



EASTSIDE NEWS

A monthly newsletter for Eastside parents

Eastside Elementary
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www.constps.org

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December 2008



No students should be dropped off at Eastside before 7:20 a.m.

Breakfast - 7:20-7:40 a.m.

Buses arrive - 7:20-7:30 a.m.

School bell rings @ 7:35 a.m. for students to go to class

School day begins @ 7:40 a.m.



Simple Stress Management Tips

With the holiday season here, it's inevitable to feel stress. It's almost impossible to keep stress at bay. Here are three simple daily activities which can either reduce stress or at least increase your resistance to stressors.

Get plenty of sleep. Experts recommend an average of 6 to 8 hours of sleep for adults (more for children).

Exercise regularly. Not only your body but your attitude as well, learn to smile, laugh and keep a positive attitude.

Maintain focus and concentrate on the moment. Living in yesterday's worries, concerns and problems or focusing on things beyond your control will surely induce stress. Enjoy today!

These are very simple tips that when put in the right perspective, at the least, can greatly reduce the level of stress in daily life.

<http://stress.treatment-and-guides.com/>

Lost & Found

Please claim your items in the Eastside office before Christmas Break, as we will donate them to Goodwill at that time. Our office is overflowing with lost items!

Thanks!



The staff at Eastside wishes every family a safe and joyous

holiday season.

I will continue sending out PRINCIPAL NOTES-- weekly emails to parents and families. If you would like to be on this list serve weekly, please leave your email address in the Eastside office, call (269) 435-8960 or email me at kflynn@constps.org

Yours in Education,

Mrs. Kristin M. Flynn, Principal

PTA Spirit Wear Notice

Due to the EXTREMELY large spirit wear order (our biggest ever), the PTA spirit wear will not be back until December 9. Thanks for your patience and understanding!

--PTA Executive Board

Upcoming Events

December

- 1-5 PTA Holiday Gift Shop
- 1 Playgroup @ ES (for children 0-5) 10:00-11:15 a
- 3 PTA Mtg-6:00 pm (Child care & snack provided) ES MC
- 3 Cyber Info Nite for Parents-6:00 p at CHS LGIA
- 4 Report Cards
- 4 PTA Spirit Wear due (final order before Christmas)
- 5 PTA Scrip Orders Due
- 5 Bible Release 12:30-1:45 p
- 8 Board Mtg-7:00 p
- 10 1st grade field trip to Junie B. Jones
- 11-12 1st/2nd grade vision/hearing
- 15 Playgroup @ ES 10:00-11:15 a
- 18 PTA Spirit Wear delivered (12/4 orders)
- 19 Jingle Bell Day Winter Festival (12:00-2:50 p)

Winter Break

December 20-January 4, 2009

January

- 5 Back to school from vacation!
- 7 PTA Mtg-6:00 pm (Child care & snack provided) Eastside Media Center
- 7 Market Day Pick Up-5:00-6:00 p
- 12 Board Mtg-7:00 p
- 16 Bible Release 12:30-1:45 p
- 16 Progress Reports
- 19 Martin Luther King Day - No School; staff professional development
- 20-23 Parent-Teacher Conference Wk



February

- 4 PTA Mtg-6:00 pm (Child care & snack provided) Eastside Media Center
- 4 Market Day Pick Up-5:00-6:00 p
- 9 Board Mtg-7:00 p
- 11 Y5s to Creative Gymnastics Center
- 13-16 Mid-Winter Break/President's Day weekend - NO SCHOOL!
- 19 2nd Grade Music Program
- 24 Penny Day
- 27 Wacky Hair Day



Winter Festival

We need parent volunteers to help on December 19 from 12:00 -3:00 p.m.
 Contact Ashley Warnement @ (269) 435-8960 if you are able to volunteer or you can email her at awarneme@constps.org

The best of all gifts around any Christmas tree: the presence of a happy family all wrapped up in each other.

- Burton Hillis (Better Homes and Gardens)

MARKET DAY

PTA would like to thank those who purchased Market day items in November. The more items purchased, the more \$\$ our school will earn!

Check out

www.marketday.com

2009-2010

Kindergarten Registration



Children who will be five **on or before December 1, 2009** are eligible for Young Fives or Kindergarten for the 2009-2010 school year. If you have a child who is eligible to enroll, please contact our office at (269) 435-8960. (Parents of students currently in Young Fives do not need to contact the office).

If you have a neighbor or friend who has a child who will be five on or before December 1, 2009, please encourage them to contact our office.

Thank you!

NOTICE

Parents & Guardians:

All medications, including cough drops, must be turned into the office and a form filled out regarding whether they are prescribed or over the counter. This is a district policy and ensures the safety of all students, and also makes sure that the student is getting the correct dosage. **NO MEDICATIONS SHOULD BE IN STUDENT LOCKERS OR BACKPACKS.**

Thank you in advance for your cooperation.

Thank you!



To the many parents, staff and community members who assisted in the PTA Fall Carnival.

We appreciated all the families that came out to the event as well!

- PTA Executive Board

Q: I would really like to help my children's school but don't have a lot of time. Is there any other way that I can help besides volunteering?

A: Great question! A very simple way to support our schools is by participating in the PTA's Scrip Program. "Scrip" is the purchasing of gift cards to stores and restaurants that you already use. Companies donate between 2%-14% of the card's value back to the school. You're not paying an extra and there's no need to change where you shop. In fact, you can even pay your Kohl's and JCPenny credit card bills with Scrip. It's easy to participate! Look over your checkbook. Where do you spend money every month? Do you eat at Wendy's, Panera's or Texas Roadhouse? How about going to Celebration Theatre to catch a movie? If you buy shoes at Payless, prescriptions at Walgreens or Rite Aid, books at Barnes and Noble, clothes at Sears or American Eagle, or home project materials at Lowe's or Home Depot, then Scrip has cards for you! Send Eastside PTA your paid order by the 15th of the month, and your Scrip will be sent home to you usually within a week. If you would like further information, or a complete listing of participating retailers, just email kflynn@constps.org or call the Eastside Elementary office at (269) 435-8960.

December's order is due December 5 in order to get them back before Christmas Break!

School-Home Connection

By Mrs. Lindsay French, School Counselor

THANK YOU THANK YOU!

This year, Eastside Elementary was able to help five families in our school with this year's Thanksgiving Food Drive. Your help is much appreciated! In addition, the Michigan/Indiana Power Company adopted five more of our families here at Eastside as well. That is totally ten families from our building that we, as a school community were able to help this Thanksgiving holiday season. Thanks for your generosity and giving!

CHRISTMAS IS COMING

This year our building and district staff members will be adopting families for Christmas, providing them with gifts off their wish lists. Thank you ahead of time to all staff and for your generosity to such a great event here at Eastside.

BIG BROTHER/BIG SISTER

This year students at Eastside are continuing to participate in the Big Brothers/Big Sisters Program. The director has asked to put the word out that we need more volunteers from this area to be a Big Brother or Big Sister. If you are interested in donating one hour a week to be a mentor in this great cause, please email Precious Kline at Precious.Kline@bbbs.org