



# PTO Newsletter

February 2010

Southland Sentinel

## Meet Brandon Mull

We are so excited for the upcoming Book Fair at the Jordan Landing location of Barnes & Noble. Please mark your calendars for **May 4 from 12:00 p.m. to 8:00 p.m.**

Brandon Mull, author of the "Fablehaven" series, will be doing a book signing! Come pick up some books and have him sign them. There will be lots of fun that you won't want to miss. Details will follow in upcoming newsletters.

Don't miss a great way to support our school and your students! Our last book fair made \$400 for the guided reading library.

## Free Lunchables & Helping Kids in Need!

Kraft is doing one of the coolest promotions! All you have to do is visit [www.kraft.promotions.com/lunchnotespromise](http://www.kraft.promotions.com/lunchnotespromise) and pledge that you will drop a little note in your kid's lunch bag, and they will give a free meal to a child in need!! Plus, you will even get a coupon for \$1 off any Lunchables Lunch Combinations. They also have notes you can print to put in your kids' lunches.

Using the coupon at many local stores will make the lunchables free, or nearly free. Besides, your child will be so happy to get a fun note from home!

Their goal is to reach 100,000 pledges. As of the printing of this newsletter, they had about 67,000. This is an easy, fun way to make lots of kids' day!

## Save these Dates

**Jan. 20**– Dads & Donuts @ 8 a.m.

**Jan. 21**– **Student Math Night** @ 6 p.m.  
**Boys Maturation** in the gym; **Girls Maturation** in the library; 7:30 p.m. **School Community Council Meeting** @ 8:30 p.m.

**Feb. 1**– Chick-Fil-A at The District, 5-7 p.m.

**Feb. 4**– PTO Meeting 9:30 a.m.; Harmon's Day at The District location

**Feb. 15**– No School

**Feb. 17 & 18**– Parent Teacher Conf. Track A & B

**Feb 19**– Science Club, 1:30- 2:30 in the gym

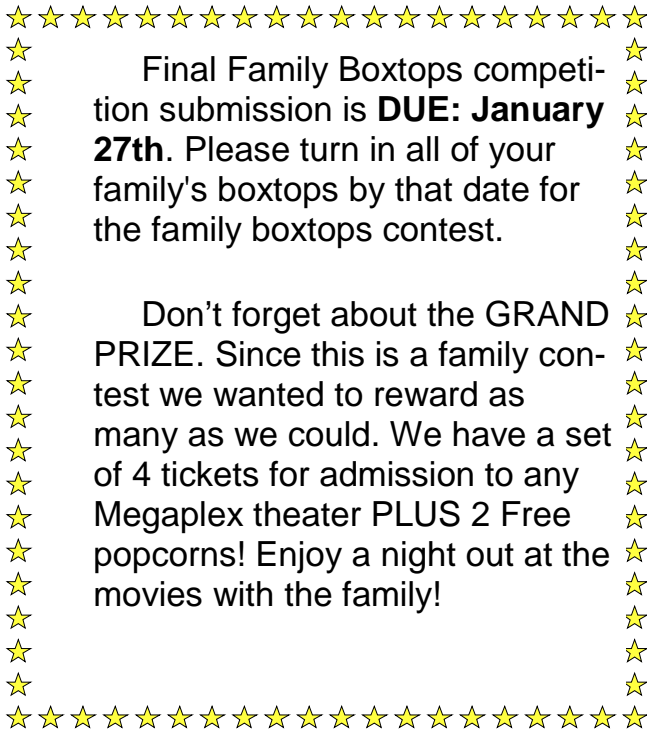
**Feb. 26**– Crazy shoe, hat and hair day

**Mar. 4**– PTO Meeting 9:30 a.m.

**Mar. 24 & 25**- School Musical Performances; FREE: get tickets at main office

**May 21**– Country Fair

# Family Boxtop Contest



Final Family Boxtops competition submission is **DUE: January 27th**. Please turn in all of your family's boxtops by that date for the family boxtops contest.

Don't forget about the **GRAND PRIZE**. Since this is a family contest we wanted to reward as many as we could. We have a set of 4 tickets for admission to any Megaplex theater **PLUS 2 Free popcorns!** Enjoy a night out at the movies with the family!

## Announcements

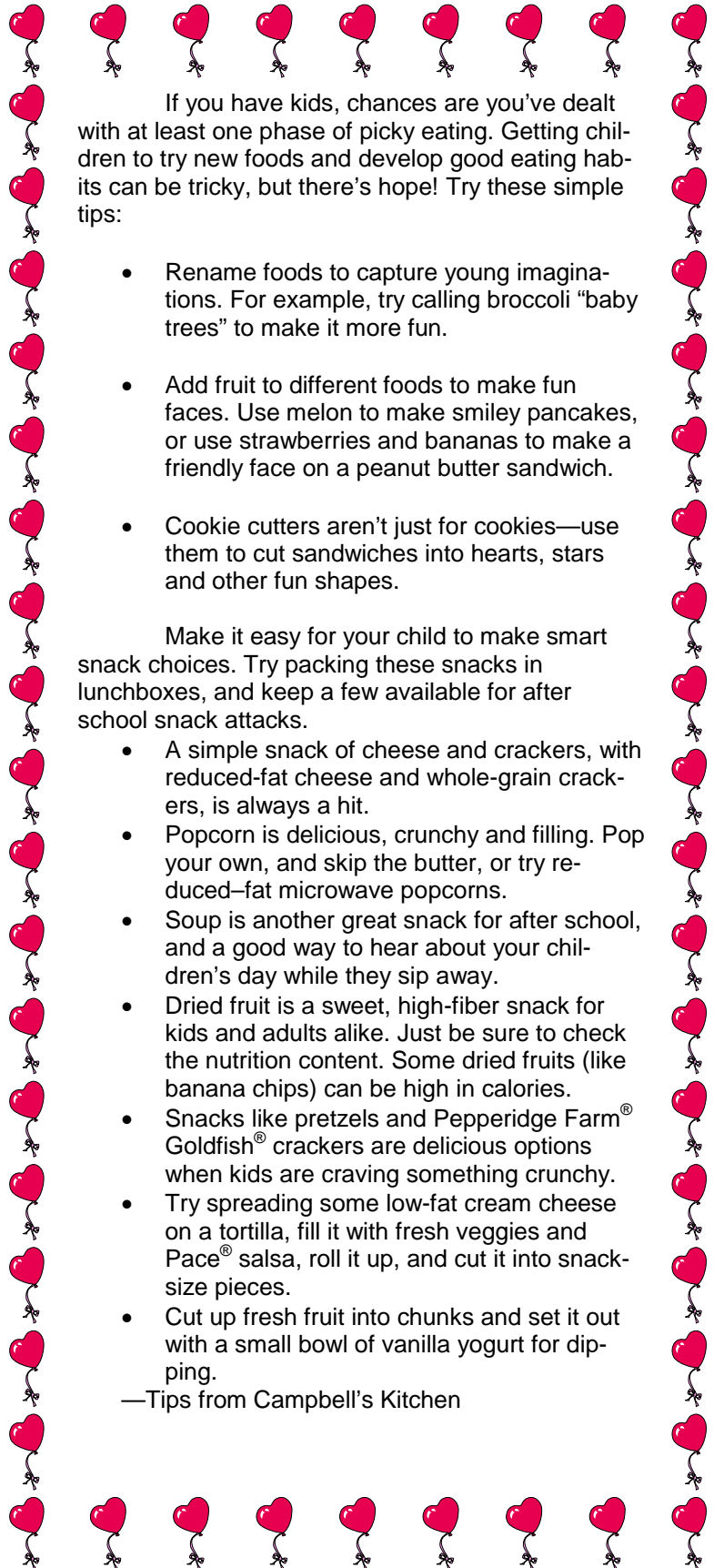
**Calling All Artists:** Watch the newsletter this year for information about upcoming art contests. The theme will be "Around the World" More information will be coming in the new year.

**Parent Math Night:** Jan. 21 at 6:00 p.m. in the Kiva. Maggie Cummings, the district math specialist, will be coming to talk to parents about the new math curriculum and answer questions parents might have.

**Need Info.?:** Check out the school blog, [www.southlandelementary.blogspot.com](http://www.southlandelementary.blogspot.com) for updated calendars and to find out what's going on at our school. Also visit [www.southlandpto.org](http://www.southlandpto.org) for the latest PTO news.

**Thank You!** Our McDonald's night made \$170. Thanks to all who participated. Don't forget Chick-Fil-A night at the District location on Feb. 1.

# Have a Picky Eater???



If you have kids, chances are you've dealt with at least one phase of picky eating. Getting children to try new foods and develop good eating habits can be tricky, but there's hope! Try these simple tips:

- Rename foods to capture young imaginations. For example, try calling broccoli "baby trees" to make it more fun.
- Add fruit to different foods to make fun faces. Use melon to make smiley pancakes, or use strawberries and bananas to make a friendly face on a peanut butter sandwich.
- Cookie cutters aren't just for cookies—use them to cut sandwiches into hearts, stars and other fun shapes.

Make it easy for your child to make smart snack choices. Try packing these snacks in lunchboxes, and keep a few available for after school snack attacks.

- A simple snack of cheese and crackers, with reduced-fat cheese and whole-grain crackers, is always a hit.
- Popcorn is delicious, crunchy and filling. Pop your own, and skip the butter, or try reduced-fat microwave popcorns.
- Soup is another great snack for after school, and a good way to hear about your children's day while they sip away.
- Dried fruit is a sweet, high-fiber snack for kids and adults alike. Just be sure to check the nutrition content. Some dried fruits (like banana chips) can be high in calories.
- Snacks like pretzels and Pepperidge Farm® Goldfish® crackers are delicious options when kids are craving something crunchy.
- Try spreading some low-fat cream cheese on a tortilla, fill it with fresh veggies and Pace® salsa, roll it up, and cut it into snack-size pieces.
- Cut up fresh fruit into chunks and set it out with a small bowl of vanilla yogurt for dipping.

—Tips from Campbell's Kitchen