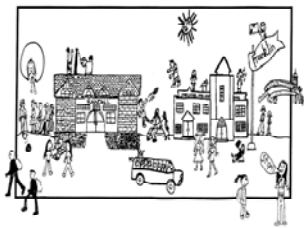


Franklin Randall School Newsletter

Brought to you by the Parent Teacher Organization

Welcome to the 2009-2010 School Year

Suzanne Buchko, PTO President



We are going to be trying new formats for a while. Let us know your thoughts.....

Last week during first lunch at Franklin, I saw a kindergartener who was not eating the lovely meal spread out in front of him. His shoulders were slumped, his head tilted, and he was breathing in big sighs. I asked him the usual questions; he looked at me as if I was a spy for his mom. Then I found his teacher who told me she was already handling this challenge. In the most simplistic

way, this was the PTO at work. PTO helps and supports our kids and the teaching professionals who made Franklin and Randall great schools. The support that PTO can give is vital to our school community and it relies on everyone who cares for the kids in our community.

Welcome to the 2009-2010 school year, to the Franklin-Randall PTO, and to the first issue of our newsletter. From what my daughter tells me and from the principal reports at our first PTO meeting, the school year has gotten off to a great start. Please consider coming to our next PTO meeting on Tuesday, October 13, from 6:30 to 8:00 pm, volunteering to work at picture day or the

Fall Dance, and signing up to spend some time in your child's classroom.

I hope that you use the newsletter to keep informed of what is going on in and around our school community. I hope that you let me know where and when PTO can be more effective. And finally, if you see my kid not touching her lunch, I hope you ask why she is not eating her carrots.

Suzanne

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Healthy lunch ideas from MUNCH

Madisonians United for Nutrition for Children's Health

Members of MUNCH are going to be sharing some ideas for healthy lunches and snacks for us to pack for our kids throughout the year. Please feel free to offer your favorites too!

I'm sharing with you today two wraps that offer vege-

table based proteins, whole grains, vegetables, healthy fats and calcium in pretty bite sized packages that my kids love to eat.

(My daughter is lactose intolerant so I do these without cheese for her.)
Have fun inventing varia-

tions on the theme!
Mediterranean Vegetable Pinwheel Bites

Take a whole wheat tortilla, smear it with a lemony hummus, then slightly off center place a line of sliced (or roasted if you prefer) red

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Friday

09/19/2009

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Very Important Dates

- 9/22/2009 Franklin Open House, 6pm - 7pm
- 10/6/2009 Parent Empowerment Kick-Off 5:30-7:30 pm at Franklin
- 10/8/2009 Franklin Picture Day
- 10/13/2009 Parent Teacher Organization (at Franklin)
- 10/15/2009 Parents of African American Students Empowerment Group 5:30-7:30pm at Franklin
- 10/17/2009 Franklin Randall Dance 6pm at Franklin Gym

Healthy Lunch Ideas *continued from page 1*



peppers, layer on top of that a line of spinach leaves, a sprinkle of crumbled feta cheese, and some slivered cucumbers. Roll-up the tortilla tightly. If the edge of the tortilla won't stay closed, use a little more hummus as glue. Slice the tortilla into even sections of about 2 inches, lopping off the uneven edges of the tortilla. Arrange the pinwheel bites in a container (that your child can open) with the pretty pinwheel colors facing up.

Mexi-cali Pinwheel Bites

Same technique as above, but use canned refried

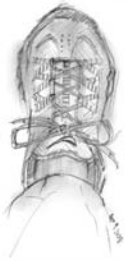
beans, your child's favorite salsa, add some slices of avocado, and some shredded cheddar if you please.

Pack these up with some fruit and a drink – enjoy!
Pat Mulvey

A diet higher in whole grains and legumes and lower in beef and other meat is not just healthier for ourselves but also contributes to changing the world system that feeds some people and leaves others hungry.
-- [Dr. Walden Bello](#)

Safe Arrival: Need to contact the school about an absence, lateness, or other arrival arrangements call... Franklin 204-2294 or Randall 204-3306. Yog xav mloog daim Newsletter txhais ua lus Hmoob ce hu rau tus xov-tooj 204-3286. Para escuchar las noticias escolares en espanol llamar 204-3287. Newsletter submissions are due by the end of the day each Monday. All submissions must be electronic. E-mail the editor, Alison Rice, earison-rice@yahoo.com. Submissions must be directly related to the Franklin-Randall school community.

Gently Used Gym or Athletic Shoes Needed. Please turn in to the school office. No crocs, sandals, or flip flops.



Take Good Care of Yourself!

Chris Rumbelow

Eat the peel of an apple. It's packed with bone-friendly boron and has two-thirds of the fruit's cancer-preventing fiber.

You are more likely to stick with an exercise program if you avoid taking two consecutive days off. People who work out three or four times per week are less

likely to skip exercising than those who work out one or two times per week.

When walking for fitness... First warm up for five to seven minutes by walking at a slower pace. Stop and stretch your legs after warming up. Keep a steady pace. Walk for at least 30 minutes.

Swing your arms. Wear shoes that fit and provide good support. Keep your back straight. Cool down for five to seven minutes at the end of your workout by walking at a slower pace. Stretch after you cool down. Eat plenty of celery. It has no fat and is a good source of vitamin A!

Nutritious and Delicious Math, mmmmmmmmmmmmmmm

Here are two tasty ways to build a math lesson into snack time.

Dominoes. Let your child break a whole graham cracker into four pieces and spread each one with a thin layer of peanut butter (substitute cream cheese if allergic). Next, he can put raisins on top to turn the

pieces into dominoes. For example, he could make a domino with 4 raisins on one half and 5 on the other. Join him in making dominoes, and take turns matching your numbers end-to -end. Then, eat them together!

Fruit Countdown. Your youngster can practice counting backward by making a

number-based fruit salad for your family. He might combine 10 banana slices, 9 blueberries, 8 grapes, and so on, down to 1 big strawberry on top. Have him add all the numbers (on paper or in his head) to find the total number of pieces of fruit.

How does the man in the moon eat his food?
In satellite dishes.
Did you hear the joke about oatmeal?
It's a lot of mush.

Students are Responsible for Adhering to School Conduct Rules on School-Provided Transportation

The MMSD Student Conduct & Discipline Plan was revised by the Board of Education in June 2009. As part of the revision, the School Board set the clear expectation for schools and students that school personnel will respond to significant behavioral incidents that occur on school-provided transportation (primarily yellow buses). It is very important for students to understand that they are expected to follow all school rules while on the bus, and that the school Principal will review and investigate inappropriate bus behavior. In response to violations of school rules or behavior ex-

pectations that occur on a bus, Principals may use school related interventions and/or disciplinary measures that include the temporary suspension of bus riding privileges and/or suspension from school. For very serious incidents, it is possible that a student could be expelled from school for misconduct that occurs on school-provided transportation.

The District's contracted bus carriers have been informed that while the drivers retain responsibility for the supervision of children on the bus and for responding to behavior by, for example, as-

signing seats, the school Principal (or a designee) is responsible for determining any school-related consequences for misbehavior that occurs on a bus (including the temporary suspension from school-provided transportation). Parents or Guardians will be informed by the Principal or a designee if an incident occurs that needs attention or that has resulted in a serious consequence. School staff will review bus expectations with all students receiving transportation. We are also asking parents or guardians to reinforce this information at home with your child/ren.

El Plan de Conducta y Disciplina del Estudiante del Distrito Escolar Metropolitano de Madison fue revisado en junio del 2009.

Como parte de esa revisión, la Junta de Educación fijó una clara expectativa para las escuelas y los estudiantes que el personal escolar responderá a incidentes de comportamiento serios que ocurran en el transporte provisto por las escuelas (principalmente en los autobuses amarillos). Es muy importante que los estudiantes entiendan que se espera que cumplan con todas las reglas escolares mientras están en el bus y que el director de la escuela revisará e investigará los comportamientos inapropiados en el autobús. En respuesta a las infracciones a las reglas de la escuela o a las expectativas de comportamiento que ocurran en el autobús, el director

puede utilizar intervenciones escolares relacionadas y/o medidas disciplinarias que incluyen la suspensión temporal de los privilegios de viajar en el autobús y/o la suspensión de la escuela. Por incidentes muy graves, es posible que un estudiante sea expulsado de la escuela por problemas de conducta que ocurran en medio de transporte provistos por la escuela.

Se ha informado a las agencias de transporte contratadas por el Distrito que aunque los conductores siguen siendo responsables por la supervisión de los niños en el autobús y por responder al comportamiento, por ejemplo, asignando asientos, el director de la escuela (o su designado) es responsable por determinar cualquier consecuencia relacionada con la escuela por mal comportamiento que ocurre en

un autobús (incluyendo la suspensión temporal del transporte provisto por la escuela). Si ocurre un incidente que necesite atención o que haya resultado en una consecuencia grave, el director o un designado le informará a los padres o tutores legales. El personal escolar revisará las expectativas para el autobús con todos los estudiantes que reciben el servicio de transporte. Les estamos también pidiendo a los padres o tutores legales que refuercen esta información con su/s hijo/s en el hogar.

Sleeping Tips

Elementary school age children need 10-12 hours of sleep per night.

In bed by 8 p.m., up by 7 a.m. = 11 hours

Have a light snack

Take a bath

Put on pajamas

Brush teeth

Read a story

Make sure the room is quiet and at a comfortable temperature

Put your child to bed

Say goodnight and leave

Have your child form positive associations with sleeping alone on their own.

Make bedtime the same time every night

Make bedtime a positive and relaxing experience without TV or videos. According to one recent study, TV viewing prior to bed can lead to difficulty falling and staying asleep. Save your child's favorite relaxing, non-stimulating activities until last and have them occur in the child's bedroom.

Keep the bedtime environment (e.g. light, temperature) the same all night long.

Wisconsin Homegrown Snack Program Arriving at Franklin.

In the coming weeks Franklin will be launching a new snack program that brings locally grown produce into the classrooms each week.

Once a week all classes will be supplied with fresh fruits or veggies that have been prepared and provided with the support of the Wisconsin Homegrown Lunch, a program at the UW. Franklin did a pilot test last spring and found that the children, teachers and parents overwhelmingly supported the program. In addition to having a healthy snack children will learn a little bit

each week about what they are eating.

Wisconsin Homegrown Lunch will supply this snack for only 40 cents for each child each week. Even though the quality will be very high this is less than most parents typically spend when they buy snack for their child's classroom.

The program will need parents to support it through volunteer time as well as financially. Please watch the PTO email list and Friday folders for more information on how you can help. In the mean time email Dana Evans dear-love30@charter.net with questions.

2010 Kohl Teacher Fellowship Program

Nomination Deadline October 2, 2009

Consider nominating an outstanding teacher in the MMSD. To be eligible to compete for a fellowship, teachers must be nominated by parents, teachers, students, community members, or administrators.

The Herb Kohl Education Foundation provides fellowships for 100 teachers statewide and matching grants to the schools of those teachers. Teacher fellows receive \$1,000, with an additional \$1,000 grant going to the school of each Kohl fellow.

MARK YOUR CALENDARS!

WHO: All 3rd – 8th grade students and their parents who are interested in Northwestern University's Midwest Academic Talent Search

WHAT: Informational Meeting

WHERE: Doyle Administration Building, 545 West Dayton St., McDaniel's Auditorium

WHEN: October 13, 2009

6:00-7:00

It is easiest to register on-line at <http://www.ctd.northwestern.edu/mats/index.html>

WHAT IS NORTHWESTERN UNIVERSITY'S MIDWEST ACADEMIC TALENT SEARCH? (NUMATS)

Each year The Center for Talent Development (CTD) at Northwestern University in Evanston, IL conducts the Midwest Academic Talent Search. Participation in this assessment is voluntary and at parent/guardian discretion. Students in grades 3-6 may take the EXPLORE test, a test designed for 8th grade students. Students who are in grades 6-9 may choose between the ACT and SAT tests, which are designed for high school juniors or seniors.

Cov Me Nyuam Kawm Ntawv Yuav Tau Pov Plob Ua Raws Tsev Kawm Ntawv Cov Kev Cai Tswj Nyob Rau Tsev Kawm Ntawv Qhov Kev Thauj Mus Los

Tsoom Fwv Tswj Kev Kawm tau muab MMSD Tus Laj Txheej Tswj & Qhuab Qhia Me Nyuam Kawm Ntawv kho dua thaum lub Rau Hli Ntuj 2009. Raws li yog ib feem ntawm qhov kev kho dua, Tsoom Fwv Tswj Kev Kawm muab qhov kev npaj siab meej meej rau cov tsev kawm ntawv thiab cov me nyuam kawm ntawv uas tsev kawm ntawv cov neeg ua hauj lwm yuav tau saib xyuas cov teeb meem hais txog tej cwj pwm coj uas tshwm sim rau hauv tsev kawm ntawv qhov kev thauj mus los (feem ntau yog cov buses daj). Nws tseem ceeb heev rau cov me nyuam kawm ntawv kom nkag siab tias lawv yuav tau ua raws tsev kawm ntawv cov kev cai txhua txoj thaum nyob rau hauv lub bus, thiab Tus Tuam Thawj Xib Fwb yuav txheeb

xyuas thiab soj ntsuam tej cwj pwm coj tsis zoo hauv lub bus. Nyob rau kev saib xyuas tej kev yuam tsev kawm ntawv cov kev cai los yog cov kev npaj siab hais txog tus cwj pwm coj uas tshwm sim hauv lub bus, Cov Tuam Thawj Xib Fwb kuj yuav siv tsev kawm ntawv cov kev tiv thaiv thiab/los yog kev qhuab qhia nrog rau kev muab tshem tawm tsis pub caij bus rau ib ntus thiab/los yog kev tshem tawm hauv tsev kawm ntawv mus. Yog muaj tej qhov teeb meem loj heev, tus me nyuam kuj yuav raug rho tawm hauv tsev kawm ntawv mus rau qhov kev coj phem uas tau tshwm sim rau hauv tsev kawm ntawv qhov kev thauj mus los ntawd.

Tsoom fwv tsev kawm ntawv cov tswv cuab muaj bus uas tau cog lus tseg ntawd tau ceeb toom tias cov neeg tsav bus muaj kev pov plob saib xyuas cov me nyuam nyob saum lub bus thiab saib xyuas tej cwj pwm coj, piv txwv li, kom zaum lub rooj

twg; hos Tus Tuam Thawj Xib Fwb (los yog tus sawv cev) pov plob rau txoj kev txiav txim xyuas tsev kawm ntawv tej kev teem txim txhua yam rau tej cwj pwm coj phem uas tshwm sim nyob hauv lub bus (xws li qhov kev tshem tawm hauv tsev tsev kawm ntawv qhov kev thauj mus los). Tus Tuam Thawj Xib Fwb los yog tus sawv cev mam ceeb toom los rau cov niam txiv los yog cov tswj fwm, yog tias muaj teeb meem tshwm sim uas tsim nyog tau kev koom tes los yog yuav raug teem txim hnyav. Tsev kawm ntawv cov neeg ua hauj lwm mam txheeb xyuas lub bus cov kev cai tswj nrog cov me nyuam txhua tus uas tau txhais kev thauj mus los. Peb kuj xav kom cov niam txiv los yog cov tswj fwm muab cov ntsiab lus no qhia ntiv rau nej cov me nyuam nyob tom tsev.