

The Sutterville Slate

A Publication of the Sutterville Elementary PTA

September 2004

Dates to Remember

- **September 11th**
Courtyard Beautification
9:00 – 1:00 pm
- **September 13th**
Innisbrook Fundraiser Begins
- **September 14th**
Back-to-School Night
5:30 – 8:00 pm
- **September 23rd**
Entertainment Book Orders Due
- **September 28th**
Innisbrook Orders with Payments Due
- **October (Date TBD)**
PTA General Meeting
- **October 5th**
Pick-up Entertainment Books
Cafeteria 3:00 – 4:00 pm
- **October 5th**
Math and Music Assembly

2004/2005 PTA Board

- **Denay DeGuzman, President**
denaydeguzman@yahoo.com
455-4500
- **Jenny Hitchings, Vice President**
ajhitchings@sbcglobal.net
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492-1607
- **Becca Gonzales, Secretary**
beccag@infostations.com
457-6325
- **Susan Yee, Treasurer**

**The PTA ALWAYS needs
volunteers! Contact a PTA
Board member today to see
how you can help.**

Welcome from the PTA President

Hello everyone, welcome to another fabulous year at Sutterville Elementary School. As your Sutterville PTA president for the 2004/2005 school years, I'm pleased to announce that your PTA has already begun work on making this year a very special one. We are all energized and rearing to go! We encourage you to read the important information contained in each month's Slate newsletter, as this is our primary communication tool in letting you know what is scheduled for the month ahead!

Our first PTA meeting will be held in October, and the date will be posted in the October Slate. I know many of you are already wondering if we are going to have another exciting Fall Festival - the last two were so fantastic that this has become a much-anticipated event! As always, we look to our generous Sutterville families for help in making the Fall Festival a reality. We are currently seeking volunteers. Please call any PTA board member if you can help. October is just around the corner so we must all act fast!

I look forward to talking with each of you throughout the year and invite you to join the PTA members in our on-going conversation on how to make Sutterville the best school it can be!

Denay DeGuzman, PTA President

Innisbrook is coming!

One of our biggest fundraisers is coming! Last year, we raised about \$4,000 from our gift wrap fundraiser which was used to help fund all those "extras" that we love and have come to expect at Sutterville: special assemblies, the poet-in-residence program, family social events and much more. With everyone's support --we can make a difference and continue to enrich our children's educational experience!

This year we will be selling Innisbrook Premium Products. Our school receives a 52% profit on all items purchased during this fundraiser. The sale will begin on September 13. Order forms and checks must be turned in to your child's teacher no later than September 28.

>Innisbrook Page 2

The Principal's message

We look forward to another great year at Sutterville. This is accomplished by the continuing support of so many people in our community – families, businesses, and staff.

One of our strongest is the Parent Teacher Association (PTA). The two new half basketball courts were added this summer due to the fundraising of the Student Council and the PTA. The PTA supports many of our field trips and assemblies. They have helped with the cost of moving the Library from Room 6 to Room 24, the moving of the refrigerator to the nurse's room, and the landscaping of our courtyard. The PTA is assisting us with our technology and supply needs. The PTA also funds our school library aide, Anna Zeh. Thank you PTA for your continuous support of the students and staff at Sutterville.

Sutterville has been selected to participate as a lab school this year in implementing a new program in our district – School Wide Support (SWS) model. We have a Learning Center model at this time, which has been very effective in meeting the needs of many of our students. This new model will schedule our support staff to be in the classrooms for half the day to assist teachers in providing targeted instruction for students at all levels. This model has been successful across the country and we know that it is going to move our students to the next level. At Back to School Night (September 14) your child's teacher will explain the model to you more completely.

We encourage you to visit the school, read the newsletters and bulletins, and attend the family events. This is not only your child's school but your school too. Welcome!

Diane Shada, Principal

Back-to-School Night

Tuesday, September 14th.
Spaghetti Dinner (\$4.50) 5:00 – 6:30 pm
Grades K-3 is from 6:00 - 7:00 pm
Grades 4-6 from 7:00 - 8:00 pm
Childcare provided 5:30 – 8:30 pm
(No children in the classrooms please)

>Innisbrook *From Page 2*

The product will be delivered in late October or early November. The promotional features include:

- Students are eligible to receive free incentive prizes based on the number of items sold.
- A set of playground balls (\$50 value) will be awarded to the top selling K-3 and 4-6 classes (based on a combination of participation and sales).
- Friends and family can order online at www.innisbrook.com. Your child will still receive credit toward the prize program. Our school number is 112772.
- Sutterville benefits year-round on most items purchased from the website.
- The promotion includes wrapping paper plus magazine gift certificates, gourmet candies and other items in the catalog. Check the display and samples in the lobby at Sutterville.
- All teachers with greater than 70% class participation will receive a \$25 Innisbrook gift certificate.

If you have any questions, please contact Karen Uyeno, 455-6457 or email at kuyeno@pacbell.net

Pre-Order Your Entertainment & Gold C Coupon Books

We invite you to enjoy another year of great values. We are currently taking pre-orders for Entertainment Books (\$40) and Gold C coupon books (\$12) through Friday, September 17th.

As always, both books provide excellent discounts on food, entertainment, and more! An order envelope is attached to the back of this Slate newsletter. It is important to note the books are being sold on a PRE-ORDER BASIS ONLY, and NOT available for sale in the school office.

Please feel free to stop by the front office to take a peak at the exceptional values both books have to offer - there is a copy of each coupon book at the front counter. Pick-up is scheduled for Tuesday, October 5, in the Cafeteria from 3 - 4 p.m. Checks and money orders are payable to the "Sutterville PTA."

New parking lot procedures

The Sacramento School District went into high gear this summer to improve student safety and traffic flow through Sutterville's parking lot. For the students walking to school from the south, a walkway was added along the south and east sides of the parking lot, from the sidewalk on Monterey Way to the fire lane beside 4th R. Please tell your children to use the walkway rather than cutting through the parking lot.

For drivers, two new lanes were added to the lot. The lane closest to 4th R will be a loading zone for parents to pull into to deliver or pick up their children. These are not parking spots! There is additional parking for those who arrive early to pick-up or need to park. The lane next to the loading zone will be used to exit the lot after delivering/picking up students. As cars move from the loading zone to the exit lane, the cars waiting can pull up, keeping the line moving smoothly. These parking lot changes ensure that children entering and exiting the cars will be much safer--especially if they enter/exit on the right side of their vehicles! --And parents who are done with their drop-off/pick-up won't be kept waiting in line.

In addition to these changes, we are encouraging drivers to help protect our students and to speed up the drop-off/pick-up process by:

- Turning right into the parking lot from the southern approach only (NO left turns).
- Going straight or right only when exiting the parking lot, with NO left turns.

Eliminating the left-hand turn from these two spots will keep vehicles moving along smoothly and reduce traffic stand-stills, as well as allowing access for emergency vehicles during these busy times of day. Sutterville's Safety Committee is pursuing these latter two traffic controls with the City Traffic Engineers.

Drivers, please be patient with one another until we are all used to the new traffic flow in the parking lot!! Student safety is our most important concern.

Courtyard Beautification

Join us on Saturday, September 11, from 9:00 to 1:00 to spruce up the Courtyard. Bring your tools and sunscreen--we'll provide the weeds!

Assembly programs

Sutterville's PTA has scheduled some exciting assembly programs for our students this Fall. Our objective is to bring music, art, cultural, science, math, history, and environmental programs to the school that will enrich our students' experiences. Last year, our lineup included Drawing in 3-D with Marc Kistler, Diane Ferlatte, award winning storyteller, Mobile Dairy brought a cow to school, Fantasy Theatre's Fantastic Myths and Legends, Poetry and Song, Boxtales music, drumming and folktales, and Astronomy. In the spring, we invited several multi-cultural dance groups to perform on stage.

This year, Phil Tulga will be bringing his Math and Music program for the students and also doing a Family Night in October. Mothers Against Drunk Driving (MADD) will be doing a multi-media presentation for Red Ribbon Week. John Allen Cann and Ken Cooper, our resident poet and musician, will be going into the classrooms and working with our students on their annual Poetry and Song program also in the Fall. Fantasy Theatre will be coming in December. While some of the programs offer partial grants, PTA fundraisers pay for most of the programs.

Volunteers are needed for the October 7th Math and Music Assembly. Contact Katy Spanos or Linda Ching, our "Assembly Queens", for info or to volunteer. Katy Spanos, 395-8045

Sutterville's Website

Be sure to check out the updated Sutterville website at <http://schools.scusd.edu/sutterville>. There's lots of information there for you and others who care about our school and today's educational and family issues. Thanks to Denise Modar for managing the website.

Content Developer Needed

Speaking of the website, we need more content. We would like to add the school history, the student handbook, forms, more parent resources, class projects, and more things we have not thought of. If you are interested in one or all of these projects, contact Denise Modar, dmodar@accessbee.com

Southside Gardens

Have you noticed the new garden on the south side of Rooms 19 to 23? When the Districted widened the fire lane next to 4th R, several trees were removed and this space looked like a hot, sad vacant lot for months. Fortunately, two parent volunteers put forth a tremendous effort, and we owe a huge THANKS! to Bendan Blue and Stuart Noda for establishing a "Xeroscape" (little water needed) garden in this spot. Bendan obtained a grant to pay for the plants and irrigation supplies; she and Stuart installed these and have maintained the area over the summer. The plants look very happy-- there have been many blooms and much growth. Eventually, the taller plants next to the buildings will provide shade to our classrooms and reduce air conditioning needs for these rooms.

Playground Improvements

Thanks to the fund-raising and initiatives of the Student Council over the past two years, as well as funding from the PTA, two new basketball hoops and half-courts were added to the playground over the summer. Our future basketball stars will be very happy! The next goal is the addition of a second ball wall. Mrs. Smith's 2003-04 class, from Room 24, has already contributed \$50 toward this future playground enhancement.

Also, something huge and old was removed from the playground area this summer-- arborists determined that our mighty oak tree was not healthy enough to remain for another year. Since there will be less shade on the playground, a morning application of sunscreen is especially important this year. Other trees planted on the grounds over the past two years are growing well, promising future shady areas for Sutterville students.

Wanted

Yard duty/cafeateria aides. Hours are approximately 11:30 - 1:15 pm. Substitutes and volunteers also welcome. For more information, contact the Sutterville office at 277-6693.

School Cents and SCRIP

The Sutterville PTA has earned \$3,200 over the past two years through the School Cents Program at Arden Fair Mall. How did we do this? VERY EASILY! If you (or your friends, neighbors, or relatives) shop at Arden Fair Mall, just take receipts for those purchases to the Information/Security Desk on the first floor in front of JC Penney's and register them for our school in the School Cents program. You will just need to spend a minute or two writing the receipt totals for each store on a page in the Sutterville section of the School Cents binder, and a Mall employee will stamp the receipts. That's it!! Each dollar spent earns 5 points for our school, and the school with the most points in June will win \$2000! Our Arden Fair Mall shoppers earned \$2,000 for us during our first year of participation in this program, and \$1,000 during the second year; during each summer, we have earned \$100. How easy is that?

Sutterville's PTA has several other "scrip" programs--ways to earn funds for Sutterville by spending the money that you normally spend every month. For example, the PTA takes orders for mail order scrip (we call it MO scrip because you always need mo' of it!). These special green order forms are delivered via student backpacks and include gift certificates and debit cards for many department stores, restaurants, gas stations, entertainment venues, and grocery/drug stores. The MO scrip you buy is purchased by the PTA at a discounted rate (1 - 20%), earning a profit with each purchase. We are sure that you use many of these MO scrip vendors already. Another scrip program is offered through www.escrip.com; all you need to do is register your credit cards/debit cards at this website and a portion of your expenses will be transferred to Sutterville! The website www.schoolpop.com has similar results.

>SCRIP Next Column

Copying Donation Needed

It takes a lot of work to produce the Slate each month using our antiquated copy machine. Much manual labor is involved in collating and stapling. If you know of a copy/print shop that could help out, we can offer monthly mentions in the Slate and many, many thanks!

Contact Mary or Mike Whisten, 443-0284
mwhisten@hotmail.com

>SCRIP From previous column

Oh, yes, and if you shop at Raley's, we can provide you with a card or key chain tag which will donate 1-4% of your purchases to the Sutterville PTA. If you do not already participate in this program, please request a card from the office. (We can also help you with the on-line registration.)

If you have questions, please contact Kim Woodruff, 452-8770 (evenings).

Got Books?

Each spring, Sutterville Elementary sponsors a Read-A-Thon, which encourages daily reading by our students and includes a huge book exchange. Students who read daily and those who bring books to exchange will earn points, which they may "spend" to obtain used books. If you have books to contribute to this program, please save them until spring or donate them to the Sutterville Elementary account at J Crawford's Books on Freeport Boulevard. Books for teens or adults can be exchanged for those more appropriate for elementary readers in the spring.

If you have questions, please contact Kim Woodruff, 452-8770 (evenings).

Inventions

Did you know the first fire escape ladder was invented by an African-American man named Joseph Winters in May of 1878 (patent #203,517)? How many lives do you suppose he has saved? If your family has not practiced your home fire escape plan or checked the batteries in your smoke detectors, please do so this month in honor of Mr. Winters.

When is the Slate Published?

The Slate is published on the second Friday of each month. Be sure and check your child's backpack for the latest issue. We also welcome all article contributions. Please submit by the fifth of each month.

Mike Whisten, Slate Editor
mwhisten@hotmail.com

Imagine Sutterville without...

...a school library, assemblies, field trips, beautiful gardens, and yes, even light bulbs. These are just some of the items that the Sutterville PTA Direct Donation funds have paid for over the years.

Private schools, with their hefty tuitions, provide instruction in foreign languages, theater/visual/creative arts, science, computers and physical education. Conversely, public schools, like Sutterville, rely heavily on fundraising to ensure its students receive an equally enriched education.

Contributing money to public schools is not a requirement for enrolling a child. But with modest investments from parents, our school can offer extras comparable to private schools that enhance the educational experience of all our students. When comparing a tuition-free public school with private schools, it's easy to see that students are getting a great deal at Sutterville—a solid education, safe environment and curriculum "boosters" that make our school a desirable one.

If you've been a Sutterville parent in the past, you know that the school has a full fundraising calendar and it's easy to feel overwhelmed by the numerous opportunities to donate money. A few years ago, the PTA created the Direct Donation program, an easy way to contribute funds to Sutterville and forgo—guilt-free—the fundraising events scattered throughout the school year. The program encourages parents to write one check at the beginning of the year and only participate in other fundraising events if they so desire.

Over the years, Direct Donations have been vital to Sutterville's ability to present all-star assembly events, host both a poet and artist-in-residence, resurrect our school library, provide need-based field trip scholarships, present a kindergarten music program, assist our teachers with classroom supplies, and much, much more.

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>Imagine *From previous column*

Based on past years, parents who joined the PTA have for the most part been consistent Direct Donation participants. Membership in the PTA allows our school to affiliate with the California PTA, which insures our PTA sponsored events, provides technical assistance to the Sutterville PTA and offers training to PTA board members. Therefore, we have merged our PTA membership and Direct Donation programs. Please note—the California PTA recognizes individual memberships only; therefore, each parent, guardian or teacher interested in participating in PTA is asked to purchase a membership to be recognized as a member. Parents do not have to join PTA to participate in the Direct Donation program.

The Membership and Direct Donation categories are as follows:

Sutterville Member (\$6 per individual)
(Constitutes membership in the Sutterville PTA and makes each paid member eligible to vote on PTA business and school PTA board elections.)

Friend of Sutterville (from \$25 to \$100)
(Includes one individual membership in Sutterville PTA—see above.)

Sutterville Supporter (\$101 to \$150)
(Includes two memberships in Sutterville PTA)

Sutterville Contributor (\$151 or more)
(Includes two memberships in Sutterville PTA.)

Business Benefactor (donation of \$500 or more from a small business or corporation)

Direct Donations and Memberships may be made in the following ways:

1. Mail your contribution to:
Direct Donation & Membership Programs
Sutterville Elementary School
4967 Monterey Way
Sacramento, CA 95822
(Direct Donation pledge cards will be sent home the first week of school via backpacks).

2. Visit the Direct Donation and Membership booth at Back-to-School Night, September 14th.

>Imagine *Next column*

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3. Contact Dinorah Hall, Direct Donations and Membership Coordinator, to arrange for your donation.

Note: PTA memberships will be noted on a membership roster; membership cards will be available upon request. All donations, regardless of amount, are much appreciated.

Last year, parents, teachers and local businesses donated more than \$6,000 to Sutterville through Direct Donation, doubling the contributions of the previous year. Please help us reach our goal of \$8,000 for this school year. Together we can make great things happen!

Dinorah Hall coordinates the PTA Direct Donation and Membership program. She can be reached at cortes-hall@softcom.net or 492-1607.

Nutrition Facts

According to HealthNet, a major California health insurer, only about 25% of adults and less than 20% of children eat the recommended five to nine servings of fruits and vegetables each day. These habits are leading to greater risk of heart disease, high blood pressure, high cholesterol, diabetes, certain cancers, and osteoporosis families.

Try to add one new fruit or vegetable to your diet each week--by the end of December, you can be up to the recommended five-to-nine servings per day! What is a serving? Just half of a banana, a cup of orange juice, or a handful of carrot sticks. Give it a try!!

And don't forget to exercise! Only 30 minutes of exercise each day can keep you and your family healthy. Try walking to school, skipping or jumping rope, using a hula-hoop, dancing, hiking, playing hopscotch or a ball sport, or taking a walk around the neighborhood. If you talk as you walk, you may learn many new things about your children because they are often more chatty in these casual settings. Let us know how this works for your family!

