

Friday Notes

Traut Core Knowledge School

From the Parent Advisory Board...

Dear Traut Family,

Spring is well underway, and we can feel it. It is a season that motivates us to action, clearing out our lives both physically and mentally. The longer days and warmer temperatures inspire us to step out and seek new challenges. Our students were motivated during Traut Track Ten as they rotated from event to event trying their skills and congratulating each others successes. There were students who felt they couldn't do an activity but, since they were there, decided to try anyway. The smiles on their faces when they completed the event confirmed for me an important idea. Just show up. Opportunities for learning and growth happen when you put yourself in the path of great things.

One way to show up and do something great is to consider serving on the Parent Advisory Board. Elections are fast approaching, and 2009-2010 will be an important year of firsts at Traut. Our school is a living, breathing entity that, by nature, grows and changes over time. Our parent partners are integral to the success of the Traut Family. Just show up, the rest is easy.

Warmly,
Tricia Pannell
PAB External Strategist

*Honesty * Patience * Kindness * Humility * Integrity
* Appreciation for Differences*

We are looking for positive individuals interested in serving on our board. The Parent Advisory Board works together with the teachers and staff to make decisions for our school. With all the changes occurring over the next year, this will be an integral and exciting time to step in and serve.

The Parent Advisory Board meets twice a month. One meeting lasts two hours and the second meeting lasts four hours. Different positions on PAB may require some extra time outside of meetings for planning and meeting with staff members. We have four spots available for the 2009/2010 school year, and each spot is a two-year term. We would love to have you join our team. For more information, please e-mail PAB at

tcks-pab@googlegroups.com

or speak with any member of our current team.

- April 21st 5-7 pm – PAB meeting – You are welcome to come and observe our meeting for more information – School Lounge
- April 23rd – Bios need to be submitted by 11:59 pm
- May 7th – Meet the Candidates – Forum 6:00 pm – School Lounge
- May 8th – Ballots in Friday Notes
- May 8, 11, 12 – Ballots collected before/after school in front of school or lobby
- May 19 – New PAB members attend SMBC (Site Based Management Committee) to observe

April 10, 2009

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**Deadline for
inclusion in
Friday Notes is
Wednesday at
10:00 a.m.**

Email to:

jafrei@psdschools.org

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[www.psdschools.org/
schools/traut](http://www.psdschools.org/schools/traut)

*Responsibility * Citizenship * Self-Control * Perseverance * Cooperation * Respect*

Event Calendar

Monday – Wednesday, April 13 th – 15 th	Half-Price Scholastic Book Fair	Media Center	Justina French 449-9697
Tuesday, April 14 th	Class Picture Day	Media Center	Sue Torres 488-7500
Thursday, April 16 th	“A Midsummer Night’s Dream” 5 th Grade Performance	TCKS Gym 1:30 p.m. & 6:30 p.m.	Robin Neal 488-7573
Thursday, April 16 th	Wellness Committee Meeting	Media Center 3:15 – 5:00 p.m.	Jane Kincaid 568-9193 Corinna Kromer 282-9281
Friday, April 17 th	K-12 Parent/Teacher Conference Day	NO SCHOOL	~~~~~
Monday, April 20 th	K-9 Students Off Collaboration Day	NO SCHOOL	~~~~~
April 20 th – May 3 rd	Designs & Images Art Show	Foothills Fashion Mall	Judy Castro 488-7572
Tuesday, April 21 st	SBMC Meeting	Media Center 3:30 – 5:00 p.m.	Bonnie Adams 488-7552
Tuesday, April 21 st	PAB Meeting	School Lounge 5:00 – 7:00 p.m.	Gregg Stonecipher 569-9021
Thursday, April 23 rd	Character Education Meeting	School Lounge 3:15 – 4:15 p.m.	Kerry Borrego 224-2952
Thursday, April 23 rd	2009-2010 Kindergarten Parent Orientation	TCKS Gym 6:00 – 7:30 p.m.	Belinda Nygaard 488-7500
Thursday, April 23 rd	Technology Committee Meeting	Media Center 7:00 – 9:00 p.m.	David Mielke 204-1169
Friday, April 24 th	“Tour de Traut” International Fair	TCKS 6:00 – 8:30 p.m.	Chris Jacquinot 488-7521
Thursday, April 30 th	Deadline for Environmental Request Forms	Current Classroom Teacher	Mark Wertheimer 488-7501



GROUP PICTURE DAY – Tuesday, April 14th.

LUNCH ROOM NEWS...



Menu Changes: Wednesday, April 15th, **Pizza sticks** instead of Cheese Pizza
Tuesday, April 21st, **Turkey & Cheese Wrap** instead of Cheese Sandwich

*** There will be no charging allowed (borrowing money from the lunch room) after May 1st. All outstanding charges must be paid in full by May 10th.**

Please note the meal price increase for the upcoming school year is as follows:

Elementary Schools - \$2.00

Secondary Schools - \$2.25



<http://schoolweb.psdschools.org/traut/TrautWeb/wellness/index.html>

Breakfast = Better Grades

...Continued from last week.

What is a Good, Nutritious Breakfast?

A balanced, nutritious, stick-to-your-ribs breakfast includes some protein, whole-grain foods, and a fruit and/or vegetable. This combination of foods will digest at different rates and give you energy to last throughout the morning.

Protein – Dairy, Eggs, Meat, Nuts

- Milk – non-fat or low-fat
- Yogurt – non-fat or low-fat, low sugar
- Cheese – low-fat
- Cottage Cheese – low-fat
- Eggs – use limited oil/fat in preparation, serve poached, scrambled, hard boiled
- Lean meats – Canadian bacon, skinless turkey and chicken
- Nut butters (no added sugars) – natural peanut butter, almond butter

Missing breakfast and being hungry impairs kids ability to learn!

Whole Grain Foods

- Hot or cold whole grain cereals – fortified, low-fat, low sugar, at least 3 to 5 grams of fiber
- Bread or toast – whole grains are the first foods listed on the ingredient label; otherwise they aren't whole grain
- Whole grain waffles or pancakes – top with fruit, yogurt, or light syrup

Fruit

- Fresh or frozen (no added sugars)
- Canned or cups (in 100% juice, no added sugars)
- 100% Fruit juice – orange juice packs the biggest nutritional punch!
- Dried fruit (no added sugars)

Vegetables

- Fresh, frozen, canned, or juiced
- Add a variety of veggies to your scrambled eggs or omelets – top with salsa

Breakfast Pocket

- 1 egg
- 1 Tbsp water
- 1/2 whole wheat pita, toasted
- 1/4 cup black beans
- 1/4 cup salsa

Directions: Stir egg and water in a small bowl. Cover and microwave on high 1 minute. Fill pita pocket with egg, salsa, and beans.

Continued next week...Excerpt from CanDo

Scholastic Half Price Book Fair



It is time for our **Half Price Book Fair!** The dates and times are **Monday, April 13th**, from 3:00-4:30, **Tuesday, April 14th**, from 8:00-4:30, and **Wednesday, April 15th**, from 8:00-4:00. We will need help setting up on Monday, April 13th, around noon and help tearing down on Wednesday, April 15th, around 4:00. Also, we will need volunteers to help run the book fair. A sign-up sheet is in the library, so if you can help during any of these times, it would be greatly appreciated. Any questions, call Justina at 449-9697.



Jump Rope & Hoops for Heart Thank You Gifts



This note is to let everyone know that the thank you gifts from our Jump & Hoops events were delivered to students on either 4/9 or 4/10. If your child did not get something that they thought they should, please check with me (Mrs. Speer) ASAP. If we made a mistake, we still have time to fix it. My phone is 488-7574 and email is:

dispeer@psdschools.org

Again, thank you for all your support for heart health!



Current K, 1, 2, 3 grade boys...

Do you want to have some FUN???

Then, come join TCKS Pack 192 Cub Scouts

Tues., April 14, 6:30pm, TCKS Flex Room
Tues., May 12, R.S.V.P., Swift Ponds 206-4782



Foreign Language



News...ENDING DATES:

Spanish classes will end according to the following schedule:

Tuesday/Thursday class ended Thursday, April 9
Monday/Wednesday class ends Wednesday, April 15
Monday/Thursday class ends Monday, April 16, but the last classes (from April 2-16) will be extended 10 minutes. Dismissal time will be 4:10 pm for the last 5 classes.

Registration for 2009-2010...

(for both Spanish and Chinese) has begun. Students who are currently enrolled in a Spanish or Chinese class should have received a registration form from their foreign language teacher. Other families can pick up a registration form from the table in front of the office.

DESIGNS & IMAGES ART SHOW

FOOTHILLS FASHION MALL

April 20th–May 3rd

Special Reception:

April 22nd, 6:00 – 7:30 p.m.



Traut End of Year Hot Dog Gig

Thursday, May 14th

(Look for details and pre-order form in this week's Friday Folder.)



The 1st grade Daisy Troop 3735

is collecting items to donate to **Birthingright**, a nonprofit agency that assists new or expectant mothers in need. They need the following items: diapers (newborn size), new baby clothing (newborn size), baby toiletries, and formula. They will also take gently used baby clothes up to size 2T. At this time, they do not need baby blankets or toys. Any donation is greatly appreciated! There is a donation box by the library. Items will be collected until April 21. Please call 224-4347 with any questions.

Traut Track Ten



This Tuesday we concluded the Traut Track Ten with our 800M (4th grade only) and 1600M run trials. About 110 students competed in events on Friday and 44 on Tuesday. Congratulations to all the competitors. We had many outstanding performances! A **HUGE** thank you to all of the parents who volunteered to make this event happen—we had about 40 parents help out this year! Thanks also to Laurie Zenner from the PVH Healthy Kids Club for donating all of the "goodie bags." A very special thank you goes to Diane Speer. I am sure that Friday was a "bittersweet" moment for her, as this was her last year teaching at Traut and last official year co-managing our Traut track meet. Please find time between now and May to personally thank her for her dedication to the wonderful PE program she has developed at Traut and her continued support for the Traut Track Ten. Not all schools in the district teach track and field; not all schools have their own track meet. Thanks to her our kids have had the opportunity to experience the exciting sport of track & field in PE and the opportunity to qualify for and participate in the Poudre School District Track Meet.

If your child qualified for the District Track Meet, then you will be contacted to see if your child would like to participate in that meet. The District Track Meet will be held at French Field, Rocky Mountain High School. **The 800m/1600m runs will take place on Thursday, April 30th, 5:30 p.m. - 7:30 p.m. All other track and field events will be on Saturday, May 2, 8:00 a.m. - 2:00 p.m.** There will be extra track practices (run by parent volunteers) held during lunch recess to better prepare your child for this meet. All 75M relay practices are mandatory. Lunchtime schedules will be posted near the PE board and will also come home with all district qualifiers. Please check your schedules and talk with your child to see if it will work for her/him to participate should they be offered the chance. All rec. soccer games have been cancelled on this day during this time in order to allow students to be involved with this event. If you decline to participate, we will offer the position to another student. It is an honor to represent Traut at the District Meet.

Rules for the District Meet limit each participant to one distance run, two sprints, one field event, plus one relay. Distance events show up 15 minutes before your time, 4th grade-5:30-6:15, 5th grade-6:15-7:00, 6th grade-7:00-7:30 p.m. If you have any track and field experience and are available to help during lunch recess practices during the weeks of 4/13, 4/20, or 4/27, please call Tricia Kearns at 223-7099.



Tour de Traut International Night

When: Friday, April 24th, 2009

Where: Traut Core Knowledge School

Food Served: 5:30-7:30

Activities: 6:00-8:30

Come join us for a fun-filled night of crafts, games, and activities from around the world. On your "tour" you can visit places such as India, Japan, China, France, the Netherlands, Mexico, and the good ole USA. In addition, you can watch Chinese and Indian dancers perform some traditional dances.

If you would like a booth at our "Forum," please contact Chris Jacquinot. If you have a home business such as Pampered Chef, Longaberger Baskets, Southern Living, Avon, Silpada, etc., this would be a fun way to sell and advertise your business. It is \$25.00 dollars for the table. If you own a business, this is an inexpensive way to promote and advertise your business. If you are an artist or crafter, you may sell your work in our Forum as well. We will print your name and business in our Friday Newsletter. Let's support our Traut families and local businesses!

Please turn your food forms in at the office. The food is being provided by Austin's American Grill. Forms are due by Thursday, April 17th.

Bid in our silent auction for a special time with a staff member. Here are some of the fun items you can bid on: an Asian appetizer adventure, miniature golf, movie, Water World, art lesson, bake cookies, hiking, lunch, ice cream, hit a bucket of golf balls, bowling, pizza, and more!

We need your help to make this a success! Volunteers are needed to help in the classrooms. There is a sign-up sheet outside each classroom. We need parents to sign up for a 30-minute time slot. Ask your classroom coordinator how you can help! If you have any questions, please contact Chris Jacquinot at 488-7521 or cjacquin@psdschools.org.