



# ROWAN CURRENT

October 2008

## A Message from the Co-Presidents

Welcome to the first edition of the "2008-2009" Rowan Elementary PTA Newsletter! We hope you and your children have had a great start to the school year. This letter will be distributed once a month and will help to keep you informed about the PTA activities and events as well as let you know about opportunities for you to get involved.

As always with new faces come new ideas. We are excited to get this year started. We have some new programs and events that would not be a success without your generous donation of TIME. The Rowan PTA depends on its volunteers to keep going. Throughout the year there will be plenty of opportunities for you to help with activities in the school. We also want to pass on an invitation to you to attend our Executive Board and General PTA meetings. Your ideas matter and we want to hear from you. As Helen Dyer said, "Volunteerism is the voice of people put into action. These actions shape and mold the present into the future of which we can all be proud." You can make a difference.

Please, let us know if we can ever be of assistance. We are here to help you and your children have a GREAT year!!

Lastly, we would not be able to be as confident this year, if it weren't for the wonderful people we learned from in past years. Thank you to the 2007-2008 PTA for being terrific role models.

*Carrie Snell and Tiffany Ashbaugh  
Rowan Elementary PTA Co-Presidents*

## SAVE THE DATE

- Oct 9 Picture Day
- Oct 9 Save for America Banking Day
- Oct 14 Executive Board Meeting 7:00 pm
- Oct 16 Family Book Party 6:30-8:30 pm
- Oct 21 Open House 6:30 pm  
(K, 2nd, and 4th grades)
- Oct 22 Open House 6:30 pm  
(1st and 3rd grades)
- Oct 20-28 Book Fair
- Oct 31 Fall Classroom Parties
- Nov 17 -25 Holiday Shop

## PTA Wishlist

Sometimes teachers find they need items for their classroom that don't fall within the school budget. This is an opportunity for families to donate a specifically needed item that would benefit the children. To donate an item please contact Carrie Snell at [carrie\\_snell@msn.com](mailto:carrie_snell@msn.com).

**Mrs. Stohr:** gently used board games

**Mrs. Mings:** potting soil and a grow light

**Mrs. Profeta/Mrs. Daschbach:** 3-5 walkmen (cassette players)

**Miss Bucciarelli:** balls, jump ropes (for recess) and 'Apples to Apples Junior' boardgame.

**Mrs. Dobrick:** gently used pants and shorts sizes 6 through 12.

## TAG Volunteers Needed

The Traveling Art Gallery (TAG) program is still looking for volunteers for this year. **NO ART ABILITY or EXPERIENCE IS NECESSARY** and materials for presentations are provided. All that is needed is a parent willing to donate their time and enthusiasm to support this fun program. It's a great opportunity to spend time in the classroom and the children always enjoy the visits! Time commitment is one half hour per month at a time you arrange each month with the teacher. For more information, please contact Jill Wolter at 724-742-2675 or [JW1@zoominternet.net](mailto:JW1@zoominternet.net).

The *Rowan Current* is published monthly throughout the school year to keep you informed of PTA sponsored activities at Rowan Elementary. Please contact Amy Blew at [amyblew@connecttime.net](mailto:amyblew@connecttime.net) with any suggestions or to submit information for publication. Put "PTA Newsletter" in the subject line. All submissions must be received by the 18th of the previous month. Thanks!

## THANK YOU!

### Rowan Fall Carnival

Thank you to ALL of the volunteers (and there were a lot), who helped to make the first Rowan Fall Carnival a fun and successful event! We are so appreciative to all those that attended and all those that donated their time.

Thank you to all of the sponsors who donated gift cards, prizes, and gift baskets and to the Greensburg Rental Center who helped us out with all of the carnival food items.

### Donors

The PTA would like to express our gratitude to the following businesses for their donations to the 2008 Fall Carnival:

Learning Express	Barnes & Noble
Pittsburgh Penguins	Giant Eagle
Pittsburgh Pirates	Toys R Us
The National Aviary	Chick-Fil-A
Monte Cello's	A Bella Salon
Fun Fore All	
Dr. Ken Pennell Chiropractic Center	
Phipps Conservatory and Gardens	

### PTA Membership

Thank you to all the Rowan teachers, staff members, parents, and students who have joined the Rowan PTA. There is still time to join! If you need a membership form please contact Lisa Rhoads at 724-778-9482 or send a note to the PTA mailbox.



## EASY FUNDRAISING ACTIVITIES

### Recycle Rewards Is Expanding

We are excited to be expanding our Recycle program this year! Please help us earn cash for Rowan by bringing in the following items to be recycled:

- Used cell phones
- Video game consoles (include all accessories)
- Video games (include case)
- Empty inkjet cartridges
- Empty laser cartridges
- Digital Camera
- Laptops (include power cords)
- PDAs/Palm Pilots (include all accessories)
- iPods (include all accessories)
- DVD movies (include original packaging)



Tell all of your family, friends, neighbors, and co-workers about this great program!

### Apples for the Students

Please help Rowan Elementary earn free educational items from Giant Eagle!! To register your Giant Eagle Advantage card, go to **www.gianteagle.com** and click on Educational Support or call **1-800-474-4777**. You will need your advantage card number and our school code which is **#0932**.

Once you are registered, every time you use your Giant Eagle Advantage card, Rowan will automatically earn points towards educational related equipment. The program runs from September 28, 2008 through March 18, 2009 so hurry and register today!!

### Campbell's Labels

You can help earn free merchandise such as computers, audio/visual equipment, physical education equipment, or books, simply by collecting Campbell product proofs of purchase. Send them to school with your child to place in the collection box located outside of the teachers' mailboxes. A flyer will be coming home that will outline all of the UPC codes that are eligible for Labels For Education.

If Rowan submits **4,750** total points in UPCs/Lids before 6/30/2009 we will receive a **900** point bonus which will be deposited into the school's account after 8/1/2009.

## 10 TIPS TO HEALTHY EATING AND PHYSICAL ACTIVITY

### 1 Start your day with breakfast.

Breakfast fills your "empty tank" to get you going after a long night without food. And it can help you do better in school. Easy to prepare breakfasts include cold cereal with fruit and low-fat milk, whole-wheat toast with peanut butter, yogurt with fruit, whole-grain waffles or even last night's pizza!

### 2 Get Moving!

It's easy to fit physical activities into your daily routine. Walk, bike or jog to see friends. Take a 10-minute activity break every hour while you read, do homework or watch TV. Climb stairs instead of taking an escalator or elevator. Try to do these things for a total of 30 minutes every day.

### 3 Snack Smart.

Snacks are a great way to refuel. Choose snacks from different food groups—a glass of low-fat milk and a few graham crackers, an apple or celery sticks with peanut butter and raisins, or some dry cereal. If you eat smart at other meals, cookies, chips and candy are OK for occasional snacking.

### 4 Work up a sweat.

Vigorous work-outs—when you're breathing hard and sweating—help your heart pump better, give you more energy and help you look and feel your best. Start with a warm-up that stretches your muscles. Include 20 minutes of aerobic activity, such as running, jogging or dancing. Follow-up with activities that help make you stronger such as push-ups or lifting weights. Then cool-down with more stretching and deep breathing.

### 5 Balance your food choices—don't eat too much of one thing.

You don't have to give up foods like hamburgers, french fries and ice cream to eat healthfully. You just have to be smart about how often and how much of them you eat. Your body needs nutrients like protein, carbohydrates, fat and many different vitamins and minerals such as vitamins C and A, iron and calcium from a variety of foods. Balancing food choices from the Food Guide Pyramid and checking out the Nutrition Facts Panel on food labels will help you to get all these nutrients.

### 6 Get fit with friends or family.

Being active is much more fun with friends or family. Encourage others to join you and plan one special physical activity event, like a bike ride or hiking, with a group each week.

### 7 Eat more grains, fruits and vegetables.

These foods give you carbohydrates for energy, plus vitamins, minerals and fiber. Besides, they taste good! Try breads such as whole-wheat, bagels and pita. Spaghetti and oatmeal are also in the grain group. Bananas, strawberries and melons are some great tasting fruits. Try vegetables raw, on a sandwich or in a salad.

### 8 Join in physical activities at school.

Whether you take a physical education class or do other physical activities at school, such as intramural sports, structured activities are a sure way to feel good, look good and stay physically fit.

### 9 Foods aren't good or bad.

A healthy eating style is like a puzzle with many parts. Each part—or food—is different. Some foods may have more fat, sugar or salt while others may have more vitamins or fiber. There is a place for all these foods. What makes a diet good or bad is how foods fit together. Balancing your choices is important. Fit in a higher-fat food, like pepperoni pizza, at dinner by choosing lower-fat foods at other meals.

And don't forget about moderation. If two pieces of pizza fill you up, don't eat a third.

### 10 Make healthy eating and physical activities fun!

Take advantage of physical activities you and your friends enjoy doing together and eat the foods you like. Be adventurous—try new sports, games and other activities as well as new foods. You'll grow stronger, play longer, and look and feel better! Set realistic goals—don't try changing too much at once.

## UPCOMING PTA EVENTS

### Get Ready for a fun Book **SAFARI** Bring the Whole Family!!

Join us for a fun evening on **Thursday, October 16<sup>th</sup>** from **6:30 pm to 8:30 pm** for a **Family Book Party** to kick off the PTA's annual Book Fair. The evening will include a chance for parents to see the great selection of books and to shop early. There will also be an opportunity for the kids to "tell a story" with a **Klutz Build-A-Book**.

The "custom" Book Fair was so well accepted last year, that we are doing this again this year. This means that there will be selections for the entire family to choose from! There will be books not only for the kids (preschoolers, elementary and middle school age), but also for Moms, Dads, and Grand-parents as well.

In the cafeteria, we will again be offering the Klutz Build-A-Books for \$6.00. New this year is a larger format Build-A-Book for \$10.00. Parents and children can build (not just write) a special one-of-a-kind book using a glue stick and craft materials plus a blank wire-o-bound book.

All Rowan students who purchase a book during the Family Book Party kick-off night can enter in a drawing to win a \$15.00 gift certificate to use at the Book Fair.

The Book Fair will also be open during the evenings of Open House on Tuesday, October 21<sup>st</sup> and Wednesday, October 22<sup>nd</sup>. All students will also be able to shop at the Book Fair during the time scheduled for their class. Student Shopping Days will be held **Monday, October 20<sup>th</sup> to Monday, October 27<sup>th</sup>** during a time selected by their teacher. Look for the Book Fair *Safari* flyer to come home with the dates and times for your child's class shopping time. To avoid congestion and confusion, we ask that only those volunteers who have been contacted to assist our students shop come to the Book Fair during the class shopping times. Student Make-up Shopping Day will be Tuesday, October 28<sup>th</sup> from 1:00 pm to 3:00 pm. Parents are welcome to come in and shop this day as well.

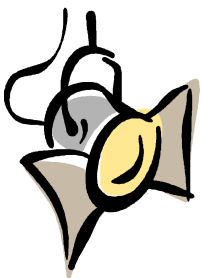
### Get ready for a WILD time at the SAFARI!!



#### SPOTLIGHT — PTA PARENT:

##### **Teresa Hickmann**

Teresa has been involved with the PTA since 1995. She has a 19 year-old son, a 15 year-old son and her daughter Katie is a fourth grader in Mrs. Kretschmann's class. Teresa has helped out as a volunteer for the Book Fair, Santa Shop and class parties. She currently co-chairs the Caring Trees Committee. Teresa feels that Rowan is like family in that the faculty and staff are very friendly and still ask about her older children. Teresa says she is going to miss Rowan and after 14 years, Rowan and the Rowan PTA will definitely miss her. Thank you, Teresa, for the time you have given to our students!



*Each month, the PTA will spotlight a member in an effort to recognize the individual people who give of themselves in order to make Rowan Elementary the best it can be. Unfortunately, we know that we can't highlight every member and we hope every volunteer knows how much they are appreciated and needed! Thank you for volunteering, have a great year!!*