

Lakewood Elementary

# PTA Pulse

## Upcoming Dates:

**Feb 3**—Kindergarten Roundup, 6 p.m.

**Feb 14-18** Bring Your Family to School Week & PTA Bake Sale

**Feb 18**—Popcorn Day

**Mar 10**—1/2 Day School

**Mar 18**— Popcorn Day

**Mar 21**—Family Night, Roller Skating 6-8

**Mar 28**—PTA Meeting, 6:30



*Don't forget to check out the handy calendar on the last page of this newsletter!*

## PTA Board 2010-2011

President, Shannon Erickson

shannon@singsands.com

1st Vice President, Wendy Biedenbach

millerbach@juno.com

2nd Vice President, Denise Radakovitz

dradakovitz@gmail.com

Secretary, Kimberley Mitchell

kimberleymitchell@charter.net


Treasurer, Matt Metcalf

mmetcalf6003@charter.net

Assistant Treasurer, Julie Riordan

jeriordan@charter.net

## Volume 2 Issue 6

February 2011 

Lakewood Parents –

I hope everyone had a chance to attend the “Arts” Family Night this past January. After looking at all the artwork that was on display, we should be proud of all the talented artists that we have at Lakewood. A big “Thank You” to Lisa Drost and Amy TenBarge who put a lot of time and energy into making this a great event. I would also like to thank all the volunteers who helped make it a success.

*A note from the PTA President...*



Thank you to the parents who attended the PTA meeting on the 24<sup>th</sup>. Unfortunately, I was not able to attend due to the flu, but heard our guest speakers were great, very informative and offered new thoughts in regards to health and nutrition. Here are some websites that they recommended: <http://www.med.umich.edu/umim/food-pyramid/index.htm>; <http://www.fruitsandveggiesmatter.gov/>; <http://www.askdrsears.com/>.

The National PTA’s Take Your Family to School Week is celebrated each February—during the week leading up to PTA Founders Day (February 17)—to pay tribute to PTA’s legacy of building family-school partnerships. This year, PTA will celebrate Take Your Family to School Week during **February 13-19, 2011** with the purpose of expanding and enhancing family engagement in schools across the country. Research has shown that when parents get involved, students get better grades, enroll in higher level of classes, develop social skills, graduate not only from high school, but college as well and become productive members of society.

The PTA needs help. Your help! We are looking for parents who will be willing to co-chair a committee for next school year. We have been fortunate to have great volunteers who have helped to keep these PTA programs going. Our parent volunteers are here for a limited time and in order to continue with these programs, we need more parents to become involved. If you are interested or would like to find out more information, please ask one of the board members, or myself.

Thank you!

Shannon Erickson

## Are You “In-the-know?”



Stay up-to-date, find important information, get the scoop at Lakewood’s website:

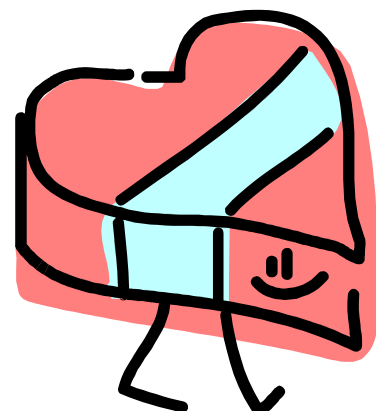
[www.westottawa.k12.mi.us/schools/lakewoodelementary/pta/](http://www.westottawa.k12.mi.us/schools/lakewoodelementary/pta/)



**Next PTA Meeting**  
**Monday, March 28, 2011**  
**6:30 PM, school library**

**Vote for next year’s PTA Executive Board**

**Free childcare available**



\*\*\*SAVE THE DATE\*\*\*

## Family Skate Night

Monday, March 21

6-8 PM

HOME Roller Rink

Private party for Lakewood families.

\$5/person (includes skates)

Look for more information soon...



## PTA's National Take Your Family To School Week And Annual Bake Sale

February 14 - 18



You are invited to come and have lunch with your special Lakewood student(s)! Bring your own lunch or pre-order/pay for a school lunch. Sign-up forms and lunch menus will be sent home soon.

The PTA will also be sponsoring their annual bake sale during lunch everyday this week. Purchase a tasty treat to enjoy after lunch. Most items will be sold for 50 cents each and nut-free goodies will also be available.

*Student Council will also be selling Hot Chocolate on Wed & Fri this week.*



### Hot Chocolate for a Good Cause!



The student council will be selling Hot Chocolate every Wednesday and Friday during lunch for 50 cents.

All of the proceeds will go toward a college scholarship for a WO Senior who is a Lakewood Alumna/us.

Show your school spirit and purchase this year's Lakewood Logo Tees and Sweatshirts during National PTA's Take Your Family to School Week, Feb 14-18. Order forms will be sent home with each student, orders and money due by Monday February 21st with delivery around March 14th. Feel free to drop your order/payment at the bake sale table during lunch.



## New Committee Chairpersons for the 2011/2012 School Year

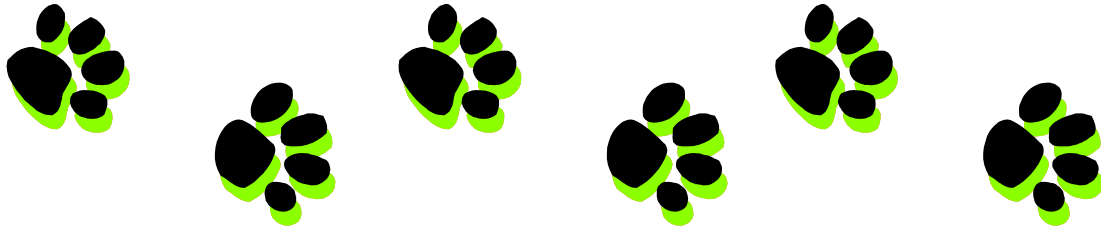


Big Business  
Scholastic Book Fair  
Community Care – Keppel Park  
Community Garden  
Cub Scouts  
Donut Daze  
Fall Fundraiser  
Family Nights  
    Family Fun Night  
    Science & Art Nights  
    Halloween Parade  
Helmet Sale  
Hiking Club  
Kindergarten Liaison  
Back to School Open House

Popcorn Days  
PTA "Cave" Managers  
PTA Handbook/Directory  
Publishing Center  
Reach Out Committee  
Spring Walkathon  
Spring Bazaar  
Square One Art  
Staff Appreciation  
Take Your Family To School Week  
T-Shirts Sale  
Tulip Time Props  
Volunteer Coordinators  
Web Site

Not sure where to start? Let a mentor give you a hand! If you are interested in a certain committee, you can ask questions and get tips and suggestions from a previous chairperson. Just ask one of the Board Members and we will be glad to put you in touch with a mentor for your new committee.

Please consider becoming a chairperson for one or more of these committees for next school year. We want to see these committees and events continue, but we need volunteers to make that happen. Please contact one of the PTA Board Members (contact information on Page 1) if you have any questions about a committee or want to sign up.



\*\*\*\*\*SAVE THE DATE\*\*\*\*\*

# **LAKESWOOD SPRING WALK-A-THON AND CRAFT SHOW**

**SATURDAY, APRIL 30, 2011**

THE SPRING WALK-A-THON AND CRAFT SHOW WILL BE HELD TOGETHER THIS YEAR ON SATURDAY, APRIL 30, 2011. THIS WILL BE A FUN-FILLED DAY FOR STUDENTS AND THEIR FAMILIES. WE WILL HAVE OUR WALKING TRACK TO EARN THOSE FUNDRAISING DOLLARS, MUSIC, FOOD, BAKED GOODS, GAMES, RAFFLES AND LOTS OF GREAT CRAFTS AND GIFTS TO LOOK AT AND BUY.

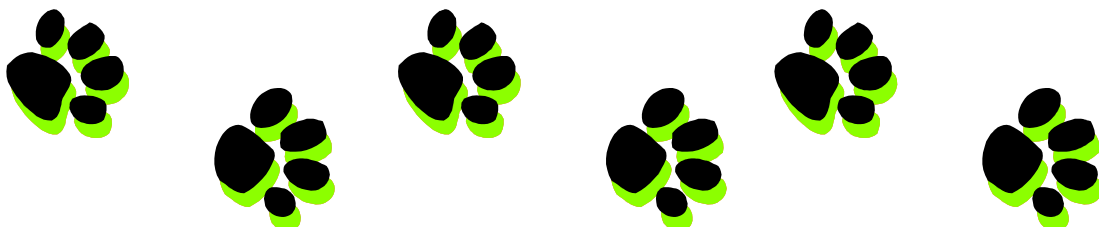
THE WALK-A-THON IS A GREAT WAY FOR OUR SCHOOL TO RAISE MONEY AND PROMOTE HEALTHY ATTITUDES. INCLUDING THE CRAFT SHOW ON THE SAME DAY WILL JUST INCREASE THE FUN!

WALK-A-THON 10:00 AM to 2:00 PM

CRAFT SHOW 9:00AM to 3:00 PM

IF YOU ARE INTERSTED IN HELPING AT EITHER EVENT, PLEASE CONTACT SARAH TEMPLE AT 738-9690 OR [TEMPLES5@CHARTER.NET](mailto:TEMPLES5@CHARTER.NET). WE ARE ALSO LOOKING FOR ANY KIND OF DONATION TO HELP WITH THE PREPARATIONS AND RAFFLES FOR THESE EVENTS. A LETTER HAS BEEN SENT HOME WITH INFORMATION REGARDING DONATIONS.

HOPE TO SEE YOU ALL THERE!





[www.pta.org](http://www.pta.org)

[www.michiganpta.org](http://www.michiganpta.org)

### Upcoming Events sponsored by the Michigan PTSA

Go to [www.michiganpta.org](http://www.michiganpta.org) for more information

#### 2011 Parent Family Engagement Seminar

Empower—Inspire—Educate

Lansing—Saturday, March 5

#### Advocacy Day \* Thursday, May 12, 2011

Michigan PTSA hosts its annual Advocacy Day to provide training and current information to our grassroots advocates and to empower and encourage them to speak to their legislators and the community on behalf of children.



Remember to keep clipping those Box Tops! Each one earns 10 cents for our school— every one makes a difference!

Monthly classroom competitions continue...see poster on "PTA Cave" door for latest results.

See General Mills website for a complete list as well as other great ways to earn money for Lakewood at [www.boxtops4education.com](http://www.boxtops4education.com)

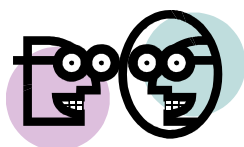
The first classroom Pizza Party winners will be announced in February.

#### "Rewards for Re-using" School Fundraiser!

Don't forget to take your used printer cartridges to the **Holland Cartridge World** on Riley & US31.

You will be able to purchase the ink cartridges that you need, and when you redeem the coupon, you will receive an extra \$1.00 off your purchase for each cartridge you buy. Cartridge World will then donate \$1.00 per cartridge you purchase back to our school!

Questions? Call: 616.928.0966  
or email: [sales@cwwestmichigan.com](mailto:sales@cwwestmichigan.com)



### Volunteering

Please fill out your Volunteer Profile form and turn it into the office. This needs to be done before you can volunteer in the classroom or for a school event. Volunteering is a very important part of the success of Lakewood school. Please stop by the office and sign in and out each time you volunteer here. Thank you for all you do!!

### You can help us reach our Membership Goal!

Please consider becoming a Lakewood PTA Member today. Membership is \$5 and open to everyone. Membership forms are available at the front office.

Don't delay, join today!



## Encourage Kids to Eat More Fruits & Veggies

Eating fruits and vegetables is part of a healthy diet\* for both children and adults. Finding creative ways to encourage fruits and vegetables in your child's diet can be fun for the entire family.

There are more fruits and vegetables available in fresh, frozen, canned, and dried forms than ever before. Taking the time to introduce a variety of fruits and vegetables to kids can help develop a lifetime of healthy habits.



### 10 Ways to Help Kids Eat More Fruits & Veggies

1. Keep a bowl of fresh fruits on the counter. Refrigerate cut up fruits and vegetables in small bags for easy snacks on the run.
2. Serve fruits and vegetables at every meal. Add grated or cut vegetables into entrees, side dishes, and soups. Top off cereal with fruits or add frozen fruits to smoothies.
3. Set a good example. Snack on fruit and order low-sodium, low-fat salads, soups, or vegetable sides when at restaurants.
4. Pack the refrigerator, freezer and cupboard with pre-cut, frozen and canned vegetables so that it is easier for you to prepare meals and snacks that include vegetables.
5. Challenge family members to reach their daily fruits and vegetable goal. Reward the winner with a prize of his or her choice.
6. Ask that fruits and vegetables be offered at school functions, after school programs, and in vending machines.
7. Let children choose which fruits and vegetables to serve and how to incorporate them into their favorite meals.
8. Make fruits and vegetables fun. Try dressing up sandwiches with faces and smiles made from fruits and vegetables.
9. Keep trying. For some foods, it may take multiple times before a child acquires a taste for it.
10. Encourage friends or relatives to offer vegetables and fruits to your children.



### Important Elements—Smell, Texture, and Color

- Kids are turned off to trying new foods if the smell, flavor, or color is not appealing to them. It may be more appealing to a child if the fruits or vegetables are served raw.
- Try feeding different textures of fruits and vegetables to your child. Some children prefer smooth food, where as others like lumpy, and some children like crisp foods, but others like soft.
- Offer new fruits and vegetables in combination with old favorites to show your child a variety of smells, textures, and colors. Various vegetables can be added to any whole grain pasta dish or pizza, and fruit is a great topping for low-fat or fat-free yogurt.

\*In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs and nuts, and is low in saturated fats, trans fats, cholesterol, salt, and added sugars. A healthy diet also means staying within your daily calorie needs.



# Don't delay...become a PTA Member today!



PTA®: HELPING CHILDREN ACHIEVE

## The Importance of Involvement

Research shows that students do better when their families are involved both at home and at school. Grades are higher. Test scores rise. Self-esteem grows. Schools improve.

PTA has been connecting parents to their children's education for more than 100 years. It is the defining organization for parent involvement. See what it can do for you.

### 5 Great Reasons to Be Part of PTA

1. **Be in the know.** PTA helps you keep up with what's happening in your school and how you can support your child's education.
2. **Access great resources.** PTA provides information on topics ranging from homework help to bullying prevention to media safety to child health and more.
3. **Build relationships.** PTA connects you to other families through meetings, events, and communications, and helps build a sense of community.
4. **Hone your skills.** PTA offers opportunities for you to use your talents to benefit children and the school. PTA can help you expand your skills too.
5. **Speak up.** PTA can be a way to more effectively suggest changes at your child's school and in your community, and to be involved in making them happen.

### PTA Member Benefits

As part of PTA's national network of families, educators, and leaders, PTA members receive many great benefits:

- A monthly e-newsletter addressing parenting issues
- Special offers and discounts from PTA's corporate supporters (go to [PTA.org/Benefits](http://PTA.org/Benefits) for details)
- Leadership training through conferences, workshops, and free e-learning courses
- Discounted rates for PTA conventions and on subscriptions to PTA's *Our Children* magazine
- PTA Takes Action Network, with updates on legislative issues affecting children, families, and schools, as well as alerts that give you an opportunity to weigh in on key federal policy issues with your members of Congress

### Team Up with PTA

Everyone is invited to join PTA: moms, dads, teachers, principals, students, aunts, uncles, grandparents, caregivers, businesspeople, advocates, community members.

To join, or to learn more:

- Visit [PTA.org/Join](http://PTA.org/Join)
- Call (800) 307-4PTA (4782)
- Contact your local PTA

### ABOUT PTA

The National Parent Teacher Association® (PTA®) comprises millions of families, students, teachers, administrators, and business and community leaders devoted to the educational success of children and the promotion of family engagement in schools. PTA is a registered 501(c)(3) nonprofit association that prides itself on being a powerful voice for all children, a relevant resource for families and communities, and a strong advocate for public education. Membership in PTA is open to anyone who wants to be involved and make a difference for the education, health, and welfare of children and youth.



(800) 307-4PTA (4782)  
[info@PTA.org](mailto:info@PTA.org)  
[PTA.org](http://PTA.org)

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Membership for the Lakewood Elementary PTA is \$5 per person. Membership forms are available in the front office. Please consider becoming a member today.

# CashBack 4KIDS

## Lakewood Elementary PTA



Lakewood Elementary PTA is excited to announce a new way for you to support us while reaping substantial benefits for your family.

Support us by visiting  
[www.CashBack4Kids.com](http://www.CashBack4Kids.com)

Sign in to [CashBack4Kids.com](http://CashBack4Kids.com)  
using our Organization ID:  
**LakewoodPTA**

**CashBack4Kids.com** is an unique fund raising web site that makes it easy to shop at over 600 of your favorite online stores - all while enjoying special online pricing, valuable coupons, and deals that save you money.

The best part is that as you enjoy the convenience and savings of shopping through our **CashBack4Kids.com** portal, your purchases will earn us significant donations from the vendors supporting this site.

LINENS-N-THINGS  
Your Home Super Store

TOYS R US

★ macy's way to shop!

at&t

overstock.com

KOHL'S.com  
expect great things

COMPUSA

PETSMART

1-800-flowers.com  
Your florist of choice

BARNES & NOBLE.com  
www.bn.com

WAL\*MART

ZALES  
THE DIAMOND STORE

THE CHILDREN'S  
PLACE

Office DEPOT  
Taking Care of Business

travelocity

RadioShack

Budget

THE HOME  
DEPOT

BLOCKBUSTER

TARGET



# February 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Student Council selling hot chocolate 	3 Kindergarten Roundup 6 p.m.	4 Student Council selling hot chocolate 	5
6	7	8	9 Student Council selling hot chocolate 	10	11 Student Council selling hot chocolate 	12
13	14 Happy Valentine's Day! 	15 	16  Student Council hot chocolate 	17  PTA Founders Day	18 Popcorn Day  Student Council hot chocolate 	19
<p>Bring Your Family to School Week &amp; PTA Bake Sale—everyday this week during lunch. Don't forget your 50 cents to buy a treat after lunch!</p>  						
20	21	22	23 Student Council selling hot chocolate 	24	25 Student Council selling hot chocolate 	26
27	28					