



# ROWAN CURRENT

November 2008

## A Message from the Co-Presidents

As we move into the fall, we hope you will consider becoming a member of our PTA and joining in our efforts to make this a wonderful year. As a volunteer, you will assist us in creating a close community of families - making Rowan Elementary a wonderful place to learn. You will meet parents and form friendships that will last a lifetime. Nelson Mandela said, "Education is the most powerful weapon which you can use to change the world." So let's work together to equip our children to that end. Feel free to email us anytime you have a question concerning our school and the PTA. We are always anxious to help you feel comfortable and welcome at Rowan!

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

## Holiday Shoppe

This year's Holiday Shoppe is scheduled for November 17th through November 25th. We are excited about working with Superb Fundraising to make this year's Holiday Shoppe unforgettable! We will continue to offer a wide variety of items for the children to select for all members of your family.

In addition, we will continue to offer our wrapping service! We need your help with this. If you are interested in donating curly ribbon or tissue paper, we will be accepting these items in the office through November 24th. We would really appreciate your generosity with these few items during this exciting time of year! Another nice addition this year is that each child will receive a \$1 coupon to spend at the Shoppe. Letters and money envelopes will be coming home in November and we will begin calling the volunteers November 3rd. We look forward to assisting your children with their holiday shopping!

## SAVE THE DATE

Nov 11	No School for Students
Nov 11	Parent/Teacher Conferences
Nov 17 -25	Holiday Shop
Nov 18	6:30 pm PTA Exec Board Mtg followed by Speaker Leslie Bonci at 7:30 pm (note times)
Nov 24	BMX Bike Show
Nov 26-Dec 1	Thanksgiving Vacation
Dec 8-12	Caring Trees

## 2008 Caring Trees Program

Rowan's annual Caring Trees Program will kick off this year on Monday, December 8th and run through Friday, December 12th. The Caring Trees program gives the students, faculty and families of the Rowan community an opportunity to donate items that are needed by various agencies in our area. The agencies that the program supports are; Gleanors Food Bank, Lifeline and VOICe (Victim Outreach Intervention Center). In addition to these agencies the program also donates to Rowan families in need. Examples of items collected are: baby clothes, cleaning supplies, diapers, non-perishable food, personal care items, and gift cards from local stores.

A flyer will go home with all students in late November detailing the items needed this year. This project is a great opportunity to help those in need. These donations warm the hearts of those who receive as well as those who give. Let's work together to help make the holiday season a happy one for all.

*-Teresa Hickmann, Julianne VanHoose, Amy Sousa-Salameh*

## PTA Wishlist

Miss Cardillo in Room 8 is looking for free or donated items for her classroom's Treasure Chest. Examples include: note pads, tablets, stickers, tatoos, key chains, travel games, deck of cards, etc. To donate an item please contact Carrie Snell at [carrie\\_snell@msn.com](mailto:carrie_snell@msn.com).

## **Fall Carnival**

Thank you for making the First Rowan Fall Carnival a huge success! The carnival was held Tuesday, September 30th in the Rowan Cafeteria and had an incredible turnout of students and parents. We learned a lot our first time around and look forward to a bigger and better carnival next year!

We'd like to extend a special thank you to an amazing group of over 40 volunteers that helped to run the food machines and carnival games, as well as serving as greeters, raffle prize helpers, face painters and more. The support from the board, executive board and parents was incredible, and we are so thankful for all of your help and interest!

Our anticipated attendance was for 250 children, and we are so pleased to announce that we almost doubled that number! Over **450** children attended with their parents! We were so fortunate to have raffle donations from over 20 local businesses as well as coupons that were handed out in the gift bags from Red Robin, Fun Fore All, CiCi's Pizza, Chik-Fil-A and Dave & Buster's. Raffle tickets were three for a \$1 and raised over \$500 from ticket sales. Admission price per child was \$2 and raised over \$900. In total the carnival raised over \$1400 that will go back to the PTA.

We sincerely appreciate everyone who volunteered their time, talent and came out that night to support the event! We would like to thank the following businesses for their support and donation for our raffle table:

Barnes & Noble, Pittsburgh Pirates, Pittsburgh Steelers, National Aviary, Phipps Conservatory & Gardens, American Eagle, Fun Fore All, Monte Cello's, Chik-Fil-A, The Learning Express, Giant Eagle, A Bella Salon, Dr. Ken Pennell Chiropractic Center, Toys-R-Us, Applebee's, Bee's Knees Entertainment and the Greensburg Rental Center.

*-The Rowan PTA Board*

---

## **Box Tops Fundraiser**

Welcome back to another great year at Rowan. This year we are again are participating in the Box Tops fundraiser. This is a simple way to earn CASH for our school! Tell family members and neighbors to clip their Box Tops! Then simply send them in with your child. The collection site is located near the teacher's mailboxes.

As a special promotion, Giant Eagle has teamed up with Box Tops to help our program prosper. Just go to GiantEagle.com and click on Box Tops for Education to register your advantage card number. Anytime you buy a designated amount of Box Top items using your Advantage Card, Giant Eagle will automatically send out bonus Box Tops certificates to you by mail that you can turn in at school. Look for a flyer coming home to explain it in more detail! Thank you in advance for taking the time to collect, clip, and send in your Box Tops! Your generous support makes this program a success for our students.

*-Shannon Luther*

## **Fall Fundraiser**

Our Fall Fundraising for 2008 has come to an end. A huge THANK YOU to all of you who helped out with the magazine fundraiser and the kids coupon books. While we did not meet our goal of \$35,000.00 with the magazine sales this year, we did come very close. A little more than \$32,000.00 was reached. The magazine fundraiser brought the school more than \$13,000.00 in profit. A great job! Even though we did not meet our goal to receive the BMX Bike Show at no charge, the PTA officers voted to pay the difference so that the Bike Show will go on as planned on November 24<sup>th</sup> at 9:00 am. The BMX Bike Show was a huge hit for the kids last year so we are very excited to bring it back for them.

CONGRATULATIONS to our top 5 sellers who will be playing Deal or No Deal on November 6<sup>th</sup> at 2:00 pm in the cafeteria...ANDRIA RHODES RM 12, JASON HARTENSTEIN RM 3, ANDREW VEGA RM 5, ABIGAYLE HILL RM 8, and JOSH THOMAS RM 11.

Learning Express is offering a 10% discount to all Rowan customers for the week of November 10<sup>th</sup> through the 16<sup>th</sup>. Just mention Rowan Elementary at checkout and our school will receive a check for 10% of all Rowan sales that week. Christmas is just around the corner.

We want to thank each and every family at Rowan for their support in our fundraising efforts. Through your support of these fundraisers the PTA is able to pay for the many activities the students enjoy such as school assemblies, field trips, field trip bussing, Author's Week, Fourth Grade Farewell, playground equipment, educational requests and many, many more.

*-Debbie Walker*

**SPOTLIGHT — PTA PARENT:**

**MICHELLE CINDRICH**



This month’s Spotlight PTA Parent is Michelle Cindrich, parent of fourth grade student Kyle. Michelle started volunteering with the Rowan PTA in 2000. Since that first year she has been involved with numerous committees including Book Fair, Room Parent, Holiday Shoppe, Fundraising and Science Fair. Michelle has chaired Block Parent, Membership, Save for America, Reflections and 4<sup>th</sup> Grade Graduation. In addition she has been the PTA Secretary and 1<sup>st</sup> Vice-President. WOW!

Michelle said she “thoroughly enjoyed the Reflections Committee as she was able to see the unique artistic interpretation of Rowan’s students.” Her favorite committee is the Save for America Committee “that encourages students to save at an early age, create goals and through weekly deposits, work hard toward achieving those goals. Some of those goals were a laptop, vacation, and college!”

As Michelle reflects on her nine years at Rowan she warmly remembers the talented teachers and staff who will always be cherished. She is also grateful for all the friends that she made throughout her years here. Finally, she encourages all parents to get involved in the PTA to experience the richness that Rowan has to offer its students.

Thank you, Michelle, for the generous donation of time you’ve given to our kids!

*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 all for volunteering!!*

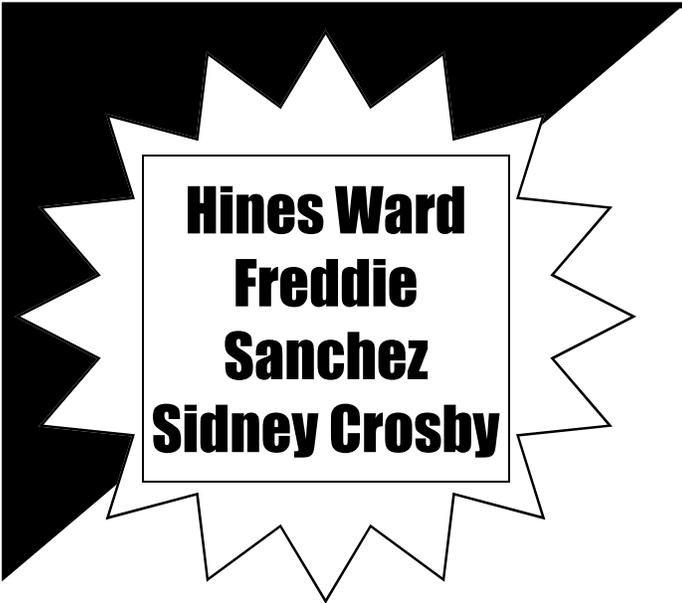
**Healthy Brown Bagging Tips**

Is your child’s idea of fruit and protein a Fruit Roll-Up and a peanut butter cup for lunch? How do you turn bad habits into healthy ones? Start by talking to your child about healthy snacks and lunch foods. You’ll get your kids’ input on what they like to eat and you’ll have an opportunity to offer them nutritious choices.

Next, stop handing out empty calories! Avoid lunchtime snacks that are high in sugar and substitute pretzels or rice cakes, or choose a high-fiber snack such as popcorn, fresh fruit or veggies, or toss in string cheese snacks that are a good source of calcium.

Now, it’s time for you to get creative. Turn last night’s dinner into today’s lunch. Cut leftover chicken cutlets into strips, put over lettuce and include a packet of dressing on the side. Make an occasional salad by combining salad greens with cheese, fruit or nuts. Soup is a great lunchtime meal that keeps afternoon hunger at bay. Also, try a low-carb alternative to traditional sandwiches: wraps. Your kids will have fun choosing the ingredients and rolling them up! It’s a great way to start teaching them to make their own lunches. Have your kids ever tried hummus? It’s high in protein and comes in many varieties. Spread it on a sandwich or a wrap instead of mayo.

Be sure to provide 2% milk, bottled water, or a 100% juice box. Juice boxes can be frozen overnight and popped in to lunchboxes to keep foods cool and will be ready to quench thirst by lunchtime. If your child isn’t drinking milk, be sure to send in a good source of calcium like string cheese or yogurt. They need 3 servings of calcium a day!



**Hines Ward  
Freddie  
Sanchez  
Sidney Crosby**

What do these professional athletes have in common? They are students of Leslie Bonci, director of UPMC Sports Medicine's Nutrition Program and proud owner of a Super Bowl ring.

The Rowan PTA is pleased to have her speak after the November 18th PTA Executive Board meeting. Join us to learn how to make better choices about food. PTA meeting begins at 6:30 followed by Leslie at 7:30 .

# **Leslie Bonci**

**WHEN: November 18th**

**TIME: 7:30 pm**

**WHERE: Rowan Cafeteria**

**WHY: To learn healthy eating habits**