



# Chestnut News

March 2010

## *A Message from the Chestnut PTA President*



### **Important Dates:**

- ♦ 3/16 & 18 –4th Grade Musical “The Inside Pitch” 7 p.m.
- ♦ 3/19 –Donuts with “Dudes”
- ♦ 3/26 –End of Grading Period
- ♦ 3/29-4/5



### **SPRING BREAK !**

- ♦ 4/12– Report Cards Home
- ♦ 4/15– Donuts with “Damsels”
- ♦ 4/24 -PTA Family Bowling 1-3 pm Buckeye Lanes
- ♦ 4/26-28– OAT Testing
- ♦ 5/6– Interims Home

By the time you read this, you will be making your plans for spring break week . Where has the time gone?!

At our last PTA meeting, our Nominating Committee announced the slate for next year's Chestnut PTA board. It is not too late if you are interested in running for a position - we have nominees for all positions except President, but you can feel free to submit your name for any position on the board (President, 1<sup>st</sup> Vice President, Treasurer, Recording Secretary, Corresponding Secretary and PTA Council Delegate). If you have any questions about the open position of President, please feel free to call me or send me an email. I can give you the details on that, or any other position, that you may be interested in. ***We would like to have a complete slate by the time of our elections, which will be April 13, 2010.*** Please consider becoming involved! All PTA Boards need a President and a Treasurer to proceed. I wouldn't want to see Chestnut go without a functioning PTA for this coming year!

Upcoming PTA events include: Donuts with Dudes on March 19; Donuts with Damsels on April 15; Family Bowling Day on April 24th . ***A ticket order form for the bowling event is included elsewhere in this newsletter*** . Hope to see you there!

Also enclosed elsewhere in this newsletter is information on volunteer committee positions available for next school year . Spots have already been filed - don't miss out on volunteering for a committee that you find interesting for next year!

Please feel free to contact me anytime throughout the year with any comments, questions or concerns you may have. I can be reached by phone at: (440) 227-8291 and by email at: [ktuax@hcsattys.com](mailto:ktuax@hcsattys.com).

Karen Truax  
President

## *A Message from the Principal*

Hello Chestnut Families,

The weather is going to break soon and with that comes the excitement of summer. This can have a dramatic impact on the students' focus at school. It is critical that we work together. Here are some tips to think about that may help:

### **Set Expectations**

I believe the first step, and probably the most powerful one, is to have reasonable expectations for your child's grades. If your expectations are too high the child may become discouraged. If they are too low it will lead to an unmotivated student. Your expectations may be to complete all assignments, no behavior problems, earn certain letter grades, etc. **As a parent, you should be able to set clear expectations and communicate that to your child.** If you need any help with this step please let us know. Talk it over with your child so they can ask questions and have a clear understanding of what is expected.

### **Monitor Progress**

Once expectations are set and agreed upon you **must** monitor what is happening at school. At a minimum you should have the dates circled for when interims and report cards grades come home. We are fortunate at Chestnut to have the online grading program so you can now monitor every week. Put a plan in place for when your expectations are being met or not. If you need help accessing the information, please let us know.

**If you have these two items consistently in place, your child has the best chance of being successful before they even step into any classroom or school setting. If you have not taken this approach as of yet, it is never too late to start. I am willing to help anyone who is interested.**

**A big thanks to the PTA!!** The PTA sponsored our author visit that happened last week. Shelley Pearsall spent the day working with each grade level. She provided insights into the makings of her book, how to develop characters and her work as an author. The students enjoyed it! Thank you.

### **Get involved:**

**Special Board Meeting-** March 15th at 7 p.m. at the North Olmsted Middle School Auditorium. **This is an important meeting to attend. The superintendent will be discussing the important issues that may affect our schools.**

***Donuts for Dudes*** is coming up on Friday, March 19<sup>th</sup> at 8 a.m. I hope to see all of the Chestnut "Dudes" there.

***PTA Spring Activity*** – The Spring Activity will be on Friday, March 26<sup>th</sup> at 2:15.

As always, please let me know if there is any way I can help you. You can reach me at [smoore2@leeca.org](mailto:smoore2@leeca.org) or call me at: 440-779-3641.

Thank you,

**CHESTNUT Intermediate School PTA**  
**Help Wanted and Volunteer Opportunities 2010-2011**



**Its never too late to plan for next school year! If you would like to volunteer to be a committee chairperson for next year, please send this interest form to school with your child and/or feel free to email Karen Truax ([kttruax@hcsattvs.com](mailto:kttruax@hcsattvs.com)) with your interests.**

**NAME:** \_\_\_\_\_

**PHONE/EMAIL::** \_\_\_\_\_

**Entertainment Book Sale:**

Chairperson needed to run sale

**BoxTops/Giant Eagle/Target/GFS:**

Chairperson needed to coordinate these fundraising activities

**PTA sponsored Family Fun Night:**

Chairperson needed to help plan and organize a Family Night

**Membership:**

Chairperson needed to run Chestnut's membership drive

**Reflections:**

Chairperson needed to coordinate this National PTA sponsored artist competition

**Ice Cream Social:**

Chairperson needed to work Ice Cream Social in May/June.

**Ice Cream Sundae Bar:**

Volunteers needed to work Ice Cream Sundae Bars from 10:50 until 12:30.

**Milk Mom/Dad:**

Chairperson needed to coordinate volunteers to work during lunch (10:50 until 12:30) to sell Milk and snacks.

**Room Mom/Dads:**

Chairperson needed to coordinate room parents and help with the three classroom parties, October, December, and Spring.

**Staff Appreciation/Conference Lunches:**

chairperson needed to organize and coordinate volunteers needed to provide food for teacher conferences and lunch for Teacher Appreciation Week in Spring.

**Get-Togethers:**

Chairperson needed to coordinate Donuts for Dudes & Donuts for Damsels, or another such get together at the chairperson's discretion



## DON'T MISS CHESTNUT'S FAMILY BOWLING WEEKEND!

Saturday, April 24, 2010 from 1 p.m. - 3 p.m.

Buckeye Lanes  
24488 Lorain Road, North Olmsted

**TICKETS ON SALE NOW THROUGH APRIL 16, 2010 (no ticket sales at the door).**

COME WITH YOUR FAMILY AND ENJOY A FUN WEEKEND OF BOWLING (no drop offs please, families should bowl together). OUR KIDS HAVE BEEN WORKING VERY HARD STUDYING FOR THEIR OHIO ACHIEVEMENT TESTS - REWARD THEM WITH SOME FUN FAMILY TIME THIS WEEKEND BEFORE TESTING!

**TICKET PRICING IS JUST \$3.50 PER TICKET**, which includes two games of bowling and shoes, along with entry into a raffle to win some exciting giveaways, including the chance to win a flip video camera!

Please return the order form to school - tickets will be distributed the week of April 19<sup>th</sup>.

Any questions? Please call/email Karen Truax at [440.227.8291](tel:440.227.8291) / [ktruax@thesunrise.com](mailto:ktruax@thesunrise.com).

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STUDENT'S NAME: \_\_\_\_\_

STUDENT'S TEACHER: \_\_\_\_\_

TOTAL MONEY ENCLOSED: \_\_\_\_\_

NAMES OF BOWLERS (for raffle ticket entries)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## 2 DATES TO SAVE

**MARCH 19<sup>TH</sup>**

**AND**

**APRIL 15<sup>TH</sup>**

**"DONUTS WITH DUDES"**

(Bring GND or another special male adult)

**"DONUTS WITH DAMSELS"**

(Bring MOM or another special female adult)

**BOTH DATES WILL START AT 8:00am TILL 8:25am.  
DONUTS, JUICE AND COFFEE WILL BE SERVED.**

\*\*\*\*\*  
**If you would like to volunteer at either date please  
return bottom portion attention PTA Get together:**

**Name** \_\_\_\_\_

**Email or Phone #** \_\_\_\_\_

**Which date:** \_\_\_\_\_ **March 19<sup>th</sup>** or \_\_\_\_\_ **April 15<sup>th</sup>**

**Will need help** \_\_\_\_\_ **set up** \_\_\_\_\_ **serve &** \_\_\_\_\_ **clean up**

**Thank You**

**Shelly Schmitt** [rickandshelly@roadrunner.com](mailto:rickandshelly@roadrunner.com) or 440-  
897-0028

## Chestnut Intermediate School partners with the American Heart Association

This month, the students and staff at Chestnut Intermediate will be partnering with the American Heart Association to focus on our health and the decisions we make to lead a healthier life style. Throughout the month, we will be discussing the importance that healthy foods and exercise have in our lives and things we can do at home and at school to improve our heart health. We will be discussing nutrition and exercise, but also the cardiovascular system, how the heart works, what a heart attack is and the benefits of not smoking. We are working hard to create the healthiest environment possible at school and are really looking forward to all of the exciting additions that will be taking place this month. Our hard work will be celebrated during our Hoops for Heart event taking place the week of April 12<sup>th</sup> during physical education classes. We encourage you to talk to your student about all the activities taking place at school and look forward to sending home additional information throughout the month. For more information, go to [www.americanheart.org/hoops](http://www.americanheart.org/hoops). To start things off, here are a couple of Heart Healthy facts and a simple, healthy recipe for you to try at home!

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### MAKING SENSE OF PORTION SIZES

Today's supersized portions lead to a growing problem of obesity in the U.S. Below are some ways you can picture a portion size using everyday objects. (Note: Hand sizes vary from person to person! These are GUIDES only.)

- ♥ 2 tablespoons of peanut butter - is a ping-pong ball
- ♥ 1 ounce of cheese—is a pair of dice
- ♥ 1/2 cup grapes or broccoli - is a light bulb
- ♥ 1 piece of cornbread—is a bar of soap
- ♥ 1 ounce of small candies—is one handful
- ♥ 1/2 cup of potato chips or popcorn - is one man's handful; 1/3 cup - is one woman's handful
- ♥ 3 ounces cooked meat or fish—is a palm, a deck of cards or a cassette tape
- ♥ 3 ounces of cooked chicken—is a chicken leg and thigh or a chicken breast
- ♥ 1/2 cup serving—6 asparagus spears OR 7-8 baby carrots OR 1 ear of corn on the cob
- ♥ 1 slice of bread is one ounce or 1 serving portion; some rolls or bagels weigh 3 to 5 ounces or more making them equal to 3-5 servings of bread
- ♥ 1 cup of ice cream— is the size of a baseball
- ♥ 1 cup spaghetti or cereal—is an adult fist
- ♥ 1/4 cup raisins—is a large egg
- ♥ 1 pancake—is a CD
- ♥ 1 ounce of chips or pretzels - is two handfuls

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### SUGAR COOKIES

(51 cal. - 2g. total fat)

- 1/2 C Acceptable margarine, softened
- 1C Sugar
- Egg substitute equivalent to 1 egg
- 2 T. Skim milk
- 1t. Vanilla
- 2C All purpose flour
- 2 t. Baking powder
- 1/8 t. Nutmeg
- Vegetable oil spray

In a large mixing bowl, cream margarine and sugar until light. Beat in egg substitute, milk and vanilla.

In another bowl, sift flour, baking powder, salt and nutmeg together. Beat dry ingredients into first mixture, mixing well. Cover and refrigerate until chilled.

Preheat oven to 375<sup>N</sup>. Lightly spray cookie sheet with vegetable oil.

Form dough balls and place on sheet one to two inches apart. Press them lightly in the center of each cookie. Bake for 8 min.

### **LEMON SUGAR COOKIES**

**Substitute 2 T. of lemon juice and 1 t. of lemon rind for milk and vanilla.**



# Chestnut's Wellness Committee

Please log-on to Chestnut's webpage: [www.northolmstedschools.org](http://www.northolmstedschools.org), to print informational tips and guidelines for "Healthy Habits".

Don't forget to register for the "Run for Your Life" 5K or 1 Mile Race/Walk, promoting physical activity for children (*information on the next pages*).



## American Red Cross Blood Drive

*In May, Forest Elementary School will be hosting their first annual American Red Cross Blood Drive. It is scheduled for May 18th, from 3-8 p.m.*

*Information will be coming home in April with your child.*

*The need is constant. The gratification is instant.  
Give blood.*



**Log-On to:**

[www.northolmstedschools.org](http://www.northolmstedschools.org)

("Click" on Chestnut)

for up-to-date

information

**Please call the  
Attendance Line**

779.3600 ext. #3642  
**before 9:30 a.m.**  
if your child is  
going to be absent



6th Annual 5 K Run / 1 Mile Walk

# Run for Your Life!™

Promoting Increased Physical Activity for Children

Date: April 10<sup>th</sup>, 2010

Start Time 9:00 a.m.

Pre-register by: April 5<sup>th</sup>

The race begins at the County Fairgrounds in Berea, just west of the Bagley Road exit off I-71. For directions, visit [www.ccbh.net](http://www.ccbh.net) (click on "Run For Your Life") or call (216) 201-2000.

Entry Fee includes t-shirt, refreshments, games & prizes.

Pre-Registration / No Refunds

\* Adults 5K or 1 mile \$15 / \$18 Day of race  
Children (14 & Under) \$10 / \$12 Day of Race

Sponsored by:



GIFTS

5K Race Awards

AWARDS

Prizes will be awarded to top 3 overall female & male AND top 3 female & male in each age group

GAMES

PRIZES



Please make check payable to: Hermes Sports &amp; Events

1624 St. Clair Ave., Cleveland, Ohio 44114

For more info, call (216) 623-9933 or register on-line at [www.hermescleveland.com](http://www.hermescleveland.com).

(Circle One)

5 K

1 Mile

Name		Street Address			
City	State	Zip	Date of Birth	E-Mail	
Gender	Age on Race Day	Phone	Child M	T-shirt Sizes S M L XL XXL	Adult
School District	CCBH Employee ? Yes/No	Silver Sneakers Member ? Yes/No	YMCA Member ? Yes/No		

In consideration of your accepting this entry, I hereby for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against the Cuyahoga County Board of Health, The YMCA, Hermes Sports & Events, City of Berea, Cuyahoga County Agricultural Society, their representatives, successors, and assigns for any and all injuries suffered by me in said event or in transit to and from said event. I further attest that I am physically fit and have sufficiently prepared for this event. I will additionally permit the use of my name and/or pictures in the Cuyahoga County Board of Health's publications.

Signature

Date

Signature of parent or guardian if under 18

Date



The School District with the most  
participants will

**Win \$5,000\*!!**



**5K RUN & 1 MILE WALK**

PROMOTING INCREASED PHYSICAL ACTIVITY FOR CHILDREN

New this  
year! Prizes  
for 2<sup>nd</sup> &  
3<sup>rd</sup> place

Location:  
Berea County Fairgrounds  
Information/Register: [www.ccbh.net](http://www.ccbh.net)  
Call: 216-201-2000

Students, Parents, and School  
Employees count towards  
participation rate

Games &  
Prizes, Free  
T-Shirt



**Sign Up Today!**

\*Funds for school wellness activities.



# THE INSIDE PITCH



Dear 4th Grade Parents:

As I'm sure you already know, your child will be performing the musical, *The Inside Pitch* at 7:00 p.m. in the multi-purpose room (gym) at Chestnut on the following night:

**Moore/Johnson: Tuesday, March 16th**

**Briggs/Moskal: Thursday, March 18th**



It is important that songs and words be memorized as soon as possible. Costumes may be as simple or detailed as you choose, but everyone should have a baseball hat. Indians shirts, or other baseball shirts would be appropriate. Many students have actual baseball uniforms, which would be great. Umpires should wear white shirts and dark pants. Lady reporters should wear longer skirts or dresses as they are reporters during the time of Lou Gehrig (don't forget a pad of paper!). Newsboys should roll their pant legs up just below the knees. We are hoping to find a few cloth newspaper bags if anyone has one laying around at home. All students are required to be at the program, as this is the final evaluation for our unit on Musical Theater, and failure to attend will result in a lowered grade, as per the Music syllabus you received at the beginning of the school year.

The performance will begin promptly at 7:00 p.m. Students should be in the Music Room by 6:45 p.m. the evening of their musical. I am happy to burn CDs of the music so that students have an easier time memorizing the words to the songs. Please send a blank CD to school with your student, and I will do the best I can to get it back to them the next day. Please rehearse the students' speaking parts at home as often as possible. We are really having a great time preparing this musical, and I look forward to seeing all of you on either March 16th or 18th in the Chestnut gym for our performance of *The Inside Pitch*!

*Ms. Blaney*  
Chestnut Music



# POLARIS - WESTSHORE CAREER FAIR

**Job Seekers**

**Employers**

**A Good Fit**

Dress To Interview

Bring Your Resume

Employers Ready To Hire

**Wednesday - March 31, 2010**

**10:00 a.m. to 2:00 p.m.**

**Polaris Career Center**

**7285 Old Oak Blvd, Middleburg Hts, Ohio, 44130**

(south of Bagley Road, behind Southwest General Hospital)

**For More Information Call:** Career Fair Information Line 216-987-7364 Westshore NFSC 216-939-2454

**To Register Online:** Jobseekers visit: <http://www.employment.cuyahogacounty.us/>

Job seekers note: Pre-registration preferred for first admittance to the event.

Prior to the Career Fair, you can attend a free Resume and Job Readiness Workshop on Thursday, March 25th, 2010 from 1:00 p.m. to 3:30 p.m. or 5:00 p.m. to 7:30 p.m. at Polaris Career Center. Space is limited. To register for the Workshop, please call Chris Anderson at 440-891-7607 before Friday, March 19th.



**COMMISSIONERS**  
Jimmy Dimora  
Timothy F. Hagan  
Peter Lawrence Jones



**Sponsors**

Cuyahoga County Board of Commissioners • Polaris Career Center • Employment & Family Services  
Westshore Neighborhood Family Service Center • Employment Connection



## Reminder!

**Please DO NOT drop your child off early to school** (exception-Choir practice or scheduled meeting).

**Students are NOT permitted into the building until 8:10 am when staff members are on duty. They will remain outside, unless it is raining.**

**So... make sure they are dressed appropriately for the weather.**



## Company Donations

### 4 easy ways you can help our school earn money

*There are several companies that will give us money or educational items if we participate in their programs. These are super easy ways for you to help us make our school year a huge success. Please contact the chairperson if you have any questions on the following programs.*

**Giant Eagle-Apples for the Students-** Every time a registered supporter shops at Giant Eagle using their Giant Eagle Advantage Card, they earn points for your school. The points are saved and later redeemed by the school for educational tools. Points are automatically credited to your school through the Giant Eagle card. To support our school register at [www.gianteagle.com](http://www.gianteagle.com) or call 1-800-474-4777. Our School ID# is 3501.

**Target – Take Charge of Education-** Visit Target or [www.Target.com](http://www.Target.com) and apply for their “Red” card or a Target Visa card. Then enroll in the Take Charge of Education program on the Target website and our school will receive a check for 1% of purchases made at Target and ½% of purchases made elsewhere with your Target Visa. This is a great way to help us earn funds to support our programs.



**Box Tops for Education** - Box Tops for Education can be located on many products. Clip these and save them for our contests. Several times throughout the year we will have a contest and will ask you to send in your box tops. Each box top is worth 10 cents. We can also earn more money by shopping through the Box Tops for education website. **For more information on how you can help our School, “check out” the Box Tops website at: [www.boxtops4education.com](http://www.boxtops4education.com).**



**GFS Marketplace Welcomes Chestnut PTA to the “Fun Funds Program”-** Information will be sent home on how you can enroll for a **FREE FUN FUNDS** membership card. Your purchases at a GFS store will generate a “rebate” check to our PTA. (The closest GFS Marketplace is east on Lorain Road by “Baker’s Square”.



# Fundraiser

... No Buying  
... No Selling



... Just Donate **EMPTY**  
**Inkjet & Laser Cartridges**



Collect empty cartridges from printers at home, places of employment, neighbors & relatives. All proceeds benefit our School!

Bring in empty inkjet or laser cartridge in a Ziploc bag to School!  
Drop off in Collection Bin.

(in Main Office)