

SANDS MONTESSORI REPORTER



THE SANDS MONTESSORI PARENT ORGANIZATION NEWSLETTER

MARCH 2010

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SAVE THE DAY

March 22-26
Spring Break

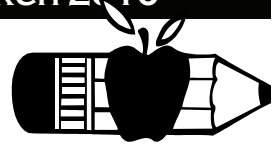
March 29
No School-Records
Day
End of 3rd Quarter

March 30
School resumes

NEWSLETTER

Articles, ideas and comments regarding the newsletter are always welcome. Please email Emily Bond before the 21st of each month at ebond@cinci.rr.com.

FROM THE PRINCIPAL



Dear Sands Montessori Families,

As we move into the month of March, we also move into having our last three months in this building as our home away from home. Our New School is progressing along in a timely manner.

Here are some updated points:

- All cabinetry, sinks, cubbies, ceiling tiles, lights, windows, etc. are in each of the classrooms and extended learning areas.
- As of last week, three classrooms had carpeting installed.
- Tile floors are completed and student bathrooms are almost finished. All toilets will have the automatic flushers.
- The classroom doors were delivered on Friday, Feb. 12th so as soon as they are installed and able to lock, the projectors will be installed.
- The kitchen equipment has been delivered and will be set in place this week.
- The flooring for the gym has been delivered and now must go through a temperature process. All basketball hoops are installed as well as the score board.
- All white boards and tack boards are installed throughout the building.

We continue to strive for Gold Status with the LEED program. I believe that we will be the first school reaching the Gold Level!

I will be meeting with the staff this month to begin discussion about packing and how to label their boxes for a smooth move ahead. What I can share is that on May 27th, all of us will leave this building at the end of the day and that will be it for us. Beginning the next day May 28th, the technology department will begin taking the administrative computers and teacher computers to our new home. They tell me that work takes about 3 days. Beginning June 7th the abatement work will begin and the old furniture and items moved out. The following week the demolition of this building will begin. It will be a very busy summer and my hope is the weather will be perfect so that we get all necessary work completed on schedule.

Our New School will be a wonderful new home and learning environment for our "friends." My hope is that we will have an Open House sometime in August prior to the students' first day of school on the 17th.

I know we will be able to count on all of you to help as needed with the packing and unpacking for each classroom. Moving a school is a HUGE WORK but the load will be lessened knowing we are all doing this together!

Sincerely,
Rita Swegman
Principal

REACH FOR THE STARS RESULTS

Sands had a very successful Reach for the Stars! Ninety three students participated in the program and in total, collected and earned \$3,900 worth of books! Thanks to you, the Library also got \$800 worth of new books.



Pizza party winners:

The class with the most minutes read was... Room 200 (Melissa Culyer) with 5,509 minutes. The class with the most pledges collected was Room 107 (Kathy Yunker) with \$564.81. These 2 classrooms will receive a pizza party for their job well done.

Other notable mentions include: **Eli Kitchings** who read the most minutes with 2,800 minutes over 2 weeks, and **Ellie Kraus** who raised the most pledges with \$171. Congratulations Eli and Ellie.

Hanna Lewandowski won a pair of Kings Island tickets from the Reach for the Stars drawing. Usborne Books would like to give a big thanks to Sands for participating with special thanks to Ms. Swegman and Melissa Murphy.

CLEVER CRAZIES

Thanks to those families who have participated in clevercrazies.com. You helped Sands Montessori win first prize-\$5000 and second prize-\$3000. Keep playing!

WELLNESS COMMITTEE NEWS

PART IV IN THE SERIES CONCERNING LUNCHTIME

This article will conclude our four part article series on lunchtime at Sands. Now that we have the tools to make good eating choices, how do you and your family measure up? We found a website that gives helpful activity suggestions for losing weight and maintaining weight. There are helpful guides for activities that burn calories more effectively, or simply for maintaining your healthy weight. The website gives a calculator for BMI (Body Mass Index) for children, teens, and adults.

www.cdc.gov/healthyweight/assessing/bmi/

Here are some healthful tips for better quality eating:

- When buying your groceries for your family this week, check the list of ingredients: fewer ingredients = healthier choice
- The next time you need to purchase sugar/sweetener try Truvia or Stevia
- When you run out of table salt, replace it with Sea Salt
- Bake with whole wheat or whole grain flour instead of white flour
- 20 grapes makes a great snack and helps improve your blood sugar level

until the next meal

- Offer your child "Two Bites" of a new healthy food today
- If you must have chocolate, eat some strawberries with it. The chocolate supplies quick energy, but the strawberries will help sustain the energy.

On February 1st, the Lunch subcommittee presented recommendations for extending lunch time to the LSDMC. The subcommittee's presentation included anecdotal and scientific evidence on the appropriate length of lunch to allow most elementary school children to have enough time to eat, as well as length of lunch periods at other area schools. Other issues discussed included portion sizes, caloric intake, effect of length of lunch time on learning and eating habits, and the potential impact of extending lunch time on instructional time. Ms. Swegman took these recommendations to the ILT and a scheduling subcommittee will take these and other factors into consideration when working on the master schedule for next year. If you have comments or concerns, feel free to e-mail the Lunch subcommittee chair Wes Munzel w.munzel@hotmail.com.

UPCOMING EVENTS

Recess runs for kids to compete in the Flying Pig begin in March! You can download the HOG LOG from the website www.flyingpig.com and start tracking the miles.



The cost is still only \$10. Parents, if you want to run on the course with the kids you need to apply also and pay \$10.

Sands **Family Fitness Night** will be Friday, April 16.

We need people to man tables and help with the event before, during and after. Contact Lynn Sullivan if you can help: lynnsullivan307@aol.com.



SMPO RUDDER ELECTIONS FOR 2010-2011

It is time again to solicit nominations for parent leadership positions on the Rudder of the SMPO and for parent representatives to the Local School Decision Making Committee (LSDMC) and the Instructional Leadership Team (ILT) for the 2010-2011 school year. Please see www.smpo.net or the SMPO Handbook and School Directory for a description of positions.

You may nominate yourself or another member (parent, legal guardian, teacher, or staff) for any position. Nominations will be

accepted until March 12. The nominating committee will verify that all nominees are willing and able to serve prior to announcing the nominees. Elections will be held by ballot at the General Parent Meeting/Ice Cream Social in April.

THE SUCCESS OF SANDS MONTESSORI DEPENDS ON ALL OF US STEPPING IN TO HELP.

PLEASE NOMINATE YOURSELF OR SOMEONE YOU KNOW!

NO COST FUNDRAISING

This is how you can raise money for Sands simply by doing things you do already.

1. Shop at Kroger, Biggs or Target. A percentage of your total purchase goes directly to Sands.

2. Using Cincinnati Bell's services and shopping at Office Depot can also earn Sands money.

3. Search the Internet using goodsearch.com and shop

through goodshop.com – raise money for Sands.

4. Collect Box Tops, Tyson labels, Campbell's labels, drink pouches and earn money for Sands.

For details on all these opportunities, go to SMPO.net. Click *Fundraising*; Click "No Cost" *Fundraising*. Questions? Call or email David Doepke at 281-2739, smpofundraising@yahoo.com

SILENT AUCTION SUCCESS!!

Thanks to all those who attended our Silent Auction on February 20th. The evening was a big success thanks to generous people like YOU!!! Many people arrived dressed in their grooviest outfits. Much fun was had. More party sign ups are available. If interested, contact npopegeorge@starone.com. We will let you know auction totals as soon as we have them. It is looking close to \$25,000!



And a HUGE THANK YOU to Nickole Pope-George, Nancy Peña, and their team for all their hard work!



FROM THE SMPO PRESIDENT



Well, we can only hope that the snow days are behind us..... What a fun Auction on Saturday night and what a great turnout. Nancy Peña and Nickole Pope-George did an awesome job as co-chairs and of course it couldn't have been done without all the volunteers too.

Story Night was a great success too, I hope everyone had a great time and thank you to all the volunteers who agreed to help me- some at the last minute.

The final Brick sale is underway. I sent home one last flyer with February 22nd as our deadline. We have extended it a bit due to the snow days but please get your forms in as soon as possible.

Nominations for Rudder positions are coming home

soon. Please consider being a part of our parent organization. There are many positions that offer a variety of involvement; regardless, it is a necessary part of our community and we appreciate all the help we get. David Kitchings will be the President next year and is looking forward to many new faces getting involved.

I hope everyone enjoys the upcoming Spring break and think sunshine.....

Melissa Murphy

SMPO President

SMPO FINANCIAL REPORT

Random Acts of Fundraising

Often, parents sign up for fundraising efforts with businesses that donate directly to our school. We have received checks from the following:

Sevenoff LLC	\$10.
Staples Rebates	\$12.97
Greenraising	\$14.12
Goodsearch	\$39.81
Tyson Project A+	\$49.92
SchoolMall	\$54.02
TerraCycle Inc.	\$83.52

We also have continuous fundraising programs like Kroger and Biggs' cards, Box Tops, and Fun Factory events. To those parents who think of Sands when doing their shopping: a big THANKS!! And a big Thanks to those who participate in the ongoing programs.

Also, we have 5 families that have set up monthly or quarterly donations and three families that have made a one-time donation to SMPO via Network For Good. It is a very simple set up and you can donate any amount you can as regularly as you can.

We are a long way from our fundraising goal but understanding of the times and confident that we'll be able to support students, classrooms, and teachers.

Thank you for your support and remember we have an open policy. If you wish to see where your donations are and where they go visit SMPO.net for budget information or contact me directly to set up an appointment bartosl@fuse.net.

Alma Bartos

SMPO Business Manager