

Friday Notes

Traut Core Knowledge School

From the Parent Advisory Board...

Dear Traut Family,

Opportunity... something we all seek. We are told that when opportunity knocks we need only to open the door. However, the problem is because the knock can be lost in the everyday white noise we often allow opportunities, both great and small, to slip by us without ever realizing it was there. Our school is a school of choice. We choose to send our children here for varied reasons, but one thing I'm sure of is that we are thinking of what is best for our children and their future. Our school is unique. It offers unique opportunities, but with our bustling lives we don't always see the opportunities our school gives us. For those who are not aware, Traut places a premium on the parent partnership relationship. Along with this, Traut has a unique relationship with how much input the parents have in how our school is governed. While many schools have some form of a parent teacher organization, Traut's governance is built on a pillar where the Parent Advisory Board (PAB) is an essential function and truly advises how our school is run.

Currently there is an opportunity to impact the direction our school is headed in the future. The end of the school year marks the end of an opportunity for some of the current PAB members. However, it also creates an opportunity for you to lead our school into tomorrow by serving on the Parent Advisory Board. Opportunities are often scary. The best opportunities seldom allow you to remain in your comfort zone; it requires you to get up and open the door. Get up, open the door, and take the opportunity to serve on the Parent Advisory Board. Remember, when we look back it's not the things we did we regret, it is the things we didn't do. Don't let this great opportunity slip away.

Mike Ortega
Parent Advisory Board



Parent Partners,

*Once again, thank you for the delicious
Staff Appreciation lunch from Austin's.
Your partnership in the success of this school
is of utmost value to us as staff.*

*Thank You!
TCKS Staff*

May 1, 2009

Inside this issue:

Event Calendar	2
Library Books	
Room Moving Crew	3
District Tract Meet	
Hot Dog Gig	
Scholastic Book Fair	
SBMC Agenda	
Wheels & Pets	
Wellness Committee	4
Recycled Art Contest	
Art Show	

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

Email to:

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Traut Core
Knowledge
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[PSD Web Site:](http://www.psdschools.org/schools/traut)

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

Event Calendar

April 20th – May 3rd	Designs & Images Art Show	Foothills Fashion Mall	Judy Castro 488-7572
Monday, May 4 th	Library Committee Meeting	Media Center 2:00 – 3:00 p.m.	Peggy Lundebly 488-7570
Monday, May 4th	TCKS Waiting List & Applicant Orientation	Media Center 7:00 p.m.	Belinda Nygaard 488-7500
Wednesday, May 6 th	VIPS Meeting	School Lounge 8:30 – 10:00 a.m.	Inez Bonjour 218-5401 Kim Perkins 225-0311
Wednesday, May 7 th	SBMC Meeting	Media Center 7:00 – 9:00 p.m.	Mark Wertheimer 488-7501
Thursday, May 14th	FIELD DAY	TCKS Playground 8:30 a.m. – 3:00 p.m.	Diane Speer 488-7574
Thursday, May 14th	HOT DOG GIG	TCKS Playground 5:30 – 8:00 p.m.	Teyana Reynolds 206-9107
Friday, May 15th	Teacher Work Day	NO SCHOOL	* * * * *
Monday, May 18th	FIELD DAY RAIN DATE	TCKS Playground	Teyana Reynolds 206-9107
Tuesday, May 19 th	SBMC Meeting	Media Center 3:30 – 5:00 p.m.	Gregg Stonecipher 568-9021
Tuesday, May 19 th	PAB Meeting	School Lounge 5:00 – 7:00 p.m.	Gregg Stonecipher 568-9021
Thursday, May 21st	“Julius Caesar” 6th Grade Performance	TCKS Gym 1:30 & 6:30 p.m.	Robin Neal 488-7573
Thursday, May 21 st	Wellness Committee Meeting	Media Center 3:15 – 5:00 p.m.	Jane Kincaid 568-9193 Corinna Kromer 282-9281
Thursday, May 21 st	Character Education Meeting	School Lounge 3:15 – 4:15 p.m.	Kerry Borrego 224-2952
Monday, May 25th	Memorial Day	NO SCHOOL	* * * * *
Thursday, May 28th	6th Grade Graduation	TCKS Gym 6:45 – 8:00 p.m.	6th Grade Teachers
Friday, May 29th	5th Grade Graduation	TCKS Gym 9:00 a.m.	5th Grade Teachers
Friday, May 29th	LAST DAY OF SCHOOL	Dismissal @ 11:30	(No Kindergarten)



Last day to check out books in the library is Thursday, May 14th.



Room Moving Crew Needed

In preparation for the change to the new grade configuration next year (K-5), many teachers will be moving classrooms over the summer. We are putting together a crew of parents to help move boxes, bookcases, bulletin boards, etc. If you can help for even a couple of hours over the summer, contact Gregg Stonecipher at greggstonecipher@gmail.com. This work will be done in a coordinated fashion on two or three days in June.

District Track Meet-- Tomorrow!



The PSD Track Meet is tomorrow, Saturday, May 2nd, at French Field, Rocky Mountain High School, from 8:00 a.m. -2:00 p.m.! We have almost 90 students who will be representing Traut at the meet this year. This is an opportunity for participating students to represent Traut and compete against other students from across the district in running, jumping, and throwing events.

Since it is an honor to represent our school at this event, our expectation is that all Traut student athletes competing in this meet will uphold our character qualities, exhibit good sportsmanship, and be focused on attempting to achieve their personal bests at this meet. Please arrive at least 15 minutes before your child's start time. The rain date for this event is Saturday 5/9. In the event of questionable weather, please tune in to radio stations KIXX, TRI 102, and KCOL for an announcement. You will not receive a phone call. If the meet is cancelled due to weather and you cannot compete next week, please call me ASAP so I can make substitutions. Students **MUST** wear the name tag sticker to the meet (they received this at school), and it must be visible on the upper front of their shirt. At the meet, all parents and other spectators must stay behind the fences and in the bleacher area. This includes track meet participants when they are not competing in their events. Please listen carefully to the meet announcements so that your child can get to the proper place at the right time. Best wishes to all competing athletes! Questions? Call Tricia Kearns home: 223-0799 cell: 310-9095



Traut End of Year Hot Dog Gig, Thurs., May 14th

Pre-order forms are available on the table outside the office or can be printed off the Traut website at

www.psdschools.org/schools/traut under Friday Notes.

SCHOLASTIC BOOK FAIR...

Thank you to everyone who volunteered and purchased books at the Spring Book Fair. Scholastic gave our Media Center \$428 in books (or over \$800 at full price)! We will see you in September!
Justine French & Kathy Angello



Traut Core Knowledge School SBMC Agenda

Thursday, May 7, 2009, 7-9 p.m. Media Center
Facilitated by Mark Wertheimer

- I. Opportunity for Community Comment
- II. Board Member Comment
- III. Approval of minutes from April 21, 2009
- IV. Reorder Agenda
- V. Discussion Items
 - A. Tech Update
 - B. Tour de Traut Financial Update
- VI. Action Agenda
 - A. Review Budget Committee Decisions
 - B. Budget Adjustments
 - C. 2009 Survey
 - D. Ad Hoc GT Implementation Committee
- VII. Agenda for next meeting Tuesday, May 19, 2009; 3:30-5 pm; facilitated by Gregg Stonecipher
 - A. Final Budget Approval
 - B. Introduction of New Members
- VIII. Adjournment



As the weather warms up and we near the end of the school year, please remember to

WALK your bikes, scooters, etc., when on school property, and, for the safety of all, **DO NOT** bring pets onto school property.
Thank you.





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

ENCOURAGE OUTDOOR ACTIVITY

Most kids love to get outdoors, but can fall into the habit of heavy TV viewing. Help renew your child's appreciation of nature by visiting parks, walking, hiking or biking together. Your own backyard is a great resource too. Kids of all ages enjoy digging, planting and watching things grow. If you have limited space, try a container garden. Cherry tomatoes work well, or try mini herb gardens. Kids will enjoy picking their own basil, mint and oregano. They can even customize their projects by decorating their pots with acrylic paints.



EMPHASIZE POWER VEGGIES

Encourage children to "eat a rainbow" by offering a vibrant array of produce. Try a kids Power Salad night, allowing children to create their own masterpieces with spinach, lettuce, cucumbers, tomatoes, red cabbage, carrots and other favorites. Fun, healthy toppers include beans, shredded cheese, avocado, sliced hard-boiled eggs, raisins, chopped almonds and sunflower seeds. Kids will love picking their favorite dressings, like Ranch or Honey Mustard. Not only will they have fun, they will be more likely to eat salads they have created themselves.

ENCOURAGE POWER FRUITS

Aim for a wide array of fresh fruits in season. Warm weather offerings include a delicious range of sweet, fresh berries, cherries, apricots and more. Enjoy luscious exotics too, like mango, kiwi, pineapple and papaya. After school, serve a platter of fresh sliced fruit instead of cookies or chips. This nutritious, hydrating snack is also less likely to spoil kids' appetites for a healthy dinner.

INCLUDE POWER SNACKS

Healthy snacks are important for lasting energy. Good choices include fresh almonds, pumpkin, and sunflower seeds, peanut butter on whole grain bread, soy or dairy cream cheese on wheat crackers, and low-sugar, high-fiber protein bars. Try fruit smoothies made with fresh and frozen fruit, soy or whey protein powder, and dairy, soy or almond milk. Kids love them, and they allow you to incorporate several servings of fruit at once. You can also purchase popsicle molds, letting kids make their own variations from the array of healthy, antioxidant-rich juices you provide. Blend in some yogurt with juice for a creamier version.

GO ORGANIC WHERE IT COUNTS MOST

If you haven't gone 100% organic when shopping for food, don't worry, any action you can take towards reducing chemical exposure for your family helps. You might target produce with the highest pesticide load for starters. According to the Environmental Working Group, some of the top fruits and vegetables most heavily laden with chemicals are: peaches, apples, sweet bell peppers, celery, nectarines and strawberries. If you're interested in finding out about all 43 fruits and vegetables in order of their pesticide load at you may visit www.foodnews.org.

PROTECT WITH NUTRITIONAL SUPPLEMENTS

Since not all children eat enough nutrient-dense foods each day, a broad-spectrum multi-vitamin mineral formula is important.

Fresh, natural foods offer benefits beyond what supplements can provide, so a complement of both nutritional supplementation and meals based on fresh, whole foods is ideal.

These tips are simple to incorporate, but they can go a long way in promoting joyful, energetic little people. Try one or more, and see what works for you. [Here's to healthy kids!](#)

Excerpt from mambosprouts.com

Recycled Art Contest at the Larimer County Garbage Garage

Our judges have completed their work and have selected two of TCKS students' artwork as finalists in our "Trash to Treasure Art Contest." Erin H.'s "Giraffe" and Joanna W.'s "Don't Feed Slick" were chosen. We have scheduled the Open House for Saturday, May 9, 10am-2pm. The artwork will be on display then for voting by our visitors, so I won't have any final results until then.

Please help me spread the word! Thanks.
Mrs. Castro



DESIGNS & IMAGES ART SHOW FOOTHILLS FASHION MALL April 20th–May 3rd

Look for Traut student art about halfway between the Food Court and what used to be JC Penny's.