

The BUZZ

Tomahawk Elementary PTO Newsletter

(Continued from page 3)

Card. The points they earn (1 point per product purchased) will be automatically deposited into the school's Labels for Education account. The school can then redeem these points for valuable educational merchandise available through the Campbell's Labels for Education Catalog. Please keep in mind this program runs through January 31, 2009.

Please take a moment and read some information published by the American Heart Association. Childhood obesity has reached epidemic proportions in the United States. In 2004, more than 9 million children and adolescents ages six to 19 were considered overweight. The Department of Health and

Human Services estimates that by 2010, 20% of children in the U.S. will be obese. Some experts claim that by 2015, as these children are growing up, 75% of adults will be overweight with 41% obese. The estimated annual cost of overweight and obesity in 2002 was \$117 billion. In conclusion it seems that we are finding out why so many of our health care costs are rising. A decline in physical activity has contributed to the unprecedented epidemic of childhood obesity. One important way to address this decline is through strong physical education programs in our nation's schools. To arrest the rise in obesity, children must be physically active during school and learn about keeping healthy through exercise and eating a balanced diet.

Research shows that healthy children learn more effectively and achieve more academically. If the lessons of lifetime physical activity and healthy food and beverage choices are modeled at home and reinforced in school, children will have the optimal foundation for healthy living.

If you ever have any questions or concerns about the physical education program here at Tomahawk please take a moment and to contact me at wwoldridge@campbell.k12.va.us. Thanks for your support and with the help of you we can hopefully curtail and remedy some things that may be happening to our youth's fitness in today's society.

From The Principal's Hive...

Mrs. Donna Brown



It is hard to believe that 2008 is almost over! It is a very busy time of the year and also very


special because we have the opportunity to share special moments with family and friends. November was a time for us to reflect on the importance of providing all of our students with the quality education they so richly deserve and during the observance of American

Education Week we offered our gratitude to those that enable our students to be successful! During the week of November 16-22, the theme for American Education Week was *Great Public Schools: A Basic Right and Our Responsibility*. Tomahawk Elementary School focused on expressing our appreciation during the week to those that have provided guidance, support, and encouragement so that our students can be ready to prosper, achieve, and be academically ready for the 21st century. We recognized our bus drivers, cafeteria staff, custodians, instructional aides, and teachers for their hard

(Continued on page 2)

2nd Annual Breakfast With Santa


Saturday, December 6th ~ 8:30am to 11:30am



Breakfast tickets ~ \$5 per person
ON SALE NOW!

Photo Packages ~ \$5 per package

Cash, Checks & Credit Cards Accepted.






Happy
Holidays

Thank you to everyone for their support and dedication to TES!

The Buzz is published monthly by the Tomahawk Elementary PTO, September to June.



Tomahawk Elementary School
155 Bee Drive
Lynchburg, VA 24502
(434) 237-4090

Barbara Rypkema, Editor
Rypkema@verizon.net

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

DECEMBER IMPORTANT DATES		JANUARY IMPORTANT DATES		FEBRUARY IMPORTANT DATES	
Sat. 12/6	Breakfast with Santa 8:30 - 11:30am	Mon. 1/5	School Re-opens	Fri. 2/6	Father/Daughter Dance (Grades 3, 4, & 5) 7 - 9pm ~ Gym
Mon. 12/15	School Board Meeting ~ 7pm @ Campbell Co. Technical Center	Thurs. 1/15	5th Grade Chorus 7pm ~ Gym	Mon. 2/9 - Fri. 2/13	Bedford Falls Book Fair
Thurs. 12/18	4th Grade Chorus 7pm ~ Gym	Fri. 1/16	School Closed Lee/Jackson Day	Tues. 2/10	PTO General Members Meeting 7pm ~ Cafeteria
Mon. 12/22 - Fri. 1/2/09	Winter Break	Mon. 1/19	School Closed Martin Luther King Day	Thurs. 2/12	2nd Grade Musical ~ 7pm

(Continued from page 1)

work, patience, determination, and encouragement that enables our school to be great. There is one group of individuals that cannot be overlooked and that is the members of the Parent and Teacher Organization who diligently work to provide our children and teachers with many programs, opportunities, and support. Thank you to the PTO for all of your hard work, time and effort that you give to benefit our students at Tomahawk Elementary School.

Hospitality Heroes

Kathy May, Hospitality Co-Chair

We just celebrated American Education Week and our committee had all kinds of goodies for the staff. A special thank you to Keith Trent who provided lots of chocolate! We had delicious soup and dessert for lunch one day and also a breakfast. Thank you to all those parents who graciously took time to send in food - Gina Hawkins, Mary Floyd, Angie Pettry, Jenni Dooley, Sara Hall, Denise Kinchen, Lisa Schmitt, Suzette Quel, Jenny Underwood, Deborah Poole, Patricia Dill, Sara Harf, Kim Pleasants, Michelle Noel, Julie Quick, Allison Schmitt, Cindy Watson, Lila Walters, Kelly Glinkski, Becky Young, Lena Gibson, Jennifer Vaughn, Sherry Stone, Gerin Martin, Kelly Campbell, Miranda Wade

and Susan Tedder.

Next on our agenda will be providing food for the teachers during the next Parent/Teacher conference in late January or early February.

If anyone is interested in joining the Hospitality Committee, we could use two or three more people, please contact Kathy May (525-3619) or Cherie Stamey (237-8470). WE would be glad to meet with you and share with you what the Hospitality Committee does.

Library Tales...

Kathy Meredith, Librarian

Thank You so much for your support of our Barnes & Noble night! A special thank you to all the **students** who performed so wonderfully...Ms. Key's 2nd grade Reader's Theater actors and actresses; the 4th grade authors, and the ensemble of singers representing the 4th and 5th grade choruses...and also the 4th grade artists for their literary self portraits; also the **Volunteers, both Parents & Teachers, and Barnes & Noble staff**, especially Mrs. Laura Dale. I believe we earned over \$700 profit...so I'd also like to thank everyone who made purchases, too!

We had several winners to congratulate as well: Paris

Anderson from Mrs. Jensen's 5th grade, Cailin Baker from Mrs. Davenport's 3rd grade and Abby Watson from Ms. Shannon's 2nd grade were our winners. We had almost 175 students register and earn a free check-out pass, and Ms. Key's class had the highest percent attendance, and earned an ice cream party

One final note to put on your 2009 calendars: Our Bedford Falls Book Fair will be held from February 9 – 13. Many more details will be forthcoming after the holidays. With sincerest apologies to Clement C. Moore... 'Merry Christmas to all, and to all a good **book!**'

Junior Achievement

Shelia Yeatts, JA Coordinator

We are sad to announce that the JA program at TES comes to an end with the dissolution of the local JA office on November 15th. We appreciate the excellent program that JA provided to TES and will miss the program and the benefit it provided to the students. A big THANK YOU to all of the people who volunteered throughout the years with this excellent program and in support of TES. While JA may be coming to an end we would like to encourage you to find another spot to "plug in" and be a part of a child's life at TES.

PTO President's Buzz...

Tammy Slade, PTO President

I know this is early but I would like everyone to start thinking if they would like to be on the PTO Board. We are going to have some openings for the 09/10 school year. The PTO cannot run effectively without good people on the board so if you would like to be involved with your child's school please consider joining our board.

Our next General PTO Board meeting is February 10, 2009, please come out and join us.

I hope everyone has a wonderful Holiday Season and A Happy New Year

Kindergarten Connections

Vicky Weaver, Kindergarten Teacher

In November, Kindergarten students enjoyed learning about American Indians and the 1st Thanksgiving. Two important "Famous Americans" we have talked about are Pocahontas and Chief Powhatan. These two people are part of our Kindergarten Social Studies SOLS so please review these names with your child.

We are looking forward to our

Kindergarten field trip to the firehouse and River Ridge Mall in December. The dates for our field trip are: Dec. 2 (Mrs. Cox and Ms. Dailey's classes), Dec. 3 (Mrs. Stanley and Mrs. Martin), and Dec. 4 (Mrs. Keesee and Mrs. Weaver's classes). Since space is limited at the firehouse, parents are welcome to join us at the mall. Please let your child's teacher know if you plan on joining us.

Winter Concerts

Diana Parker, Music Teacher

The upcoming fourth grade concert, on Thursday, December 18th at 7pm in the gym, will consist of a variety of holiday and seasonal songs. The school performances will be on Friday, Dec. 19th. The fifth grade winter chorus concert will be January 15th, Thursday, at 7 PM in the gym. School performances will be Jan. 14th, Wednesday during the day.

Terrific T-1

Andrea Webb, T-1 Teacher

T-1 students will be studying the following units during January and February: community/community helpers, holidays around the world, Martin Luther King, Jr., economic wants and needs, producers and consumers. We will be going on a field trip on December 9 to the Graves Mill Road Fire Station, then to

McDonalds in Madison Heights, and then to Amazement Square. We will participate in the hamburger economics lesson at Amazement Square and then will have some time to look at the other exhibits. On December 19 T-1 will have Breakfast with Santa along with the kindergarten classes.

Fantastic Fourth

Kathy Avery, 4th Grade Teacher

On December 4, the fourth grade will have a program presented by the Jamestown/Yorktown Foundation. The program is titled, *Life at Jamestown*. We look forward to their programs every year. Our annual fourth grade Christmas brunch will be held on Friday, December 19. The fourth grade chorus concert will be held on December 18.

Fitness Fun

Woody Wooldridge, P.E.

I am writing regarding the Campbell's Labels for Education. Each family would need to register for e-Labels for Education at www.elabelsforeducation.com, every time they purchase participating Campbell's Labels for Education products at any one of the participating Kroger Family Stores your school will automatically receive 1 point for every participating product purchased with their Shoppers