

Walnut Grove Gazette

October 2009

Jay Jordan, Principal

Kathy Hall, Vice Principal

Many Thanks

What a huge success we experienced this year! Family Fun Night 2009 was our best year to date. Our campus was filled with over two thousand people and the excitement was palpable. Family Fun Night could never have taken place without the help of so many phenomenal people. I would like to take a moment and thank the following volunteers for their overwhelming commitment to this amazing event. I feel so honored to have had the privilege of working with you.

Ticket Sales, Publicity, and Volunteer Coordinating

Many weeks of preparation went into this event. I must thank Annette Durso for the countless hours spent on ticket sales. Annette's attention to detail and dedication to the cause makes our event look effortless. A huge thank you to one amazing woman: Tresha Jung who (among other things) assisted Annette with ticket sales. I can't possibly say enough about all the time and energy she put into helping with Family Fun Night. She became my right hand and I am very grateful to her for her contribution. Thank you to Kristy Hilty, Geinger Hill, and Katherine Terrell for their work on all of the publicity for the event.

Food and Beverage

Thanks go to one dynamite duo -Robert Wallace & Deborah Lawson for their time and tremendous effort with food and beverage. This fabulous couple made every attempt to secure the best possible items for our event and devoted many hours of hard labor to Family Fun Night. I am so lucky to have both of you on the committee this year. This couple always works so hard -and believe me it does not go unnoticed! You are both wonderful!

Silent Auction

Celeste Clifton and Alaine Calvani put so much time and effort into our wonderful Silent Auction. This year was no exception. I thank you for making my job so easy. The baskets were amazing and the silent auction was a success!

Cake Walk

My sincere gratitude goes to Nicole Cunningham and Trina Cameron who handle the Cake Walk with such ease. They did such a beautiful job and made it look effortless (despite the crowds and the heat that could have wilted lesser individuals). What a duo! I am so impressed with both of these wonderful ladies (and their assistants). I can't imagine the Cake Walk without you.

Face Painting

Terry Robbins headed up our face painting team this year and did a wonderful job. A special thank you goes to the extremely artistic moms who return year after year to help with this activity. As most of you know from the long lines, they are a crowd favorite.

Volunteer Coordinating

My overwhelming gratitude and thanks to Amy

Colella, Leslie Ramsey, Melissa Ericson, and Kristy Phillips who coordinated countless volunteers for Family Fun Night. Volunteer Coordinating is a momentous task and these women are as good as it gets-they could truly run the country. I am one lucky gal!!!

Many additional names come to mind, and I will try to remember them all. Please forgive me if I miss someone. Thank you to Jackie Baggett, Chuck Collins and their wonderful Boy Scout Troop for their assistance with parking. We have had such a positive response concerning the parking and traffic control. Thanks to Lonnie Castle, Steve Zacari, and Roger Day for providing such wonderful entertainment. You guys ROCK! I really don't know how to thank you for always going above and beyond what is asked of you. I am your biggest fan. A special thank you to Dean and Kristy Phillips who assisted with so many activities on our campus that day, I feel so blessed to have such great friends like you. I would like to thank two men who worked so very hard on Friday to set-up all the activities involved with Family Fun Night: Matt Pope and Billy Joe Neal. Mr. Neal brings supplies, prizes and lots of manpower to Family Fun Night. I cannot thank you enough for all of the hours of manual labor you put into this event. I am always so impressed with the teachers who also volunteer their time to help with set-up, take a turn in the dunk tank, and especially the poor souls who graciously offered to take a "smack down" on the Sumo Mat this year. Thank you to all those wonderful volunteers like Kim Coke who just showed up and asked "What can I do"? You will never know what that meant to me. I am so grateful to four very special people; Jay Jordan, Kathy Hall, Lynn Koziura, and Lesa Pugh; perhaps I owe you the biggest THANK YOU! It is easy to forget my place sometimes when I am in the throes of planning this crazy event. Each of you are always so incredibly gracious to allow us to "take over" the office and make quite a mess of things. Thank you so very much for all of your support and kindness. And last but certainly not least I must thank my three fabulous children; William, Diana, and Emerson who put up with far more than you can imagine while mommy plans this event. They are truly amazing and I love them more than words can say. They are the jewels in my crown.

Let me end by saying to the wonderful parents of Walnut Grove:

God Bless all of you and thank you for volunteering your time to help make Family Fun Night 2009 a huge success.

See you next year! Lisha Pope

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Upcoming Events

- ◆ Thurs, 10/8, 2nd Grade Program - "BUGZ"
- ◆ Mon, 10/12 School Pictures
- ◆ Wed, 10/14 End of first grading period
- ◆ Mon-Tues 10/19-10/20 Fall Break
- ◆ Fri, 10/30: Fall Parties 2:15 p.m.

Principal's Corner

Family Key to Building Child's Self-Esteem

Helping child build self-esteem is a crucial and often difficult task for parents. One easy tip for parents to remember is that they are the models for their child's self-esteem, according to Suzy Yehl Marta, founder of Rainbows (<http://www.rainbows.org/>) in Rolling Meadows, Illinois. The effects of a parent lacking self-esteem trickle down to his or her children, she says. Read on for more ways Marta says can help parents strengthen their children's self-esteem.



Family serves as the foundation for self-esteem. Having a healthy, functioning family does more to build a child's self-esteem than anything, according to Marta, president of Rainbows, which helps kids heal emotionally after suffering a loss. It does not matter if the family is of the single-parent variety or the traditional nuclear family. "It just needs to be a healthy place for children to thrive in," she says.

Other tips from Marta:

Positive Talk – Don't put yourself down. Don't say negative things about your spouse, especially in a separation or divorce situation. That goes right to the heart of a child. "The message to the child is if dad is bad or not dependable then I must be too because I'm half mom and half dad," contends Marta. Don't be a Parachute Parent – You can't always "parachute" in to solve your child's problems. Empower your child to take care of his or her own business when appropriate. Be available but also teach them how to handle challenges on their own. Disappointment is OK – There is a whole generation of parents who don't ever want their children to feel bad. You see this in things like sports leagues where every kid gets a trophy. This treatment and over-protection makes for unrealistic expectations from life. "Our sole job is to prepare (children) for adulthood. And as adults, you don't always get a prize," she says. **Sincere Praise** – Tell them when they do well and when they do poorly tell them so in a loving way. False praise leads to more unrealistic expectations. **Monitor Media** – Negative messages on television, in movies, across the Internet and beyond erode a child's self-esteem. Monitor what they are viewing and talk with them about it. **Say No** – The word "no" is a love word.. Children must learn they cannot have everything they want. This teaches them to be more discerning. **Express Love** – Tell children daily that you love them. Parents would be surprised how often this does not happen...and how powerful it is when it does.

Communicating with your children is also necessary to help them build self-esteem. Read this [Our Children](#) article for tips on opening lines of communication.

Tips for Building Your Child's Vocabulary

All parents want their child to do well in school. One way to assist your child is to help them build their vocabulary. Beginning readers use knowledge about words to help them make sense of what they're reading. Talking to and reading with your child are two terrific ways to help them hear and read new words. Read four simple tips for introducing new words to your child.

Two easy, non-threatening ways to get new words into everyday talk: Conversations and questions about interesting words (Example: "The book says, 'The boy tumbled down the hill,' Look at the picture! How do you think he went down the hill?").

Sharing a new word with your child doesn't have to take a long time: just a few minutes to talk about the word and then focus back on the book or conversation. Choose which words to talk about carefully – choosing every new word might make reading seem like a chore. The best words to explore with your child are ones that are common among adult speakers but are less common to see in the books your child might read.

When introducing new words to your young learner, keep the following four helpful hints in mind:

1. First, provide a simple, kid-friendly definition for the new word:
Enormous means that something is really, really big.
2. Second, provide a simple, kid-friendly example that makes sense within their daily life:
Remember that really big watermelon we got at the grocery store? That was an enormous watermelon!
3. Third, encourage your child to develop their own example:
What enormous thing can you think of? Can you think of something really big that you saw today? That's right! The bulldozer near the park was enormous! Those tires were huge.
4. Last, keep your new words active within your house. Over the next few days and weeks, take advantage of opportunities to use each new vocabulary word in conversation.

Take the time to share new words and build your child's vocabulary. You'll be "enormously" glad you did!

For more resources on vocabulary, visit: ReadingRockets.org/atoz/vocabulary

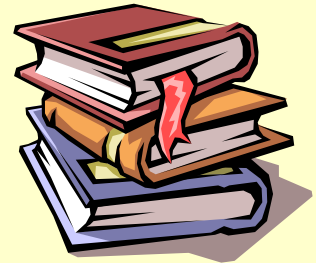
Adapted from National PTA article

Walking Track

The PTA is proud to announce that Southern Sun Paving has been selected to complete the work on the Walking Track on the school campus. We are in the process of finalizing specifics but we hope to break ground over Fall Break. Look for information on the Ground Breaking Ceremony after the completion. Thanks to Jenny Webb, Jim Gillam and Tyler Ring for all their diligence and commitment to this project.

Butterfly Garden

Thanks to the Wallace family and the Whelan family for all your hard work on the Butterfly Garden. If you have not had a chance to look at it please do so, it's beautiful. The transformation is amazing and the school staff, students and families are enjoying this bright spot on the school grounds.



Did You Know??????

FAMILY DAY WAS SEPTEMBER 28, 2009. **A National initiative to remind parents that what your kids really want at the dinner table is YOU!**

The Power of Parenting

Whether you're cooking a gourmet meal, ordering food from your favorite take-out place or eating on the go, rest assured that what your kids really want during dinnertime is **YOU!** Family meals are the perfect time to talk to your kids and to listen to what's on their mind. The more often kids eat dinner with their families, the less likely they are to smoke, drink or use drugs. *Become a Family Day STAR!*

I commit to:

S- Spend time with my kids by having dinner together

T- Talk to them about their friends, interests and the dangers of drugs and alcohol

A- Answer their questions and listen to what they say

R- Recognize that I have the power to help keep my kids substance free!

Adapted from PTA Family Day newsletter

Harris Teeter cards

We currently have a TIE (together in education) program set up with **Harris Teeter**. Please remember to link your VIC cards to your account for school credit for WGES. Note when new school opens you will have to link your card again to the school you would like to be have the credit. Thanks Melissa Arend!!

Nurse's Notes from Nurse Melinda

I hope your School Year has started off in a Fantastic way. I want to thank everyone for such a warm welcome to WGES. I started working here in April of last year and am so happy to be back this fall. I am enjoying getting to know many of you and your children. My goal is to partner with you and the entire Walnut Grove family to help provide the safest and healthiest environment for your student's learning. As Flu season approaches we are talking a lot about hand washing, disinfecting surfaces, and covering our coughs and sneezes by using the bent part of our arm. We say, "Sneeze into your Sleeve". The WCS website has several links for current information regarding H1N1 and other Flu. If you have any questions or if there is anything I can do for you, feel free to call me (472-4876) or email me melindan@wcs.edu.

When to stay home:

*FEVER IN LAST 24 HOURS *EXCESSIVE COUGH

*PINK EYE *VOMITING OR DIARRHEA WITHIN LAST 24 HOURS

Many Thanks Continued Family Fun Night.....

Walnut Grove
Elementary
School

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Phone:
(615) 472-4870

Questions or
Comments?

Contact Marianne
Sperry, PTA President
mariannesperry@comcast.
net

Friday Volunteers

We ask for volunteers to assist during school hours on Friday, Sept. 11th. We wish to thank the following moms for their support. Please excuse any names that were left off of the "sign-in" sheet. You were such an incredible blessing to us.

Marriane Sperry
Karen Johnson
Tana Kelly
Julie Brueher
Beth Hayden
Pam Mattox
Blanca Alfonso Sturdivant
Cindy Barker
Leslie Zarnick
Kristen Linn
Lisa Dickinson
Anne Clinton
Melisa Foushee
Melissa Arend
Sherri O'Donuhue
Amy Burrus
Michelle Wilson
Misty Jones
Jennifer Goodwin
Sara Critch
Sherri Mackey
Ashley Reaver

Walnut Grove wishes to thank the following **businesses** for their participation in our event.

Papa John's
Go Jump
Grassland Market
Walmart

Thanks to Corporate Sponsors
Music City Tents and Events
Roger Day
Lowe's Home Improvement
Mike Nawrocki and Big Idea
Productions

Special thanks to the following teachers and staff. You are such wonderful sports and your students will never forget your effort.

Evan Beziat
John Moler
Ashleigh Maynard
Jim Antista
Karen Wight
Carla Puckett
Elizabeth Peterson
Danielle Bassano
Monica Woods
Angela Phelps
Jay Jordan
Jason Dean
Katy Lane