## Important Dates

Aluminum Can/Recycling Drive	February 8
<b>NO SCHOOL</b> - Lincoln's Holiday	February 11
Friends Helping Friends "Pennies for Patients" Drive	February 12-15
Science Fair Workshop 3:00-4:00pm, Library	February 13
<b>NO SCHOOL</b> -President's Holiday	February 18
PTA Executive Board Meeting, 12:30 pm in 11B	February 19
Eagle Express Articles Due	February 25
PTA Meeting-7:00 pm Social, 7:30 pm Business	February 26
FAME Presentations	February 27-March 6
Read Across America Day-Dr. Seuss' Birthday	March 3
Multicultural & Heritage Event Planning mtg. 9:15am in 11B	March 5
The next issue of the Eagle Express will be distributed March 5	

## SPELLING BEE WINNERS

Mohr School had a tremendous turnout of 4<sup>th</sup> and 5<sup>th</sup> graders for the preliminary written round of the S.F. Chronicle Spelling Bee. Congratulations go out to all participants. Following are the finalists:



*Bianca Herrera, Harry Arakkal, Hannah Hwang, William Kim, Lauren Kobayashi, Joy Huang, Neel Kant, Rick Huang, Varsha Ramakrishnan, Brandon Park, Smita Nalluri, Maryam Awwal, Meera Menon, Orion Xiao, Gautam Produturi, Aniruddh Murthy, Yash Prakash, Nachiket Dakwale, Eric Vaishnav, and Joseph Mo.*

These 4th and 5th graders moved on to the 2nd written round on January 29<sup>th</sup>. The winner, *Aniruddh Murthy*, will represent Mohr on February 23rd at the San Francisco Chronicle Spelling Bee at the Lawrence Hall of Science on the UC Berkeley Campus.

Good Luck, Aniruddh!

*Mrs. Haarsma and Mrs. Blake - Spelling Bee Coordinators*

# A Letter to the Community from the Pleasanton Schools Superintendent

To the Pleasanton community:

By now, I am sure that all of you have heard of the state’s fiscal crisis. On January 9, the Governor presented an education budget proposal for the 2008/09 school year. Pleasanton Unified School District staff reviewed the proposal, heard analyses from our consultants, and identified the impact of the Governor’s proposal on our District.

For Pleasanton, the Governor’s proposal reduces revenue limit income for next year by \$2.5 million from current levels and Special Education revenue by \$450,000 below this year’s income level. In addition, we know that our expenses for overhead (e.g. salary schedule movement, energy costs, and insurance) will increase by \$1.6 million for next year. With these proposed reductions in income and increased expenses, the bottom line is that we will need to cut \$4.5 million relative to our current spending in order to have a balanced budget for 2008/09. In addition, our advisors estimate that the State’s budget woes will continue for the next two to three years.

Unfortunately, to provide a balanced budget, we are at risk of losing many of the student programs and services that have been a draw to both our District and to the community of Pleasanton. From looking at our budget, we estimate that we would be able to reduce non-personnel items by about \$0.9 million. The additional \$3.6 million would need to come from cuts in personnel. This equates to the elimination of about 47 positions across the District.

Over the next few months, the Legislature will work with the Governor to identify solutions to the State’s fiscal crisis. During this same period of time, the PUSD Board of

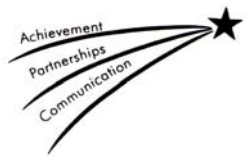
Trustees will hold public workshops on how to balance our budget, and we will work with our employee associations and Budget Advisory Committee to identify options to best meet student needs during this fiscal crisis. Ultimately, we have the responsibility to provide a realistic, balanced budget for the District by June 30, whether there is a finalized state budget or not.

To provide a balanced budget which reflects reductions of \$4.5 million, some employees will be impacted by notices of possible layoff and layoff. The layoff notices will affect all employee groups -certificated, classified, and management. Everything beyond the basic core program will unfortunately need to be “on the table” for consideration of elimination or reduction.

Laying off employees and eliminating programs is not a step that we want to take. We value each and every employee and their work to provide the best possible educational experience for your students. However, with the impact of the Governor’s proposal on our District, the only responsible action we can take is to position ourselves to adopt a balanced budget by June 30. It is our intention to do our utmost to retain as many programs and people as allowed by our budget situation.

We are sorry to be bringing this news to you but feel it is important to inform you about the status of the Governor’s proposal and its impact. The Board and I invite suggestions as how to balance our budget. Please let us know by calling 426-4304 or sending an email to Public Information ([publicinfo@pleasanton.k12.ca.us](mailto:publicinfo@pleasanton.k12.ca.us)).

Best regards,  
*John M. Casey, Ed.D., Superintendent*



## News From the Science Lab

By now all families have received their free CFL bulb and information sheet. Many thanks to PG&E (Solar Schools) and PEAK (Energy Coalition). A big thanks also to our parent volunteers and teachers for helping in an effort to get them to all families.

The 5<sup>th</sup> grade leadership class is gearing up for a CFL fundraiser. This will be an opportunity for families to purchase CFLs at an extremely low cost. Money raised will be used to finance student activities that focus around energy and resource conservation. So, be watching for information on how you can get those CFLs. This will help you save money on electricity while helping fund a variety of student “green” activities. More will follow.....

Fourth grade content standards for physical science emphasize electricity, magnets, energy use and resources. We are focusing on these topics as we begin looking at energy. All fourth grade students were given parent

information on the PEAK program and how you can support it at home. The technology piece and the family discussions are just two examples. We appreciate the generosity of PEAK in providing each 4<sup>th</sup> grade student a PEAK T-shirt.



District wide the science specialists have undergone trainings done by PEAK and supported by the district wide energy plan. Fourth grade students will be bringing home ideas to share with friends and family in the form of 4 PEAK Student Energy Actions, as part of their curriculum. These are great opportunities to have some family discussions about the real concern facing us all while helping empower our children with choices, actions and the science involved. Our hope is to reach all students with lessons and activities that will inform and excite them to take an active role in saving energy and resources.

Meanwhile.....keep “Saving Mohr Energy” here and in our homes and community.

*Ms. Conley – Science Specialist*

## Vice Principal's Corner

The first part of the year has been full of exciting and enriching opportunities for our students. From assemblies to our Lego Mindstorm session, we have an amazing line up for our students here at Mohr. Here are our most recent events:

### GATE

We had a GATE Parent night with a guest speaker, **Linda Boveda**, GATE teacher from Lydiksen. She presented many ways to handle the social/emotional needs of gifted children. It was a night full of information. If you missed the meeting, let us know and we would love to pass on the information!



### English Language Learners

We have held our first two meetings for our families of students who are English Language Learners. ELAC – English Language Learner Committee is a committee that is formed to focus on the needs of English Learners at school. The Committee's purpose is to ensure that the special needs of students learning English are being met at school.

The teachers at this school are all trained specifically to teach EL students. They have received special training on how to help EL's acquire English and how to be successful in the classroom.

Every two years, a new ELAC committee is to be formed. We need to have elected board members of this

committee. The obligations of committee members are to serve a minimum of 2 more meetings this year, and minimum of 4 meetings next year. If you are interested, please email Vice Principal Robin Sehrt.

### School Site Council

Our council, comprised of teachers, parents, administration, and classified employees has approved our site plan.

Our focus areas this year will be on reading comprehension, writing, and science. If you are interested in viewing all the activities that support our goals, feel free to drop by the office and review the plan in its entirety. With Science as one of our focus areas, you should take a moment and talk to your child about how the science lab experience is this year. Our science specialist, **Mikki Conley** has created an environment rich with learning opportunities!

### Assemblies

We are fortunate here at Mohr to have a wonderful and supportive PTA. We have an amazing lineup for enriching opportunities through assemblies this year. We have already had a wonderful Character Education assembly, as well as a visit from the Livermore Native American Center. We were amazed at their presentation of traditional dances. These opportunities help to provide the students with another avenue to enrich the curriculum.

*-Robin Sehrt, Vice Principal*

## Thank You from Mr. Kettwig



I wanted to take the opportunity to express my thanks to the community during my recent absence from school.

On January 23, I had surgery to repair torn cartilage in one knee. This has necessitated my absence until February 7. I am happy to say that the surgery was very successful, and at this writing, I am recovering quickly. After a period of physical therapy and exercise, I should be better than I was before. I look forward to returning.

Thank you to the PTA for adjusting their schedules of meetings and an event or two. Thanks to the staff for all of their good thoughts and extra effort to keep things running. And, most of all, to **Mrs. Robin Sehrt**, our Vice Principal, for leading the ship during my time away.

## Mohr Multicultural/Heritage Event!

The Mohr Multicultural/Heritage Even will take place April 14 - April 18, 2008. This year's theme is: "Stories From Around the World."



If you have knowledge of another culture, please share it with the children. USA needs help! We also have no Australia or New Zealand representatives. We need volunteers to staff tables (we train!), decorate the MPR, advertise, bring international food to the show, and many other opportunities. For information, please contact: MC/Heritage Event Chair, Elaine Marchant Panwar at: [Elaine@Panwar.name](mailto:Elaine@Panwar.name) or call: 734-8428.

-----  
Don't miss this year's Multicultural Show: "The Mohr Magic Treehouse" April 18<sup>th</sup>, 2008. There are still a few openings left! If your child wants to participate, please contact MC/Heritage Performance Chair, Hetal Giaimo at: [hgaiamo@yahoo.com](mailto:hgiaimo@yahoo.com) or call: 484-0265 immediately.

## Informational Meetings for Parents of New Kindergarten Students 2008/2009 School Year



Parents who are planning to register their children for kindergarten in Pleasanton Unified School District for the 2008-09 school year are invited to attend any one of the **parents only** informational meetings:

**Wednesday, February 13, 2008, 6:00 pm to 7:00 pm**  
Village High School Multipurpose Room

**Tuesday, February 19, 2008, 6:00 pm to 7:00 pm**  
Hearst Elementary School Multi-Use Room.

**Thursday, February 28, 2008, 6:00 pm to 7:00 pm**  
Mohr Elementary School Multi-Use Room.

The scheduled informational meetings will cover registration procedures, immunizations requirements, getting your child ready to attend school, and what a typical kindergarten school day is like.

Kindergarten registration forms will be available during the Kindergarten Round-Up event scheduled on March 12 and 13, 2008 at Amador Valley High School Gym, 1155 Santa Rita Road, 3:30 pm to 8:00 pm.

After Kindergarten Round-Up dates, parents may register at resident school sites. Enrollment is not based on a first-come, first-served basis. (From the PUSD web site, link to Pupil Services, Attendance Areas for resident school).

## Incoming 6<sup>th</sup> Grade Parent Orientation Nights



**Harvest Park Middle School** will be holding its Sixth Grade Parent Orientation Night on **Monday, March 10<sup>th</sup>** 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 11<sup>th</sup>** at 7:00pm in the Hart Multipurpose Room.

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

## Kindergarten Round-Up

**March 12<sup>th</sup> and 13<sup>th</sup>, 2008, 3:30pm – 8:00pm**  
Amador High School Gym, 1155 Santa Rita Road



Parents are encouraged to enroll kindergarten-age students in the District either Wednesday, March 12<sup>th</sup> or Thursday, March 13<sup>th</sup>. This registration period is important for the District to determine the number of kindergarten classes necessary for the following school year. Children are eligible for kindergarten if they will have reached 5 years of age on or before December 2 of the school year they enter.

Documents necessary to register new kindergarten students:

1. **Acceptable proof of residency: (two of the following)** current utility bill (within 2 months) such as PG&E, water, telephone, garbage or cable TV; or rental/lease agreement signed within the last 2 months (with name, address & telephone number of lesser); or final escrow papers signed within the last 2 months. If registration pre-dates the start of school attendance by more than one month, a second utility bill may be requested after the first month of student attendance.  
**Unacceptable proof of residency includes:** bank statement, driver's license, credit card bills, personal check, property tax statement, mortgage statement, AFDC statement or cell phone statement.
2. Proof of birth (birth certificate, copy of baptismal record or passport.) Student must be 5 years of age on or before December 2 of the school year they enter.
3. Documentation of immunizations (signed by a doctor.)
4. Recommended: Parents' or legal guardian's employment information.

Children entering public school for the first time are to have a dental check-up by May 31<sup>st</sup> of the first school year. The evaluation must be completed by a licensed dental professional.

## Read Across America!

Mohr will be celebrating Dr. Seuss' birthday on Monday, March 3, which is also Read Across America Day.

There will be guest readers, students reading on beach towels, weather permitting outside on the grass, doing Readers Theater reading, reading with buddies, and much more!



Happy Reading!

*Gail Crawford, Reading Specialist*

## PTA PRESIDENT'S CORNER

Now that we are half way through our school year, I'd like to take a moment to thank every parent who has put their time and efforts in volunteering. Because of your involvement, Mohr PTA has been able to make so many wonderful contributions to our students and our school this year and we want to put ourselves in the best possible position to do the same again next year. Please continue your support of PTA and make the choice to come forward and be involved in the future leadership of Mohr PTA. We are still in need of a Chair for the following positions: Spring Family Event (May '08) and Go Green.



We would like to say "thank you" to those who donated to the *More for Mohr* program. This program has become invaluable to support our programs here at Mohr. It is even more imperative now to support this program as we hear of California's proposed budget for 2008-09. This is the time for us to unite and voice out our concerns that will impact OUR children's education. .

Please take a few minutes to read the alert below.

*everychild.onevoice.*

-- Mia Kodama, PTA Executive Vice President

## CALIFORNIA STATE PTA LEGISLATION ACTION ALERT

Governor Proposes Drastic Budget Cuts for Students – The Children of California Need Your Help

BACKGROUND

On Thursday, January 10, Governor Schwarzenegger released his state budget proposal. The proposal seeks to address the state's estimated \$14 billion deficit by making the largest reduction to education funding in California history. **For 2008-09, the Governor proposes that the Legislature suspend Proposition 98 (the minimum funding guarantee for schools) and cut \$4.4 billion (more than 9%) in education funds.** The Governor also proposes \$400 million in education funding reductions in the current 2007-08 budget year.

While we are still analyzing the details, the proposal calls for:

- \$2.6 billion in cuts by eliminating the statutory 4.94% Cost-of-Living-Increase (COLA) for schools, and reducing the revenue limit allocation by an additional 2%. This would create a combined "deficit factor" (money that is statutorily owed to schools as part of Proposition 98) by a total of \$2.6 billion, or nearly 7%.
- \$1.1 billion in cuts by reducing categorical programs funding, including reductions to the Class Size Reduction program, Instructional Materials, Transportation, Supplemental School Counselors, and many others.
- \$360 million in cuts by eliminating the COLA and "growth" funding for special education, as well as additional cuts to special education, which is already chronically underfunded.
- \$200 million in cuts by eliminating COLA and growth funding for child development programs (nearly \$200 million), which would eliminate nearly 8,000 existing child care slots.
- Reductions in funding for community colleges, as well as University of California and California State University.

IMMEDIATE ACTION NEEDED:

**Voice PTA's strong opposition to the Governor's K-12 education budget proposal:**

- Email or call your State Assembly member or Senator right away!

Message: **PTA urges legislators not to cut Proposition 98, the minimum public education funding guarantee for our students.** The impact of the unprecedented cuts proposed in the Governor's budget would severely harm each and every school.

**Find Your Legislators:**

<http://www.capwebworks.com/addresslookup/lookup.aspx>

- Forward this alert to others to generate the largest response possible.
- Advise the PTA Legislation Team about your contacts and responses received at [legislation@capta.org](mailto:legislation@capta.org)
- Be ready for additional information from California State PTA. This is the first action in what we expect to be a multi-pronged effort to protect funding for our students.

To read the full text of the Legislation Action Alert, visit [www.mohrpta.org/whatsnew.htm](http://www.mohrpta.org/whatsnew.htm).



## Find out about FAME!



You might not know about FAME, but your child does! Every Mohr class, from kindergarten through fifth, attends the Fine Arts Mini Experience (FAME) program several times a year. Teachers bring classes to short presentations by parent volunteers about famous works of art and related classical music compositions.

This year students have seen the art of Pieter Bruegel and Edgar Degas, listened to the music of Robert Schumann, and learned about the famous Nutcracker ballet of Pyotr Tchaikovsky. In upcoming lessons we'll compare the cool landscapes of Raoul Dufy with the jungle views of Henri Rousseau, paired with music by Frederic Chopin and Heitor Villa-Lobos.

FAME lessons are interesting and interactive – they're fun for both students AND presenters! If sharing the wonder of music and art with children matters to you, you might want to get FAMEous! No special arts or music knowledge is required. Lesson materials are provided and parents work in teams of two – you just have to be willing to present a few times a year.

Please contact committee chair **Roberta Emerson** at [rw.emerson@comcast.net](mailto:rw.emerson@comcast.net) or 462-6558 for more information!

## Mohr Student's Reflections Entry Advances to the State Level



The PTA Peralta (Alameda County) District Reflections award ceremony was held January 14<sup>th</sup> and our Pleasanton students made us proud. The winners will go on to compete against the winners from 30 other PTA districts.

Mohr's Intermediate Literature Entry by **Sandhya Kalavacherla** has been advanced to CA PTA State level for consideration.

Congratulations and good luck to Sandhya!

## Yearbook Pictures Needed

We need pictures for the yearbook of school events such as: Halloween parade, Outdoor Ed and Mohr Family Fun Fair pictures. We also need pictures of clubs. We're not cutting and pasting pictures this year; everything is being done on the Lifetouch website so we need pictures in digital form (.jpg).



Please email any pictures to **Heather Ramsay-Macsata** at: [satheat@earthlink.net](mailto:satheat@earthlink.net). Or, if burning pictures onto a CD is easier then that is fine too! Just please deposit your CD of pictures into the yearbook box at the office by February 22nd. Please label the CD with the class(es), name(s) and events.

The Eagle Express is generously provided by the PTA. Your comments and/or suggestions are always welcome. Please submit articles for the March publication to [theeagleexpress@comcast.net](mailto:theeagleexpress@comcast.net) by February 25<sup>th</sup>, 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 \_\_\_\_\_

## Health and Wellness



February is American Heart Month. Keeping our hearts healthy can start with eating nutritious foods. Since most of us are “on the go,” we may lack the time and energy to prepare nutritious meals consistently between all of our daily activities. While zooming back and forth between sports practices, music and dance lessons, the PTA meeting, and shopping at the grocery store, we’re lucky to find time to grab a meal at the drive-thru. If you must eat on the go, here are some tips to make fast food healthier and friendlier for you and your family members.

- Pass on the “value-size.” When you supersize, you tend to surpass the recommended daily allowances for caloric intake.
- Skip the sides. Eating a burger or sandwich by itself is often filling enough. If you do want a side, consider ordering a fruit cup or side salad. Most fast food restaurants now offer them.
- Avoid double meat and bacon. A serving size of meat is 2-3 ounces — about the size of a deck of cards. You’re probably getting well over that with a single meat patty. Bacon is high in calories and fat with little nutrient content.
- Try the grilled chicken sandwich. Poultry without skin is significantly leaner than the meats most fast-food companies use in their burgers.
- Eat your sandwich open-faced. By eating only half the bun, you can eliminate unnecessary calories.
- Try asking for a wheat bun. Some places offer a wheat alternative, some don’t. It never hurts to ask.
- Skip the mayo and other calorie-laden dressings and sauces.
- Drink water, diet soda or low-fat milk. Sodas are loaded with sugars, which have calories you don’t need.

Excerpted from Children’s Health articles published on the American Heart Association website, [www.americanheart.org](http://www.americanheart.org) January, 2008.

*Eliza Lum, Health and Wellness Chair*

## Recycling Drive



Our next *Aluminum Can and Plastics Recycling Drive is Friday, February 8<sup>th</sup>* during the morning drop off. It is appreciated when recyclables are rinsed and crushed.

## eScrip News

February Updates

### *What your shopping has done for Mohr in 2007!*

eScrip supporters raised **\$7,667** from January to November!

Target shoppers raised **\$2,886** from January to September!

Nob Hill/Raley's shoppers raised **\$443** from January to December!

### Have you requested your S.H.A.R.E.S card?

If you shop at Lucky, you can help Mohr School can earn 3% of every dollar you spend.

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](mailto:virginia.hwang@gmail.com)

Child's Name \_\_\_\_\_

Graduation Date \_\_\_\_\_ (mo/yy)

Parents/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!**

## Livermore American Indian Center



The Livermore American Indian Center, part of the Livermore, Pleasanton, Dublin and Sunol Glen School districts, is enrolling new students of American Indian heritage as part of our grant application which is due the end of January, 2008. A student, age 4 and above, can sign up with the Indian Center with a very small amount of Indian heritage, depending on the tribe. If you have questions, please call the Livermore American Indian Center.

New students are needed to continue the present program of free services, including tutoring, culture class, field trips, and scholarships, etc. for participating students. If you know of a student of American Indian heritage, please have their parents call the Livermore American Indian Center at (925) 606-3405 or email Mary Puthoff at [mputhoff@livermore.k12.ca.us](mailto:mputhoff@livermore.k12.ca.us).

## Livermore 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! The tickets are \$30.00 each and will allow the ticket holder to access the grounds for all 4 days of the tournament! This wonderful event will also feature fabulous food and wine, provided by Wente Vineyards, art and performances from the local community, and more!

Please contact Terry Messick, PPIE Ambassador at [terrymessick@yahoo.com](mailto:terrymessick@yahoo.com), or (925) 417-5998 or contact the PPIE office at [www.ppie.org](http://www.ppie.org) or (925) 846-5620 to purchase your tickets.

## Student Grants

**PPIE** Pleasanton Partnerships In Education Foundation Student Grant Applications are now being accepted for the second cycle of funding. Funding is available in amounts up to \$500 per project/per year for extracurricular or co-curricular PUSD student projects.

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

## Pleasanton Library Presents

### Booklegger Volunteers Needed

Do you enjoy kids? Like to read? Have a creative streak? You can use your talents to help children love reading by becoming a Booklegger and presenting book programs to the schoolchildren of Pleasanton. Volunteers are needed: if you are interested in bringing together books, children, and libraries through community service, join the Pleasanton Bookleggers. Training classes are set to begin **February 6<sup>th</sup> at 7:00 pm** at the Pleasanton library. The Booklegger Program is a literacy program supported by the City of Pleasanton and the Pleasanton Unified School District.



For more information about the Booklegger Program please call Chris Spitzel, Booklegger Coordinator, at 925/931-3400 x 26.

## Excellence in Education Awards



The Pleasanton community is encouraged to nominate a special teacher, administrator or staff of the Pleasanton Unified School District (PUSD) for the 18<sup>th</sup> annual Excellence in Education Awards. Nominations will be accepted through March 19. Pick up a nomination form from the school office or visit [www.pleasantonpta.org](http://www.pleasantonpta.org) to download one.

## Parenting Classes

Amador Valley Adult & Community Education and Pleasanton Unified School District Present the following courses for February:

- 1-2-3 Magic: Discipline for children ages 3-9
- Building the 40 Assets
- Co-Parenting
- Communicating with your Teen
- GATE Extravaganza
- How to Bully-Proof Your Child
- Is Your Child Safe In Cyberspace?
- Child Self Esteem
- Changing Destructive Adolescent Behavior
- Parenting Your Aging Parent
- Positive Parenting
- Propel Your Child to Reading Success
- Slaying the Homework Dragon
- Handling Challenging Toddler and Preschooler Behaviors



To register for a class, call Amador Valley Adult & Community Education: (925) 426-4280. Visit their website at <http://www.pleasanton.k12.ca.us/adulted> for more information.