



Rising Star News

Volume 1, Issue 3
September 2009

Hello from Ms. Hughes!

I'd like to begin with thanking our wonderful students and parents for such a fantastic start to our school year. We have implemented some small changes around here that seem to be having a very positive affect on students. One of which, has been our blue Star Cards. If you haven't heard the buzz yet about how to earn a Star Card and what happens when you do, be sure to ask your child.

I am pleased to report that we have collected the last of our Student Leadership applications from our A track students so we are finally underway. Each team will host their first meeting in the coming week(s). We have over 100 students participating in this program under the four different teams: Unity, Community Service, School Spirit, and Conflict Management. Each team leader will be busy conducting any necessary training and gathering ideas from the students to drive our year's events. It's exciting to think

of the potential this group of 4th, 5th, and 6th graders may have to build such a positive force in and around our campus. One of the first tasks is to design a logo for our Student Leadership Team shirts.

If you haven't heard yet, we will be doing some serious fundraising all year to fund our dance teacher, Marcy Goodnow. One idea that the Student Leadership Team will be assisting in, is our Denim for Dance campaign.

DENIM4 DANCE
Every first and third Wednesday of the month, students will be allowed to wear jeans or jean shorts with the purchase of a special sticker for \$2. They will have the chance to purchase the \$2 stickers on the Monday or Tuesday before the first and third Wednesday. Be looking for reminders!! This should be a fun and easy way to help raise some money for a great



2009 Ice Cream Social was as popular as ever, even with 100+ heat! Thank you to everyone that volunteered to help and everyone that came out to support the PTO! Thank you to the event Sponsors.

- Banana Split Level:**
- Elk Grove Urgent Care
 - School of the Tiger

PTO News

- Hot Fudge Level:**
- Safeway
 - Elk Grove Accounting & Tax Services
 - Anytime Fitness
- Triple Scoop Level:**
- Sylvan Learning Center
 - Cold Stone Creamery
 - Club Z
- Double Scoop Level:**



cause. This will begin in the month of October.

Lastly, we will be hosting our first Harvest Moon Dance, again, in support of our school dance program. Please mark your calendars for October 23rd from 5:30-8:00. There will be line dancing, a costume contest, photo booth with Ms. Goodnow and much more! Again, more information to come. If this is an event you would like to take part in, please call Susan Clark at 683-7445.

Thank you for all you do to support your children and Joseph Sims Elementary School. As always, please don't hesitate to call, email, or stop by to share your thoughts, insight, or concerns with me or Mr. Nugent.

Ms. Hughes



- Law Offices of Jonathan Stein
- Red Robin
- Honey Donuts



Next PTO Meeting is 9/15 @ 7pm in the teacher's lounge. Enter through the back door. See you there!

Calendar of Events

9/15
PTO Meeting @ 7pm
A, B, & C Track Mission Springs Parent Meeting MP @ 6:30

9/23
PTO Fundraiser delivery Track B & D MP @ 12:00 -6:00PM

9/25
Track D 5th & 6th Character Ed. Assembly @ 2:00 in MP

9/28
Mission Springs D track leaves school @ 9:30 return Oct. 2 @ 2:30

9/29
Fall Picture Make-up A, B, & C track

9/30
1-2 Star Assembly 8:15
3-4 Star Assembly 8:40
Coffee Chat 9:15 in Staff Lounge
K AM Star Assembly @ 11:15 in K2
K PM Star Assembly @ 2:05 in K2



9/28 - 10/8
Book Fair: Mon-Fri after school 2:30 to 3:30
See more specifics in announcement on back page

10/7
Walk to School Day

Character Counts

**Be Smart And Make Good Choices
Sept. 14 – Oct. 2**

Discuss with your child the responsibility that comes with making choices. Remind them that, most often, making good choices brings good consequences and that making not so good choices often brings not so good consequences.

BOOK FAIR!

Book your trip now for this reading adventure! Let your imagination take you on a trip around the world as you explore all the exciting books and fun activities that Scholastic has to offer.

September 28th – October 8th

Monday - Friday after school, 2:30 to 3:30PM
PARENTS! You can shop any time during the day while kids are in school, 8AM – 2:20PM

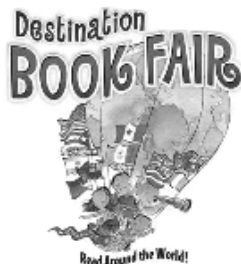
"Family Nights" are Thurs, Oct 1st and Tues, Oct 6th @ 5:30 to 7:30PM

Enter to win a \$20.00 Book Fair Gift Certificate

Get Clifford's autograph (6PM-7PM) and bring your camera for a picture!

Profits from the book fair benefit our school library. Money raised will be used to purchase new books and supplies.

ALL major credit cards accepted!



V.P. NUTS & BOLTS WITH MR. NUGENT



Dear Parents,

Throughout the school, the students and staff at Joseph Sims will practice emergency drills on a regular basis. If you are on campus during a "Lockdown" drill, your access in and out of the campus will be temporarily limited and you will be directed by the school staff to a secure room. We recognize that practicing a "Lockdown" may create an inconvenience or anxiety for parents and/or guardians picking up their child for early dismissal. We appreciate your understanding, patience and support in helping us keep our campus safe and secure for all students and staff. In the event of an actual "Lockdown" the school administration will communicate the event and situations to our student's families.

Other School Related Safety Notes:

The school gates will be opened at 7:30 AM for our morning breakfast program. There is no student supervision on the playground until 7:45 AM. Please do not drop your children off prior to 7:30 AM.

Thank you to all sixth grade students and families that volunteered to help out during the morning arrival and afternoon dismissal. This is a wonderful way to provide an important service to a school community. A sincere thank you goes out to the following students that have helped out in the parking lot over the last six weeks, Evan Berkland, Chante Brock, Adrian Espinosa, Xavier Forbes, Isabelle Saner, and Tyler Smith.

Ask Annie & Lisa

Are you interested in eating healthier? Do you want to have fun while trying to increase the amount of fruits and vegetables you eat? This year, Food and Nutrition Services is expanding our Harvest of the Month program to reach more students and their families. With funding provided by the Network for a Healthy California, Kaiser Permanente and Raley's Family of Fine Stores, over 600 classrooms a month will receive fresh produce to study and taste. The goal of the program is to educate students and their families on the importance of eating fruits and vegetables, expose them to a variety of produce and encourage them to eat adequate amounts of fruits and vegetables every day.

Have fun expanding your families' fruit and vegetable fare by:

- Buying what is in season. While this means you won't have the same variety all year round, you will have higher quality produce at its lowest cost. Stores often have better sales on the produce that is



in season because it is more plentiful and doesn't have to be imported.

- Through September, melons are in season. In addition to **watermelon, cantaloupe, ambrosia, and honeydew** melons, several of the farmers' markets also have different varieties of **Indian and Persian melons**. Try an exotic **Kharbouza melon**, or a traditional yellow-skinned **casaba melon**.
- Red and yellow **bartlett pears** as well as a few varieties of **Asian pears** are now ripe. A large Asian pear can provide 9 grams of dietary fiber.
- Trying a new fruit and/or vegetable every month or trying a new way of preparing an old favorite.

Enjoy the harvest!

You can email questions to Anne & Lisa, District Dietitians Anne Gaffney, R.D. & Lisa Vorce, R.D. at Communication@egusd.net.

Walk to School Day!

Join millions of other people across the U.S. and around the world that will be walking or biking to school on Wednesday, October 7. Our administrators and staff will be meeting students at King Park, Lawrence Park, and Laguna Town Hall at 7:35 AM. We will then walk with the students to Sims. Cliff Bars or Fruit Rolls will be given to all those who participate! Come out and join us and let's GET HEALTHY!

Kindergarten Registration for the 2010-2011 School Year

The Elk Grove Unified School District begins kindergarten registration for the 2010/2011 school year on December 3, 2009. Parents with children turning 5-years-old by December 2, 2010 can register for kindergarten starting at 7:30 a.m. on December 3, 2009, at all elementary schools.

YEARBOOK News

WOW the 2009-10 Full Color Yearbooks are going on Sale Now For Only \$20.00
Watch for the flyer!
Great Memories