

FEB. 2013

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EXPLORER NEWS

PROVIDED BY
FOOTHILL PTA

PRINCIPAL'S MESSAGE

By: Dr. Vallen Thomas

As January closes and we move on to February, I would like to share the great things that have kicked-off 2013 for Foothill.

Our school-wide Geography Bee matched the wits of many of our students on their knowledge of the world in which we live. This was followed by the N.O.V.A. graduation for our sixth grade students. We are fortunate to have Officer Wakamatsu come and share his knowledge with our students – it was a pleasure to hear what the students have learned from him as a few shared their N.O.V.A. Constitutions.

Our Fabulous Fifth Grade Team assembled a patriotic tale of U.S. History in their

musical this month. Stadium of Fire has nothing on our wonderful Fifth Grade Students as they shared the story of America with our parents and students. A BIG thank you goes out to our Fifth Grade teachers Mrs. Longmore, Mrs. Siebach, and Mrs. Walker for the many hours of preparation they put in to make this all a success.

Thanks to our teachers and parents for all the time spent in helping to prepare students for their participation in these learning experiences. We eagerly anticipate the Knowledge Bowl and Foothill Storytelling Festival this month and look forward to more things we can celebrate!

I am encouraged by the increased participation in Dr.

T's Reader each month. It is a thrill to discuss books with your students. February's Dr. T's Readers books will be the following: Stuart Little by E.B. White for grades 1-3; and The Westing Game by Ellen Raskin for grades 4-6. It would not be a monthly message without my reminder to please keep your students reading – not only Dr. T's books, but any good books they can get their hands on.

Please be aware that Kindergarten Registration will be held on Tuesday, February 12th from 9 – 12. Thank you for the support we feel from you each day as we continue to "Go for The Gold by Building a Community of Learners" here at Foothill!

MONTH AT A GLANCE

February 4
Minimal Day

February 5-8
Book Fair

February 6-7
Parent Teacher Conf.

February 7
Harmon's PTA Day

February 11 - Noon
PTA Meeting

February 12 - 6:30 p.m.
Spelling Bee

February 14
Class Valentine Parties

February 18
Presidents Day - No School

February 20
PTA Legislative Day at the
Capital

LOOKING AHEAD

March 4
Minimal Day

March 9
Knowledge Bowl Tourn.
5-6 grades

March 11-13
Clear Creek 6h Grade

March 16
Knowledge Bowl Tourn.
3-4 grades

March 20
Spring School Pictures

PTA[®]

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PRESIDENT'S MESSAGE

By: Kelli Brown

Coming up in February!

Harmons PTA day is Thursday, Feb. 7 Please come between Noon and 7 pm to enjoy ice cream (at our booth), popcorn, Dr. T (5 pm contest) and many other fun activities. Also, save your shopping for that day. 5% of the net sales during Thursday will be split and donated to five schools, and Foothill is once again going to benefit. Hooray for Harmons!

Fuel Up to Play 60 activities will include Kids' Zumba and other dance days.

Read Today We are going to join the Read Today program through KSL and hopefully get an opportunity to see the KSL chopper! In the near future, we will be holding a "Moms and Muffins" and "Dads and Donuts" morning and "Read with a Hero" night. Watch for more information on how to sign up and start tracking reading minutes.

Book Fair, Feb 5-8 will be during lunch each day and during Parent Teacher Conferences.

Spelling Bee Your student should have participated this week in their classroom competition. Winners will move on to the school competition on Feb 12 at 6:30. Watch our website (www.foothillpta.org) for more information. We could still use some help on the night of the Spelling Bee. Let us know if you are willing to help. oremfoothillpta@gmail.com

Legislative Day at the Capital Feb 20. Contact Jill Clark or Kelli Brown if you would like to attend or if you have issues you would like us to discuss with our state legislators. oremfoothillpta@gmail.com

Thank you to everyone that continues to run the art, take home reading, knowledge bowl, and music programs on a continual basis. The teachers are so appreciative, and the kids benefit from all your time and effort!

Foothill PTA is still in need of a President Elect, Treasurer, and Secretary for the 2013-2014 school year. Please consider helping in this capacity. We are able to do so much as a PTA at Foothill, and it is a great way to get involved in your child's education. If you are interested please contact me (Kelli Brown) at 801.722.5663.

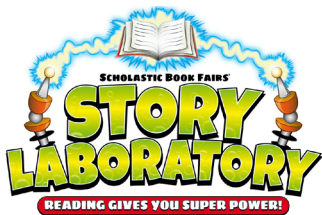
Next PTA meeting is Monday, Feb 11 at noon in the Library. Everyone is invited!

NEWS



Spelling Bee

Congratulations to all of the Spelling Bee classroom winners! We commend all students who participated for their hard work and bravery. The classroom winners will be contacted and invited to participate in the school-wide Spelling Bee on February 12, 2013 at 6:30 in the gym. All participants in the school-wide Spelling Bee should be practicing the words found at <http://www.foothillpta.org/programs/spelling-bee> as well as the words on myspellit.com. Begin by learning all the words for grades 1-8, and then move on to the words organized by origin. Good luck and thank you for participating in the Spelling Bee!



Book Fair

Tues., Feb. 5 - 11:15 to 12:30 p.m. & 3:30 to 4:30 p.m.
Wed./Thu., Feb. 6-7 - 11 to 1 p.m. & 3:30 to 7:30 p.m.
Fri., Feb. 8 - 11:15 -12:30 p.m.

40% of our Book Fair Sales stays at Foothill to benefit the Library. For more information, see the Book Fair page on the PTA website.

Come have a Book-nic! Have lunch with your student on Wednesday or Thursday during the book fair! Meet them in the Book Fair during their lunch recess and then have lunch with them in the Cafeteria. **Please bring a blanket to sit on and your own lunch. There are no school lunches available for non-students.**

Online Book Fair is Open Now! Our online fair is open now and will be available for you to order books until Tues., Feb. 12. Go to foothillpta.org or <http://scholastic.com/schoolbookfairs> and select our school.

Greater selection - Free Shipping - School receives 50% of the purchase!

Try a new e-Reader App! Storia is a new free eReading App from Scholastic made especially for kids! It has some great features for parents to use to track reading progress. It is available for Windows PC, iPad, and Android Tablets. There are 5 free e-Books included with the app.

For every 25 downloads during our fair, our school will receive \$25. We also receive 50% of each e-Book that is purchased during the fair. You can download it from <http://scholastic.com/storia-fairs>, or follow the link from the Book Fair page at foothillpta.org.

HAPPY BIRTHDAY

Cathy Stauffer



Grades 1-3:

Stuart Little

By E.B. White

Grades 4-6:

The Westing Game

By Ellen Raskin

SUBMISSION TO THE
NEWSLETTER?

oremfoothillpta@gmail.com

with newsletter as the subject

by **February 25th**

MORE NEWS



Just a reminder: Harmons is helping Foothill “rev up” our Box Tops for Education \$\$\$. Just bring your Box Tops to Harmons anytime before February 10th. Drop your Box Tops into Foothill’s decorated box at the Harmons service desk and help us race to win 500 extra box tops. At the end of the race the leading schools at each store will receive 500 extra Box Tops! Follow Foothill’s progress on the race track at the store. Thanks for your support!!



Have you noticed the “Fun Food Friday” and “Fun Fitness Friday” signs? If not, you should know that Kim Riggs, along with other Foothill moms, have been teaching the kids about moving their bodies through gymnastics and karate, while also introducing them to edamame. Ask your kids if they participated and learned anything new.



Award of Merit at the Council Level:
Music Composition - Alexis Warnick, Photography - Amanda Partridge,
Visual Arts - Rebecca Partridge and Jarrett Nelson, Literature - Rebecca Partridge

Award of Excellence and Advancing to Region:
Music Composition - Weston Warnick, 3-D Art - Amanda Partridge

Good luck Weston and Amanda at the state competition!

Our school participation and award recognition night has been rescheduled to Thursday, March 21st at 6:30 p.m.

The Jon. M. Huntsman Family is proud to sponsor the 21st Annual Huntsman Awards for Excellence in Education.

Nominate your favorite Utah public school teacher, volunteer, or administrator
11 Winners Will Receive \$10,000
New Category: Special Education Teacher
Nomination forms can be found online at www.huntsman.com/haee
Due Date: Wednesday, March 13, 2013

Please help us promote awareness for this year’s Awards by sharing in your school newsletters, bulletins, and website.

For more information, please call the Huntsman Awards Committee at (801) 584-5799.

OUT OF THE LOOP?

Look everything up on the web at:

www.foothill.alpineschools.org
www.footillpta.org

Dear Parents, To begin the new year, I would like to share with you the “8 to Live By” program, courtesy of Intermountain Live Well.

Scientific studies have shown that these 8 habits have the biggest impact on our health and our outlook on life.

1. **ALWAYS EAT BREAKFAST**- eating a healthy breakfast can improve your memory, boost your creativity, raise your test scores, and help you reach and keep a healthy weight.

Aim for a breakfast that include 3 of the 5 main food groups. Try combos such as: cereal+milk+juice or eggs+toast+milk, or fruit+yogurt+bagel.

2. **EAT MORE FRUITS AND VEGETABLES**- fruits and vegetables are full of nutrients that help you learn and grow, prevent disease, and keep up your energy and mood.

Studies show that they're important for a healthy body weight, too. Every day, aim to get 1 to 2 cups of fruit, and 1 ½ to 3 cups of vegetables.

3. **LIMIT SWEETENED DRINKS**- this includes sweetened soft drinks and sports drinks. Studies suggest that America's weight problem is linked to increasing intake of sugared soda, sports drinks, lemonade, juice, and other sweetened drinks. Drink more water and aim for 3 glasses of milk each day.

4. **LIMIT SCREEN TIME**- research links TV to a wide range of negative health effects in children and teens, including obesity. Make a rule of no more than 1 to 2 hours a day in front of a TV or computer screen.

5. **INCREASE YOUR PHYSICAL ACTIVITY**- physical activity gives you better energy, stronger muscles, less stress, and easier weight management. Aim for at least 60 minutes of physical activity every day. You can get most of this from daily playtime, walking or biking to school, or family activities. The rest can come from sports or other exercise.

6. **EAT MEALS TOGETHER AS A FAMILY-SITTING DOWN**- Many studies have shown that children and teens who eat regular meals with their parents are more likely to eat in a balanced way, do well in school, and maintain a healthy weight. Aim to eat dinner together most nights of the week. Sit down at the table, turn the TV off, and enjoy!

7. **BE POSITIVE ABOUT FOOD**- Experts agree that how you think and talk about food and bodies can have a big impact on your health now and in the future. Forget “forbidden foods.” All foods can fit in a balanced diet. Don't give food as a reward or withhold it as a punishment. Be **FOOD FRIENDLY, NOT FOOD PHOBIC!**

8. **DON'T CRITICIZE ABOUT WEIGHT**- If you, your friends, or your family obsess about food or weight, you're more likely to have unhealthy behaviors and an unhealthy body weight. Watch what you say. Don't criticize your own body even as joke. Don't compare your own weight, size, or shape to anyone else's.

Being healthy means being more positive.

HERE'S TO A HEALTHY, HAPPY NEW YEAR!!!

SINCERELY,

KIM LOWE, RN, SCHOOL NURSE

STUDENTS OF THE WEEK



Dec. 3, 2012 - Andie Dayton, Chance Dastrup, Abby Egbert, Clara Hill, Drew Dabling, Mad-die Wright, Liam Fry, Aidan Brown, Lindsey Himes, Bradley Zollinger, Drew Thomson, Melissa Triana, Caden Vanwagenen, Cole Wolsey, Bailey Tucker, Isaac Yokota, Jordan Patten, Mckay Christenson, Luke Aydelotte, Logan Heal, Afton Allen, Addison Hampton, Noah Lefebvre, Abraham, Alton, Alexis Beck, Hannah Brickey, Janette Wong



Dec. 17, 2012 - Spencer Gray, Cristian Infante, Brighton Magness, Ava Dunchan, Ady Hiatt, Chace Dastrup, Kyah Smith, Aaron Aydelotte, Spencer Bateman, Carson Beaslin, Ginger Johnson, Ethan Keele, Rebecca Partridge, Alex Stringham, Corin Perez, Regan Buss, Savanna Dastrup, Landon Jenkins, Megan Black, Emily Noel, Courtney Garside, Dallin Anderson, Sam Yokota, Hailey Smart, Favian Garcia, Briana Waugaman, Jace Moore



Jan. 7, 2013 - Kaita Hibino, Payton Martineau, Celeste Detoles, Ryan Benson, Easton Knight, Vicky Gonzales, Daniel Craddock, Autumn Cook, Ashlee Frahm, Carter Brown, Chaed Makin, Emmie Knowles, Tandom Low, Addison Cochran, Sonny Tuwun, Madelynn Martin, Sabrina Hill, Brock Zollinger



Jan. 14 - Ashton Holdsworth, Cristian Infante, Hunter Brady, Blake Botherson, Elsa Esplin, Devin Jones, Luke Cherringtonm Braxton Christensen, Marie Noel, Logan White, Rose Neffer, Mindi Cherrington, Alaina Hadfield, Jarrett Nelson, Sarah Davenport, Sam Gale, Lauren Crawford, Brayden Lloyd, Rylie Warnick, Emily Chandler, Maoni Bell, Kyra Johnson, Aubrey Rocha, Matthew Higinbotham, Addie Beaslin, Sydnee Wells, Brecken Cook, Chandler Alvari



Jan. 28 - Grant Johnson, Geleti Iongi, Gavin Miner, Sam Adams, Chase Riggs, Noah Davenport, Jace Tunnell, Mahlia Aznar, Alex Nielsen, Jacob Spencer, Makenna Richards, Levi Wright, ANjali Jarman, Jonathan Jensen, Andrew Singer, Emma Webb, Alexis Anderson, Jake Egbert, Luke Aydeolte, David Hulme, Maoni Bell, Alison Brown Dillon Merrill, Jude Wolsey Sage Wimmer, Sam Heath, Megan Riley, Samuel Triana

Congratulations!



“Congratulations to our Second Grade Team who was honored by the School Board and Superintendent Henshaw for being one of top Collaborative Teams in the Alpine School District!” (Mrs. Madsen not pictures)