

Provided by your Foothill PTA

2016
SEPTEMBER

explorer NEWS

principal's message Dr. Joseph Backman

Fabulous Foothill Parents,

Welcome to another great school year at Foothill Elementary! It is wonderful to have your children back to school, filling our classrooms and hallways with smiles and happiness. Welcome to new students and families to Foothill. In this message, I would like to highlight a few of the great things happening at our school this year.

Many of you have seen the teachers wearing our Apollo Project lab coats and have wondered, "What is the Apollo Project?" Foothill has been a pilot school for Alpine School District as a STEAM (Science, Technology, Engineering, the Arts, and Mathematics) school. This hands-on, minds-on approach to learning encourages students to solve real-world problems by engineering and creating with their peers. This type of learning helps students not only gain the knowledge they need, but also the skills and dispositions necessary to help them be successful in school and life. The district has been pleased with the things they have seen and learned at Foothill.

The Apollo Project is a collaborative effort between seven elementary schools (Cascade, Foothill, Hillcrest, Northridge, Orchard, Scera Park, and Sharon) to ensure every child is prepared for the 21st Century. Next week, you can learn more about the Apollo Project at our community celebration. This celebration will be held at Orem High School at 6:30 p.m. on September 8th. Please read the letter in this newsletter from the principals of these seven schools that gives more detail about the Apollo Project and this exciting event you won't want to miss.

Last year, in partnership with Todd Pedersen, our PTA, local businesses, and Alpine School District we received a significant grant for technology to accelerate the learning of our students. We have one iPad for every two students and have also purchased Chromebook carts in grades 3-6. These devices are meant to facilitate learning, encourage collaboration among students, improve student writing and communication skills. We are also excited about our Exploratorium Makers Space (previously known as our computer labs) where students will learn their grade level content in an integrated approach of technology. In addition to the full lab of computers, we also have a 3D printer, sewing machines, robotics, Cameo and Curio, and more. Grade-level standards will drive the instruction in the Exploratorium giving students a hands-on, minds-on approach to learning.

We are also pleased to have three new coaches at our school this year that will help our teachers integrate subjects to deepen student learning. Mrs. Wakamatsu is the instructional coach of the school, Ms. Crockett is the technology integrationist, and Mrs. Hall is the drama integrationist. These coaches are a great support to teachers and will help our students learn.

Thank you for sending your children to Foothill Elementary. It is an honor to partner with you as we prepare these students for the 21st Century.

Sincerely,

Joe Backman (Dr. B)

IN THIS ISSUE

- principal's message - 1
- calendar - 2
- the news - 3-6
- nursing news - 7
- apollo project - 8
- important fliers - 9-11

out of the loop?

subscribe to the newsletter:
oremfoothillpta@gmail.com

like us on Facebook!
www.facebook.com/FoothillPTA

www.foothill.alpineschools.org
www.foothillpta.org

Dr. B's Readers

Grades 1-2

Junie B. Jones and a Little Monkey Business by Barbara Park

Grades 3-4

The Seven Wonders of Sassafras Springs by Betty Birney

Grades 5-6

Harry Potter and the Sorcerer's Stone by J.K. Rowling

UPCOMING EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Back to School 6 p.m.	2 Storytelling Festival Field Trip Grds. 3-6
5 Labor Day No School	6	7	8 Apollo Project @Orem High 6:30pm	9 Fall Festival 5pm
12 Early Out	13 Room Parents Meeting	14	15	16
19 Early Out	20	21 Fall School Pictures	22	23
26 Early Out	27	28	29	30

HAPPY BIRTHDAY!

Darlene Hebert	Sept. 19
Caroline Judd	Sept. 25
Cheryl Zacharias	Sept. 25
Colton Story	Sept. 26
Corrine Lindorff	Sept. 28

LOOKING AHEAD:

- Oct. 7 - Vision Screenings
- Oct. 7- Reflections Deadline
- Oct. 10-14 - Book Fair
- Oct. 12-13 - Parent/Teacher Conf.
- Oct. 20-21 - Fall Break
- Oct. 28-Reflections Deadline
- Oct. 31 - Halloween Parade

president's message
Amy Oakey

Welcome back! We are excited to start another great year at Foothill.

I purchased some tulips this summer and am anxiously waiting to plant them early this fall. I will plant them in good soil and give them the nourishment they need to grow. Then I will wait until spring when I can see the beautiful flowers that will bloom out and add beauty and color to my yard.

Our children start school right before fall anxious and excited to see what things lie ahead of them. They are "planted" into the classrooms of wonderful teachers who provide them with all the things they need to learn and grow. Then, before we know it, spring arrives and thanks to the nurturing and care they received from their amazing teachers they bloom into more knowledgeable, more prepared, and more capable individuals.

We have an amazing community here at Foothill. We have many wonderful parents who give of their time helping all the students and teachers in so many ways. As a PTA we can't thank you enough for all you do to help make our school amazing! There are many ways for parents to help and we would encourage you to help out this year with any of the many programs that PTA provides or even giving of your time in the classroom. As we volunteer we make a big difference, not only in our own children's lives, but in the lives of all the children at Foothill.

Some of the programs that PTA provides or helps provide are:

Art Program	Student of the Week	Knowledge Bowl
Spelling Bee	Reflections	Music Programs
Ballroom	Red Ribbon Week	Battle of the Books
Newsletter	Box Tops	Teacher dinners and Appreciation
Yearbook	Home Reading Library	

And last but certainly not least Fall Festival! This is a big event and it requires a lot of help. There are many people who have spent countless hours, starting before school ended last year and working through the summer, to help make this a fun and enjoyable event for everyone. Each teacher has a game or activity they are responsible for and they could really use the help of the parents in their classes. It's only a 30 minute commitment so please sign up to help out your child's teacher. They would really appreciate it. There are also many other ways to help out at this great event. Please consider volunteering. We hope to see you there!

We hope you have a wonderful school year and we look forward to working with you! - Amy Oakey - PTA president

THE news

FOOTHILL EXPLORIOSA

Friday, September 9, 2016 * 5:00 – 8:00 p.m.
Calling all Muggles, Half Bloods and Wizards

Purchase tickets and wristbands IN ADVANCE for greater convenience. You can pick up pre-sale tickets and wristbands at will-call the night of festival. Tickets and wristbands can still be purchased at the festival.



The WRISTBAND is \$15 and includes activities for a child and three treats: a snow cone, popcorn and cotton candy. We will also be selling TICKET CARDS that will be marked by the costs of an event.

Both wristband and ticket holders need to bring cash for food, treats at the sweet shop and items at the booths. Some cash only items include: Costco pizza slice: \$1.50, Wands \$3- \$5, Chocolate Frogs \$2, Potion Bottles \$1, Bertie Botts \$2 and Butterbeer \$1.

Food Trucks, Kitchen, Store and Sweet Shop will all be CASH ONLY
Please support the SILENT AUCTION and don't forget your checkbook. There is something for everyone!

ALL TICKET CARDS and WRISTBANDS ARE NON-REFUNDABLE. Proceeds go to Foothill Elementary.
CASH ONLY FOR FOOD, SWEETS and STORE PURCHASES

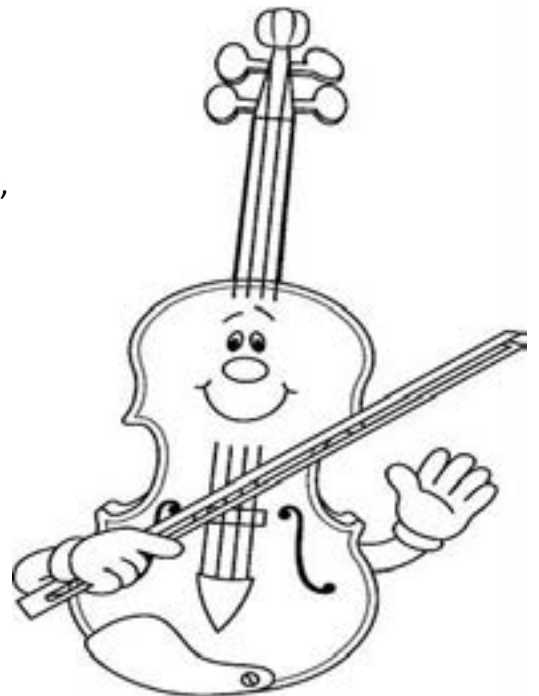
Foothill Orchestra and Choir

We are excited to begin a new school year with our orchestra and choir. Deadline for registration is coming up – this coming Wednesday, Sept. 7. Please fill out a form (more are available at the office) and turn it in to the office. There is no cost to join either group.

Orchestra rehearsals begin this coming Wed. Sept. 7 at 8 am on the stage.

Choir rehearsals begin on Mon. Sept. 12, 2:35 – 3:30 pm in the gym.

Thank you to everyone who has volunteered to help us this year! And a big thank you to all of the students who are going to be part of our musical groups. We really appreciate you, and look forward to making music with you.





MORE news

ART PROGRAM

Join the Foothill Art Program!!

Every year 100+ volunteers jump in to help with the amazing art program at Foothill. Please join us...we need you! It is a great opportunity to spend time in your child's classroom. Plus, it's easy and fun! No art experience needed. We provide the lessons online (and hard copy) for each class, as well as all the art supplies you'll need. Then, once a week, you and a partner teach a short lesson and help the kids make an art project!

Sign up with your teacher for just one month or the full school year. Then, mark your calendar for the Volunteer Kick-off Meeting on Thursday, Sept 22nd at either 10AM OR 1PM. See you there!

CLASSROOM DONATIONS

Did you know that less than 50% of students send in a monetary classroom donation???

and

Did you know that when teachers don't get donations for field trips, or supplies that they often take money out of their own wallets to make sure that all of the wonderful traditions and activities at Foothill continue?

and

Did you know that you can send in additional donations to your teacher if you have the means and by doing so you will "sponsor" a student that may not be able to contribute this year?

and

Did you know that many times donations are not sent in simply because parents FORGET?

This is your reminder! If at all possible please donate financially to your classroom so that our amazing, caring and hardworking teachers can carry out all of the wonderful events and activities they have planned for your kids this year!

Thanks, Foothill PTA

RECEIVE THE SCHOOL NEWSLETTER!

This is a full copy of the newsletter. Each month we will send home a condensed version, with the full version available online. The full version has IMPORTANT information you don't want to miss! You should receive this via email. If, for some reason, you do not receive it, please check your Skyward settings to make sure you have it clicked to receive school news via email. If you don't receive it the following month, contact the school.

MORE news

Dear Parents,

When you enroll your child in a school in Alpine School District, your family joins a caring community that values your participation. Research has shown that when parents participate in their child's education they are far more likely to succeed, especially at the secondary level. There are opportunities to participate at the classroom level, in our PTA (Parent Teachers Organization), in supporting the arts and sports, and in helping to make the "extra" in extraordinary possible for each student. Parents and teachers are the essential ingredients of successful students. By volunteering in the school you will get to know your principals and teachers and meet many other families who are working to make public school a great place to be. Ask what you can do today to make a better tomorrow for our children. Thank you. ~Mauvia Christensen (Region 9 PTA President)



Introducing Foothill's Writers: An after school, creative writing club for 5th and 6th graders who are interested in writing. Taught by Ryann Abunuwara, a junior at Orem High School, and a passionate writer. Beginning at the end of September, the club will meet every Thursday in Mrs. Siebach's classroom, from 3:30-4:30. Hope to see you there!



What's Your Story?

Reflections is the opportunity for students to create pieces of art around a theme. The Reflections Theme for the 2016-2017 school year is: What's Your Story? Students can create art projects in any of the following categories:

- Music Composition
- Dance Choreography
- Film Production
- Literature
- Photography
- Visual Arts

Each category has its own set of rules, so here's the link to the summary of rules for each category: <http://www.utahpta.org/files/docs/16-17%20Rules%20Summary.pdf>

This year our Reflections entries will be due on Oct 28th to the front office. Let's get creating! Lots more information will be available in the coming weeks. If you have questions about Reflections or would like to be on the Reflections committee, contact Jenna Wood at jennakwood@gmail.com.

MORE news

Back to School Night:

Sept. 1, 2015

Parent meeting at 6 p.m.

3 Sessions beginning at 6:30 p.m.

Parent/Teacher Conferences

October 12-13, 2015

Look for more information to come regarding scheduling

Foothill PTA Volunteers!

Thank you volunteers for signing up to help with PTA programs!! We are still looking for help with the following: (Please contact the chairman listed if you are interested).

Home Reading – Jill Clark:
jclarkfamily@comcast.net

Reflections – Jenna Wood:
jennakwood@gmail.com

Ballroom Dance Level 1 – Tamie Heaton
(Parent volunteer receives free tuition):
tamieheaton@gmail.com

Knowledge Bowl – Lexie Sakar:
lexie.sakr@me.com

Fuel Up to Play 60 – Kim Riggs:
riggskimberly8@gmail.com

Red Ribbon Week – Priscilla Beckstead:
priscillabeckstead@gmail.com

Spelling Bee Chairman – Michelle Beus:
mbeus@comcast.net



It's collection time! Make sure to turn in all the Box Tops you've been collecting this summer. Every summer collection sheet or baggie of 50 Box Tops earns a prize. Summer Box Tops collection sheets are due September 30th.

**Mark your calendars!!
Ski school dates below!
Registration begins in October!**

sundance

SKI AND SNOWBOARD SCHOOL

for Foothill Elementary

**AGES: 8 and up for skiing,
9 and up for snowboarding!**

2017 Season
Jan. 9, Jan 30, Feb 13 and March 13
Time: 4 to 6pm
Cost: \$200
(or \$160 with season pass)

Ski/snowboard rental available for \$10 per week
Helmet rental for \$5 per week

Question? Contact Katrina Larson
leifandkatrina@yahoo.com or 801-361-0287



**COMING TO OUR SCHOOL
OCTOBER 10-14, 2016**

NURSING NEWS-BACK TO SCHOOL EDITION

As a school nurse, I find that one of the most common reasons for a visit to my office at school is “anxiety.” Anxiety is a form of stress. It can be experienced in many different ways- physically, emotionally, and in the way people view the world around them. Anxiety is a natural human reaction, and it serves an important biological function: It’s an alarm system that’s activated whenever we perceive danger or a threat. When the body and mind react, we can feel physical sensations, like dizziness, a rapid heartbeat, difficulty breathing, and sweaty or shaky hands and feet. These sensations are caused by a rush of “adrenaline” and other stress hormones that prepare the body to make a quick getaway or “flight” from danger.

Everyone experiences feelings of anxiety from time to time. These feelings can range from a mild sense of uneasiness to full-blown panic, depending on the person and the situation. It’s natural for unfamiliar or challenging situations to prompt feelings of anxiety or nervousness in people of all ages. Kids might feel it to with the beginning of a new school year, or facing an important test, or switching schools, or just having a new teacher and new classmates.

Some amount of anxiety is normal and can even be motivating. It helps us stay alert, be focused, and ready to do our best. Anxiety that is too strong or happens a lot can become overwhelming. It can interfere with someone’s ability to get things done and, in severe cases, can start taking over the good and enjoyable parts of life.

Symptoms of an anxiety disorder can come on suddenly or can build gradually and linger. Some of these symptoms may include: worry and dread, headaches, stomachaches, muscle tension, or tiredness. Children’s worries may cause them to miss school or avoid social activities.

HERE ARE 5 WAYS TO DEAL WITH ANXIETY

1. Learn to relax by taking deep breaths. Deep breathing helps to relax a major nerve that runs from the diaphragm to the brain, sending a message to the entire body to “let go and loosen up.”

2. Get enough sleep, nourishment, and exercise. Don’t get too much sleep or too little sleep, Choose fruits, vegetables, lean proteins, and whole grains for long-term energy. Exercise sends oxygen to every cell in the body so your brain and body can operate at their best.

3. Connect with others. Spend time with friends or family. Organized activities are great, but “hanging out” works too. Doing things with those we feel close to deepens our bonds, allowing us to feel supported and secure. Having fun allows us to feel happier and less upset about things.

4. Connect with nature. A walk in the park or hiking in the woods can help anyone feel peaceful and grounded. Choose somewhere you feel safe so you can relax and enjoy your surroundings. Walking, hiking, trail biking, or snowshoeing offer the additional benefit of exercise.

5. Pay attention to the good things. Focus your thoughts on things that are good, beautiful, and positive. Appreciate the small, everyday blessings. Allow yourself to dream, wish, and imagine the best that could happen.

PLEASE REMEMBER: WHEN ANXIETY OR WORRY FEELS EXTREME, IT MAY BE A SIGN OF AN ANXIETY DISORDER. GETTING PROPER CARE FROM A HEALTH PROFESSIONAL IS IMPORTANT. THESE TIPS CAN HELP TOO, BUT PROFESSIONAL TREATMENT IS THE ONLY WAY TO SHAKE AN ANXIETY DISORDER.

Best wishes for a great school year!

Kim Lowe, RN, School Nurse



Cascade Elementary, **Boyce Campbell**
Foothill Elementary, **Joseph Backman**
Hillcrest Elementary, **Zachary Eagar**
Northridge Elementary, **Eric Woodhouse**
Orchard Elementary, **Aaron Stevenson**
Scera Park Elementary, **Lori Bellitti**
Sharon Elementary, **Mike Larsen**

September 1, 2016

Dear Patrons,

William Bates, a 20th Century poet, remarked “Education is not the filling of a bucket, but the lighting of a fire.” The more we are involved in education, the more relevant this statement becomes. During the month of June, our teachers were invited to participate in a workshop focused on 21st Century learning and the Engineering Design Process. Throughout this training, we did more than just discuss best practices—we lived them! Dr. Shumway, BYU professor of Technology and Engineering, lent his expertise to help teachers learn the Engineering Design Process. He also expounded on how to teach this process through experiential learning. In Dr. Shumway’s words, it was a “hands on, minds on” approach. This “hands on minds on” approach is going to be very much a part of what we do in the east-Orem schools. We have coined this collaborative work the ‘Apollo Project’, in reference to President John F. Kennedy’s ambitious efforts to reach the moon by 1970.

We would like to invite you to find out more about the Apollo Project and how we are preparing your student to be successful in the 21st Century. Please join us to learn about this gateway to more engagement, deeper learning, and better preparation for the future and the jobs that haven’t yet been created.

When: Thursday, September 8, 2016

Where: Orem High School (175 South 400 East, Orem, UT)

Time: 6:30pm Liftoff

Dress: Casual attire is appropriate

Sincerely yours,

Apollo Project Principals

- Boyce Campbell
- Joseph Backman
- Zachary Eagar
- Eric Woodhouse
- Aaron Stevenson
- Lori Bellitti
- Mike Larson

“Every Child Deserves to Be Prepared For the 21st Century”



Capitol Centennial Celebration

What Does the Capitol Mean to You?

Student Art Display

The Capitol Preservation Board invites all school children, grades K-12 to participate in an art display for the 100th Anniversary of the Utah State Capitol.

Draw, print, or color what the Utah State Capitol means to you!

Please send your artwork to the Capitol Preservation Board and include your *full name, age, school, and city* on the front of the artwork. The artwork will be displayed at the Capitol during the Centennial Week, **October 3-8, 2016.**

Artwork needs to be postmarked by **September 13th.**

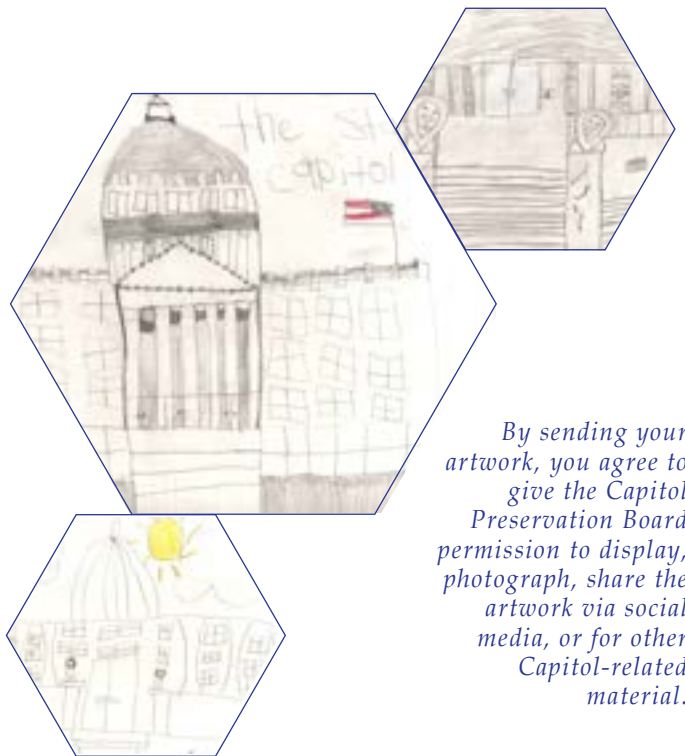
Send to:

The Capitol Preservation Board
350 North State Street, Suite 120
Salt Lake City, Utah 84114



Need some ideas?

- Inside or outside of the Capitol building
- Capitol and Utah Symbols
- Important Utah Historical Events
- Architectural Details



By sending your artwork, you agree to give the Capitol Preservation Board permission to display, photograph, share the artwork via social media, or for other Capitol-related material.

If you have any questions, please call 801-538-1800, or email cpbintern@utah.gov

♪ ♪ Foothill Music Registration for 2016 - 2017 ♪ ♪

Please fill out 1 form per student and turn in at the front office.

Student's First Name: _____ Last Name: _____

Gender: M F Age: _____ Grade: _____

Which group(s) does your student wish to join:

- Choir (Grades 3-6):** Mondays, 2:35-3:30 pm, in the gym
- Orchestra:** Wednesdays, 8 – 8:55 am, on the stage

This student plays

- violin
- viola
- cello
- bass
- harp
- percussion
- flute

Orchestra students must have a private music teacher.

Student's music teacher: _____ Phone: _____

Music piece that student is currently working on: _____

Parent/Guardian's First Name: _____ **Last Name:** _____

Phone number(s): _____ **Email:** _____

How I will help:

- I can be an assistant director for the choir.
- I can accompany the choir on the piano.
- I can be an assistant music coordinator (and then be a coordinator during 2017-2018).
- I can help with non-music related needs.
- Other: _____

Please read the information below and initial:

_____ **Cost:** The music programs are a volunteer organization. All program costs, except for a t-shirt your child desires to own, home practice music for orchestra students, instruments, or private lessons, are funded by the PTA and other music program donations. Donations are always welcome at any time of the year in the office to the Foothill Music Program – please make checks out to the Foothill PTA, with “music program” in the note area.

_____ **Rehearsal:** Students should plan on being at rehearsals each week. Locations are subject to change.

_____ **Concerts:** We will perform at the **Holiday Concert** in December and the **Spring Arts Gala** in Apr/May. The orchestra will also perform at the **String Spring Fling** at a nearby elementary school, date TBD. We may also perform at the Utah Capitol in Oct.

_____ **Religious Music Disclaimer:** “All students participating in Choir [or Orchestra] at [Foothill Elementary School] should understand that we will be singing a wide variety of music throughout the year which will include some religious music from different faiths. Especially during the holiday season, much of our music will comprise of traditional Christian Christmas music. . . . Religious music will be instructed according to its music content. Religious doctrines, practices, and religious rites will not be instructed under any circumstance. In some cases the cultural practices of any religious group may be discussed developing the proper musical style of a given piece, e.g. certain Hebrew and Latin pieces have styles tightly connected to the culture of religious groups” (Sterling Keyes, Orem HS Choir Disclosure Document Signature Form, 2012). By registering your child for choir or orchestra at Foothill, you agree to this religious literature disclaimer.

_____ **Exiting:** We recognize that our program may not work for everyone. If you choose for your student to stop attending the choir or orchestra at any point in the year, please contact your director to let us know. We appreciate your communication!

FOOTHILL EXPLORIOSA

Friday, September 9, 2016 * 5:00 – 8:00 p.m.

Calling all Muggles, Half Bloods and Wizards

Purchase tickets and wristbands IN ADVANCE for greater convenience. You can pick up pre-sale tickets and wristbands at will-call the night of festival. Tickets and wristbands can still be purchased at the festival.

The WRISTBAND is \$15 and includes activities for a child and three treats: a snow cone, popcorn and cotton candy. We will also be selling TICKET CARDS that will be marked by the costs of an event.

Both wristband and ticket holders need to bring cash for food, treats at the sweet shop and items at the booths. Some cash only items include: Costco pizza slice: \$1.50, Wands \$3- \$5, Chocolate Frogs \$2, Potion Bottles \$1, Bertie Botts \$2 and Butterbeer \$1.

Food Trucks, Kitchen, Store and Sweet Shop will all be CASH ONLY

Please support the **SILENT AUCTION** and **don't forget your checkbook**. There is something for everyone!

ALL TICKET CARDS and WRISTBANDS ARE NON-REFUNDABLE. Proceeds go to Foothill Elementary.

****CASH ONLY FOR FOOD, SWEETS and STORE PURCHASES****

RETURN BOTTOM PORTION OF THIS FORM WITH PAYMENT BY THURSDAY, SEPTEMBER 8TH

Please return only one form per family to your oldest child's teacher. Make checks payable to Foothill PTA

Family Last Name: _____ Family Phone: _____

Name (of oldest child at Foothill): _____

Teacher (of oldest child at Foothill): _____

TICKET CARDS- (For games/activities/rides only). Price applies only to increments of \$6.00. Please circle your order.

1 cards with 20 tickets for \$ 6.00	#_____ Activity Wristband \$15.00
3 cards with 60 tickets for \$18.00	#_____ Activity Wristband w/\$5 donation \$20
5 cards with 100 tickets for \$30.00	#_____ Family 4 Pack w/\$10 donation \$70.00
8 cards with 160 tickets for \$48.00	\$_____

*Remember CASH ONLY for all Food, Sweets and Store Purchases!

*Write in the # of wristbands requested; each wristband includes: All activities, a snow cone, cotton candy and popcorn!

Total \$ _____

All wristbands and tickets are non-refundable. This is a fundraiser for Foothill Elementary.