



**RUN WITH THE FOX**

# Fogelsville Flash

**January  
2012**

## MARK YOUR CALENDARS

January 11

January 12

January 13

Movie Night!  
Doors Open at 6PM

January 16

January 27

Early Dismissal  
Family Fitness Night



## UPCOMING EVENTS

February 3

Kick Off to Read-a-Thon

February 8

PTO Meeting 7PM

February 9

Chick-fil-A Night, 4-8PM

February 17

No School/Make Up Snow  
Day

February 20

No School

February 24

Movie Night!  
Doors Open at 6PM

February 28—March 2

Book Fair

February 29

Book Fair Family Night

## A Message from our Principal

Dear Fogelsville Families,

Happy New Year! I hope you all enjoyed the winter break with family and friends, and everyone is ready for a fun and productive remainder of the school year!

Please remember to have your children dress appropriately for the weather. I trust that you know what your child is wearing to school so **we will send them out for recess unless it is below 20 degrees.** Please know that it gets very windy on the playground.

We will continue with our monthly Fox Assemblies and Golden Bucket Awards. The students are doing a wonderful job of being kind and respectful young school citizens. I am so proud of them and the atmosphere that they are helping to create at school.

I look forward to a fun and successful second half of the school year!

Sincerely,

Brenda DeRenzo  
Principal



## A Note from our PTO President

Hello and HAPPY 2012 to Everyone!

The PTO is looking forward to a very fun and exciting rest of the school year! There are many events planned like the Family Fun Fitness Night, Read-A-Thon, Book Fair, a few more Movie Nights, Restaurant Days and of course the Spring Festival!

Please be sure to take time to read the newsletters, e communications, and visit the PTO website for *updates and NEW news that you won't want to miss!*



See you all around school!

~Theresa Heller

## Fogelsville PTO Board

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When dropping off your child at the back door, please keep in mind that they have to be *in their classrooms* by 8:50 AM.

The back door will be locked promptly by 8:48 AM in order for them to have time to get to their classroom.

THANK YOU!

**REMINDER**

## **JANUARY BIRTHDAYS**

<u>Kindergarten</u>	<u>1st Grade</u>	<u>2nd Grade</u>	<u>3rd Grade</u>	<u>4th Grade</u>	<u>5th Grade</u>
Thor H.	Noelle E.	Raven D.	Michael R.	Ashlyn F.	Gage F.
Ethan K.	Sharan T.	Talon D.	Gabriel F.	Nikhil P.	Blake K.
Reagan P.	Angelina V.	Hunter W.	Dylan H.	Henry S.	Karthik C.
	Aidan D.	Jaden K.	Taylor S.	Jason F.	
	Brandon N.	Daniel T.	Srijan S.	Trent P.	
	Jada W.	Benjamin C.	Julian R.	Devon N.	
		Alexandra R.	Dharshan T.		



# Fogelsville Events

Pop on over for....



## MOVIE NIGHT!

Friday, January 13th

Featuring: Kung Fu Panda 2



Doors open at 6:00pm; Movie begins at 6:30pm

Admission: \$2 per person, includes water and snack

Raffle: \$2 per ticket for a chance to win the movie!

## FAMILY FUN FITNESS NIGHT



Friday Evening on January 27th



**Come out with the family for a variety of fun fitness activities, health tips**



Looking for a Concrete Company  
that can help with a project at school.

If you know of anyone who owns or works for a concrete business  
please contact Theresa Heller @ 610-351-6780 for details.

# YEARBOOKS FOR SALE



**Yearbook orders will be taken at the end of January...  
BE THE FIRST TO RESERVE YOUR COPY!**

Order forms will be available on e communications and on the PTO website for you to print, fill out and send in to school!



## **Pictures Still Needed!**

Don't forget to download your pictures for the yearbook committee to use in the yearbook...directions are on the PTO website.

Any questions contact Amy Feyrer at [afeyrer@ptd.net](mailto:afeyrer@ptd.net)



The “Fall Season” of the Tues./Thurs/parent volunteer Mileage Club has ended as of December, however, since the beginning of the school year, Fogelsville boys and girls really put the miles on their sandals, shoes, sneakers and boots! They have accumulated lots of “foot charms” to proudly display on their chains for all their miles. Way to go!

**Tallies are now being made** for all laps for each individual student, each classroom, each grade level, and the school as a whole. We will award some fun prizes and parties for the top students and classes with the most miles logged!

**The “Spring Season” of Mileage Club will hopefully begin in March** when the weather warms up again. Thanks to all the kids for participating, Ms. DeRenzo, all the teachers, school employees and the PTO for encouraging the program...and a big “Thank You” especially to all the parent volunteers for their time helping out to make the Mileage Club possible for so much fitness fun for the kids at recess!

~Alison Brunner

Fogelsville Flash is edited by Theresa Heller and Jeni Siegfried  
Please send articles, announcements, letters, recipes or comments by the 20th of each month to:  
[sangy.rao@gmail.com](mailto:sangy.rao@gmail.com)

# Fogelsville Fundraising



## Reading Rocks!



### Read-A-Thon 2012 is Coming Soon!

We are excited to announce our "Reading Rocks" theme this year..

Kick-off is Friday, February 3rd . More information will be on its way!

Questions can be forwarded to Cindy Cook at [cacook01@verizon.net](mailto:cacook01@verizon.net).



WANT TO HELP OUR SCHOOL EARN CASH? YOU CAN EACH TIME YOU SHOP

AT OUR LOCAL **GIANT** STORE WITH



Visit [www.giantfoodstores.com/aplus/](http://www.giantfoodstores.com/aplus/) and designate our school today using ID Code 03398 and each time you shop at GIANT using your BONUSCARD, you will earn points for your school! Those points become CASH for our school to use for *any* of our educational needs. Look for items labeled DOUBLE and TRIPLE points while shopping to earn more cash for our school!

This simple effort will make a huge difference for our school!

Questions? Contact Cindy Cook at [cacook01@verizon.net](mailto:cacook01@verizon.net).



### DID YOU KNOW?

If each student submits just one label, we will have enough points to get books for **ALL** of our classrooms!

All labels can be put in the gold PTO mailbox in the school lobby.

Contact Cindy Cook at [cacook01@verizon.net](mailto:cacook01@verizon.net) with any questions.

## Fogelsville Fundraising, cont.

And the winner is...

**Congratulations to Mrs. Holben's class!** They are the winners of the Campbell's Labels for Education contest. Her class will be enjoying a class-room pizza party. Thank you to everyone for submitting their labels. We were able to collect even more labels this fall than last. All the points we submitted will be used for equipment the kids can use on the playground at recess. Remember, keep collecting the labels and submitting them, they will count toward our next contest in the spring.

Tina Zaun  
mzaun@rcn.com



## “FOGELSVILLE ReSTaURant DaYs”



### CHICK-FIL-A

THURSDAY, JANUARY 12

4:00 pm - 8:00 pm

CHICK-FIL-A donates prizes to the classroom that has the highest sales. So once you receive your receipt. **PUT your CHILD's TEACHER and Room Number on the BACK of the RECEIPT** and drop it in the box that is provided.

15% of the total sales will be donated to our school.

**CONGRATUALIONS** to Mrs. Van Lierop's first grade class for winning November's contest...each student received a Chick-fil-A t-shirt!

# January 2012 - Calories Out and Calories In, Tips to Increase Family Wellness

*Presented by the Parkland Health and Wellness Council*

## Calories Out: Exercise and Your Kids

Exercise and physical activity are important elements of childhood development. There are numerous physical and mental benefits of exercise for kids. Kids should exercise frequently and pick fun activities that interest them. Also, parents should play an important role by encouraging their children to engage in exercise and physical activity often.

**Benefits of Exercise for Kids-** Kids experience many of the same benefits as adults. For example, exercise can help kids build stronger bones and muscles and decrease their risk for conditions such as diabetes, high blood pressure, and obesity. Also, according to a recent review article in the Educational Psychology Review by Philip D. Tomporowski and colleagues, exercise can increase children's mental functioning and thus cognitive development. Therefore, exercise can provide both physical and mental benefits for kids.

**How Much Exercise do Kids Need-** The National Association for Sports and Physical Education (NASPE) has developed specific guidelines detailing how much kids of all ages should exercise.

Toddlers (ages 1 and 2 years)=at least 30 minutes of structured exercise each day

Pre-school-aged children (ages 3, 4, and 5) = at least 60 minutes of structured exercise each day

NASPE also recommends toddlers and pre-school-aged kids get additional time daily for unstructured exercise, movement and play.

## Calories In: Pizzadillas with Red Sauce Recipe

### Ingredients:

- 4 whole-wheat tortillas
- 2/3 cup fresh or frozen spinach, finely chopped
- 2/3 cup part-skim mozzarella cheese, shredded
- 1 cup marinara sauce (store-bought or homemade)
- Cooking spray

### Preparation:

- Lay 2 tortillas on a flat surface. Divide spinach and cheese between the tortillas.
- Top with remaining 2 tortillas.
- Place skillet over medium heat. Lightly coat pan with cooking spray.
- Gently slide 1 pizzadilla into the pan and cook until light golden brown on one side (about 1-2 minutes).
- Using a thin spatula, gently flip over the pizzadilla and cook for 30-60 seconds more or until cheese is fully melted.
- Remove pizzadilla and cut into triangles
- Serve with marinara sauce for dipping.
- You can wrap and refrigerate leftovers to take to school for lunch.

Makes 4 servings, Serving Size ½ a pizzadilla, Calories 170, Calories from fat 45, Total Fat 5 g (sat fat 2.5 g), Cholesterol 10mg, Sodium 550 mg, Carbohydrates 27g, Fiber 4g, Sugar 3g, Protein 10g

## [The Parkland Community Advisory Council \(CAC\) Invites You to Our January Meeting](#)

The January CAC meeting topic will be "PSD Budget Process: Questions and Answers" and given by Richard T. Sniscak, Superintendent and John Vignone, Director of Business Administration on Thursday, January 19, 2012 at 7:00 p.m. at the Administration Center. The public is invited to attend.