



# PTA Paw Prints

*London Towne  
PTA Newsletter*

## President's Corner

The London Towne Parent Teacher Association (PTA) would like to welcome back our students, staff and parents to a new school year. Our theme for this year is "London Towne PTA... Roaring with Pride".

The London Towne PTA supports the students, teachers, staff and parents in our school. Our mission is to enhance our children's elementary school years and to shape their future for the best. Research has shown that school aged children are more likely to get mostly A's, to enjoy school, and to participate in extracurricular activities, and are less likely to have ever repeated a grade and to

have ever been suspended or expelled if their fathers and mothers have high levels of involvement in their schools. Our goal for this year is simple: encouraging more parental involvement in our school. We hope that we can count on you to help us achieve this goal.

The funds that we raise throughout the year, with your help, provide us with the ways and means to fund our programs. The 2003-04 year is full of all kind of activities: Cultural and Performing Arts programs, Movie night, Reflections, Book Fairs, guest speakers on topics such as bullying and many more. The time

and the dedication you volunteer to give our school make all those programs and activities possible.

We hope that you will join our PTA and support us in our mission. We simply cannot do it without you.

*Michele*

Michele Drumm  
2003-04 PTA President

**Volume 1, Issue 2  
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### PTA Calendar:

*8/28—Open House  
Kindergarten 8:30 a.m.  
Grades 1-6 4:30 p.m.*

*9/2 Fall Fundraiser Starts*

*9/5 Spirit Day—wear your  
London Towne T-shirt or  
school colors*

*9/9 PTA Meeting 7 p.m.*

*9/23 Back to School Night K-3*

*9/24 Back to School Night 4-6*

*9/28 Fall Fundraiser Ends*

## The Cat's Out of The Bag— Fall Fundraiser Coming Soon!

Be on the lookout for your Fall Fundraiser packets!

Your child will receive his/her 2003 fundraising materials packet during the first week of school.

There are lots of great

new gift ideas for family, friends, and teachers. We have added a calendar selection this year and hope you like it.

Thank you in advance for your generous support. We need your par-

ticipation more than ever before to make this school year the most jam-packed, fun-filled one yet! Remember, the profits we raise together directly benefit all the children of our school.

**Save the  
Date!**

**Friday  
October 17**

**School Dance  
7-9 p.m.**



## Meet the Teacher: Miss Debbie Slebrch — Kindergarten



Miss Slebrch has been teaching Kindergarten at London Towne for 6 years.

The youngest of 5 children (4 older brothers) she hails from Salt Lake City, Utah and now resides in Fairfax.

Miss Slebrch finds that the greatest thing about working with kids is "their enthusiasm and smiles make working with them a pleasure."

She loves London Towne because "the children are so full of love to

share."

She especially enjoys teaching the children math. Her favorite colors are red and black and her favorite meal is pasta.

When not teaching, you will find her enjoying her hobbies of baking and collecting angels.

During the summer, she enjoys sunbathing. While sunbathing, she will surely be found listening to her favorite band Bon Jovi. She attended both of their local concerts this year!

Miss Slebrch will be getting married in March, 2004.

It is truly an honor to have Miss Slebrch teaching our youngest students, she has a great passion for it and it shows!

Thank you Miss Slebrch!



## 10 Ways for Parents to Help Teachers

by Mimi Doe, from the National PTA web site

Many teachers have written to me over the years, frustrated with how unprepared their students are—and they don't mean academically. Chris, a kindergarten teacher, wrote what many teachers have expressed, "I would love it if you could write a 10 tips for parents to help us teachers do our increasingly demanding job. Many parents of children I teach have left the job of spiritual, character, and social/emotional education to me. I can't do it all in addition to teaching academic skills. I'm getting burned out and pretty soon won't have the energy left to nourish one child let alone 25."

So here goes—my 10 tips:

1. **Create a smooth takeoff each day.** Give your child a hug before she ventures out the door and you head to work. Look her in the eye, and tell her how proud you are of her. Your child's self-confidence and security will help her do well both in school and in life.
2. **Prepare for a happy landing at the end of the day when you reconvene.** Create a predictable ritual such as 10–20 minutes listening to your child talk about his day—before you check phone messages, read the

mail, or begin dinner. That way you are fully present to listen, and your child has a touchstone he can count on between school and home.

3. **Fill your child's lunchbox with healthy snacks and lunches.** Have dinner at a reasonable hour and a healthy breakfast. A well-balanced diet maximizes your child's learning potential.

4. **Include calm, peaceful times in your children's afternoons and evenings.** Maintain a schedule that allows them to go to school rested, and if they are sick, have a system in place so they are able to stay home.
5. **Remember it's your children's homework, not yours.** Create a specific homework space that's clutter-free and quiet. Encourage editing and double-checking work, but allow your kids to make mistakes, as it's the only way teachers can gauge if they understand the material. It's also how children learn responsibility for the quality of their work.

6. **Fill your child's life with a love for learning by showing him your own curiosity, respecting his questions, and encouraging his efforts.**

7. **Fill your home with books to**

**read, books simply to look at, and books that provide answers to life's many questions.** The public or school library is an excellent resource.

8. **Be a partner with your child's teacher.** When you need to speak to him or her in reference to a specific issue with your child, do it privately, not in front of your child. Make a point never to criticize your child's teacher in front of your child.

9. **Set up a system where routine items are easily located—such as backpacks, shoes, signed notices.** Create a central calendar for upcoming events to avoid the unexpected.

10. **Tuck a "love note" in your child's lunch bag to let her know how special she is.** Knowing they are loved makes it easier for children to be kind to others.

Excerpted from *Busy but Balanced: Practical and Inspirational Ways to Create a Calmer, Closer Family* (St. Martin's Press) by Mimi Doe, M.Ed. Doe also is the author of *10 Principles for Spiritual Parenting* (Harper Collins), which won a coveted Parents' Choice Seal of Approval and was a finalist in the Books for a Better Life Award. Her writing and parent education workshops recently led *Ladies Home Journal* to call Doe "a parenting guru." Doe has a website at [www.SpiritualParenting.com](http://www.SpiritualParenting.com).

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## Back to School Sleep Tips from the National Sleep Foundation

Students can find it difficult to get back to their school year sleep schedules after a summer of staying up and waking up at later hours. Back to school means resetting biological clocks to ensure sufficient sleep every night and a healthier, safer, and more productive school year. And it isn't too soon for children and parents to begin planning for the change in sleep schedules, says the National Sleep Foundation (NSF).

"It is important for children to have a healthy start to their school day and come to classes feeling awake and ready to learn," said Jodi Mindell, Ph.D., a nationally recognized expert in pediatric sleep and a member of the NSF board of directors.

Dr. Mindell noted that in addition to the health benefits of sufficient sleep, there are also safety issues. "A recent study even shows there is a higher accident rate for children following any period of sleep loss," she added. To help parents, educators, and children plan a back to school sleep schedule, NSF offers the following tips that should be maintained throughout the school year.

- Begin the routine now. Parents should start their child's school sleep

routine at least one to two weeks before opening day by introducing a gradual change in their child's sleep schedule, such as going to bed 15-30 minutes earlier each night. This can make it easier for children to adjust their sleeping patterns to meet the new school schedule.

- Establish a regular bedtime and wake up time. Parents and children should plan a daily schedule that includes the basic daily sleep requirements for particular age groups. This schedule should be maintained on the weekends, though students can be permitted to sleep in one or two hours on weekend mornings if necessary.

While individual sleep needs can vary, the amount of sleep suggested by Dr. Mindell and other sleep experts for particular age groups is:

**Elementary School** 10-12 hrs/night

**Middle School** 9-11 hrs/night

**High School** 9.25 hours/night

Remember to add 10-20 minutes to bedtime for falling asleep.

- Create a bedtime routine. Bedtime routines are important, regardless of a child's age. It should include at least 15-30 minutes of calm, soothing activities.

Immediately prior to bedtime, encourage quiet time with some relaxing activities. Discourage television, exercise, computer and telephone use, and avoid caffeine (found in beverages, chocolate and other products).

- Achieve a balanced schedule. Identify and prioritize activities that allow for downtime and sufficient sleep time. Help students avoid an overloaded schedule that can lead to stress and difficulty coping, which contribute to poor health and sleep problems.

- Be a role model. Parents and guardians can be role models for school aged children by establishing their own regular sleep schedule and a home environment conducive to healthy sleep habits

- Become a sleep advocate. Take steps to encourage . . .

- scheduling of events to help children keep their sleep schedules
- appropriate school start times, and
- a sleep curriculum in health and biology classes to help students better understand the importance of sleep to their overall health, safety, and quality of their lives

## Committee Chairs and Members Needed!



Committees are the heart of our PTA activities. Without dedicated people to chair and work on them, many things simply would not get done.

Here are some of our committee needs for 2003-04. Please take time to review and think about where you may be able to offer your time, a skill or a service.

If you are interested in volunteering, please contact Yanis Reyes at yreyes1@cox.net. You will be contacted and invited to a PTA Board and Committee meeting for further planning and information.

**Reflections:** Coordinate the National PTA themed art contest. *Flexible hours.*

**Hospitality:** Provide baked goods and other food items at various functions throughout the school year. *Flexible hours.*

**Landscape:** Assist in maintaining the plantings around the school and in our courtyard. *Flexible hours.*

**Yearbooks:** Help distribute information for yearbook sales, lay out of the book, distribution of books in June. *Flexible hours.*

**School Receipts/Labels:** Collect, organize and distribute Campbell Soup labels, General Mills Box Tops for extra supplies for our school. Also keep track of Giant/Safeway earned monies via the computer. *Flexible hours.*

**Public Relations:** Serve as a liaison with community, local papers, and web designer. Take and gather pictures of school events. *Flexible hours.*

**Performing Arts:** Coordinate day and evening events such as plays, concerts, and other performances of various cultures.

If you can't chair a committee, you can still help, please contact us, together we can do great things for our children and our school.

Visit our web site at <http://www.geocities.com/tphavnfun/londontowne.html> for a volunteer form and complete list of committees.

We look forward to hearing from you.

## London Towne PTA Newsletter

### 2003-04 PTA Board

Michele Drumm, President  
Renay Galati, 1st Vice President  
Yanis Reyes, 2nd Vice President  
CG Harper, Secretary  
Marcia Bradford, Treasurer

Email your comments/questions  
to: [LondonTownePTA@att.net](mailto:LondonTownePTA@att.net)



### First PTA Meeting of the Year Tuesday September 9th 7 p.m.:

#### Agenda Items:

Approve 2003-04 Budget  
Guest Speaker—Principal Camarda  
Program Plans

#### Things to Look forward to this year:

cultural arts events ☐ Parent programs

Parent vs staff basketball ☐ Spirit days

New t-shirt design ☐ Pta bulletin board

Monthly newsletters ☐ and a new school mascot!!!

## London Towne PTA ... Roaring With Pride!

Join us in kicking off our 2003-2004 Membership Drive. This year's theme is London Towne PTA ... Roaring with Pride.

Our goal is 60% participation for our school. We are offering a special incentives to our families to help increase participation.

Each child will be entered into a drawing for "Principal for a Day" when a member of their family joins the PTA.

On a chosen day, the child selected will shadow Principal

Camarda and see first hand what it takes to run the school.



### WHO'S THAT LION?

It's a Boy! London Towne is getting a mascot! Watch for him on the first day of school, at dances, on the news, and other school functions.

But he needs a name. The children of London Towne will be voting on a name the first week of school. We look forward to the results!

### NEW T-SHIRTS

Get your newly designed, limited supply, London Towne T-shirts. A special thanks to Mr. Jeff Lonnett for the cool art and for his generous time!

Now, PTA members will receive discounts on spirit wear. The member price for T-shirts this year will be \$8. Non-members will continue to pay \$10.

Memberships and T-Shirts will be available at the Open House, be sure to get yours!

Earn money for our school—clip those labels! Watch for a complete list of participating products!



Target® and Office Depot® are also supporters of schools, look for details at the stores.

### Happy Birthday!

Mr. Brozich  
Miss Perri  
Mrs. Semmler  
Mrs. Stewart

