

# PTO NEWS

November 2009

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

## Message from the President

What a great month it has been at SMS! Unbelievable weather has allowed the kids to play outside longer than expected and the rainy summer has given us Vermont-like leaves! And the Bearcats and Bengals are winning on the gridiron! Turkey Day is right around **the** corner which means those other stress inducing holidays are soon to follow! Remember to stop for a second and enjoy the beauty, your family, and the food on the table. The **PTO** wishes everyone a Happy Thanksgiving!

## PTO Meeting Highlights

- ✓ Mrs. McBrayer informed us that enrollment is currently down 2% from last year; Costa Rica will be a cross curricular trip with a social outreach portion; and ISSE is going to Ecuador.
- ✓ We've had some issues with Campus Outfitters and are addressing them.
- ✓ Several committees reported in. See below for more information on what some of these committees are doing.

## Winterfest

The **Winterfest Committee** needs your support! Please see the flyer in this week's White Envelope regarding sponsorship through advertisement. A quarter page is only \$50. Use the space to advertise your business, thank a teacher or embarrass your children!

*WinterFest* will be held on February 27, 2010 at 7pm in Robisch Hall. This is an adult only affair with a silent auction, some live auction items, dinner

by the bite and entertainment.

### **Save the Date NOW!**

Want to make a donation, contact **Kathy Masraum**. She wants to hear from you!

## Directory Updates

Stuhldreher Family  
5460 E. Galbraith 45236  
Home: 513.745.0097  
Nicholas – 4Z

Lila & Padraic Murray  
2993 Linwood Avenue 45208  
Home: 513.834.5574  
[murraylila@ymail.com](mailto:murraylila@ymail.com)

## Fundraising Events

Don't forget to order your **Market Day!** Be sure to order through the White Envelope or online.

Order the **Cookbook** for a gift! It makes a great hostess gift. Tie a ribbon to a wooden spoon and it's an instant hit! Call **Beth Murray** at 221.1899 or fill out the form attached to the Wednesday Notice.

**Sally Foster** pick up is this Thursday, November 19<sup>th</sup> at 3pm in Robisch Hall. Thank you to all who ordered!

## Wellness Websites

### Nutrition in November

Nutrition advice can be heard everywhere! Here are a few **Wellness Websites** to help navigate the sea of info:

1. [www.eatright.org](http://www.eatright.org) – an excellent source of food and nutrition info including top 10 reasons why consulting with a Registered Dietitian can benefit you and a search tool to find a local professional.

2. [www.whfoods.com](http://www.whfoods.com) – an informative website on the healthiest way of eating centered on fresh vegetables and fruits.
3. [www.nutritiondata.com](http://www.nutritiondata.com) – this site has a tool for calculating **BMI** and a daily caloric needs calculator.
4. [www.mypuramid.com](http://www.mypuramid.com) – contains a handy "foodapedia" to look up food group and calories of any food and a food tracker to analyze one day's worth of food for nutritional content.
5. [www.eatingwell.com](http://www.eatingwell.com) – browse the nutrient library to learn why at least 27 essential nutrients are important for your health.

We couldn't have said it any better than Pink Floyd:  
"IF YOU DON'T EAT YOUR BEETS, YOU CAN'T HAVE ANY PUDDING!"

## Kudos Korner

A huge thank you to the following volunteers:

**Kathy Masraum** did a great job organizing the *Red Cross Babysitting Class* and the *On Our Own Class*. Congratulations to the newly certified babysitters.

All the room parents who once again showed our children a great time!

**Linda Geers** and **Debra Rouse** who continue to do an outstanding job with **Market Day!** Check out the featured recipe using **Market Day** food!

**Julie Langtim-Proiotti**, **Polly Hart**, and **Ann Howard**, along with their awesome committee put on a wonderful event at

**Miller Gallery** on November 7<sup>th</sup>! Kudos to everyone who helped out and attended!

**Julie Reese** and her committee once again did an amazing job at **Senior Bingo!** An attendee said, "It was a real treat to listen to the young lady who sang," and the caller was very professional, yet kind and understanding. All of you, including the young children who helped were so conscientious!"

Did you know that the **PTO** provides gift cards to the teachers on their birthdays? The **PTO** purchases the cards through the **St. Mary Shop**. This way the teacher can pick his or her card!

#### *Upcoming Events*

- 11/19 – Sally Foster Pick up
- 11/20 – Report Cards distributed
- 11/21 – Paddle Party
- 11/23 – **NOON DISMISSAL**  
Conferences
- 11/24 – **NOON DISMISSAL**  
Conferences
- 11/25 – **NO SCHOOL**
- 11/26 – Happy Thanksgiving!
- 11/27 – **NO SCHOOL**
- 12/3 – Market Day Pick up
- 12/4 – *Spiritwear Day*
- 12/5 – Father/Daughter  
Scallywag Tag Party
- 12/6 – *St. Nicholas Day*
- 12/7 – PTO Board Meeting
- 12/16 – Grade 1 Christmas  
Program
- 12/18 – 8<sup>th</sup> Grade Play  
**NOON DISMISSAL**  
Christmas Break Begins!

#### *Volunteers Needed*

**Picture Person** needs your help! Introduce art into the classroom and lead a hands-on project! Contact **Julie Gunderson** at 531.6188 for more information!

The Cafeteria could use some more hands to serve the children! Volunteers are needed on the first Tuesday and the first and third Friday of the month.

Please contact **Kelley Pund** at [kelleypund@gmail.com](mailto:kelleypund@gmail.com) to volunteer!

#### *Spiritwear*

**Campus Outfitters** is coming to SMS! **Sarah Williams** is working on a date to have **Campus Outfitters** come and feature their spiritwear before the holidays! These items make great gifts! More details to follow – check the Wednesday Notice.

#### *Teacher Highlight*

This month meet **Mrs. Jennifer Moody**. She teaches Science in the upper grades.

My interests include watching sports, running and walking, reading, traveling and spending time with friends and family.

My husband and I are huge Cleveland sports fans (Indians, Browns and Cavaliers) as well as Dayton Flyers basketball fans. We have grown accustomed to the heckling as Cleveland fans living in Cincinnati!

I love reading about current events topics. I have been trying to get into running more and more, and like to participate in the numerous 5ks around the area. I enjoy traveling to see friends and family, as many of our friends and family live all around the region and especially in Northern Ohio.

Over the summer months, I have been learning how to garden and landscape my yard, and I have finished my Masters Degree at the University of Dayton this past summer. We spend our time during the holidays traveling back and forth from my hometown of Fremont and my husband's hometown of Avon Lake!

#### *Grants/Sponsorships*

**Larry Pauly** and his **Grants and Sponsorships Committee** have

been working to streamline the grant process. They have created a "Grants Request Form." They know that there is money out there to be had for all kinds of projects, but they need help determining what SMS needs! Contact **Larry** with your ideas!

#### *Market Day Recipe*

##### Seasoned Rack of Pork with Festive Fruit Sauce

- 1 piece Rack of Pork (thawed)\*
- 2 TBS butter or margarine
- 4 c Granny Smith apple slices (peeled)
- ½ c dried apricots cut into strips
- ½ c apple jelly
- 1 ½ tsp Dijon-style mustard
- 1 ½ tsp dried rosemary leaves, crushed
- 2 lg. garlic cloves, minced
- ¼ tsp ground black pepper

Preheat oven to 325°. In a small bowl, combine rosemary, garlic and pepper, stirring until paste is formed. Rub evenly over rack of pork. Place roast fat-side up on a rack in a shallow roasting pan. Roast, uncovered 1 ½ to 2 hours or until meat thermometer registers 170°. While roasting, prepare fruit sauce. Melt butter in skillet over medium heat. Add apples; cook and stir 4 to 5 minutes or until apples are tender. Add apricots, apple jelly and mustard. Continue to cook, stirring constantly, until jelly melts and mixture is hot. Transfer roast to a carving board; tent loosely with aluminum foil. Let stand 10 minutes. Serve with fruit sauce. Serves 8.

\* Denotes a **Market Day** item.