



Jordan Hills Elementary

Message from the Principal

The Holiday Season is upon us. I love this time of year, especially at school. There is a happy feeling in the air and students try a little harder to be a little better every day. I love hearing the musical sounds come from classrooms, and seeing child created decorations in the hallways and other areas of the school. I love reading the things your children write and listening to them tell about the exciting things they are doing. It is definitely a season for caring and sharing.

We have many opportunities to share with each other our thoughts, traditions and talents throughout the year, but we seem to be able to do so more during this season.

For parents, it can be a very busy and stressful month, but I hope you have many chances for sharing this year. Share time with your children this month doing those things you enjoy. Read books together, make goodies, play outside or take an excursion to a favorite place. These are just a few ex-

amples of the many things you can do as families to strengthen relationships and create lasting memories. During these cold months, nothing will warm a heart like sharing time with those we love.



Have a Wonderful Holiday Season,

Annette Huff
Jordan Hills Principal

PTA President's Message

Reflecting upon the past two months since our last newsletter edition, I am amazed and grateful for the many volunteer efforts that occur within our school and community.

In addition to hands-on, in-class volunteering, we have organized and staffed our fundraiser, vision and hearing screening, Red Ribbon Week, Halloween parties and treats, skate night, book fair, teacher dinners during conferences, Reflections judging and awards, Birthday Wagon and other activities that add to our spirit of service and community.

One of my favorite quotes is "there is no growth in the comfort zone, and no comfort in the growth zone." Thank you for your willingness to donate time and talents amid busy schedules. Please also mention PTA volunteer opportunities to your friends and family who may be looking for something to do/somewhere to volunteer. We have a variety of service needs that can be fulfilled at home or school, during the day or evening, one-time effort or weekly/monthly activity.

During December we are experiencing the "calm between the storms," without major PTA activity. I am grateful for all we are accomplishing together, and also grateful for this calmer time as we hopefully invest more hours with our families and close friends. I am honored to be serving with you. Thank you for your examples and service that make me a better person. My sincere best wishes for a safe, fulfilling holiday season.

Sincerely yours,

David Pack
PTA President
Jordan Hills Elementary

Published by your Jordan Hills

PTA
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Upcoming events:

- * 15 Dec 7pm Choir concert
- * 23 Dec 1:25pm School Dismisses, A-track off
- * 24 Dec-02 Jan Winter Recess
- * 03 Jan School Resumes



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Eight Easy-To-Implement Tips to Eat Right



Let fruits and vegetables reign in your house! Keep them washed, peeled, cut and available in plain sight such as the front of the fridge, on kitchen countertops, on the dining table etc. Limit purchasing processed snacks.

Don't give up! It may take 20 exposures to a new food before your child tries it.

Play fair. Do not rely on sneaking vegetables into other foods. While this may seem like a good tactic, it will backfire in the long term. Your kids may never develop a taste for wonderful vegetables!

Cool names make a difference. No kid can resist Super-Vision Carrots or Dinosaur Trees (broccoli) with Swamp Sauce (yogurt ranch sauce).

Shop, cook and eat together! Kids are more likely to eat fruits and vegetables if they help choose them from the store, prepare them, and eat them with family.

Get fully charged before starting the day. Breakfast = brain power. Some examples of a good breakfast include: plain yogurt, fruit and nuts; a low-sugar, whole-grain cereal with milk and banana slices; eggs and whole grain toast; oatmeal with cinnamon and fruit. YUM!



Turn on your defensive shield to fight bacteria and colds - eat more super foods! Eat fruits, vegetables and beans in every color, every day. Be sure to eat lots of greens for healthy eyes, skin and nails. Choose whole grains like quinoa, whole oats, and brown rice. Enjoy healthy fats like avocados, nuts and olives.

Make it exciting. Read, play and learn about healthy lifestyles together. There are many websites online such as Super Kids Nutrition, or you can get some books from the library. Healthy Holidays!

(taken from an article on www.superkidsnutrition.com)

Some things to think about: (entered each newsletter from Red Ribbon week)



Chronic inhalant abusers may permanently lose the ability to perform everyday functions like walking, talking, and thinking.

Source: [SAMHSA Tips for Teens: Inhalants, 2002](#)

"Huffing" concentrated amounts of chemicals from paint and gas can directly induce heart failure and death. Long term effects of chronic abuse include brain, liver, and kidney damage.

Source: [NIDA InfoFacts: Inhalants, 2008](#)

Research shows that inhalant use is associated with symptoms of depression. Research has shown that depressed teens are more than three times as likely to start using inhalants than teens with no symptoms of depression.

Source: [The NSDUH Report: Inhalant Use and Major Depressive Episode among Youths Aged 12 to 17: 2004 to 2006. Substance Abuse and Mental Health Services Administration \(SAMHSA\), 2008](#)

Among youths aged 12-17 who used inhalants and had also experienced depression in the past year, 28 percent used inhalants before their depression started and 29 percent started using inhalants at the same time as their depression began.

Source: [The NSDUH Report: Inhalant Use and Major Depressive Episode among Youths Aged 12 to 17: 2004 to 2006. Substance Abuse and Mental Health Services Administration \(SAMHSA\), 2008](#)





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Executive Board Member Spotlight:

To better understand your PTA representatives' experience, each newsletter we spotlight a member of the executive committee. This edition we feature our treasurer,

Melissa Ashton.

Melissa is experienced at managing finances in various roles in business, volunteer and home responsibilities. As president and CEO of a gift basket company she is responsible for oversight management of all incoming and outgoing funds and expenditures. Serving on a local soccer board, her stewardship includes cost pricing analysis and ordering procurement of soccer uniforms. At home, in conjunction with her husband, Alan, she helps set and maintain the family budget. Melissa also serves on her Neighborhood Watch committee.

PTA money handling procedures are extremely strict. There must be at least three board members present to count incoming funds. Deposit slips are attached to the accompanying counting forms to ensure all amounts match. Payment and reimbursement invoices and receipts require substantive documentation, with two signatures mandated on each accounts payable check. All credit union statements are double checked by two board members.

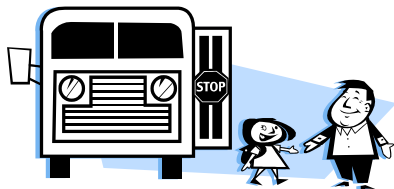
The yearly budget is set in full transparency and disclosure, with all members' comments wel-

come as to allocation of funds. Formal adoption of the budget is ratified at a school-wide meeting, with reallocation of budget categories only possible if presented and ratified at a subsequent general meeting.

"We want to ensure our PTA members feel their dues, donations and fundraiser support are thoughtfully managed and safeguarded," says David Pack, PTA president. "While seeking diverse board representation from all neighborhoods and backgrounds within our Jordan Hills community, I was also counseled by past presidents and state leadership to seek out someone whom we could thoroughly trust in terms of ability and character to be in charge of finances. I have known Melissa and her great family for over a decade. They are wonderful neighbors and friends. We are blessed to have them involved in classrooms and in leadership capacities within our community. Melissa submits reports, pays bills and reimburses expenses in a timely, swift, organized manner. She always follows procedure and reports back her stewardship. I am extremely thankful for her conscientious approach."



Jordan Hills PTA presents **Bring your family to school week!**



In February, we will have lots of family activities and loads of fun! Mark your calendars for the week of February 6th and come join your students! Stay tuned for more information.

Bear Cub Choir

On Thursday, December 15 our choir will be performing their Holiday Concert. They have been working so hard for the past few months, please come and support them. Times: 1:15, 2:15 and 7:00 (Have your students there by 6:30). We invite you all to attend.



CUB CHRONICLES

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Character Trait of the
Month:

Self-Discipline

There are additional
membership envelopes and
entertainment books at the
office.



Like our page on facebook and
get up-to-date information.



December

Sun

Mon

Tue

Wed

Thu

Fri

Sat

School Resumes Jan 3rd. A track off				1	2 Spirit Day	3
4	5 C track back	6 Band Concert	7	8	9	10
11	12	13	14 Birthday Wagon ACD	15 Choir Concert 2:15 & 7	16	17
18	19	20	21	22	23 School out at 1:25	24 Winter Recess begins
25	26	27	28	29	30	31 New Years Eve