

February 2010

# PTO NEWS

A Newsletter for the Parents & Teachers of St. Mary School

## From our Wellness Committee:

### **Please note:**

**The March PTO meeting has been changed to Tuesday, 3/2/10 at 1:30 pm in the Marion Room of the Seton Center.**

**Please consider attending; all are always welcome!**



What a month for Wellness! Not only did First Lady Michelle Obama unveil the "Let's Move" campaign last week to help America's children grow up healthy & strong, but Secretary of Agriculture Tom Vilsack stated his priorities including wellness policies addressing nutrition & physical activity, nutrition standards for all school foods, & getting more kids in the school breakfast program. This list of websites can get anyone interested in those topics more informed, involved & inspired. **You might even choose to join the Wellness Committee!**

<http://www.whitehouse.gov/the-press-office/first-lady-michelle-obama-launches-lets-move-americas-move-raise-a-healthier-generation>

<http://www.letsmove.gov/>The hub of activity related to the First Lady's initiative

<http://www.actionforhealthykids.org/>This website will partner with the initiative and provides school-based programs and resources to fight childhood obesity and promote healthy youths.

<http://www.betterschoolfood.org/>The mission of BSF is to raise awareness of the connection between food & children's health, behavior & learning.

[http://www.slowfoodusa.org/index.php/campaign/time\\_for\\_lunch/](http://www.slowfoodusa.org/index.php/campaign/time_for_lunch/)Write to your legislators thru this site to tell them you support helping schools serve healthy food!

**THANK YOU to the faculty & staff for the CSW Open House. The school was shining with all the students work & the strength of an SMS education was evident!**

**Also, thank you to the many parents who contributed in any way to help make Open House & Friends / Family for Lunch a success!**

### Dates to remember:

Winterfest 2/27/10

Spiritwear Day 3/5/10

Girls Night Poker Party  
7:00 pm 3/5/10

Grandparents Day  
3/8/10

PTO Day of Reflection  
8:30 am 3/12/10

Family Art Night 3/12/10

## **Electronic Etiquette...**

Do your kids ever get together with a group of friends that all show up with: cell phones, i-pods and kindles --- and all in use? Have they been distressed by the lack of "playing" that actually happens because everyone is independently "hooked up" to a song or reading a book? Do they have to text their friend across the table to be able to talk with them? Some tips:

- \* tell your kids they can ask everyone to leave the electronics at the door
- \* if your kids think they would have a hard time asking this of their friends, offer to do it for them
- \* and, tell your kids to remember how they felt the next time they leave the house with all their electronic gear!

**Thank you to the Thursday AM Bible Study Group for this article!**

**Do something for yourself (& your kids!)**  
Please register for the **PTO Day of Reflection (Raising Kids Who Will Make A Difference).**

RSVP via email to Karol Hellmann & Christine Bell at [sms.pto.dor@gmail.com](mailto:sms.pto.dor@gmail.com)

Friday, 3/12/10  
8:30—11:30 am  
Light breakfast  
Babysitting provided  
\$5.00 donation requested (at the door)