

# STEVENS STAR



## PTA Newsletter



January 2010

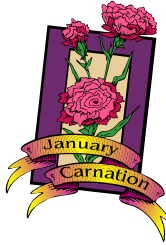
Francis L. Stevens Elementary School, Lake Hill Road, Ballston Lake, NY  
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Northeastern District PTA

### Calendar of Events

#### Tuesday, January 12th

Stevens PTA  
Enrichment Clubs  
begin  
Board of Education  
at Middle  
School, 7:30pm



#### Monday, January 18th

No School

#### Wednesday, January 20th

Stevens Concert at High School, 7:30pm

#### Friday, January 22nd

Stevens PTA Family Fun Night

#### Tuesday, January 26th

Board of Education at Pashley, 7:30pm

#### Wednesday, January 27th

Half Day of School

#### Thursday, February 4th

PTA Founders Day Dinner

#### Tuesday, February 9th

Board of Education at High School,  
7:30pm



**Happy New Year!** Can you believe it's 2010? How many of you ever thought when you were a kid that you would see 2010?? Well, here we are. And before our kids know it, they will be experiencing 2050.

What can we do for our kids now to help them be prepared for when that time comes - maybe more prepared

than we ended up being. What would you have done differently if you knew then what you know now? PTA, in partnership with the Stevens faculty and staff, work to build that important base for your children in this ever changing world so they can be prepared for 2050. Think about making a resolution in 2010 to be an even bigger contributor to the education of your child, and other children of our community. There are so many ways to help prepare our kids for the future, both at home and in school.

Special thanks for all the hard work that Christine Molluso and all her fantastic helpers did – not once, but twice, to make the Holiday Shop a success! That is a huge production to organize, and to do it two weeks in a row is an unbelievable task, but they did it!

Have a safe and happy 2010, and hope to see you at school this year...

Amy

### **HEALTH & WELLNESS Be a Streaker!!**

The Health and Wellness

Committee would like to invite all students, parents, faculty and staff to participate in a fun goal setting challenge called January Streaks! The idea is to think of a healthy habit that you would like to adapt and then see how many days in a row you can do it! You can use a calendar to keep track of your streak. The challenge will begin January 5<sup>th</sup>, and will continue until February 1<sup>st</sup>. Hopefully, you will be able to keep your streak going long after the end of the challenge because you will have learned the new healthy habit and it will become part of a healthy lifestyle! If you



miss a day and break your streak, just start over and see if you can beat the number of days that you achieved during your first streak.

This is an activity to do at home, but at the end of the month students can send in their completed calendar to their classroom teacher for acknowledgement of participation. In addition, we would like to formulate a list of all the healthy streaks that our Stevens Superstars have adapted! We hope you will consider taking part in this fitness challenge! Have fun and good luck!

Below is a list of some of the types of activities that you might like to try. Pick one of them, or use your imagination and think of something else to try.

Streak examples:

Exercising 20-30 minutes a day  
Flossing your teeth everyday  
Eating at least 3-5 fruits and veggies each day  
Drinking 6-8 glasses of water each day  
Getting 7-9 hours of sleep each night  
Cutting out junk food for the month  
Eating a well balanced breakfast each morning

Thank you for your time and consideration! Let's focus on our health and fitness and start the year off right!

Yours in wellness –  
The Health and  
Wellness  
Committee



## **2009-2010 Stevens PTA Officers**

### **President**

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### **Secretary**

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### **PTACouncil Representative**

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[Ctodd00@msn.com](mailto:Ctodd00@msn.com)

### **PTA Teacher Representatives**

Sue Cifaratta and  
Betty Hanson

### **Articles for the Newsletter**

Emailed or written submissions must be received by the 1st of the month for inclusion in the newsletter. Submissions by email should be sent to [mgrabb@nycap.rr.com](mailto:mgrabb@nycap.rr.com)

### **Staff**

Amy Aldrich PTA President  
Colleen Grabb – Editor,  
384-7336  
[mgrabb@nycap.rr.com](mailto:mgrabb@nycap.rr.com)

Asst. Editor, Laura Foster

### **Nurse Hay's request**



I would like to request donations of gently used clothing. Items needed:  
elastic waist pants (all sizes)  
small underwear  
small socks  
zip front sweatshirts (all sizes)

### **"Hair Today – Give Tomorrow"**

We are looking for supporters (children and adults) to grow their hair for a Cut-A-Thon event at the end of the school year that will benefit children with cancer. You can participate by growing your hair to donate, or by raising money to shave your head. Start growing now, and stay tuned for more details! Sponsored by the Stevens Elementary Student Council.

### **Books and Bottles Don't Mix!**



Many of our Super Stars carry a **water bottle** to and from school. It's a healthy practice to stay hydrated throughout the day.

All of our Super Stars borrow **books** from the Library Media Center. It's a healthy practice to stay engaged with some good reading throughout the day. :o)

The **problem** occurs when a leaking water bottle meets up with a library book in a SuperStar's backpack. The outcome is not pretty. Water damage to books involves staining, wavy pages, misshapen hard covers, and bent spines, all of which lead to the same nasty thing – mold. :o( We have had an unusually high number of books affected already this year – 10 to 12! In each case, I have asked the family to pay for the damaged book so that we can purchase a replacement copy for the library. All have been very understanding, and I am grateful for the support for our school's library collection.

May I make the following suggestions in hopes of a dryer New Year?

1. Many backpacks have a special *outer* pocket to hold a water bottle.
2. Consider sending your Super Star to school with an *empty* water bottle. It can be filled here in the morning, enjoyed throughout the day, and emptied before its return trip home.

Thank you! Together, we can help prevent future soggy books.

Ms. Cuyler, Librarian

### **Banking Volunteers Needed**

**When:** Friday mornings 8:00-9:30 in the Art Room.

**What:** Set up supplies for banking, enter deposits from kids, and bring deposit to bank. Can volunteer monthly, every other week or weekly.

**How:** Volunteers can come to just set up computer and supplies first thing 7:55-8:15 and leave and/or come around 8:15 to greet the kids and log in deposits and give out prizes when earned.

**Why:** Most importantly, we are helping kids get in the habit of SAVING, with an interest rate higher than most accounts earn. There is also a great luncheon given in our honor of banking volunteers in the spring at the Desmond. Parent volunteers can also open an account earning 2% interest annually on balances under \$1000. Think of it as a CD with access to the money at any time.

**Who: If interested please call Holly Schulte 384-0402, Banking Coordinator.**

### **Information if Your Child is Absent**



Parents should always notify the school by **9:00AM**, either by phone call or email, whenever their child will be absent. If there is no call or email from a parent,

the office staff must verify the student is absent by calling the parent. (A written excuse with a parent signature is still required when the child returns to school.)

[bmlodzianowski@bhbl.org](mailto:bmlodzianowski@bhbl.org),  
[jbennett@bhbl.org](mailto:jbennett@bhbl.org)

**Save the Date!**

**Wonderland**, a tale of Alice in Wonderland will be performed by the BH-BL Theatre for Children on Friday and Saturday, April 16th and 17th at the BH-BL High School.

You won't want to miss this wonderful opportunity to enjoy live theatre for the whole family!



**This winter enjoy BHBL sports!!**  
**Support our BHBL teams!**

**WRESTLING  
VARSITY/JV**

- 1/6 Colonie  
6:00 pm**
- 1/8, 9 Eastern State Classic  
TBA
- 1/9 Colonie **JV** Tournament  
10:00 am
- 1/13 Averill Park  
6:00 pm
- 1/16 BH-BL JV Tournament  
10:00 am**
- 1/20 Saratoga  
6:00 pm**
- 1/23 Section 2 Duals @ Shen  
TBA
- 1/28 Niskayuna  
6:00 pm
- 1/30 Big 10 Tournament 9:00 am
- 1/30 Corinth Var. Invitational  
10:00 am
- 2/6 Class B's  
TBA**

**MODIFIED**

- 1/13 Averill Park  
4:00 pm
- 1/15 Shaker  
4:00 pm
- 1/20 Saratoga  
4:00 pm**
- 1/27 Mohonasen  
4:00 pm
- 1/29 Ballston Spa  
4:00 pm
- 2/3 Bethlehem  
4:00 pm**
- 2/5 Niskayuna  
4:00 pm**

**ALPINE SKIING**

- 1/6 Queensbury Invy @ West  
Mtn 5:00 pm
- 1/11 Schuylerville Invy @ Willard  
Mtn 5:00 pm
- 1/13 Niskayuna Invy @ West Mtn  
5:00 pm
- 1/18 Shenendehowa Invy @ West  
Mtn 9:00 am
- 1/20 Johnsbury Invy @ West Mtn  
5:00 pm
- 1/30 Ahearn Memorial Invy  
@Royal Mtn 9:30 am
- 2/1 Saratoga Invy @ Willard Mtn  
5:00 pm
- 2/9 Sectional Championship  
9:30 am
- 2/23 State Championship  
@Bristol Mtn 9:30 am
- 2/24 State Championship  
@Bristol Mtn 9:30 am

**ICE HOCKEY**

- 1/8, 9 CNS Tournament  
7:30 pm
- 1/11 Guilderland  
8:00 pm**
- 1/16 Beekmantown 12:45 pm**
- 1/22 Shaker/Colonie  
TBA
- 1/30 Queensbury  
6:30 pm
- 2/6 CBA  
6:00 pm
- 2/13 Saratoga  
7:15 pm**
- 2/17 Glens Falls  
7:30 pm

**Home Matches @ Achilles Rink  
Union College**

**Pancake Breakfast**

The BHBS High School Varsity Hockey Team is hosting a pancake breakfast on Saturday January 23, 2010 at the Millstone Lodge.  
8:00am – 11:00am



The cost is \$7.00. Breakfast includes: pancakes, eggs, sausage, home fries, coffee and tea. Join us for a fun morning and support your High School team!!

**Stevens Super Star**

**Food Service Department**

Many of our children rely on the food service department for lunch each day. As parents, we look at the monthly menu and let our children know what the main menu will be that day. We send in money or a check for the month. We ask our children how their day went and what they had for lunch. Well, that is the beginning and the end. What happens in-between??

Lucky for our families we have a wonderful and dedicated staff to take care of our children's dietary needs. Nancy Ducharme, Wanda Staines and Sue Brown begin work early in the morning to ensure our children have a nutritious lunch. These ladies prepare, serve, and clean up. That's not all. They are really a small business within our school.

Inventory, ordering, managing monies, receiving all the daily orders from each classroom and keeping all the children's accounts updated. That is all before and after the children have been served. During lunch, Nancy, Wanda, and Sue are helping our children with their lunch orders. Rewind, helping our children with their lunch orders; which includes serving, assisting with money, helping kids who forget their money, helping kids with condiments, helping kids who have accidents and require clean up. They do all this and more with a smile. By the way there are approximately 510 students plus staff and teachers. Nancy, Wanda, and Sue know our children and call them by name. They have said their favorite time of the day is when they are serving our children.

How can the students and parents help our Super Star Department?? Please put your child's name on the envelope with his/her teacher's name. Please put your child's name on your check with his/her teacher's name. Remember to say thank you when you see Nancy, Wanda, and Sue in the school!!!





### **Year book Pictures**

Please remember to take pictures at school events for the year book.

Place pictures on

a disk and leave in the main office for Paula Wunderlich. You can also

email pictures to Paula at [ewunderL@nycap.rr.com](mailto:ewunderL@nycap.rr.com)

Please let Paula know if you can cover a school event. Upcoming events are: Enrichment Clubs and Family Fun Night. **We need a 4TH GRADE PARENT VOLUNTEER to work on the 4th grade layout. Please let Paula know if you can help.**

### **Guess what we found?**



Snow pants, hats, gloves, mittens, and boots. Please go to the lost and found to find your lost

clothing items. Please mark your winter gear with a permanent marker. Remember **EVERYONE** has black snow pants!!!

### **Parent Education Night**

Dr. Holliday Hammond will be discussing teaching children positive conflict resolution. It is being held on January 25th. The evening starts at 6:30 and will end around 8:00.

**Please let Dina Baker know if you can attend.** [dmb628@yahoo.com](mailto:dmb628@yahoo.com)

### **FREE Family Fun Night for all Stevens' families!**

You may have seen juggling, but you haven't truly experienced it until you've seen the explosive, inventive juggling of brothers Matthew and Jason Tardy in their show, TWO: High Energy Juggling. The Stevens PTA brings the dynamic duo to the **Stevens gymnasium on January 22<sup>nd</sup> at 7 p.m.** The "TWO" brothers come to show everyone what high energy juggling is all about and to teach children how to reach for the stars.

In addition to the evening performance, they will also be doing

a character education performance for the students during the day. The show grabs students' attention with TWO's amazing juggling skills while showing children the importance of setting goals and making positive choices. They teach the students that to achieve your dreams you need to put in a lot of hard work, have a good attitude and, most of all, believe in yourself.

Matthew and Jason Tardy have created a show that features everything from high tech juggling to physical comedy and full body contortion. They juggle various "props-of-doom", perform mind bending choreography and, in complete darkness, create streaks of color-changing light that glide through the air. This is all choreographed to cutting-edge, upbeat, original music from their new CD "Audio Body".

TWO have amazed audiences at events across the country and abroad with such highlights as The Golden Phoenix Casino in Reno, NV, Princess Cruise Lines, and The Atlantis Resort in the Bahamas, The International Juggler's Festival and even the White House in Washington, DC three times! They have also appeared on local and national television such as WGME's Daybreak, PBS's True North, CBS Sunday Morning and Inside Edition. The Bristol Valley Theater in NY said, "It's as hip as STOMP and as inventive as BLAST!" Juggle Magazine has even dubbed it, "Juggling meets the X-Games!"

Grab a blanket and bring your family to see why the Odd Fellow Theater has called it "A totally rockin' experience for the whole family!" Admission is FREE!

Contact Jackie Ballinger @ [885-1652](tel:885-1652)/[jballin1@nycap.rr.com](mailto:jballin1@nycap.rr.com) if you have any questions or would like more information.

### **COME JOIN THE FOUNDERS DAY CELEBRATION!**

The Stevens PTA invites all members to attend the annual BH-BL PTA Founders Day Awards on February 4, 2010, at the Edison Club in Rexford.

Each of the five BH-BL schools has selected a Founders Day Award recipient who will be honored and presented with a PTA Honorary Life Membership. The Stevens recipient is an individual who has demonstrated a high level of caring and commitment, continually going above and beyond in ways that benefit and enrich the lives of children at Stevens. We can't say who this person is because it is our district's tradition to surprise the recipient with the award.

The celebration will begin at 5:45 p.m. with hearty hors d' oeuvres and a cash bar. The tickets are \$20 per person and advance purchase is required. You may obtain your tickets via the main office. If you have any questions please call Cathy Todd at 399-4438.

We hope that you will join us in honoring this very worthy individual!

# PTA®

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# LET IT SNOW!