



Hembree Highlights

From the Desk of Kalpana Raju, Principal

October 16, 2009

Dear Parents,

I have just returned from Chuck E. Cheese! It has been almost 15 years since I've visited that place....(my children are now 23 and 25 years old)! It has changed and kids certainly have a lot more fun things to do. Thank you to all the families who attended the event. It was a treat to see our kids so excited and to hear their laughter. The pizza was pretty good too.

A HUGE THANK YOU to all the parents who treated my staff and me to a fabulous luncheon on Wednesday of last week! There was so much food that we enjoyed it the next day!

The Youth Day Parade was a hit, too! I've included a note in this newsletter from Lisa Cowles who coordinated the whole project!

On Tuesday our fourth and fifth grade chorus students performed at Elkins Pointe Middle School. It was a perfect way to end my day! The students sang beautifully and represented our school so well! Thank you to Mrs. Cross for teaching them!

Now we're gearing up for Freaky Friday! I hope to see you all there. I know the kids are excited about it. It gives them a reason to wear their costumes twice!

The rains this week have meant indoor recess for our students which they are not fond of. However, yesterday even though it didn't rain, they could not go out because the field was still water logged. We are still collecting money for the playfield project! **Remember, your donation is tax deductible!** I want to recognize Russell Newsom, first grader who donated his change (\$1) from his piggy bank for the play field! He was so proud of his contribution! We are a little closer to our \$42,350 mark, the total cost of project....we have collected \$21,496. With a little bit of help from all of you, I am confident that we will reach our goal! Please send your tax deductible donation by October 30.

Sincerely, Kali Raju

HEMBREE SPRINGS TAKES FIRST PLACE AT THE ROSWELL YOUTH DAY PARADE

Hip, Hip Hooray! Hembree Springs Elementary School won first place in the Roswell Youth Day Parade! Below is a photo of our float with our first place trophy. The float was a team effort that was accomplished with the help of exceptional parents, students, and teachers!

Thank you to all the students, especially the fifth graders, who worked on the float. It was your artwork that impressed the judges. Thank you to Mrs. Raju, Mr. Tavel, Mrs. Williams, Mrs. Widis, Mrs. Barton, Ms. Hicks, and Mrs. Waller for lending us your image. I think we can all agree these teachers are not only our Superheroes but awfully good sports as well. We are displaying the decorations from our float in the lobby!

A very special thank you to Dave Kelly, Dan Malloy, Chris Cowles, and Geary Beaulieu for building our float and making it safe enough to "sail" down Canton Street. If you see any of the Kelly, Malloy, Cowles, or Beaulieu children, be sure to tell them, "Your Dads Rock!" Thanks also to the Gheeslings, Jordans, and Kellys; they made the float a family activity. Give the whole family a big "shout out" too!

Also, Hembree Springs had the largest amount of walkers (and candy – thanks for all the candy) in the parade. Hembree Springs should be very proud of all the students, teachers, and parents that marched in the parade. They came "whether it was rain or shine," and it was a little of both! We already knew we were winners at Hembree Springs, but it sure is nice have another trophy in our trophy case too!

A big "Thank You" to all the students, teacher, and parents that contributed to making the Hembree Springs Youth Day float a success. Thanks also to everyone who sent in candy and to all the participants that came to march in the parade.

"Teachers are our Superheroes," but our PTA, principal, students, and parents are definitely the part of Hembree Springs' "Fantastic Four!"

Lisa Cowles



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Working together to learn and grow beyond our dreams!

DATES TO REMEMBER

October 19	Report Cards Go Home
October 20	Linda Schultz Community Mtg at Hembree Springs; 9:30 a.m. (Media Center)
October 22	FCBOE Board Mtg @ Dunwoody Springs; 6:30 p.m.
October 26	Red Ribbon Week Begins
October 30	Wild Rumpus – Kindergarten; 8 a.m. – 10 a.m. Freaky Friday; 5:30 p.m. – 8:30 p.m.
November 1	Daylight Saving Time Ends

READY. SET. GO!

Starting the school year off right!

Area 4: Teacher Communication. Parent-Teacher communication is the foundation for a smooth and happy school year. Always start out by getting all the necessary information at either back-to-school Night or Open House. Understanding your teacher's expectations up front will cut out a lot of confusion and misunderstandings.

Find out important information such as homework and grading policies, class work expectations, behavioral expectations, overall learning goals, and objectives for the coming year.

Now is also the time to find out the best ways to quickly and efficiently communicate with your teacher. Do they prefer e-mails, phone calls, notes, quick "hallway conferences," or pre-scheduled meetings?

Respecting the preferred form of communication will ensure quick and efficient feedback and keep you in the preverbal loop at all times!

Notable News from KnowledgePoints, Your Partner in Education

PHYSICAL EDUCATION NEWS

We have been working hard on our physical fitness these first weeks of school. We gave the Fitness Gram Evaluation to assess each student's fitness levels. We are sending the individual reports home with the report cards. Please keep these for your child to refer and compare to the new results in the spring when we take the test again. We hope that each student will improve over this school year. You can help us by encouraging your child(ren) to be active at least 30 minutes everyday. You can also encourage him/her to do his/her homework exercises everyday including weekends. Make it a family time activity and join in with them.

When you look over the Fitness Gram, please don't be alarmed when you see the section on Body Composition. Every student's report will say very low. This is because we do not measure body composition. The computer evaluates it this way if nothing is inserted. If your child was absent or excused from class on a day that we tested and did not get to make it up, the test will read as an incomplete.

Homework Exercises: Did you know your child(ren) have Physical Education homework exercises seven days a week? Yes, we encourage him/her to do these everyday with a parent or sibling. We also encourage our students to get out and be active for at least 30 minutes everyday. The exercises are listed below.

*Curl-ups are like sit-ups. They should be done with the child lying on his/her back with knees bent. Hands should be on the thighs with arms straight. As they sit up, they slide their hands on their legs so the fingers curve just over their knees. Looking up at the ceiling will keep their neck in a more comfortable position.

	Curl-Ups	Push-Ups
Kindergarten/First	10	6-8
Second/Third	14	8-10
Fourth/Fifth	18	10-12

VOLUNTEER HOURS

To all our much appreciated volunteers – please remember to sign in on the volunteer computer located opposite the front desk whenever you come in to do any volunteer activity. It is also important to sign out when leaving so that the computer can calculate your time. If you do not sign out, the time you spent volunteering will not be recorded. Hembree Springs receives awards and recognition from the Georgia PTA for volunteer hours. Any volunteer time spent outside of school should be sent to VolunteerHours@hembreespringspta.org. Simply send an e-mail with the total time spent volunteering along with your name, phone number, and general category. Thank you all so much for your dedication to the students of our school.

HEALTHY LIFESTYLE MONTH COMING IN NOVEMBER

Healthy Lifestyle Month is coming in November. We are in need of a co-chairperson to help plan and manage the two main events: Fit Fridays and Café de Hembree. Please contact Jennifer Molloy at healthy@hembreespringspta.org if you would like to help or need more information.

RECYCLING CONTEST

The Annual Recycling Contest is underway and runs through October 30. Each classroom was provided a receptacle courtesy of Trader Joe's Roswell for the recyclable items. The receptacles will be collected weekly. Hembree Springs has been partnering with an organization called Cartridges for Kids for our recycling program. The contest is a great way to kick off a successful recycling year.

Teachers and students should ask friends, family, neighbors, and local businesses to contribute. Accepted items include empty inkjet cartridges, DVD movies, empty laser cartridges, GPS systems, used cell phones, PDAs/Palm Pilots, video game consoles, laptops, video games, and iPods. The classroom that turns in the most recyclable items will be deemed the "winner." Currently, Mrs. Lahey's fifth grade class is in first place. Catch them if you can! If you have any questions or concerns, please e-mail Tia Bohannon tbohannon3877@charter.net or by phone at (770) 754-5755.

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