

Joseph Sims Elementary School Newsletter

October 2008

Shelly Hughes, Principal
Chris Nugent, Vice-Principal

Principal's News

Sims Parents and Families,

Wow! What an amazing first month I've had at Joseph Sims. I have received such a warm welcome from the teachers, parents, and students. The friendly and enthusiastic atmosphere here really speaks to the wonderful climate that has been the trademark of Joseph Sims Elementary for the past ten years. I sincerely appreciate the efforts the PTO has made to welcome me by providing a *Meet the Principal Breakfast* to help acquaint me with some of our parents. In addition, I'd like to thank those of you who have found the time to stop by the school office just to meet me in person and say hello. It is a great understatement that I am extremely blessed and pleased to be the new principal at Joseph Sims Elementary School.

If you weren't already aware, our new vice principal, Mr. Nugent, started at Joseph Sims last week. Mr. Nugent comes to Sims with much experience as a site administrator and we're already benefiting from his expertise. When you have the time, be sure to pop by the office to meet him in person so you can put a face to the name.

I want to thank the families who were able to come out and support our Safari Book Fair. Thank you to the teachers and parents who volunteered at our Book Fair this year to make it the success it has been. And of course, a very special **thank you** to our very own Leona Johnson, *librarian extraordinaire*, for going above and beyond the call of duty to put together the best Book Fair possible.

I look forward to watching the leaves change with you this Fall and for many more to come. Please don't ever hesitate to call, email, or stop by.

Fondly,
Mrs. Hughes
shughes@egusd.net



Dates to Remember in October

Oct. 21 – PTO Meeting @ 7 in office

Oct. 21 – School Site Council @ 4 in office

Oct. 21 – Cookie Dough Delivery 2:20 – 5:300 Track A & C in MP

Oct. 27 – Oct. 31 – Mission Springs 6th grade Yee, King, & Wandell

Oct. 29 – 1-2 Star Assembly 8:15

Oct. 29 – 3-4 Star Assembly 8:40

Oct. 29 – K AM @ 11:15 in K2

Oct. 29 – K PM @ 2:05 in K2

Oct. 29 – Track A, B & C 5-6

Recognition assembly 9:15

Oct 31– Track Change/Minimum

Day



VP's Nuts and Bolts

Dear Parents and Guardians,

I enjoyed meeting many of you last week and hope to meet the rest of you soon. As part of the administrative and staff team at Joseph Sims, one of our primary responsibilities is the safety and welfare of your student(s). Here are several reminders that we would like you to review with your child:

- Students riding skateboards or bicycles must wear a helmet to and from school.
- No students should be dropped off prior to 7:45 am, there is no supervision on the playground until 7:45 am.
- All visitors must check-in at the office and wear a visitor's badge while on campus.
- During dismissal, please watch for students being picked up and walking home.

If you have any safety concerns, please report your concern to the office.

Mr. Chris Nugent

Oral Language Faire

If your child has a talent for oral speaking, please encourage him/her to memorize a piece of literature to perform in our school level competition in November or December.

Details, registration forms, rules and regulations are available in the office. If you are willing to coach a team of children from your child's class, please talk to your child's teacher. If you have any questions please email Mrs. King at pkling@egusd.net or Ms. Rebhan at krebhan@egusd.net.





Heavenly Hats for Cancer Victims

Mrs. Wallace's 6th grade class volunteered to help Heavenly Hats raise money to ship hats to cancer victims in the U.S. The entire participated in organizing, announcing, and collecting the \$1.00 donation to make life better for others! These sixth graders will lead our school in a show of support by wearing hats on Friday, October 17, Heavenly Hat Day!

Character Education

- ◆ Oct. 6 – 316 Be Health Conscious...and Treat Your Mind and Body Well!



◆



Joseph Sims Shining Stars "CAN" make a difference by supporting our community, and bringing in canned foods from Oct. 13th – Nov. 7th. All donations will go to the Elk Grove Food Bank Closet. With the economy the way it is right now, many families are visiting the food bank in dramatically increasing numbers. Let's make an impact, and help our children understand that "KIDS CAN" help in small, but great ways!!!

3rd Grade News!

On September 23rd, Third Grade A, B, and D Track Students were treated to a first --, "Fractured Fairy Tales" written and performed by students from Laguna Creek High School, under the direction of Ms. Linda Swanson. The Sims students hosted the actors in their classrooms and were a polite, appreciate audience for the LGHS creative, energetic fairy tales 'with a twist'. We are looking forward to future performances by our new high school friends!

PTO News

PTO thanks you for a great first trimester! We have been very busy with our bigger than ever PTO membership drive, several movie nights, a very successful gift wrap/cookie dough fundraiser, and one of the most EXCITING Ice Cream Socials.

For November, we've got another Movie Night planned. Join us on Friday, November 14 from 6-8 in the Multi for "Kung Fu Panda." Ticket prices are \$2 and you get a bag of popcorn when you come in! Join us for additional drinks and treats at an additional cost. Get your tickets early...LIMITED TICKETS AVAILABLE for this event.

In December, we are thrilled to offer our annual Holiday Gift Night on Friday, December 12. This is a great event for students to do their holiday shopping. We will offer hundreds of items at an inexpensive price. Look for more details to come...we'll need volunteers to help with this event!

Join us at our next meeting on Tuesday, October 21 at 7 p.m. in the staff lounge (back of the office).

Happy Fall from PTO

The Ask Anne column featuring District Dietitians Anne Gaffney, R.D. & Lisa Vorce, R.D.

Dear Anne & Lisa,

I am coaching my 11 year old daughter's soccer team. My assistant coach and I were talking about how our soccer girls need to develop good eating habits before practices and games. Could you provide us a list with healthy snack ideas kids could have before practices and the night before game days? We want them to have maximum energy on the field since they will have 60 minute games this year and a longer field to play on. Any advice in those two categories would be great. Thanks, Coach Dad

Dear Coach Dad,

All kids need to eat a variety of healthy foods, and athletes are no different. Everybody needs foods that include:

- protein (found in meat, eggs, and dairy foods)
- carbohydrates (fruits, vegetables, and whole grains are the best sources)
- [vitamins](#) (as found in fruits and vegetables, for instance) and [minerals](#) like calcium (found in dairy products)

Kids need some fat, too, but that's not usually difficult to get. It's found in meats, cheeses, nuts, oils, and butter, just to name a few.

When it's time to practice or play, you'll get energy from the foods you've been eating all week. But it's still a good idea to eat well on that day. If you're going to eat a meal, have it 2 to 4 hours before practice or game time. If you have a full stomach, your body will need to spend energy digesting food, leaving less for you to use in your game or practice. The best pre-game meal includes carbohydrates and protein for energy, but is low in fat and fiber, which can slow digestion.

But you don't want to be hungry either. Bring a snack, especially for long practices, competitions, or all-day events. Half a sandwich, fresh or dried fruit, or a small handful of nuts are all good snacks. Sports bars, or energy bars, are convenient, but they aren't necessary for athletes. You can get the same energy from healthy foods.

Avoid sugary stuff like donuts, sodas or candy bars right before you practice or compete. You might get a little energy boost, but it will fade fast, leaving you feeling drained. But eating and drinking the right stuff will help you play your best. Now, go out there and have a great season and Thanks for Asking, Anne & Lisa.

