

news and events

THE EAGLE EXPRESS

Robin Sehrt Principal

Office 426 4256

February, 2009

Principal's Message

Dear Mohr Families,

Over the past several weeks, it has been impossible to miss - our local, state, and global financial "meltdown" on the front page of every newspaper and on the television news each day. The state budget projections and recommendations from Governor Schwarzenegger do not provide much optimism. For those of us involved with schools as parents, teachers, and community members, the state's fiscal emergency takes on a personal aspect—we are concerned for our students' education, our very future, and we want to know what we can do.

Because of the state's financial situation, for this year alone, our District is facing a possible mid-year \$4 million cut to our funding. Under the governor's current proposal, that total deficit grows to \$8.7 million over the next two years. These reductions in actual funds will have to come at the expense of staff and programs in our District. Although no one wants to take this step, our District will be forced to lay off teachers, administrators, and classified personnel, as well as to consider reduction or elimination of programs that have positively impacted student performance. Our current District team (teachers, support staff, classified personnel, and management) has brought us to our "Top 10 status" in the state.

Our children's education depends on each of us continuing the great work we have been privileged to perform.

The proposed funding cuts devastate our district. Our children deserve an excellent education, not an average education, and we can not compromise that education. We are working hard as a District to identify potential cuts to personnel and programs, and the final decision will be made by the PUSD Board of Trustees. The list of possible cuts includes eliminating class-size reduction (going from 20 to 32 students in K-3 classes) and less student support services such as counseling and reading specialists. At Mohr, we have a high achieving population, and you may ask yourself are these support programs and class size really important. The answer is "Yes!" With classes full of 32 students and less support for our struggling students, the teacher will be focusing her/his efforts in several directions, and will not be able to provide the excellent educational opportunities he or she can today. For a full list of possible cuts please go to www.pleasanton.k12.ca.us/Superintendent/Downloads/PossibleReductions090108.pdf.

Pleasanton Unified prides itself on having safe and sane schools that provide a high quality education. I am reaching out to our Mohr community to ask for your support in the following ways:

~~Continued on Page 2~~

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



2000 - 2004



2005

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~~Principal's Message, Continued~~

Become informed:

- o Attend our PTA Meetings. The next one will be held Tuesday, February 24, at 7 pm in the school library.
- o Log onto the District budget webpage at www.pleasanton.k12.ca.us/BusinessServices/Budget/ for weekly updates about how the budget is affecting our schools in Pleasanton.
- o Ask questions at publicinfo@pleasanton.k12.ca.us; accurate information is important during these challenging times.

Get involved:

- o Advocate for our schools. Contact our state legislators regarding the way California's education is funded and your concerns about how this impacts our schools.
- o Contact the School Board about your thoughts. Attend Board meetings to show support. These are held on the second and fourth Tuesdays of each month at 7 p.m. at the school district office, 4665 Bernal Avenue.

Learn more about:

- o Our School Board has discussed the possibility of pursuing a parcel tax in June. Any parcel tax measure must be led and funded by the leadership of the community. Joan Laursen, PTA Council President, has indicated an early interest in taking this on, and she can be contacted at 925-462-7994 or joan@laursens.com

I am urging 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 existing in Pleasanton and at Mohr. As information on the budget and the impact on students become available, I will share it through letters, emails, and our Eagle Express. As always, please feel free to email me with any questions you may have. Thank you for your continued support to ensure that every child continues to "Soar at Mohr".

Sincerely,

Robin Sehrt, Principal

Coffee with the Principal



Please Join **Principal Robin Sehrt** on Friday, **February 27, 2009** at 8:30am for Coffee with the Principal. Everyone is welcome!

Proposed topic of conversation will be the District Budget Update.

Please RSVP to Sue Lyon in the office by February 20th at 426-4256.

Important Dates	
Science Fair Workshop 3-4 pm in the Library	February 5
Bingo Night	February 6
Multicultural/Heritage Event Planning meeting 8:15 am Library	February 6
Aluminum Can/Recycling Drive	February 13
NO SCHOOL – Lincoln's Holiday	February 9
NO SCHOOL -President's Holiday	February 16
PTA Executive Board Meeting, 12:30 pm in 11B	February 17
Eagle Express Articles Due	February 23
PTA Meeting-7:00 pm Social, 7:30 pm Business	February 25
Coffee with the Principal	February 27
Read Across America Day- Dr. Seuss' Birthday	March 2
The next issue of the Eagle Express will be distributed March 4	

SIX FLAGS READ TO SUCCEED

For the second year, Mohr Elementary is participating in the 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 his or her teacher before Thursday, February 12, 2009 will earn a ticket good for one free admission valid at participating Six Flags theme parks. Teachers will be sending home forms with information soon!

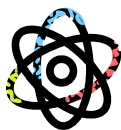
For more details, see **Mrs. Thomson** in the library. Have fun reading!

School Shirts Still Available

We still have tee shirts and sweatshirts available for sale in the office. Tee shirts are \$15 and Sweatshirts are \$20 (includes tax). Wear a school shirt and show your eagle pride!



Science Fair Rocks Again!



Plans are being made for our annual Science Fair here at Mohr School. Friday, January 30th, there was a kick off assembly to get the students excited about participating in the science fair. The theme for this year is "rocks". On February the 5th, there will be a science fair workshop from 3 - 4:00 PM. It will be held in the library. This is an opportunity for parents and students to look through science books and get ideas about potential projects. We will also be selling the science display boards. The cardboard display will be sold for \$3.00 and the proboard will be sold for \$6.00.

Our science fair here at Mohr will be on Monday, March 16th, and then the projects will be brought over to the Alameda Fairgrounds on the 17th. That evening families are invited to come and view the many projects from the elementary schools in Pleasanton and Dublin. Please keep an eye out for informational fliers that will be coming home throughout the month. As always, the success of this wonderful event depends on the great parent volunteers from our school. So, put on those scientist hats and have fun exploring the exciting world of science!

Linda Stanford - Science Fair Coordinator

Plastic Bag/Capri Sun Recycling



We have collected 15 bags of bags which makes \$75 for the school. Wow! Money for Mohr and less waste -- what a deal!

We desperately need volunteer drivers to take the bags to Wal-Mart so the monies can be verified, so please consider volunteering for this easy, no-cost way to serve the Mohr community. Come to K2 and see me for the redemption form. And, please continue to donate your unneeded bags outside K2. We also are collecting empty Capri Sun juice pouches (2¢ per) and have raised \$4 so far. To paraphrase: one man's trash is Mohr's treasure! Thanks for recycling!

Mrs. Finney

Mohr's Multicultural Event Needs You!

"Famous Faces and Places From Around the World!" March 18th – 20th



Every year after the Multicultural Event performance, we offer food tasting from around the world. We need people to bring food on Friday, March 20th for everyone to taste. If you can help with this mouth-watering portion of the event, please contact Praveen Hari at: praveenhari@yahoo.com by Feb. 20th.

We need volunteers to help staff booths of different cultures and to help with the decorating. We also need volunteers who have heritage from the following areas or knowledge of these areas: Africa! Great Britain! Japan! Native Americans! Australia! Let's cover all the continents so our children can learn more about their world! If you and/or your child is interested in being a part of this year's Multicultural Event, please contact Elaine Marchant Panwar at: Elaine.marchant@comcast.net or phone: 734-8428.

We also need volunteers to staff booths on March 18th and 19th during school hours. We especially need help for the USA booth! We will be teaching the children about John Muir and Yosemite National Park. Anyone who has an interest or information in these two important American features, please contact Elaine Panwar at: elaine@panwar.name. So, please find a spot of time to help this year's Multicultural Event. Contact Elaine Marchant Panwar at: Elaine.marchant@comcast.net or phone: 734-8428.

Read Across America!

Mohr will be celebrating Dr. Seuss' birthday on Monday, March 2, 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

Pleasanton USD E-Connection

This service is in response to parents' requests following emergency situations at specific 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. To subscribe to a school/district list, go to <http://www.pleasanton.k12.ca.us/PublicInformation/EConnectionSignUp.cfm>, and click on the Mohr Elementary link.

Vice Principal's Corner

While it may seem early to begin thinking about standardized testing, we have reached the point in the year when time speeds up with each passing day. Before you know it, the longer days of May will be upon us. With that in mind, I thought it might be useful to provide some basic information about standardized testing so you will have time to ask questions, do some research, and support your child as s/he prepares for the upcoming tests.

We all want children's experiences in school to consist of much more than a narrow focus on standardized tests. The truth is, however, that the state's Standardized Testing and Reporting (STAR) system provides very useful information about how effectively the content standards are being taught. When best practices in teaching are being employed, standardized tests merely serve as an opportunity for children to demonstrate what they have learned and understood.

The reason why Mohr teachers collaborate regularly is so they can provide the learning opportunities that are necessary for students to master California's rigorous content standards. While it may seem like a no-brainer that the California Standards Tests (CST's) are aligned with classroom instruction, there was a time not so long ago when students were tested in areas that they may or may not have been taught in class.

Here are some basics about the tests. All 2nd thru 5th

graders will take their grade level's CST in both English Language Arts (ELA) and Math. Fifth graders will also take the CST in Science. The Science test assesses the standards from both 4th and 5th grades.



It is also important to understand that each test consists of various content clusters. In ELA, the test is broken down as follows: Word Analysis, Reading Comprehension, Literary Response and Analysis, Writing Strategies, and Written Conventions. Math is broken down into the following content clusters:

Number Sense (two parts), Algebra and Functions, Measurement and Geometry, and Statistics, Data, and Probability. The content clusters for Science are Physical, Life, and Earth Sciences.

To learn more about the test that is used to assess students' mastery of the standards, you can take a look at the California Department of Education website. Just go to www.cde.ca.gov/ta/tg/sr/resources.asp and locate the Released Test Questions for your child's grade and subject area.

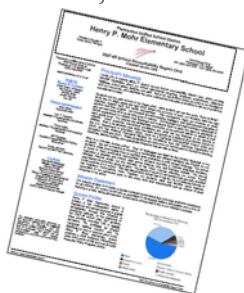
As always, please feel free to contact me if you have any questions or would like more information. I can be reached at rgorton@pleasanton.k12.ca.us or 426-4256 ext. 2152.

-Rich Gorton, Vice Principal

Henry P. Mohr Elementary School's Annual School Accountability Report Card Is Now Available!

Get detailed information about Henry P. Mohr Elementary School's Academic Performance Index, progress towards meeting No Child Left Behind performance standards, California state testing results, teacher qualifications and placements, class sizes, school funding, current condition of school facilities, and sufficiency of school textbooks.

To get your copy of the 2007-08 Annual School Accountability Report Card for Henry P. Mohr Elementary School, please visit the school or Pleasanton Unified School District to request your copy. Or log on to the District's web site at www.pleasanton.k12.ca.us to view or print the school's report.



What is a SARC?

A SARC or "School Accountability Report Card" is an annual report to the parents of California's school children and is required by the State of California. The SARC provides parents with valuable information about the overall performance of the school their child attends.

Demographics, student testing data, teacher qualifications, textbook sufficiency, and school safety are among the many areas that are covered in this report. If you have any questions about the contents of this report, please contact your child's school, the district office or visit the state's website at <http://www.cde.ca.gov/ta/ac/sa/>

Education Code Sections 33126, 33126.1, 35256, 41409.3(a); California Senate Bills 1665, 1632, and 550; and Federal Public Law 107-110 Section 111(h)(2)



Eco/Science Club News



Eco/Science Club Needs Your Help ...

Mohr's Eco/Science club is back to work on some special projects for spring. Our club is a group of 4th and 5th grade students interested in participating and planning projects and activities related to science and ecology. There are several ways you can help:

1. Bring your chipped or cracked clay pots to be repaired, decorated and reused. We plan to give some beautiful growing gifts to senior community groups. Brighten their day and help make a little more oxygen...
 2. Donate bags of potting soil (without Perlite)
 3. Donate flower seeds
 4. Donate craft paints and brushes (water based only please)
- Please bring any donations to the science lab (C2)

Club members are already hard at work on Earth Day (April) and the district E-Faire projects. Members will discuss and decide on projects to present to Mohr students and the community. We will be meeting next on Tues Feb 3rd. All interested 4th and 5th graders should plan on joining us. Bring your lunch and your ideas to share.

Helping Other Schools

Eco/Science Club is organizing a service project to help a school in need. In these hard economic times, with our own district facing real budget cuts it is easy to be concerned about our own situation. Will we lose science lab programs? What programs and resources might be cut? The reality for some schools right here in the US is worse than that right now. One such school is Willamina in Oregon. This school is one of three in the Willamina district that serves mostly Native American. Close to the reservation this school district with one elementary, one small high school and one middle school of only 200 students is designated a poverty district. Almost 90% of students are on the free lunch program. With minimum resources teachers rely on the generosity of others donating office supplies, old textbooks and whatever else they can to help make curriculum come to life for the kids. We can help. If you have children's books that are not being used, office supplies, craft supplies or even educational toys that your children no longer use, think about donating these items. Any contributions are greatly appreciated. You might be surprised at how great an impact your generosity can have. All you need to do is drop off any items at the science lab (C2) Like our new President Obama has said; there is a great feeling that comes with service for others. Pitch In and Enjoy. In these uncertain times learning to give and share is even more powerful.

Critter Club News

4th and 5th grade students are learning hands on pet care and the responsibilities that go along with keeping class pets happy and healthy. Once club members have learned how to care for each animal and have demonstrated that care, they pass along those skills to other club members. Some experienced students may take home some of the pets for overnight or weekend visits. Holidays are another opportunity to care of class pets at home. I am so proud of the students that have shown real affection and caring skills that help keep

our pets happy and healthy contributors to our science lab. If you have a 4th or 5th grade student interested in joining the club they are welcome to come and see what it is all about. We usually meet on Tues (5th) and Thurs (4th) in the science lab at lunch time. Eat first then join us. We are looking for a large glass aquarium that need not be watertight. It needs a top or at least has to be a shape and size we can find a wire top for. Purpose is to house another lizard looking for a good home. Once we have the space we can accept the new pet. Contact Ms. Conley if you have a tank or other supplies to donate.

Thanks.Thanks.Thanks ...

A gigantic thank you to the PTA for funding the new lab safety tables in the Science Lab. Last year the purchase was approved as part of the efforts to update our hands on, lab science program and to create a safe, working lab for students. Just recently the furniture arrived, was assembled, and put to use. We have more space, sturdy fire and chemical safe tables and a real science lab work area for students. Thanks to the generosity of many....this lab furniture can be used for many years to come.

What's Coming Up in Science?

Did you know 2009 is "The Year of Science"? Each grade level started a new strand of science in the lab as the New Year began. 5th - Earth Science, with a focus on resources and conservation; 4th Physical, with a focus on energy, use and conservation, 3rd, Life Science, life cycles 2nd, physical science. Motion/energy 1st, physical science, measurements, matter. All grade levels will continue with investigative skills and experimentation as well as measurement and reporting data and will continue writing and keeping a science notebook. I continue to be proud and excited by the curiosity and enthusiasm of students in all grades. We are doing real hands on science in meaningful investigations that I hope will inspire and continue to excite our students about the science of the world we live in. One upcoming addition is the TIC program (Trout in Classrooms) funded by the generosity of our local fly-fishing club members and the part and Rec. departments. District wide many of us will be raising wild trout eggs to keep them healthy and safe for release in early spring. Be watching for our release date at Shadow cliffs where many of us will join together and watch our "babies" continue their journey to adulthood in the wild. More info will follow. Janet Sears has been doing this program for a number of years with wonderful success. While this will be a greater focus in the 3rd grade program all students will be able to see the process and learn from it. PEAK Program: 4th graders will be studying energy use and conservation as part of their physical science strand. PEAK provides us with materials for this curriculum as well as T-shirts and CFLs for all 4th grade students, as well as bulbs to sell as a fundraiser for science and ecology activities. IN these times more than ever, energy and money saving measures are certainly ideas we want our students to learn about. Science Faire is on the way as well. All told it is a busy season and I hope a great one for 2009, The Year of Science.

Informational Meetings for Parents of New Kindergarten Students 2009/2010 School Year



Parents who are planning to register their children for kindergarten in Pleasanton Unified School District for the 2009-10 school year are invited to attend any one of the **parents only** informational meetings:

- ◆ **Thursday, February 19, 6 - 7 p.m.**, Walnut Grove multipurpose room
- ◆ **Tuesday, February 24, 6 - 7 p.m.**, Valley View multipurpose room
- ◆ **Wednesday, March 4, 6 - 7 p.m.**, Donlon multipurpose 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 18 and 19, 2009 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 6th Grade Parent Orientation Nights



Harvest Park:

March 10: Incoming 6th grade parent information night, 6 p.m., Harvest Park Multipurpose room.

March 11: Parent Laptop information night, 6 p.m., Harvest Park Multipurpose room.

Pleasanton Middle School:

February 26: Laptop information night, 6 p.m., Pleasanton Multipurpose room.

March 3: 6th grade parent information night, 7 p.m., Pleasanton Multipurpose room.

Hart Middle School:

March 10: Incoming 6th grade parent information night, 7 p.m., Multipurpose room.

March 17: Laptop information night, 7 p.m., Hart Multipurpose room.

Kindergarten Round-Up

March 18th and 19th, 2009, 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 18th or Thursday, March 19th. 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 31st of the first school year. The evaluation must be completed by a licensed dental professional.

Community of Character

This month's focus is on **Honesty**.

"I hope I shall always possess firmness and virtue enough to maintain what I consider the most enviable of all titles, the character of an honest man."

-- George Washington, 1st US President

PTA PRESIDENT'S CORNER

Thank You!

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.

**Nominations for 2009-10 Executive Board Sought**

A nominating committee was elected at our January PTA meeting to seek out parents interested in filling positions on the Executive Board next year. If you are interested in being considered for nomination, please contact Parliamentarian Laura Ashizawa, or committee members Arundhati Mitra-De, Clavel Tambunting, and Laura Murdock (their contact information is located at www.mohrpta.org/contact.htm, and in your PTA Student Directory) to express your willingness to serve. Board positions and their duties are listed on our website: www.mohrpta.org/jobdescriptions.htm.

Mohr PTA Needs YOU!

In last month's newsletter, I promised to spotlight a few of the PTA chair positions that will need new volunteers next year. The first two positions I am going to write about are near and dear to me: Newsletter and Website.

These two chair positions facilitate the much needed communication from the school to the parents of Mohr students. The school staff and PTA do not exist in a bubble – it is very important that the information that the school and PTA wish to get to the families has an avenue of delivery so that parents know what is going on at their children's school.

► **The monthly Mohr newsletter, *The Eagle Express*,** needs a new chairperson/editor who hopefully has somewhat younger children who will be attending Mohr for a while. This position has historically not changed hands that often, so we'd like someone to hopefully take it on for a few years at least. I personally have found it to be extremely rewarding for the last 5 ½ years, as I am quite nosy and love to know what's going on before anybody else does! I've also learned a lot of editing/word processing/graphics skills on the job that will be an asset on a résumé someday soon. The newsletter editor works closely with the Mohr Staff, Teachers and PTA, compiling and editing submitted articles and formatting them aesthetically into the finished product you're holding. And because there is a lag time between article submission and

distribution of the newsletter, the newsletter editor gets to know about pretty much everything, before it happens! Contact me at elimesand@comcast.net with any questions or to volunteer.

► **The Mohr PTA website, www.mohrpta.org,** is also in need of a new webmaster. This website was created using Microsoft FrontPage software, and is hosted by an online webhosting company. Duties include updating the weekly "What's New?" page using either FrontPage or another web editing program (software not provided by the PTA), updating other pages at the beginning of the school year and/or as often as needed, monthly usually. Again, this position doesn't look shabby on a résumé, and we're hoping to find someone with access to web editing software and a few years to spend. Contact me at elimesand@comcast.net with any questions or to volunteer.

► **Auditor.** The Auditor is in charge of making sure that the records kept by the PTA are accurate and thorough. Using a checklist, the Auditor checks through the Financial and Secretarial records to make sure that all monies taken in by the PTA are accounted for, and all expenditures have been budgeted and approved by the appropriate people. In order to ensure the impartiality of the Auditor, a person may only hold the position for one year, conducting 2 audits. The first audit takes place in July, after the end of the PTA fiscal year. Then the mid-year audit is done in January. Contact me at elimesand@comcast.net with any questions or to volunteer.

► **eScrip.** We will be needing a new Chairperson to coordinate our eScrip Program. The eScrip Chair's duties include promoting eScrip and other related community fundraising resources (such as Nobhill, Target, etc.) by means of preparing materials to sign up new supporters at Kindergarten Round Up and Registration Day and also by writing monthly newsletter articles. The eScrip Chair also renews supporters already in the system yearly by November 1st. The eScrip and related programs bring in thousands of dollars each year to help fund PTA programs. Virginia Hwang (virginia.hwang@gmail.com) is our current eScrip Chair and can provide answers to any questions about this position.

Studies have proven that Academically Involved Parents = Academically Successful Students! Won't you share a little of your time, energy and talents to benefit your children's school?

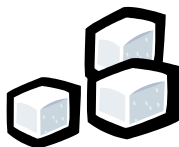
everychild.onevoice.

-- *Beth Limesand, PTA President*

Health and Wellness

The Sweeter Side of Life: How Much is Too Much?

Now that it is a new year, all the decorations put away, and all New Year resolutions well on their way it is time to think about how we eat. Did you know that the average child consumes 116 pounds of sugar a year? That's 23.2 bags of sugar a year!!! That's a lot of sugar! Yes, sugar adds a spark to our favorite holiday foods (Valentines Day is approaching), adds flavor to foods and offers an instant boost of energy. But consider this: eating too much can cheat us of the needed nutrients we need, packs on unnecessary pounds and can play havoc with energy levels, mood and concentration. The World Health Organization recommends that added sugars should only take up 10% of our daily caloric intake. But, that is easier said than done. If you gradually reduce sugar with some of these strategies your family may not even notice that it's missing. Let's take a look at how we can cut back without making our kids, and us, feel deprived.



- Mix it up: many boxed cereals have a "twin." Example: sugared oat cereal vs. unsweetened oat cereal. Put them in a plastic container and each time you refill the container add a bit more of the unsweetened cereal. Over time you will have eliminated the sugared cereal.
- Say "Good-Bye" to the frosting. Anything that's glazed or frosted can add as much as 50% more sugar. You can still have an occasional doughnut; just go for the unfrosted variety. It's still a special treat!
- Call it a "special treat" instead of dessert.
- Turn fruit into a yummy surprise by putting it into the freezer. Fruits that freeze well are: bananas, strawberries and blueberries. Serve them on a stick and you have a fruit kabob.
- Downsize: bake cookies smaller and reduce the number eaten. Instead of a full size candy bar eat the "fun size" instead. Also, serve that treat on a smaller plate. They are less likely to feel deprived if served a little less on a smaller dish.

- Limit the Juice: Yes, juice does supply some important nutrients and generally counts as a fruit serving, but it is also a concentrated source of sugar. For example: apple and grape juice have roughly the same amount of sugar that a glass of soda does. Anything labeled "juice product" has added sugar. Instead look for the 100% juice varieties.
- It is recommended by The American Academy of Pediatrics that children ages 1-6 years have no more than 4-6 ounces of juice a day and children ages 7-18 no more than 8-12 ounces a day. After that go reach for the water. You can put a pitcher of water in the fridge with fruit slices in it.
- FYI: soda, many sports drinks and other "fruit" drinks have up to 16 teaspoons of sugar in them.
- Time your treats. *When* you eat that treat is almost as important as *what* it is. The way our bodies metabolize sugar is affected by what we eat with it. When you eat sugar with fiber, protein and even some fat it is metabolized at a slower rate. If you eat something sugary by itself your body starts to burn it the minute it hits your stomach. This is why we experience the energy burst then soon the slump.
- The best time for that treat would be right after a balanced meal instead of between meals.
- Here are some "sweet" spices to try: cinnamon, mint, nutmeg, cloves, anise and ginger. Add them to baked goods, sprinkle on cereals etc.

Remember, it's about moderation and making healthy choices, not complete elimination. Our children will learn to make good choices from what we teach them!

Information gathered from 1) www.familyfun.com :healthy fun
 2) www.webmd.com :children's health 3) www.mypyramid.gov
 4) www.smartmouth.org this website has some interesting bits of information.

Beth Gallagher, Health and Wellness Chair

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 _____

eScrip News

February Updates

With the budget crisis in California affecting our schools, the scrip program is one of the best ways you can participate to raise money for our school at NO ADDITIONAL COST to you! If you shop at Safeway, NobHill/Raley's, Lucky, Target, or any participating scrip merchants (*list available through www.escrip.com*), your shopping can benefit Mohr!

What your shopping has done for Mohr in 2008!

eScrip supporters raised \$ 5,652
from January to November! (\$7,667 in 2007)
In September, total contribution was \$939.53, which included
\$472.95 from the 10% Back to Schools Program!
Target shoppers raised \$3,191
from January to September! (\$2,886 in 2007)
Nob Hill/Raley's shoppers raised \$230
from Jan. to Dec.! (\$443 in 2007)

Here are all the ways YOU can help Mohr in 2009!

LUCKY SHOPPERS: We have received our Lucky Supermarket SHARES cards. Please pick up a card from the office. When you use this card at Lucky, they will donate 3% of every dollar you spend to Mohr!

NOB HILL SHOPPERS: Remember to show your Quality of Life Card to the cashier each time you shop! If you have never picked up a Quality Life Card, they are still available in the office. Before using it at Nob Hill/Raley's, go online to activate the card.

TARGET SHOPPERS: If you have a target credit card, make sure you go to www.target.com to register your card and designate Mohr as your school. Then a percentage of all your purchases will benefit Mohr.

SCRIP/SAFEWAY SHOPPERS: Make sure you registered your Safeway grocery card and credit cards at www.escrip.com.

Thank you for continuing to support Mohr with your shopping!

Questions? Problems?

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

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 Kim Visscher at kimvi@comcast.net

Recycling Drive

Save those Empties!



Our next *Aluminum Can and Plastics Recycling Drive* is *Friday, February 13th*, during the morning drop off. It is appreciated when recyclables are rinsed and crushed.

Afternoon Kindergartners can drop off their recyclables Thursday afternoon.

Mohr PTA Website

For all the latest news on the budget crisis, School and PTA events, visit www.mohrpta.org/whatsnew.htm.

The Eagle Express is generously provided by the PTA. Your comments and/or suggestions are always welcome.

Please submit articles for the March publication by February 23, 2009 to theeagleexpress@comcast.net.

All articles are subject to approval, and may be edited for space or content. Mohr Elementary is a **Go Green Initiative** school. Please recycle this newsletter when you have finished reading it.

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-Cass (terrymessick@yahoo.com), or by contacting the PPIE office at mail@ppie.org or 925/846-5620. Application deadline for Cycle #2 is March 10, 2009.

PPIE FOUNDATION EDUCATION GRANT APPLICATION PACKETS may be obtained from the PPIE website, www.ppie.org. This year's deadline for Education Grant applications is April 21, 2009. 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-Cass (terrymessick@yahoo.com), or contact the PPIE office at mail@ppie.org or 925/846-5620.

SELPA/CAC Workshop



CAC/SELPA: A parent Community Advisory Committee for the TriValley Special Education Local Plan Area **presents** the following workshop:

Informed, Empowered Parents by: **Linda Wurzbach**
Learn how to improve your IEP meetings & gain a better understanding of your parental rights.

Thursday, February 5, 2009, 7:00 - 9:00 PM
Bernal Room, Pleasanton USD District Office, 4665 Bernal Ave., Pleasanton. Reservations not required.

All CAC workshops are FREE!

For more information, call the TriValley SELPA office at (925) 426-9144. <http://TriValleySELPA.org>

Parenting Classes

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

- ◆ College Planning Night for Juniors and their Parents
- ◆ Cool School Moves: Improving Your Child's Academic Performance Using Brain Gym®
- ◆ Becoming a Proactive Parent
- ◆ Co-Parenting
- ◆ Financial Planning for Families with Special Needs Children
- ◆ Parenting Your Aging Parent
- ◆ Family Dynamics and Self-Esteem: Your Child's Emotional Life *Partnership with Pleasanton PTA*
- ◆ Parent Project: Changing Destructive Adolescent Behavior **Fee: \$95**
- ◆ Stop Using Coercion and Do Something That Really Works
- ◆ The "Strong-Willed" Child



Classes are Free Unless Otherwise Indicated

To Register: Call the Amador Valley Adult School at: (925) 426-4280.

For More Information: Visit us online at: <http://www.pleasanton.k12.ca.us/EducationalServices/AdultEducation/>

Science on Saturday

Students, teachers, and parents are invited to attend Science on Saturday (SOS). SOS is a five-week series of science talks with demonstrations highlighting cutting edge science at Lawrence Livermore National Laboratory (LLNL). The talks are offered free of charge. The program runs January 31 - February 28 at the Bankhead Theater, 2400 First Street, Livermore. There are two presentations on each Saturday--9:30 and 11:15 a.m. Seating is first come, first served (no registration) and is limited, so come early to ensure a seat.



Students receive a worksheet to record the details of the talk. The worksheet is hand stamped at the end of the session. Teachers receive a free copy of the Power Point slides and a DVD of the video recording of the talk by mail. Be sure to complete a mailing label. A flier is available at <http://education.llnl.gov/sos>. For more information, contact Richard Farnsworth, Education Outreach Manager, Science Education Program (SEP), at farnsworth1@llnl.gov.