



THE WOLVERINE TRACK

A Publication of the Wellington Elementary PTA

OCTOBER 3, 2011

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It is the mission of Wellington Elementary PTA to promote the welfare of children, provide staff support, foster teacher, parent & community cooperation, and enrich student learning.

PRESIDENTS' MESSAGE

We're off and running!

The Kick-Off was a great success! Thank you to all the staff for digging in and scooping ice cream. The kids loved it and there were many happy adults walking around as well. Mr. Bagnall did such an amazing job announcing the raffle baskets, we hear he's considering being a news anchor in his off hours.

The Kick-Off is an amazing time when our community comes together to meet again after a summer break, share a laugh or two, and welcome the start of school. Thank you to all those who donated baskets, and to those who purchased raffle tickets. The money raised helps to ensure the programs PTA offers will continue. Thanks to all of the PTA program chairs, and the people who assisted them, for coming to the Fall Kick-off, setting up booths, assisting students and parents to learn about PTA programs and cleaning up after the event. Your many hands made the work lighter. A great big thanks goes to our fabulous face-painting girls, too!

Mark your calendars to join us at 6:30 on Tuesday, October 25th for our General PTA meeting to be held in the library. Once again, the YMCA will be providing free childcare in the gym. We will be hosting a 'warm-up to Wellington PTA' soup bar so please join us for friendship, a PTA gathering, and a door-prize or two! Come see what your PTA has in store for the 2011-2012 school year!

Michelle and Rae

PTA Presidents 2011-2012

MEMBERSHIP MOMENTUM UPDATE

To everyone who has signed up as a PTA member so far... take your hand, reach around, and pat yourself on the back! Our PTA Membership Drive is off to a great start. With over 50% of families signed up, we are confident we can reach our goal of 100% participation. If you're still wondering why you would want to join Wellington's PTA, here are just a few reasons:

- The number one reason to join the Parent Teacher Association is to benefit your child.** In doing so, you also help Wellington Elementary. But there are many more PTA advantages: Get Connected. There's no better way to know what's happening at Wellington.
- Discover Great Resources.** The PTA offers a variety of programs designed for parents as well as students.
- Tap into a Network.** PTA functions are opportunities to meet other parents and teachers, build rapport, and discuss issues that are on your mind. You can share ideas, concerns, and experiences.
- Watch Yourself Grow.** By volunteering with your PTA, you put your skills and hobbies to use for a noble cause—your child, and all children in the Woodinville community!
- Speak Up.** PTA can be a way for you to more effectively suggest change at Wellington.
- Witness Improvement.** By getting involved at your child's school you'll be part of the solution, helping make positive changes. Wellington's PTA plays an important role in fundraising to provide building improvements, curriculum-based programs, and social events.
- Be a Role Model.** By becoming a PTA member, you'll be demonstrating to your child the importance you place on education.



We love our grandparents, step parents, & neighbors who join in support of Wellington Elementary, by becoming PTA members! Everyone is invited to show their support of Wellington Elementary, so please get the word out and invite others to join Wellington's PTA today.



Bill Bagnall, Principal
Rae Shepherd and Michelle Morris, Presidents
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AFTER SCHOOL SPANISH COMES TO WELLINGTON!

On Monday, October 3, 2011 Spanish classes begin after school for interested K-6 grade students. Classes will be held on Mondays and Wednesdays from 3:15-4:10 through December 14, 2011. Elizabeth Gavidia Gosch, an experienced Spanish instructor from Peru, will guide your children through a total immersion program. Her program makes learning Spanish fun and includes games, singing, dancing, writing, stories and art/coloring. At the end of the program the children will record their own Spanish audio CD of songs to take home. Flyers went home with your child or you can find one on the PTA website. Registration closes on Thursday 9/29/11 and space is limited to 16 students. If you have questions, please contact PTA Spanish Chair, Julie Krause (kx2@earthlink.net).

ENVIROMENTALLY FRIENDLY BAG SALE



Monday, October 3 marks the beginning of our Reusable Bag Sale! Do you need a great gift for your favorite teacher? Are you tired of the paper handles breaking on your grocery bags? Then you are going to LOVE the reusable bags by Mixed Bag Designs! Fun designs and styles like: grocery bags, iphone, and ipad cases, garment, duffle and lunch bags, and soooo much more!

You will find a catalog in the Monday packet with all the information you need. Never use a flimsy, plastic grocery sack again! Remember, the sale starts TODAY, and all orders need to be returned to the school by Wednesday, October 19th. Bags (and other items) will be sent home before the winter break, making these bags a GREAT idea for a holiday gift!!

DATES TO REMEMBER

October

- 3rd** Art Club* (Mondays - Rm 16)
- 3rd** Spanish Classes* Begin (Mondays and Wednesdays)
- 3rd-19th** Mixed Bag Designs Sale
- 4th** LEGO Club* (Tuesdays - Rm 16)
- 4th** Cross Country* Meet at Sunrise
- 5th** Chess Club* (Wednesdays - Library)
- 5th** Spanish Class*
- 6th** Math Club*
- 7th** Popcorn Friday
- 7th** Helping Hands Service Club*
- 7th** PTA Executive Board Meeting - 1 pm
- 14th** No School! (Non-Student Day)
- 14th** Legislative Assembly - SeaTac Marriott
- 20th** EAP Information night
- 21st** PTA Board of Directors Meeting - 1:15-3:00 pm
- 25th** PTA General Meeting - Wellington Library



*Registration is required for these programs

2011-2012 FAMILY FUN NIGHTS

Mark your calendars early! Here are Wellington's fabulous Family Fun Nights for this school year:

Skate Night 11/09/2011
Skate King, Bellevue WA
6:30-9pm



BINGO Night 4-27-2012
Wellington Gym
5-8:30pm

Movie Night 01/13/2012
Wellington Gym
6:30 pm



HELPING HANDS OFF TO A GREAT START!

One hundred twenty eight students showed up for the first Helping Hands Service Club meeting on Friday, September 2nd--Wow! In addition to hosting a school supply drive, students assembled "Snackalicious Bags" - after school snack bags for needy children at Friends of Youth, an organization that provides various services for local homeless youth.

Decorating paper bags with art and stickers and then picking out a few favorite snacks to put in the bag was fun! We were able to make 200 snack bags and leftover snacks were used to assemble 100 more for a total of 300 bags!

Thanks to all who donated snacks, drinks, and school supplies. Your donations exceeded expectations and Friends of Youth was delighted!

OCTOBER HELPING HANDS SERVICE PROJECT

Our next service project will be Friday, October 7th in the Wellington gym from 3-4 pm. We will be doing a fun Halloween service project for ill children who are not able to celebrate Halloween in a traditional way. All students, kindergarten through 6th grade, are invited to help.

Registration forms must be on file for students to attend and are located in the PTA file outside the school office.

We also need parent volunteers to help our meetings run smoothly. Caroline Ahlstrom is our volunteer coordinator and will let adult helpers know how we need help. If you want to assist at a club meeting or with preparations, let her know at ahlstromca@comcast.net. She will add you to our email list for club correspondence.

Our Wish List

- New or used crayons for club use
- New or used colored pencils for club use
- Shoe boxes
- Small toys and trinkets
- Halloween stickers
- Small Halloween toys and trinkets
- Individually wrapped candy
- Patriotic stickers

*Thank you!
We couldn't do this without your support!*

Donations can be dropped off at any time in the Helping Hands Collection bin outside the Wellington School Office.

HELPING HANDS NOW ACCEPTING THREADS & TREADS

Thank you for all who donated clothing at the September 2nd Helping Hands meeting! We received 7 large garbage bags full of clothing. The coordinator, Eileen Jowell, was very appreciative of the support Threads and Treads received from the Wellington community. These donations are for Northshore school district families who need assistance. *Please hold on to items that you think fit their needs and bring them to the next Helping Hands meeting on Friday, October 7.* It is helpful if clothing is separated by GIRLS and BOYS. Sandra Pell at mommypell@comcast.net is our Threads and Treads coordinator this year. Again, thank you for bringing a smile to someone's face!

What is needed the most:

- Clothing hangers
- Stylish (and in good condition) clothing for school aged youth - shirts, pants, hoodies, jackets
- Hole-free socks
- Not totally worn-out bras for all sizes
- Lightly worn sneakers
- Teen clothing
- Purses, belts, hair accessories
- Gift cards for undergarments - Fred Meyer or Target
- Unused backpacks and lunch boxes



Due to space limitations, Threads & Treads does not accept baby/toddler clothing, supplies, or toys.

We are excited for a fun year of giving. If you have questions about Helping Hands, contact Meggin Mann, megginm@me.com or Tina Stember, tstember@gmail.com. Thanks for your willing hearts and helpful hands!

VOTE IN OCTOBER!

Author, Barbara Kingsolver, mentioned in one of her books how she felt helpless with international and national policies and decided to focus her energy locally, as she could make positive changes in her own town. You have that chance coming in October. Ballots will be mailed out mid-October. Keep your eyes peeled for them; besides city council seats and county positions, you will be voting for two positions on our own Northshore School Board. These school directors are the ones that decide the curriculum, teachers' pay and benefits, sports programs, everything, and anything that directly affects our kids. Take the time to look at each candidate's website, research, and ask questions to decide who would be best for our kids and community.

District #2

Janet Quinn is currently the director and is running against with Joe Marshall.

Janet's website is: <http://janetquinn.net/>

Joe's website is: <http://joemarshall4nsd.com/>

District #3:

Dawn McCravey is currently the school board president and is running against BZ Davis.

Dawn's website is: www.dawn4nsd.com

BZ's website is: www.bzdavis.com



FANTASTIC KICK-OFF BASKETS!

Thank you to the following Wellington families, individuals, and businesses for another successful basket raffle at our fall Kick-Off and Ice Cream Social event. Together, you donated 44 baskets and helped PTA raise over \$2,700! Way to go Wellington Community!

Brett & Caroline Alstrom
Channing Dalton
Hansen Family
Hubler Family
Logan Family
Emma Mann
Danielle Morris
Rebozo Family
Ally & Cole Shepherd
Hunter Van Avery
Whittle Family
Northshore YMCA
Westhill Inc.

Baldie Family
Cara Davis
Dawn Harris
Kenamer Family
Lopez Family
Ellie Mann
Cheryl Nebelsieck & Hunter Scratch
Ritter Family
Carly Smith Family
Madison Van Avery
Affordable Background Checks
Starbucks

Cooley Family
Heidi Falk
Sarah Hickey
Landon King
William Low Family
Meyer Family
PTA Board of Directors
Schenck Family
Templeton Family
Vedaa Family
Chateau Ste Michelle
Studio I

And...a special thank you to all of the wonderful volunteers who helped with collection, tracking, setup, and handing out baskets at the raffle: Ronee Baldie, Channing Dalton, Joan Ritter, Patricia Bong, Danielle Glessner, Rae Shepherd, Michelle Morris, Kelly Veeda, and Bill Bagnall.

TREASURER'S REPORT

July/August Financial Highlights

Expenses:

Missoula Theater deposit: \$500

Income:

Membership Fees: \$135

Direct Donation: \$70



This a recap of July/August 2011, which are quieter months for the PTA. Look for September's Treasurer's Report in next month's newsletter, which is sure to show more activity.

If you have any comments or questions, please email Amanda Lopez, Treasurer, at ajlopez.pta@gmail.com.

PARENT CORNER - NUTRITION EDITION

Article courtesy of: Christina (Tina) Begg, MS RD CD and Wellington Mom

Settling back in to the school routine can mean taking on the challenge of packing lunches that provide healthy foods ... and, most importantly, GET EATEN!

As a dietitian (and mother of a child who prefers a ham sandwich to practically any other food on the planet), I strive to provide healthy lunches that appeal to my child and don't come back home in his lunchbox. My son has never once protested trying a new variety of cookie or cupcake, but accepting a new fruit, vegetable or whole grain is another story.

According to childhood nutrition expert, Ellyn Satter RD, the role of a parent is to be "responsible for what the child is offered to eat, the child is responsible for how much, and even whether, she eats it". When it comes to vegetables and fruits: **persistence** is the key! Some ideas to try:

- Include small servings of fruit AND vegetables—every lunch box, every day!
- Make fruit and vegetables a usual part of your home meals
- Never underestimate the power of dipping—kids love to dip fruit or vegetable into sauces. Blend salad dressing into a small amount of plain low fat yogurt.
- Offer a variety of cooked and raw produce. If your child won't eat raw broccoli, try it cooked. Try it stir-fried. Try it roasted. Try it with a little butter or cheese on it, just keep offering it!
- Cut out produce into fun shapes.
- Involve your child in any part of the meal preparation process. At Puget Consumer Cooperatives ("PCC Natural Markets") your child can choose a piece of fruit FREE every shopping trip.
- Play the 'Rainbow' game—see how many colors of produce you can add to the lunch box.

For inspiration, look to the Laptop Lunches website (www.laptoplunches.com). Small containers encourage not only a waste-free lunch system, but lend themselves to small servings and variety.



FAMILY FUN SKATE NIGHT



Wellington's First Family Fun Night!

When: Wednesday, November 9th (there's no school on the 10th and 11th)
6:00 - 8:00 pm
Where: Bellevue Skate King
Cost: \$7 - includes skates (\$4 more for inline blades)
It's fine to bring your own blades/skates

Invite the whole family & have fun!

POPCORN FRIDAY IS JUST AROUND THE CORNER...

We still need volunteers to help with Wellington's first Popcorn Friday of the school year! Come and help pop and hand out this very special treat to our kids. If you're interested, please contact ChristyHughes@msn.com or JKennamer@reitmr.com. We hope to see you **October 7!**



YOUR 2011-2012 PTA EXECUTIVE COMMITTEE

Co-President:	Michelle Morris	mmorris.pta@gmail.com
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VP Programs:	Kelly Vedaa	kvedaa.pta@gmail.com
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