

Parent's Voice

Oakland-Scotland Public School

15 Church St. West, Scotland, ON NOE 1R0

November 2008

Volume 3, Issue 2

AN UPDATE FROM THE OAKLAND-SCOTLAND SCHOOL PTA

In partnership with the generosity of parents, our community and local business, the Oakland-Scotland School PTA participate in raising funds to directly support and benefit our students' educational experience. Funds raised are applied towards the purchase of educational materials, required furniture, electronics and/or appliances for our school, books, special events, along with special interest workshops for the students. Fund-raising efforts include the annual Christmas Raffle, Poinsettias sales, Wolfest and the Spring Bedding Plant fund-raisers.

The Parent-Teacher association raised \$6396.50 in 2006-2007 and last year raised \$8730.25. Every year, PTA funds half the cost of student agendas, this year the total was \$612.00. Past funding opportunities have included our school playground in 2006, rainy day indoor games, two large lunch tables (\$2000.00) classroom and library books (\$2129.00), anti-bullying presentations, special musicalevents, a school refrigerator and the school camcorder to record school events.

The PTA also support various colouring contest held throughout the year, the Grade 8 graduation, the Christmas concert, Christmas Dinner for students and the EQAO Student Breakfast.

Ms. Goold and Ms. England

expressed a need for more books for the school's library. This issue was discussed during November's meeting and members voted to allocate funds for new library books. Please join us at our next meeting, Tuesday, December 9th, 2008 at 6:00pm. New PTA members always welcome. Childcare is available in the school's gymnasium with advance notice.

Digital Savings For Books & The Environment

One of the stresses on the school's budget is paper costs. If *half* the School newsletters (including the Parent's Voice newsletter) and lunch forms were sent via e-mail, the school could save approximately \$ 171.50 over 10 months. Money saved from photocopies could potentially be applied towards books for the school's library, required school equipment or upgrades . We all know, every little bits counts.

Keeping Student Safety Patrols Safe

An important safety issue was brought to the School Council's attention regarding parking in front of the school (**nearest the road**). **PLEASE PARALLEL PARK IN THIS AREA.** When cars are parked vertically, student patrols cannot see past the cars, causing serious safety issues.

A FEW REMINDERS

PARENT-TEACHER INTERVIEWS

December 4-5th, 2008

BOOK FAIR

December 3-5th, 2008

POINSETTIAS PICKUP

December 4th-5th 2008

CHRISTMAS LUNCH FOR STUDENTS

Tuesday, December 16th, 2008

ANNUAL CHRISTMAS CONCERT & RAFFLE DRAW

Thursday, December 18th, 2008

OPT-IN & SAVE THE ENVIRONMENT!

- YES, I would like to receive VIA E-MAIL** the School Newsletter, Hot Lunch Forms (send payments with your child), and the Parent's Voice.

Student's Name

Teacher's Name

Parent's Name

Parent's E-MAIL address

Parent's Signature

Cut and send in with your child's agenda.

Confessions of a Picky Eater

By Tanya Foubert, OSS Parent

I'll admit it. I'm in my third decade and I'm still a picky eater. I'm not fond of vegetable matter and sandwiches annoy me (they are boring, tend to get soggy and squish too easily). I'll avoid food based on texture, smell, or color. I was so picky about lunch that my mother gave up and I packed my own (for well over two decades now). It turned out that it wasn't so much that I was impossibly picky, but that I just didn't like conventional lunch foods. Many kids, I suspect, share my opinions.

My first tip is an extreme sanity saver in my household (3 kids under 7 and out the door by 7am), passed onto me from a woman who ran a home daycare. It has been, hands down, the fastest, simplest way I have ever put together lunch, and usually with very little waste.

Aim for food groups. If you can provide an item from at least 3 different food groups, you've basically got a balanced meal. Graham crackers with cream cheese spread and raisins. Carrot sticks, almonds* and a couple of mini-bagels. Sliced turkey, dried cranberries and chocolate pudding. Banana bread,

apple slices and cheese cubes. Toss in your Rubbermaid juice box (the only brand I've found that doesn't consistently leak) and you've fulfilled your lunch mandate for the day.

My next biggest tip is the Thermos food jars. When we were kids, Thermoses were either used to keep your apple juice cold, or your Lipton Noodle Soup hot. They had a narrow neck and a deep well inside and were a royal pain to clean out. Now however, Thermos has put out a "food jar", which is a stainless steel-lined, squat, wide mouthed contraption designed to keep anything hot. The capacity varies, but between 200-450ml (just under a cup to almost two cups) seems standard. The super wide mouth means you can eat directly from the jar with a fork or spoon, and they are extremely easy to clean.

Fill the Thermos with super hot tap water while I'm getting the rest of the lunch prepared, then dump out the water and toss in the (hot) food... this way you don't lose valuable degrees heating up the jar with your lunch.

I have taken almost every leftover known to man in these... meatballs,

spaghetti, Kraft Dinner, fajita innards (shredded cheese and tortillas packed separately), chicken wings, chili or taco filling (pack nachos for dipping), pancakes and syrup, potpies, chicken nuggets, wonton soup, grilled cheese sandwich cut into fingers... really, if you can heat it up and stuff it in there, it's fair game. The only thing to keep in mind is that because of condensation, food will not stay crisp. But if you can handle your chicken nuggets being a little soft, by all means, nugget away!

I think as parents we tend to over-think our kids lunches. We worry when they come home with most of their sandwich or an untouched yogurt, we wonder if they've eaten enough, worry that we aren't packing enough, or too much, or the wrong things. At the end of the day, you can only make sure your child has food, it's their job to eat it (or not). And remember, school is under 1/3rd of their day. If they don't eat much at lunch, they'll more than likely make up for it at dinner.

*Remember... nuts are an amazing source of essential fats and protein, but be aware of the school's peanut-free policy.

Hot Lunch Meals - Trans Fat Info

Meal	Trans Fat	Total Fat	% of total fat that is trans fat
Pizza	0.1	4	2
Panzerotti	0.4	20	2
Chicken Chunks	0.0	18	0
Ham Sub	0.5	27	1.9
Assorted Sub	0.5	34	1.5
KFC Classic	0.4	23	1.7
KFC Strips	0.1	14	0.7

To find out more about the new Trans Fat Standards for Ontario Schools, visit: www.peopleforeducation.com/trans_fat_standards

LUNCH BAG RECIPE

Egg-Free | Dairy-Free | Nut-Free Cake

INGREDIENTS

- 1 1/2 cups all-purpose flour
- 1/2 teaspoon salt
- 1 cup white sugar
- 1/4 cup unsweetened cocoa powder
- 1 teaspoon baking soda
- 5 tablespoons vegetable oil
- 1 tablespoon white vinegar
- 1 teaspoon vanilla extract
- 1 cup cold water
- 1/2 cup semi-sweet chocolate chips

DIRECTIONS

Preheat oven to 350 degrees F (175 degrees C). Grease an 8x8 inch baking pan.

In a large bowl, combine flour, salt, sugar, cocoa powder, and baking soda. Mix well with a fork, then stir in oil, vinegar, and vanilla extract. When dry ingredients are thoroughly moistened, pour in cold water and stir until batter is smooth. Stir in chocolate chips and pour batter into prepared pan.

Bake in preheated oven for 30 to 35 minutes, until a toothpick inserted in center comes out clean. Cool on a rack.

NUT-FREE Products Options

Dare Foods (Canada) has declared its manufacturing facilities nut-free and peanut-free (products containing nuts are made outside the facility.) Look for the Dare's peanut-free logo.

Enjoy Life Foods offers allergen- and gluten-free cookies, granola, snack bars, bagels, and trail mix.

Nonuttin' Foods granola bars - Found in natural food stores.

Peanut Butter Alternative: **NoNuts Golden Peabutter** is available in grocery stores across Canada (made from golden brown peas).

Christmas Raffle

Last year our Christmas Raffle offered a chance to win a Nintendo Wii gaming system, an 8" portable DVD player and a Gift Certificates Package for local restaurants.

This year's Raffle will include once again three exciting prizes. First Prize is \$500.00 CASH, a GPS unit (\$305.00 value) and \$150.00 Gift Certificate Package redeemable at local restaurants.

Tickets are available for \$5 each, or three for \$10, and will be available shortly from any member of the PTA, or through the school office.

As with last year, we are asking you to consider purchasing a few extra tickets to resell to family and friends. The beauty of this is, if you end up with any extra tickets that you don't sell, you'll have the twin benefit of getting more chances to win one of the prizes, and knowing that you are helping to support your school.

Please detach and return to the school.

YES!

I'd like to support the school by purchasing _____ tickets for the Christmas Raffle at \$5 ea or 3 for \$10.

I'd be happy to help out by purchasing _____ additional tickets to sell to others. (My payment is enclosed.)

NAME: _____

PHONE: _____

CLASS: _____

INTERESTING TID BITS

Do you have any fun and interesting tid bits to share? We welcome your suggestions. Email your thoughts to either Linda Zandstra (jetgirl72@yahoo.ca) or Christine (christine@junefiredtp.ca).

Online Resources

ilunchbox.com
Nutritious Lunch Ideas

Spirit Wear Available for Purchase

Contact Mrs. Poole for available sizes.

Craft Idea

SUN CATCHER

Here's a fun project to do with the kids. Make a multicoloured sun catcher by shaving crayons onto a 10- or 12-centimetre sheet of non-stick baking paper. Use a potato peeler or a grater for this task. Place another sheet of baking paper over the top and press it with a hot iron until the shavings melt together. Poke a hole near the top through the layers of wax and crayon while still warm. Once your ornament cools, peel away the papers and thread a ribbon through the sun catcher and hang it against a windowpane.

Source: Extraordinary Uses for Ordinary Things, Reader's Digest Canada.

Book Fair

December 3rd - 5th 2008
TEACHER CHRISTMAS GIFT IDEA

Consider a school library book donation for a teacher's Christmas gift.

Booster Seat Safety

The Ontario Ministry of Transportations offers detailed information regarding booster and car-seat safety.. Visit their Website @: <http://www.tc.gc.ca>

Your Thoughts

We are always looking for content and suggestions. Please send your comments, feedback and/or content submissions with your child to give to his or her teacher., which in turn will be given to either to Ms.. Goold or Parent Voice Editors.

Suggestions, comments and content submission ideas can also be emailed to: Christine Hylands (christine@junefiredtp.ca) or Linda Zandstra (jetgirl72@yahoo.ca)

Your name (Optional): _____ Email (Optional) : _____

Student's Name (Optional): _____ Class (Optional): _____

Comments, Feedback, recipes, content submission:
