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- Last but not least...hide the remote control, turn off the computer and get the kids outside for fresh air and exercise! Plan a family day every week to hike, swim, picnic or just to take a walk together!

Nothing means more to your child than to spend their time with you!

Physical Education

By: Woody Wooldridge, P.E.

First of all I would like to thank all those who assisted in making our JRFH a great success. We raised \$15,252.18. A special thank you goes to those volunteers who assisted in this event. They include Bonnie Booth, Claudette Haskins, Tom Marshall, Stephanie Patchell, Barbara Rypkema, Leslie Haskins, Amy Howard, Daniel Curling, and Jay Graham.

Physical Fitness testing is winding down for the 2nd, 3rd, 4th, and 5th grade students. Their fitness scores will be recorded and sent home in the next few weeks. Assessment of their performance will be noted on their reports. When these come home with your child they make keep them. I encourage the students to put them in a safe place and make an effort to note improvement in the years to come. Students will be tested twice yearly up through the 10th grade. Encourage

To purchase raffle tickets, return this form with your money in an envelope to your child's teacher by May 6th.

Child's Name: _____
 Parent's Name: _____
 Teacher: _____ Grade: _____
 No. of Chances: _____ x \$1 each = \$ _____ Enclosed.

*Maximum 5 chances per student! Please make checks payable to: TES PTO.
 *Teachers please return to the office with your morning reports!

NOTE: Please allow 2 to 3 days turn around time for receipt of the raffle tickets. The winning student will be notified on the 7th. Parents will have to make arrangements with the PTO to pick up the tickets. They will NOT be sent home by the student! Parents responsible for transportation, attendance with the child, etc. This package is for tickets and food only! Good only for Sunday, May 11th game!

your child to always live up to their potential when it comes to fitness.

Please encourage your child to be as active as possible and encourage any type of physical activity that they may enjoy. Sometimes they may need a little push in order to participate but once the spark is there the fire may roar. The American Academy of Pediatrics says what children really need for healthy development is more good, old fashioned playtime.

Many parents may load their children's schedules with get-smart videos, enrichment activities, and lots of classes in a drive to help them excel. While this may be fine to a point, children still need that unstructured time to unwind and actually relieve stress. Numerous studies have shown that unstructured play has many other benefits as well. It can help children become creative, discover their own passions, develop problem solving skills, relate to others, and adjust to school settings.

Perhaps above all, play is a simple joy that is a cherished part of childhood. A lack of spontaneous playtime can create stress for children and parents alike. If it occurs because young children are plopped in front of get-smart videos or the child loses their recess time, it can increase risks for obesity. It may even contribute to depression for many children several reports have stated. Keep your child busy but remember that all children need some time for

themselves as well.

Our school will once again be participating in the ACES program (All Children Exercising Simultaneously) this year. Our date for this event will be May 7. We will as a school be exercising from 10 until 10:15 in the classrooms and weather permitting we will have a school-wide walk/jog around the track. The whole point of this project is to get some type of fitness education for 30 minutes. In this project we are trying to create a fun, non-competitive atmosphere. Last year over 10 million children participated all over the 50 states and in more than 41 countries. This year an additional one million are expected to participate.

I would like to recognize several faculty members who completed the Governors Fitness Program this year. The had to get some sort of exercise 3 to 5 times a week for a 16 week program. They were encouraged to share their logs with their students and set the example of living a health lifestyle. They are listed as the following:

GOLD: Laura Shannon, Woody Wooldridge, Susan Anderson, and Kathy May.

SILVER: Jon Hardie and Dianne Crush.

Thanks to everyone for your encouragement and support of our physical education program here at Tomahawk. If you ever have any concerns or suggestions, please feel free

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Parents:
 Please feel free to email your ideas or suggestions for future issues of our newsletter to the email address above.

THE BZZZ

Tomahawk Elementary PTO Newsletter

MAY IMPORTANT DATES

*May SOL Dates on Page 2

Fri. 5/1 7pm - Gym	5th Grade Chorus Performance
Mon. 5/5 to Fri. 5/9	Teacher Appreciation Week
Mon. 5/5 7pm - BSM	5th Grade All County Chorus
Tues. 5/6 7pm - BMS	5th Grade All County Chorus
Wed. 5/7 10 - 10:15am	ACES within the classroom.
Thurs. 5/8	5th T-dap Booster Immunization
Thurs. 5/8	Parent/Teacher Conferences
Tues. 5/13 7pm - Gym	Fourth Grade Spring Chorus Performance.
Thurs. 5/15 7pm - Library	PTO Carnival Meeting
Tues. 5/20 7pm	3rd Grade Orientation *For all 2nd Grade Parents to have the opportunity to meet all 3rd grade teachers, discuss the curriculum and expectations of the students.
Wed. 5/21 4 - 7pm	PTO Fundraiser Pickup
Fri. 5/23	Last Day to take A.R. Quiz
Mon. 5/26	Memorial Day School Closed!
Thurs. 5/29 2pm - Gym	3rd Grade Recorder Concert for Parents and Pen Pals
Fri. 5/30 7pm	A.R. Sleep Over

From The Principal's Hive...

Mrs. Donna Brown

T.V. ...If kids are entertained by two letters, imagine the fun they'll have with twenty-six. Open your child's imagination. Open a book!

I recently attended a delightful and informative reading conference in Charlottesville concerning "Reading First in Virginia." According to the U.S. Department of Education, learning to read is a challenge for almost 40% of our children.

Think back to your earliest recollections of books and reflect on how you regarded reading. Was it a dreaded chore? Was it a joy that you encountered with the characters and events in beloved books like: Goldilocks and the Three Bears,



Curious George, Nancy Drew, or in the adventures of Dick and Jane. You may be too young for Dick, Jane, and Spot, but for me, I treasured those books. I could not wait till I could read aloud to my mom and dad pointing to each word. I am sure you had special moments with books and can name several that were special to you.

Children may often want to read while enjoying the pictures. They want to read often. However, for others reading may be a struggle. According to the article, *Why Some Children Have Difficulties Learning to Read*, "Good readers are phonemically aware, understand the alphabetic principle, apply these skills in a rapid and fluent manner, possess strong vocabularies and grammatical skills, and relate reading to their own experiences." To strengthen, develop, and encourage effective reading skills students that are good readers need to be able to:

- Predict outcomes
- Make inferences



Lynchburg Hillcats Raffle

Hillcats vs. Frederick Keys
 Sunday, May 11th, 2:05pm
 Calvin Falwell Field (City Stadium)

Chances are \$1 each - Maximum 5 chances per student!
 Tickets are on sale from April 21st until May 6th!
 Drawing held on Wednesday, May 7th!

Package Includes: 10 Tickets* to a Hillcats game food voucher for each ticket that includes a hot dog, chips and drink. The lucky winner will also get to throw out the first pitch of the game!

Please complete the form on page 4 and return it through your child's teacher.
 Questions? Please call Tammy Slade 239-5024 or Susan Litchford 832-8166

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- Compare and contrast
- Define and understand vocabulary
- Make conclusions
- Sequence facts, details, steps to follow
- Read for details and information
- Follow directions
- Use tables, graphs, illustrations

Students struggling with reading need our encouragement and assistance to open the doors to the wonders of reading. On a recent episode of *Oprah*, a parent was sharing her concerns of being overwhelmed with the amount of television her children were watching and decided to turn off the television and limit the number of minutes with the video games. She encouraged physical activity, reading, and noted that her children improved in their reading and were more energize with their schoolwork. For some, it will take additional time, extra practice, and lots of effort to be a reader, but we need to encourage children to open their minds to the excitement of reading and the endless possibilities.

FUNdraising Updates!

Susan Litchford

Box Tops: Congratulations to Mrs. Kiger's 1st grade class for winning the box top competition for March.



Thank You...

To La Villa for donating 150 pizza boxes to our 4th grade. We appreciate your donation each year that supports our Language portfolio project. You are a special part of our community.

Continue to bring in those box tops for the May contest.

Spring Fundraiser: Our Spring artwork fundraiser was a success. We raised over \$2500.00 for our PTO. Orders will arrive at school and be ready for pick up on Wednesday, May 21, 2008. Everyone needs to pick up their orders between 4 to 7pm on this date.

Food Lion:

Tomahawk is now registered with Food Lion under their Lion Shop and Share program. If you have not already done so, please go to www.foodlion.com and register your MVP card under the Fundraising section or you may send your Name, Phone Number and 12 digit MVP number to me at susanlitchford05@aol.com and I will register your card.



Don't forget to continue to save your Nestle Pure Life and Tyson labels, and your used ink cartridges and turn them into the PTO. We can turn these in year round and earn money for Tomahawk.

News from the Library...

By: Kathy Meredith

We're really coming down the home stretch for this school year. I'm typing this during National Library Week, (my personal favorite week of the year!) During Library Week, several classes got a special treat; Ms. Linda Bailey from the Huntington Learning Center came and read to a few lucky classes. I've heard nothing but rave reviews!

Voting for the Elementary Level of the Virginia Readers' Choice Program has been completed. Tomahawk's winners are: 1st Place: The Big House by Carolyn Coman; 2nd Place: Three Good Deeds by Vivian Vande Velde; and in 3rd Place - Ruby Lu, Brave and True by Lenore Look. My thanks to

Online SOL Testing is Coming

By: John Hardie, Assistant Principal

Don't forget, SOL tests are almost here. Our teachers have been working so hard to prepare our students for these tests. The students are very excited about getting to take their SOL tests on the computer this year. Please remember our testing dates listed below.

MAY SOL TESTING DATES

3rd Grade	
Mon., 5/12	Reading
Thurs., 5/15	History
Tues., 5/20	Math
Tues., 5/27	Science
4th Grade	
Tues., 5/13	Reading
Fri., 5/16	History
Wed., 5/21	Math
5th Grade	
Wed., 5/14	Reading
Mon., 5/19	Science
Thurs., 5/22	Math
Wed., 5/28	History
Make Up Dates	
Thurs., 5/29	Make Up
Fri., 5/30	Make Up

*Make-up tests may be given to students any day after the regularly scheduled test.

PTO President's Buzz...

By: Tammy Slade, PTO President

I cannot believe that we are almost at the end of another school year. Time is really flying by.

I would like to say to the parents and students that are in 5th grade a big thank you for the time and effort you put into Tomahawk. I hope your journey into Middle School is just as exciting as your time here. You will be missed.

Remember during the summer while you are out enjoying your time away from school to have fun but continue to save all the items that TES/PTO collects. We will be having more contest next school year. Box Tops was a huge success this year all because you helped.

Have a wonderful summer and I hope to see everyone next school year and at our 3rd annual carnival.

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the 3rd, 4th, and 5th, grade students who participated. Our results are being tallied along with votes from children from all over the Commonwealth of Virginia, and hopefully we'll get the state-wide results before summer vacation starts.

Speaking of summer vacation... Several of our students have books that have been misplaced during this school year. Please take this opportunity to teach your children responsibility and pay for any books that have been lost or damaged this year. If a book is later found, your money will be refunded to you.

Please encourage your children to continue to read and take their A.R. quizzes. So far nearly 150 students have earned an invitation to our sleepover. The last day to take a quiz

will be Friday, May 23, with our sleepover beginning around 7:00 p.m. on Friday May 30. You'll be getting more information by mid-May. We also will be looking for enthusiastic, excited and energetic chaperones. It'll be one great big Slumber Party - I KNOW you can't wait!

Hospitality

By: Kathy May & Cherie Stamey

Teacher Appreciation Week is May 5th to 9th and we are planning a variety of events to show our appreciation to our Tomahawk staff. We will also have a dinner for the teachers on May 8th during Parent/Teacher Conferences. We will need many volunteers to provide items for the week. If you have signed up to help with the Hospitality Committee, you will probably be getting a call from one of us shortly. If you are not a hospitality volunteer but would like to help please call Kathy May (525-3619) or Cherie Stamey (237-8470).

From the School Nurse

By: Susan Anderson, RN

Spring is here and so is POLLEN!! Many students have been coming in with red, watery and itchy eyes. Sometimes it's hard to know if they have pink eye or just irritated eyes from allergies. If your child does take allergy medication, please make sure you give it to him or her as directed, whether it be in the morning the or evening.

The Campbell County Health Department will be giving T-dap booster shots to the 5th graders who need it on Thursday, May 8th, at Tomahawk. This injection is due for any student going into 6th grade, if it has been more than 5 years since the last one.

Just a few reminders now that the weather is getting nice and the kids will

ART SHOW!

The TES PTO Art Show was a HUGE success! Thank you to all of the volunteers who helped to make it possible!

A special thank you to Mr. Ricky Brooks of Ric's Upholstery and Mrs. Kathy Reed. Kathy donated material to TES to be used to upholster an art display board. Ricky upholstered the board for us for free! This board is used to display second, third, and honorable mention art winners from the Virginia School Board Association Art Contest. Thank you to Ric's Upholstery and Mrs. Reed for your donations...the board looks great!

be playing outside:

- Look for patches of poison ivy, oak or sumac, and remove or spray with weed killer.
- Check around your house and porch furniture for bee, wasp or hornet nests.
- Check bicycles to make sure the tires are properly inflated, that the chains are well oiled, and that the brakes are working well.
- Review safety rules about crossing the street, riding bikes or skateboards and not talking to strangers.
- Apply sun block, anytime...all the time.



Thank you to all of the many volunteers who have volunteered at TES this year! There are so many it would be hard to name everyone. Please know that you are appreciated more then mere words can express!