



HOME OF THE
MOUNTAIN LIONS

A PUBLICATION OF THE MOUNTAIN VIEW ELEMENTARY PTA

THE PRIDE OF MOUNTAIN VIEW

January 2009

Principal's Corner

Dear Parents,

I begin the New Year by sharing an inspirational message, *Grateful*, as opposed to my usual information. Please reflect on the message that is being delivered. Welcome back!

Angela Huff, Principal



The World in a Bright Light

Everyday is a blessing, and in each moment there are many things for which we can be grateful. The world opens up to us when we live in a space of gratitude. In essence, gratitude has a snowball effect. When we are appreciative and express that gratitude, the universe glows a bit brighter and showers us with even more blessings.

There is always something to be grateful for, even when life seems hard. When times are tough, whether we are having a bad day or stuck in what may feel like an endless rut, it can be difficult to take the time to feel grateful. Yet, that is when gratitude can be most important. If we look at our lives during periods of challenge and find gratefulness, then we can transform our realities in an instant. Blessings are found everywhere. When we focus on the negative, our abundance is easy to miss. Instead, choosing to appreciate what exists in our can help us notice one blessing, and then another.

When we choose to be grateful, every breath is a miracle and each smile becomes a gift. We begin to understand that difficulties are invaluable lessons. The sun shines when we are grateful, even if it is hidden behind a rainy day's clouds. A simple sandwich becomes a feast, and a trinket transforms into a treasure. Living in a state of gratitude allows us to spread our abundance because that is the energy that we emanate. Because the world reflects what we embody, the additional blessings that inevitably flow our way give us even more to be grateful for. The universe wants to shower us with blessings. The more we appreciate life, the more life appreciates and bestows us with goodness.

Source: Daily Meditations

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PTA President's Message

Dear Mountain View Families,

Happy New Year! I hope you have enjoyed a wonderful winter break!

Making resolutions is a normal part of beginning a new year. This year, I got a jump-start on my first resolution. It came to me as soon as I returned home from a November meeting for parents of next year's sixth-grade Hightower Trail Middle School students.

Throughout our six years at Mountain View, I have volunteered to be room mom, Junior Achievement leader, art parent; and also to help with field days, Book Buddies, field trips, and the PTA. These have been ways to show Maeve and Mairead how important their educational experience is to me. I realized that when they start middle school next year, I will not have such an active role in their classrooms.

Therefore, my resolution is to say yes to my daughters more often. I am not talking about saying yes to an iPod, a DS, or even a Dalmatian puppy. I want to say yes when they ask me to do something — whether it's family game night, help searching for an answer on the internet, reading with them, or teaching them how to play field hockey. I want to say yes when they ask me to come for school lunch, or to a special class program. So often I find myself putting off their requests to finish the dishes, read e-mails, or create preschool lesson plans. This year, I am making a conscious effort to put life's less-important tasks on hold and to and say yes to what's most important — more time with my daughters.

I hope that in 2009, you find a more time to say yes to your children, too.

Margaret Franklin Gawryszewski
President, Mountain View PTA

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Upcoming Events

- Jan. 5: Student Holiday
Jan. 6: Back to School
Jan. 7: Community Kids Club, 2:30 to 3:30 p.m., Cafeteria. Guest Speakers - the Dog Squad rescue organization.
Jan. 8: Primary Report Card Informational session, 6 p.m., Media Center
Jan. 9: Bank Day, 7:20-7:45 a.m., Media Center
Jan. 9: Chick fil-A biscuits for sale before school
Jan. 15: Test-taking training for parents, 6 p.m., Media center
Jan. 16: PTA Board Meeting, 10 a.m., Media Center
Jan. 19: Martin Luther King Jr. holiday, no school
Jan. 23: Bank Day, 7:20-7:45a.m., Media Center
Jan. 23: Chick fil-A biscuits for sale before school
Jan. 23: Fifth-grade Sock Hop
Jan. 26 - 30: Parent-Teacher conferences, student dismissal, 12:20 p.m.
Feb. 2 - 11: Heroes Essay Contest
Feb. 6: Bank Day, 7:20-7:45a.m., Media Center
Feb. 12: Thinking Maps Training for parents, 6 p.m., Media Center
Feb. 20: Bank Day, 7:20-7:45a.m., Media Center
Feb. 20: Summer Activities Fair

Take the Terror Out of Testing

On Thursday, Jan. 15, please join other parents, teachers and administrators for an informative, entertaining discussion on test taking. This free session takes place at 6 p.m. in the Media Center and will include tips on:

- taking standardized tests
- using CRCT practice websites
- preparing your child for test day
- helping to calm your child's nerves (and yours)

For more information, please contact Mountain View Media Specialist Carol McDonald at 770-578-7265.

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PTA News

Thanks for Supporting Boston Market Fundraiser

Thank you Mountain View families and staff who supported our first-ever Boston Market Fundraiser Night on Dec. 11. The proceeds raised for technology have not been tallied, but the event was successful enough to follow-up with others later this school year.

Heroes Essay Contest Slated for February

Get your children thinking about the heroes in their life, and encourage their participation in our annual Heroes essay contest that runs Feb. 4 to Feb. 11. All participants will receive a certificate and will be invited to attend a breakfast party in late February. Winners receive a medal or trophy and are entered into the East Cobb County Council contest to compete against students in other area schools.

A hero can be anyone — mom, dad, coach, pet, teacher, public servant, etc. — who has positively influenced a student's life.

Mountain View Reflections Winners Compete County-Wide

The following Mountain View Reflections contest winners have been awarded at the East Cobb County Council level and will be awarded this month. Congratulations to:

Nicholas, Fifth Grade, Literature
Sawyer, Kindergarten, Photography
Cole, Kindergarten, Photography
Alec, Fourth Grade, Photography

William, Fifth Grade, Photography
Nina, Fourth Grade, Visual Arts
Alyssa, Third Grade, Visual Arts
Aditya, Third Grade, Dance

Honorable Mentions go to:
Valen, Third Grade, Photography
Amal, First Grade, Literature
Maeve, Fifth Grade, Dance

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Foundation Update



Foundation Looks for Volunteers

The Mountain View Foundation seeks a vice president on the Board of Directors. The Foundation additionally needs volunteers to help with an upcoming marketing campaign.

"We have a great team, but the team needs more players to accomplish our goals... not just this year, but for many years to come," said Foundation President Lynne Cherrington.

For more information or to serve in any capacity, please call Lynne at 404-431-3045.

Simpson Middle School Looking for Donations

The Simpson Eagles Education Foundation (SEEF) is asking for donations toward its third-annual Spaghetti Dinner and Raffle Auction to be held on Feb. 20.

If you own a professional service (painter, personal trainer, financial planner); can donate a raffle item (I-phone, designer purse, jewelry); or part with a hot-ticket item (beach/lake house, airplane tickets), please call Julie LeProhon at 770-971-8754.

For more information, please visit Simpson Foundation's web page at:
<http://www.cobbk12.org/~simpson/simpson's%20foundaiton.htm>

Mountain Lion News

General Information

School Seeks Volunteer Grant Writer

Mountain View Elementary seeks a grant writer to help form a Grant Writing Committee. This person would work with teachers and will help write a grant soliciting Smart Boards for every classroom.

Our school has two Smart boards, which cost nearly \$4,000 a piece. If selected, a grant could help Mountain View elementary fulfill its need for a Smart Board nearly 40 classrooms.

If you are interested in helping or have any questions, please call Principal Angela Huff at 770-578-7265.

Save and Donate Your Computer Speakers

If you were fortunate enough to receive a new computer over the holidays, please save and consider donating your speakers and connecting wires. Mountain View will kick off a computer speaker drive on Jan. 5. These speakers will be used in the classrooms. More information will come home during the first school week in January.

Bank Days Encourage Children to Save Money

Friday, Jan. 9 marks the beginning of the School Savings program in 2009. To sign your child up for the program, you can pick up an application during any Bank Day or ask for a form in the front office. School savers earn a prize for every two deposits. Young kids love to watch their balance grow! Here is how the program works:

- Parent helps child complete a deposit slip and records in register the night before
- The deposit, which may include wrapped coins or endorsed checks, goes into a savings pouch (each participant will receive) along with the register
- Child enters school on designated bank day Fridays and goes to the media center to make deposit
- Deposits are accepted from 7:20 to 7:55 a.m.
- Deposit is verified, and a dated receipt is returned to student later in the day

Mark your calendar for these future bank days: Jan. 9, Jan. 23, Feb. 6, and Feb. 20. For questions or to volunteer, e-mail Jay Wilson at jw4455@comcast.net or Gillian Hicks at gkhicks@bellsouth.net

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Recycle Trees, Papers, and Magazines at Mountain View

Happy New Year from the Environment/Ecology committee! Although Earth Day is three months away, you can begin your New Year's recycling resolution by bringing to school items that earn Mountain View money. And if your resolutions do not have an environmental twist, please consider the following suggestions, anyway.

1. Recycle. Even if you don't have curbside recycling service, please recycle your paper, plastic, and aluminum at Mountain View. Here is a refresher on what to put where:

Newspaper Bin

Newspaper

Mixed office paper

Construction paper

Cardstock

NO PLASTIC BAGS OR CARDBOARD

Magazines Bin

Magazines

Catalogs

Phone books

Junk mail

NO PLASTIC BAGS OR CARDBOARD

Cans Cage

Aluminum cans only

NO PLASTIC

Plastics Bin (in front of the cans cage)

Plastic bottles and containers with resin codes #1, #2, and #7 only

2. Recycle your Christmas tree. Keep Cobb Beautiful hosts several sites where you can drop off your trees from 9 a.m. to 4 p.m. Saturday, Jan. 3. Drop-off sites include Cobb County parks and several Home Depot stores. For more information, please visit <http://www.kcb.cobbcountyga.gov/chipper.htm>.

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3. Use reusable shopping bags. Many grocery stores and retailers offer these bags for as little as one dollar. Your short-term investment in bags will pay off big for the environment. By using greener bags, you can save trees, reduce waste and protect wildlife. Even though plastic bags (usually made from polyethylene) can be recycled, most of the commercial polyethylene ends up in landfills and in the oceans. Also, polyethylene takes several centuries to degrade. Paper bags might seem better, but making them requires cutting down trees (major absorbers of greenhouse gases). It takes more than four times as much energy to manufacture a paper bag as it does to manufacture a plastic bag (thereby making more greenhouse gases).

Here's wishing you a green 2009! Please contact me with questions, comments, or information on other recycling opportunities.

Jenni West
Mountain View Environment/Ecology Chair
The4wests@bellsouth.net

Health and Safety News

Car Seat Safety Guidelines

Do you know the latest information on car-safety seats for children? Booster seats are for children who have outgrown their forward-facing car safety seats. Children should stay in a booster seat until the adult seat belts fit correctly (usually when a child reaches about 4' 9" in height and is between 8 and 12 years of age).

Children who have outgrown their booster seats should ride with the protection of a lap and shoulder belt and should stay in the back seat until age 13.

When using a seat belt:

1. The shoulder belt should fit across the middle of the chest and shoulder, not the neck or throat.
2. The lap belt should be low and snug across the upper thighs and not the belly.
3. Your child should be tall enough to sit against the vehicle seat back with his or her knees bent, without slouching.

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4. Your child should not tuck the shoulder belt under the arm or behind the back, which leaves the upper body unprotected and places the child at risk of severe injury in a crash or with sudden braking.
5. Never allow anyone to share seat belts. All passengers must have their own car safety seats or seat belts.

Source: the American Academy of Pediatrics website

Healthy Helpings from Health and Safety

Here are some delicious and sometimes unique breakfast-on-the-go ideas:

1. Egg rolled in tortilla: Scramble and cook one egg in a small non-stick pan. Do not stir; it should look like a disk. When cooked, slide onto a warmed whole-wheat tortilla. Add a dollop of salsa, and fold or roll.
2. Breakfast-in-a-Baggie: Mix a handful of whole grain low-sugar cereal with nuts and chopped dried fruit. Serve in a snack-size zip-lock bag.
3. Whole grain English muffin: Spread with all-natural peanut butter and sliced bananas.
4. Muffins: Bake and freeze a batch of homemade muffins to use throughout the month. Making your own is far healthier and smaller in size than store-bought. For a natural sweet flavor, add pureed sweet potatoes, carrots and pears to the batter before baking.
5. Instant oatmeal: Simply top with fresh fruit.
6. Yogurt: Add your favorite berries and/or low-fat granola.
7. Berry-avocado-yogurt smoothie: Avocado? You bet. This high-vitamin fruit (yes it's a fruit) will give the shake a smooth texture. Mask the flavor by adding plenty of berries. Sweeten with $\frac{3}{4}$ tablespoon of honey or $\frac{1}{2}$ tablespoon of agave nectar.

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8. Pancake cookie: Add wholesome ingredients such as flax seed, protein powder, and wheat germ to one cup of pancake mix. Add $\frac{1}{2}$ cup water, $\frac{1}{2}$ cup of yogurt, $\frac{1}{2}$ cup of sweet potato puree and one egg. Mix ingredients (adding water for desired consistency) and make pancakes. Instead of serving in a stack over melted butter and sticky syrup, allow your child to eat the pancake like a cookie.

Source: www.kaboose.com

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CHARACTER ED STUDENTS OF THE MONTH for November 2008 - Citizenship

Grade	Name	Teacher	
<u>Kindergarten</u>	Parker	Farah	
	Claire	Cox	
	Madison	Hallberg	
	Lauren	Ducey	
	Trevor	Cook	
	Zach	Shildneck	
	Kush	Fagan	
	Tommy	Cooper, W.	
	<u>1st grade</u>	Abbey	Bishop
		Jessica	Wolsh
Eric		Fiala	
Rami		O'Connor	
Grayson		Cushman	
Noah		Kobar	
Ethan		Clatterbaugh	
Sydney		Spooner	
<u>2nd grade</u>		Hunter	Beaver
		Carter	Bergeron
	Caleb	Bolek	
	Capps	Babbit	
	Cole	Holton	
	Ella	Montejo	
	Madison	Lang	
	Luke	Edwards	
	<u>3rd grade</u>	Max	Dore
		Andrew	Walworth
Sarah		Stone	
Alyssa		Simpson	
Caroline		Paon	
Sarah		Steele	
Danae		Tinley	
<u>4th grade</u>		Savannah	Cooper, H.
	Kaelin	Gilormo	
	Daniela	Kindel	
	Kimberly	Wykes	
	Nina	Stephens	
<u>5th grade</u>	Rebekah	Reardon	
	Gracen	Isaac	
	Kaitlyn	Weiss	
	Ethan	McNutt	
	Michelle	Stippich	
	Taylor	Roland	

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CAFETERIA MENU

Jan 5-9 2009

MOUNTAIN VIEW ELEMENTARY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OFF	CHOICE OF ENTRÉE Soup & Sandwich OR Crispy Chicken Nuggets With Roll (May Choose up to 3) Baked Beans Succotash Mandarin oranges Fresh Fruit in Season Fruit Cup OR No Salads Due to availability	CHOICE OF ENTRÉE Teriyaki Chicken Nuggets With Stir Fry Rice & W.W. Breadstick OR Hamburger /Cheeseburger (May Choose up to 3) French Fries Glazed carrots Fruit Medley Fresh Fruit in Season Juice Bar OR Yogurt Fruit Plate With Elf Grahams	CHOICE OF ENTRÉE Taco/Veg. Tacos Bean & Cheese OR Baked Breaded Chicken With Cornbread (May Choose up to 3) Corn Diced tomato w/lettuce Peaches Fresh Fruit in Season Cookie OR Asian Chicken Salad With Multigrain Roll (V)	CHOICE OF ENTRÉE Chicken Pasta Bake With W.W Breadstick OR Big Daddy's Pizza Cheese/pepp. May Choose up to 3) Tossed Green Salad Veggie Dippers Applesauce Fresh Fruit in Season Fruit Fiesta OR Taco /Veg Taco Salad
STUDENT	WITH CHOICE OF ONE Dessert of the Day OR Side Dish (from Above)	WITH CHOICE OF ONE Dessert of the Day OR Side Dish (from Above)	WITH CHOICE OF ONE Dessert of the Day OR Side Dish (from Above)	WITH CHOICE OF ONE Dessert of the Day OR Side Dish (from Above)
HOLIDAY	AND Milk Choice	AND Milk Choice	AND Milk Choice	AND Milk Choice
OFF				

Jan 12-16 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOICE OF ENTRÉE Chicken Filet on Bun Or Grilled Chicken OR Egg & Cheese Omelet Sweet Pot. Cin. Pancakes (May Choose up to 3) Tater tots California blend w/cheese Mandarin Oranges Fresh Fruit of Season Chillin' Pears OR Chef / Veg Chef Salad With W.W. Crackers WITH CHOICE OF ONE Side Dish/Dessert Items (from Above)	CHOICE OF ENTRÉE Pasta w/Meat Sauce Whole wheat Breadstick OR Ham and Cheese Sub With Baked Chips (May Choose up to 3) Caesar Salad Baby Carrots Rosy Applesauce Fresh Fruit of Season Fruit Cup OR Chicken Tender Salad With W.W. Breadstick WITH CHOICE OF ONE Side Dish/Dessert Items (from Above)	CHOICE OF ENTRÉE Hot Dog on Bun OR Beef & Bean Burrito With Black beans & Rice (May Choose up to 3) Baked Breaded Okra Coleslaw Peaches Fresh Fruit of Season Juice Bar OR Greek Salad or Veg. Greek Salad with Multigrain Roll WITH CHOICE OF ONE Side Dish/Dessert Items (from Above)	CHOICE OF ENTRÉE Big Daddy's Pizza Peppr. Or Cheese OR Baked Potato with Beef/cheese and Roll (May Choose up to 3) Broccoli with Cheese Tossed Green Salad Pears Fresh Fruit of Season Low Fat Brownie OR Santa Fe Salad (v) With Multigrain Roll WITH CHOICE OF ONE Side Dish/Dessert Items (from Above)	CHOICE OF ENTRÉE Fish Sticks with (V) Macaroni & Cheese With Cornbread OR BBQ Chicken Sand. May Choose up to 3) Green Beans Veggie Dippers Fruit Cocktail Fresh Fruit in Season Fruit Fiesta OR Power Pack Veg. Power Pack WITH CHOICE OF ONE Side Dish/Dessert Items (from Above)
AND Milk Choice	AND Milk Choice	AND Milk Choice	AND Milk Choice	AND Milk Choice

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Jan 19-23 2009

MOUNTAIN VIEW ELEMENTARY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OFF	CHOICE OF ENTRÉE Soup & Sandwich	CHOICE OF ENTRÉE Teriyaki Chicken Nuggets With Stir Fry Rice & W.W. Breadstick	CHOICE OF ENTRÉE Nachos with Meat/Cheese Bean & Cheese	CHOICE OF ENTRÉE Chicken Pasta Bake With W.W Breadstick
STUDENT	OR Crispy Chicken Nuggets With Roll	OR Hamburger /Cheeseburger	OR Baked Breaded Chicken With Cornbread	OR Big Daddy's Pizza Cheese/pepp.
HOLIDAY	(May Choose up to 3) Baked Beans Caesar Side Salad Mandarin oranges Fresh Fruit in Season Cinnamon Apples	(May Choose up to 3) French Fries Coleslaw Fruit Medley Fresh Fruit in Season Juice Bar	(May Choose up to 3) Corn Diced tomato w/lettuce Peaches Fresh Fruit in Season Cookie	(May Choose up to 3) Tossed Green Salad Veggie Dippers Applesauce Fresh Fruit in Season Fruit Fiesta
OFF	OR Tuna Salad Or Veg. Chef Salad	OR Taco /Veg Taco Salad	OR Asian Chicken Salad With Multigrain Roll (V)	OR Yogurt Fruit Plate With Elf Grahams
	WITH CHOICE OF ONE Dessert of the Day OR Side Dish (from Above)	WITH CHOICE OF ONE Dessert of the Day OR Side Dish (from Above)	WITH CHOICE OF ONE Dessert of the Day OR Side Dish (from Above)	WITH CHOICE OF ONE Dessert of the Day OR Side Dish (from Above)
	AND Milk Choice	AND Milk Choice	AND Milk Choice	AND Milk Choice

Jan 12-16 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOICE OF ENTRÉE Chicken Filet on Bun Or Grilled Chicken	CHOICE OF ENTRÉE Pasta w/Meat Sauce Whole wheat Breadstick	CHOICE OF ENTRÉE Whole Grain Chicken Corn Dog	CHOICE OF ENTRÉE Big Daddy's Pizza Peppr. Or Cheese	CHOICE OF ENTRÉE Shrimp Poppers with (V) Macaroni & Cheese With Cornbread
OR Egg & Cheese Omelet Sweet Pot. Cin. Pancakes (May Choose up to 3) Tater tots	OR Ham and Cheese Sub With Baked Chips	OR Beef & Bean Burrito With Black beans & Rice	OR Baked Potato with Beef/cheese and Roll	OR BBQ Chicken Sand.
(May Choose up to 3) Tomato & Cucumbers Mandarin Oranges Fresh Fruit of Season Chillin' Pears	(May Choose up to 3) Caesar Salad Baby Carrots Rosy Applesauce Fresh Fruit of Season Strawberry Shortcake	(May Choose up to 3) Baked Breaded Okra Coleslaw Peaches Fresh Fruit of Season Juice Bar	(May Choose up to 3) Broccoli with Cheese Tossed Green Salad Pears Fresh Fruit of Season Low Fat Brownie	(May Choose up to 3) Green Beans Veggie Dippers Fruit Cocktail Fresh Fruit in Season Fruit Fiesta
AND Milk Choice	AND Milk Choice	AND Milk Choice	AND Milk Choice	AND Milk Choice

CONFERENCE WEEK NO SALADS

Note: Market conditions, delivery and/or availability of food may require changes in menus. (V)Indicates Vegetarian

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Extra Food Prices

Mayfield Ice Cream	\$.75
Bottled Water	\$.75
Chips	\$.60
Extra Side item	\$.60
Extra Student Entrée	\$1.25

LUNCH PRICES Day 5 Day 20 lunches 90 lunches

Regular Lunch	1.60	8.00	32.00	144.00
Reduced Lunch	.40	2.00	8.00	36.00
Adult Lunch	2.50	12.50	50.00	225.00