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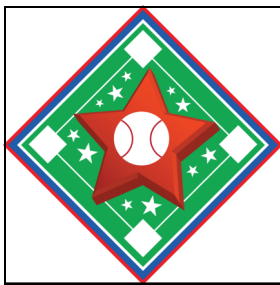
Bulverde Creek PTA Newsletter

January 2012

## Message from Mrs. McCoy

### "TEAM UP!"

**T**ogether  
**E**veryone  
**A**ccomplishes  
**M**ore



**"Do not let what you cannot do interfere with what you can do."  
- John Wooden**

Dear Bulverde Creek Families,

Happy New Year! 2012 is among us and the second semester is underway. With the year halfway through, our primary

students are gaining confidence and learn-

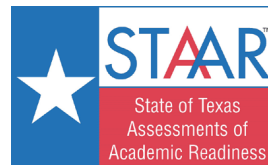
ing to read while our students in the upper grades are busy reading to learn. 4<sup>th</sup> graders are also becoming skilled writers and 5<sup>th</sup> graders are honing their scientific thinking skills.

Students are becoming more and more independent, and it is fun to watch them display this independence at school. Hopefully you are also seeing this growth at home as your child understands his/her responsibility with homework, reading, chores, etc. Another way for students to gain more



independence is to let them walk to class each morning on their own. It's time to "cut the apron strings" and ensure your child that he/she will be just fine without you. Your child will learn self-confidence and will become more self-sufficient in the classroom. Additionally, this allows the teacher to promptly get the academic day started for all students rather than engaging in conversations/informal conferences with parents.

January is filled with several events. On January 12 at 6:30p.m., there will be a STAAR parent informational night at



the Johnson High School auditorium. This evening is geared for parents of



second through fifth graders, and will be presented by the principals of the Johnson cluster elementary schools. Janu-



ary 16 is a student holiday. On January 24 from 6:30-7:15p.m., our cafeteria will transform into a dance floor and our music teachers and P.E. coaches will lead us through some fun group dances (no dance experience required).

And finally, on January 31 at 6:00p.m., we will have a PTA meeting followed by a performance from our 1<sup>st</sup> graders. We hope you can join us for these events.

As always, thank you for sharing your child with Bulverde Creek.

With regards,  
Michelle McCoy  
Principal

## Letter from the PTA President

It's a brand new year and I hope everyone enjoyed their holiday break. PTA has a slow month in January but will be using this time to get ahead on the many activities we have for the rest of the year.

We will be working on a budget and finance committee to help us assess the wants and needs for the rest of this school year and to begin the process of budgeting for next year. There are several programs, such as "get caught reading" during book fair, mom and kids night, bike rodeo, fun field day, and fifth grade party that are all coming up! We will be looking for volunteers to help with these activities as well!



Our first meeting of the new year will be held on Tuesday, January 31, 2012, at 6pm in the cafeteria. We've moved the date from the first Tuesday in February due to the teacher conferences and early dismissal being held that week. This month's meeting calls for the formation of the nominating committee as we begin the election process for the 2012-2013 PTA board. Please consider volunteering for this committee, as it is very important to the ongoing success of BCE PTA. It is also a short lived committee since there is usually one meeting to review candidates and the nominations are presented at the March meeting. First grade will be presenting the program this month, so get your cameras ready to preserve those adorable faces as they show us their many talents!

# "TEAM UP!"

If you are still thinking about your resolutions for 2012, instead of giving something up, why not take something on that's fun and puts a smile on your child's face. Become more involved at our school - if you've been looking for a rewarding resolution, this is it! We hope to see you in the spring semester.

Bo Burke  
BCE PTA President

**PTA**<sup>®</sup>  
*everychild. one voice.*<sup>®</sup>



Thanks to your help we mailed off another \$500 in Box Tops coupons for our school. That's almost \$2000 that we have collected so far this year!!! Keep up the good work and remember to clip all year long. You don't need to fill up a sheet. Just send in what you have in a baggie marked with student name, teacher, and grade.

Our Winter campaign continues through January 31<sup>st</sup>. Team Deleon has been in the lead the entire campaign so it's time for the rest of the teams to make a big score and take the lead. Remember, the team/class with the most points wins a Super Bowl party and our top MVP players from each team/class have a chance to win our adorable mascot, Tex, from Build-A-Bear.

Good luck and Happy Clipping!!!

## Accomplish your Good Intentions

If you are like me, so far this year you have found yourself reading a health magazine on Wednesday afternoon and eating a hamburger and fries for lunch on Thursday! I am a fantastic list-maker . . . and procrastinator.

Whether it is volunteering, playing more with the kids, stopping a bad habit, or starting a healthier routine—you, like

me, have good intentions, but those do not take us far, if anywhere at all.

To propel our good intentions in a forward motion it is necessary to take action. Have no fear, the action does not have to be a huge step. Remember Newton's third law of motion: for every action, there is an equal and opposite reaction. No matter how big or small the

action, it will make a difference!

There are a million steps along the path of accomplishing good intentions. May you be encouraged to take your first step and may the "million more" surmount to a year of well-accomplished good intentions!

Mandy Baublitt

BCE PTA—Newsletter



## Bulverde Creek Elementary PTA Greenback Fundraiser Spring 2012

Our Greenback Campaign for the 2011 school year was not as successful as PTA had hoped. With only \$3,200 raised, a Spring Fundraiser may be necessary to help us reach our goal. If you haven't already, please consider making a **100% tax deductible** donation to the PTA Greenback Fundraiser.

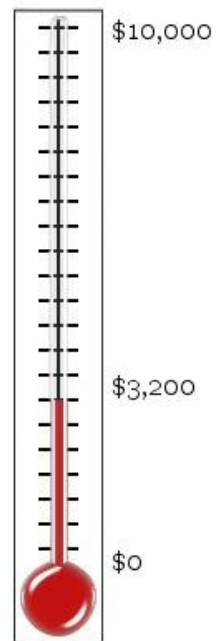
Greenback donations can be made at any time throughout the year and can be paid by check or on the PTA website [www.bcepta.org](http://www.bcepta.org) with a PayPal account or by credit card.

With your monetary donation the PTA hopes to simplify home life while continuing to provide great programs, events, and technology that keep our BCE students on the fast track.

Share the link [www.bcepta.org](http://www.bcepta.org) with family and friends so they, too, can support their favorite Bulverde Creek student. A company Gift Matching list is also provided on the website.



BCE PTA appreciates all the friends and families who have supported this fundraiser. A special "thank you" to Nationwide Insurance and the Pantusa office for the \$350 donation in support of our Greenback fundraiser.



## Dietitian's Diary



January 2012

Katie Mahoney, M.S., R.D., L.D.  
Nutrition Education / Wellness Coordinator  
School Nutrition Services



### Tips for Losing Weight

With the New Year upon us, many people are resolving to get healthier or lose weight. While these are excellent resolutions, they aren't always as successful as they could be. With the right information and the right mind-set, your resolutions can become permanent changes! So, if you're one of the many who plan on losing weight this year, what can you do? Incorporating these simple tips can put you on the track to success:

- Count Calories – You'll be amazed at how quickly they add up!
- Keep A Food Journal – Write down everything you eat and drink during the day. You'll be surprised at how much you actually eat in a day!
- Exercise – Sure you can lose weight by eating less, but exercising AND eating less can speed up the weight loss. Try to get at least 30 minutes most days of the week.
- Eat Healthy Snacks – Snacking on foods like an apple with cheese or yogurt with granola may keep you from feeling hungry between meals.
- Focus on eating more nutrient-dense foods (fruits, veggies, whole grains, low-fat dairy, lean meats), which are high in nutrients and low to moderate in calories.
- Control Your Portions – Start weighing or measuring your food using a food scale or measuring cups.



# JANUARY



## January Parent Calendar

2	Student & Teacher Holiday	23	2:40-4:00 Robotics – Portable 1
3	1 <sup>st</sup> day of 2 <sup>nd</sup> Semester 3 <sup>rd</sup> Grade Showcase		3:00-3:45 Kinder Cooking Club – Science Lab
5	2:45-3:45 1 <sup>st</sup> Grade Art Club – Room 13		Bluebonnet Voting for 3 <sup>rd</sup> , 4 <sup>th</sup> & 5 <sup>th</sup> (Jan. 23 <sup>rd</sup> -27 <sup>th</sup> )
	2:45-3:40 Spilling Ink – Library	24	7:10 All Stars
6	Report Cards Distributed		2:45-3:45 2 <sup>nd</sup> Grade Cooking Club – Science Lab
	7:00 Media Club – Computer Lab		2:45-3:45 Kinder Techie Club – Computer Lab
9	2:40-4:00 Robotics – Portable 1		6:30-7:15 p.m. – Family Fun Night – Dance Night – Cafeteria
10	7:10 All Stars – Stage	25	7:10 Orff
11	7:10 Orff	26	7:10 All Stars
12	7:10 All Stars		2:45-4:00 2 <sup>nd</sup> Grade Science Club – Science Lab
13	7:00 Media Club – Computer Lab	27	3 week Progress Reports distributed
	7:10 All Stars		7:00 Media Club – Computer Lab
16	Student & Teacher Holiday		7:10 Orff
17	7:10 All Stars	30	9:00 Spelling Be Contest – Library
18	7:10 All Stars	31	7:10 All Stars
19	7:10 All Stars		
	2:45-3:45 1 <sup>st</sup> Grade Cooking Club – Science Lab		
	2:45-3:40 Spilling Ink – Library		
20	7:00 Media Club – Computer Lab		
	7:10 Orff – Stage		

**Thank You!!**

**A big “THANK YOU” to everyone who  
Donated to our sister school and to those  
who helped with gift wrapping!!**