

"THE SCOTTIE"



June, 2009
Issue 4

Scotchtown Avenue School Newsletter



News from the Principal's Office

Dear Scotchtown Families,

It is so hard to believe that another school year is coming to an end! Our students have worked so hard and have learned a great deal. We are so proud of that!

We would also like to thank the PTO for all of their support. We look forward to our new playground structure being installed this summer.

We hope that everyone has a safe and happy summer! We look forward to seeing you in September.

Sincerely,

Mrs. Murphy and Mrs. Lawson

We would like to thank all of the wonderful parents for their support and involvement. We truly feel that being involved gives your child(ren) the best educational experience possible for all of our students.

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Notes from the Executive Board

Dear SAS Parents;

We would like to take this opportunity to thank all of you for your support this year. The PTO relies on volunteers to make our events successful. Many people put in lots of hours that benefitted our children. We hope each family has a wonderful summer & our second graders enjoy moving up to the Intermediate School. We will continue to post information on the website over the summer, so be sure to check it out and stay informed.

(www.goshenschoolsny.org)

We continue to encourage you to get involved. Even if you can only donate a few hours of your time we can use your help. Being a part of the PTO is NOT a full time commitment; however, if we do not have volunteers then we will NOT be able to carry out all of our events for the children. Thank you for voting to keep our board positions for another year. We look forward to seeing you in September.

SAS PTO Executive Board

- ◆ Sharon Frey, President
294-8024
- ◆ BJ Healy, Vice President
692-4644
- ◆ Heather O'Brien- Bruno,
Treasurer 291-0969
- ◆ Jackie Hawkins,
Secretary 294- 0759

Contact SAS PTO via e-mail
at: SASPTO@gcsny.org

School Kidz Supply Kits
Delivery will be in August
before school starts.

Tricky Tray: A great big THANK YOU to all the families who donated items for the Tricky Tray baskets & for all the volunteers who assembled baskets, made food, and donated hours of your time. Your hard work paid off with a profit of just under \$5000.00. Bravo to Cindy Madden, our chair, your endless hours of dedication proved to be successful. Thank you!

Bus Driver Breakfast

Thank you to all who brought in donations to make this year's breakfast so successful. The drivers truly appreciated it.

BOOK FAIR

Thank you to all who volunteered and supported our book fair. Your generosity is appreciated. Special thanks to Regina Clark, author of Deadlines & Diapers, and a parent in our school, for doing the book signing. Most importantly to our chair people - without the dedication of Caroline & Ellen this event would not have been so successful.

Carnival Night

On May 15 we held Carnival Night. A fun night was had by all. Thank you to the NHS for volunteering and to the parents who volunteered

SNN Summary (School News Notifier):

The Goshen Central School District has launched School News Notifier (SNN), an opt-in e-mail and text message alert system. SNN is a great communication tool that will help keep parents and community members informed about what's happening in our schools.

Parents and community members can sign up via the district website to receive e-mail alerts from the district and its schools. They can also sign up for text message alerts, which are for emergency situations only, such as school closings and delays.

To sign up and for information, visit www.goshenschoolsny.org and click the SNN icon on the right-hand side of the homepage. Anyone with questions is encouraged to contact Communications Specialist & Webmaster Christina Intranuovo at cintranuovo@gcsny.org.

MEET & GREET/KINDERGARTEN ORIENTATION

Our "meet & greets" and Kindergarten Orientation are held the day or two before school starts. We need about 25 volunteers for this day. We distribute School Supply Kits & help with the new incoming Kindergarten class during orientation. If you are interested in being on our list to help, please call Sharon Frey at 294-8024 ASAP.

Please check the Health Office for Lost and Found belongings. There are many articles of clothing and other personal belongings waiting to be claimed.

We Need Help!

The PTO is always in need of new volunteers. Many different ideas come to us, but we do not always enough have people to take on certain projects. We have chair people leaving SAS and openings for particular events. If you have time to offer the PTO, we would love to have you. Whether it is only an hour of your time or a day once a month we can use your help.

Chair positions are needed for: MEMBERSHIP, FUNDRAISING, FIELD DAY & FUNNIGHTS.

Please e-mail SASPTO@gcsny.org to volunteer.

Summer Time Physical Activities!!



It's that time of year again; the time when the leaves start to bud, flowers begin to brighten, and the weather becomes warmer. This is the perfect opportunity to start getting out of the indoors, and into the fresh air of spring. For most young children this is when they can finally get out in the backyard and play with their friends. The more activity young children get, the healthier they are; not only while they are young, but for their future. When most children are young they are involved in sports, regular physical education, and play time activities. However, for some they are not getting enough activities to remain healthy, causing childhood obesity, diabetes, and other health conditions due to inactivity. That is why spring is perfect for starting new.

Here are some easy activities and games parents can do with their kids so they can have fun, while also teaching them that lifetime activities are beneficial to their health.

Stretching: Most never associate stretching with staying healthy, especially younger children who are at their most flexible. The truth is flexibility is a huge part to staying healthy, the earlier kids start to learn to stretch the more flexible their muscles stay as they get older. The more flexible a person is, the better they can resist muscle pulls, tears or ligament and tendon damage. You can stretch anywhere on a back deck, yard, or even a garage floor; the possibilities are endless.

Hiking/Walking: Spring time is a great time to take walks or hike on wooded trails. Walking or hiking with your kids is easy, no fancy equipment to buy (maybe a water bottle) and you can do it just about anywhere, all you need is a comfortable pair of shoes. In our local area there are many places to walk or hike, such as the Heritage Trail,

and many County and State parks. Walking/hiking helps to strengthen leg muscles, while also strengthening the most important muscle of all, the heart. Finding a location with a mix of terrains is most beneficial, such as flats and hills.

Backyard Games: Backyard games are a great way to keep an eye on your child and save money. Many of the activities you can do with your children cost you very little. All one needs is a mid-size ball that can be used to kick or throw and catch. One can find a ball like this in a local sporting goods store; very inexpensive. There are numerous games children love to play in the backyard; one is tag. Tag is a great game for kids; it makes them run at different speeds, helps them in their agility by dodging, twisting, and turning rapidly, but most importantly they are having FUN!! There are hundreds of different types of tag games out there, from standard freeze tag to one a parent can make up with their child. Try one; it's fun! Other backyard activities can range from shooting hoops, playing catch, or playing a little one-on-one soccer.

Physical activity doesn't have to last for hours, a few minutes here and there throughout the day on weekends or taking 20 minutes after school and work is all it takes; especially now with longer daylight for this time of year. Combining regular physical activity and a nutritious diet helps parents to ensure are helping their children stay healthy!