

# Angling Road School Family Newsletter

Welcome to the week of November 17, 2008

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**Angling Road Mission Statement:** The teachers, staff, & parents of Angling Road School will educate our children to be confident, caring citizens, ready for the responsibilities & challenges of the future.

**NOVEMBER MENUS HAVE BEEN SENT HOME.** *Please note that Chartwells Food Service has a weekly rotating meal choice of hamburgers, hot dogs, & soft tacos. The rotating meal choice is printed on the menus. HOTS DOGS ARE NO LONGER A DAILY CHOICE but are part of the weekly rotating meal choices. Questions, call the office. Thanks.*

## CALENDAR DATES:

**October 29-November 12<sup>th</sup>:** Kalamazoo Institute of Arts - ArtReach Exhibit "Legacy and Promise" will be on display in the media center. This is sponsored by Educations for the Arts.

**November 13:** PTO Meeting, 7:00 p.m. in the Media Center

**November 14-26:** **SCHOLASTIC BOOK FAIR AT ANGLING ROAD!** The Book Fair will also be available during Parent/Teacher Conferences November 24 & 25. Check out this AR web site!

<http://bookfairs.scholastic.com/bookfairs/cptoolkit/publish/anglingroad>

**November 19:** **FAMILY FUN NIGHT AT GREAT SKATE – 6:30-8:30 P.M.**  
\$4.50 PER PERSON INCLUDES SKATE RENTAL. Concession stand will be open. You can bring your own inline skates. Join the fun with other Angling Road families.

**November 21:** Report Cards will be sent home with students.

**November 24:** PARENT TEACHER CONFERENCES from 5:00-8:00 p.m. (This is a regular day of school for all students.)

**November 25:** ½ Day of School for students with dismissal at 11:57 a.m.  
PARENT/TEACHER CONFERENCES, 1:00-4:00 p.m.,  
and 5:00-8:00 p.m.

**November 26:** No School for students and staff.

**November 27-28:** Thanksgiving Recess

## Parent Teacher Conferences are exciting times in the school year.

We look forward to seeing all parents/guardians and expect 100% participation. During conference sessions, parents are able to get to know their child's teacher, share information together, and together celebrate the hard work the student is doing. Please come to conferences at Angling Road School. If you have questions about conferences or transportation issues, please contact Karen Witvoet at 323-6000. We value talking with parents about how to support struggling students as well as school successes. If you would like to meet with our encore staff (Ms. Split, Mrs. Russel, Mrs. Figueroa, Mr. Zerban, Mrs. Minnard, Mrs. Conner, Mrs. Witvoet) please call the office.

**Monday, November 24: Full day of school for students Conferences: 5:00 P.M. - 8:00 P.M.**

**Tuesday, November 25: ½ day of school for students with dismissal at 11:57 a.m.**  
**Conferences: 1:00 P.M. – 4:00 and 5:00 P.M. - 8:00 P.M.**

**Wednesday, November 26: No school for students & staff.**

**Social Entrepreneurs at Work at Angling Road!** A group of 14 fifth grade Junior Achievement students are busy preparing for our annual craft sale. Their business, called *Art CREW*, will sell crafts made by all of Angling Road's students. The *Art CREW* decided to use proceeds from this year's sale to purchase art supplies for indoor recess. We hope that you will support this community service project by shopping at the Art CREW booth near the office **Nov. 24, 5:00-7:30 and Nov. 25, 1:00-4:00 & 5:00-7:30**. If you would like to match the money raised by these enterprising students, please see Mrs. Emerson.

**GIRLS ON THE RUN:** ATTENTION PARENTS OF 3<sup>RD</sup>, 4<sup>TH</sup>, & 5<sup>TH</sup> GRADE GIRLS! A note went home this week about sign-ups for Girls on the run. If you are interested please have your daughter get an application from the office, or print the application attached to the email newsletter. All applications need to be returned to the school office by November 25. **GIRLS ON THE RUN IS CURRENTLY LOOKING FOR COACHES AND TEAM ASSISTANTS.** Angling Road needs a total of 6 coaches. If you need more information or would like an application, please email Patty Rainwater at [Rainwaters4ou@sbcglobal.net](mailto:Rainwaters4ou@sbcglobal.net).

**From PTO: PTO NEWS/MINUTES/PTO PAPER is now online! Just go to [www.portageps.org/schools/elementary/Ang/organizations/pto.htm](http://www.portageps.org/schools/elementary/Ang/organizations/pto.htm)**

- **ANGLING ROAD SCHOOL DIRECTORIES are here! Cost- \$2.00 each.**
- **Thanks for returning Road Rally donations! If you have not sent your pledged donations to school yet, please do so as soon as possible.**
- **Thanks to our PTO for FRIDAY POPCORN DAYS! The kids (and staff!) love it! Parents, if you are free on Fridays and can help make and sell popcorn during the lunch times (11:20-1:45) please call the office! WE LOVE POPCORN FRIDAYS!**
- **ANGLING ROAD DECALS for your car windows - \$3.00 each! We are selling them from the office so stop by & pick one up!**

**Toys, Gameboys & Walkmans** Students are not to bring toys, Game Boys, Walkmans or other electronic devices to school. These can be expensive and the school can not be responsible for items lost. We have invested in new playground equipment, balls, sidewalk chalk, etc. and indoor recess games for all students to use and share. Except for special "show and tell" times approved by the teacher, students are not to bring toys or electronic devices to school.

**Request to Stay Indoors for Recess and Cold Weather:** We believe that except on rare occasions, if a child is well enough to be in school, they are well enough to go outside and enjoy recess. In addition, an adult must always be present to supervise a child staying in for recess, which takes away from staff lunch times and office staff duties. Therefore, a note from a physician stating the child is to remain indoors for recess is required for a child to be individually supervised during recess time. **Please be sure to send your son/daughter with hats & gloves each day! We do not have hats and gloves for students to use - It is getting cold now and all children are expected to go outside for 30 minutes per day. Thank you.** Questions, call Karen Witvoet

**Portage Public Schools Notice of Non-discrimination:** PPS does not discriminate on the basis of race, color, religion, national origin or ancestry, age, sex, marital status or handicap in the admissions to, access to, participation in, benefits of, or employment in its programs or activities as provided by district policy and in compliance with Federal and State statutes. The employees below have been designated to coordinate the District's efforts to comply with the regulations implementing Title VI, Title IX, and Section 504/ADA. For further information contact your school counselor, your school principal, Title IX Coordinator & Employment Director, Vickie Herzberg, Section 504/Special Education Coordinator Laurie Montgomery. Any person may also contact the Assistant Secretary for Civil Right, U.S. Department of Education, regarding the District's compliance with the regulations implementing Title VI, Title IX, or Section 504/ADA.



November 2008

Dear Parents,

We are excited to invite your 3<sup>rd</sup>, 4<sup>th</sup> or 5<sup>th</sup> grade daughter to participate in a terrific program called Girls on the Run. Girls on the Run is a life changing program designed to increase your daughter's activity, fitness level and self-esteem. At the same time, the program teaches life skills that will benefit her as she enters middle school and adolescence.

Here are some things you should know:

- Girls on the Run is a national program.
- Starting with 13 girls in 1996, in Charlotte, North Carolina, the program now serves over 40,000 girls annually.
- This is the eighth year we have hosted Girls on the Run in the Greater Kalamazoo area.
- Last year approximately 1,870 girls participated.
- Girls participate in teams of 15 and are led by two volunteer, trained coaches.
- Participation is open to all third through fifth grade girls.
- The GKGOTR 5k will take place Thursday, May 21<sup>st</sup> at 6:30 pm.

A brief summary of the program is included with this packet of information which may answer a few of your questions. Other specific questions should be addressed to **Patty Rainwater**, the site liaison for **Angling Road** at this number: **349-2481** or **Rainwaters4ou@sbcglobal.net**.

Enrollment in the program is voluntary and all girls are eligible although the girls are selected on a first-come, first-served basis or lottery system if the size of the team becomes too large.

**Here is what we need from you:**

- Complete the participant registration information on Form A (2 pages)
- Complete the health history information on Form B (1 page)
- Return all THREE completed pages and payment by November 25, 2008 to: the school office.**

**The applications are available in the school office. They are also attached to the Angling Road email newsletter and you can simply print and return the completed form to the school office.**

The 9-week program begins on March 16th and meets twice per week through the end of May:

On Tuesday and Thursday from 3:45 to 5:15 pm.

Or, on Monday and Wednesday from 3:45 to 5:15 pm.

**\*Please Note:** The Monday and Wednesday practice times will only be available if there is enough interest. Please indicate your preference on your application. We will try to accommodate preferences but they cannot be guaranteed due to distribution of team sizes.

Please be certain the program dates and times will **not conflict** with other commitments your daughter may have or pose any transportation problems for your family. Your daughter should be picked up promptly at the conclusion of each day's program. Once registration is complete we will provide more specific information about the program schedule, coaches' contact information, etc. **Thank you for your support of your daughter's participation in Girls on the Run. Visit us at [www.girlsontherunkazoo.org](http://www.girlsontherunkazoo.org) for more information.**

**We need a total of 6 coaches for Angling Road. If you are interested please contact Patty Rainwater at the email listed above.**

Sincerely,

The Greater Kalamazoo Girls on the Run (GKGOTR)

## **Program Summary**

**Girls on the Run** utilizes a specifically designed and tested curriculum for third, fourth and fifth grade girls to teach the following life lessons to enhance the physical, social, emotional, mental and spiritual dimensions of each participant:

- ❑ Understanding self
- ❑ Learning about personal strengths and weaknesses and setting personal goals
- ❑ Importance of being physically, mentally and emotionally healthy
- ❑ Core values and what makes us unique
- ❑ Getting along within a group
- ❑ Listening, assertiveness, the importance of being positive
- ❑ Components of good decision-making
- ❑ Letting go of situations, people and events that control us
- ❑ Our responsibility to the community
- ❑ Cultural and social messages we receive through the media and other institutions
- ❑ Our own stereotyping and discriminatory behavior and the signs of a strong vs. a weak community
- ❑ Designing and implementing a community project

## **Benefits we hope to see in Girls on the Run participants are:**

- Increased self-esteem
- Increased body shape satisfaction
- Increased positive attitude/commitment toward physical activity
- Increased participation in physical activity



Learn, Dream, Live . . . Run

## GIRLS ON THE RUN HEALTH HISTORY FORM 2009

*To be completed by a parent/guardian*

PARTICIPANT'S NAME: \_\_\_\_\_  
 SITE/SCHOOL NAME: \_\_\_\_\_  
 AGE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_  
 GRADE: \_\_\_\_\_  
 PARENT/GUARDIAN NAME: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PARENT/GUARDIAN PHONE: (day) \_\_\_\_\_ (evening) \_\_\_\_\_  
 (cell) \_\_\_\_\_

PARENT/GUARDIAN PHONE: (day) \_\_\_\_\_ (evening) \_\_\_\_\_  
 (cell) \_\_\_\_\_

(please check appropriate box)  
**YES NO**

**YES NO** (please check appropriate box)

Heart disease or heart problems			Orthopedic or muscular problems		
Stroke			Diabetes or abnormal blood sugar test		
Epilepsy or seizures			Hypertension – high blood pressure		
Asthma (If yes and your child uses an inhaler, please send one with your child to all practices)			Any major health problems; if yes, please list:		
Food or other allergies; if yes, please list:			Use of prescription drugs; if yes, please list:		
Do these allergies require the use of an epi-pen?			Are these medications going to be taken during practice?		
Will your daughter bring this epi-pen to practice?					

THESE ARE COMMON HEALTH PROBLEMS THAT ARE IMPORTANT TO BE AWARE OF SO

THAT OUR EXERCISE ROUTINES WILL BE SAFE. **In case parent/guardian cannot be reached,**

**please list two emergency contacts:**

Name	Relationship to participant	Phone 1	Phone 2

**Who is your child's pediatrician/family physician?**

Phone: \_\_\_\_\_

**PERMISSION TO PROVIDE NECESSARY TREATMENT OR EMERGENCY CARE:**

*I hereby give permission to the medical personnel selected by the Greater Kalamazoo Girls on the Run to provide transportation and obtain medical care for my child. In the event I cannot be reached and you are unable to reach my emergency contact(s), in an emergency, I hereby give permission to the physician selected by Girls on the Run to secure and administer treatment, including hospitalization for the person named above (Girls on the Run participant).*

\_\_\_\_\_  
*Signature of parent/guardian*

\_\_\_\_\_  
*Date*

**GREATER KALAMAZOO GIRLS ON THE RUN (GKGOTR)  
2009 Registration Information**

PARTICIPANT'S NAME: \_\_\_\_\_

SITE/SCHOOL: \_\_\_\_\_

AGE ON MARCH 16, 2009: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_  
GRADE: \_\_\_\_\_

**PARENT/GUARDIAN NAME:**

\_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: (day) \_\_\_\_\_ (evening) \_\_\_\_\_ (cell) \_\_\_\_\_

**PARENT E-MAIL:**

\_\_\_\_\_

**T-SHIRT SIZE:** Youth M Youth L Adult S Adult M Adult L Adult XL Adult XXL  
(10-12) (14-16)

Optional Race/Ethnicity Disclosure: (some of our charitable donors collect this information):

White  Black  Hispanic  Asian  Multi-Racial  Other:

\_\_\_\_\_

The 9-week program begins on March 16th and meets twice per week through the end of May. (See cover letter for meeting options and fill in ALL your child could attend. Your site liaison will confirm your daughter's assigned practice days and times at a later date). My daughter can attend practices on:

on \_\_\_\_\_ and \_\_\_\_\_ from \_\_\_\_\_ to \_\_\_\_\_ pm.

OR  on \_\_\_\_\_ and \_\_\_\_\_ from \_\_\_\_\_ to \_\_\_\_\_ pm.

**RELEASE**

Please indicate how you would like us to release your child at the end of each session. (You may check more than one.)

One of the following people will pick up my child:

\_\_\_\_\_

\_\_\_\_\_

My child is permitted to walk home unescorted

Other (Please

describe) \_\_\_\_\_

\_\_\_\_\_

### **GOTR HISTORY**

Has your daughter participated in GOTR during a prior season?  Yes  No

### **PHOTOGRAPHS**

During the program we occasionally take photos of the girls and local news or other media may feature the program. May we use media/photos of your child for future brochures, publications, or in other ways to promote the program?

Yes  No

### **PRE/POST EVALUATION**

As part of our national program, we participate in a survey of the girls, designed to assess the changes in attitudes, beliefs and skills of the program. Your daughter will not be asked to provide her name on her questionnaire. May we include your child in this survey?

Yes  No

### **COACHES NEEDED**

Volunteer coaches are needed to lead each team of girls. Coaches do not need to be runners. Are you interested in receiving more information about coaching GOTR? Please be sure we have your email address above.

Yes  No

Other Volunteer Opportunities?  Yes

No

### **REGISTRATION FEE – check a box below and attach a check or money order**

The actual out of pocket cost to the GKGOTR program is approximately \$150 per girl for the twice per week, nine week program. This \$150 covers the full cost of one child's participation which includes:

- A pair of New Balance running shoes
- 18 lessons conducted by two certified GOTR coaches
- official GOTR T-shirt
- participation in the GKGOTR 5k beginning and ending on the campus of Western Michigan University
- a water bottle
- a healthy snack at each practice

A family that can afford to pay \$150 is asked to pay the full amount. Participants of Girls on the Run and their families who cannot afford to pay \$150 choose a program fee ranging from \$0 to \$149. Girls participate equally in the program regardless of the fee their family selects. **Girls must complete the program to receive all benefits noted above including the shoes.** The following scale is provided for families to choose what they believe they can afford. It is essential that each family contribute as much as it can afford. Local fund raising efforts and donations help to bridge the gap between program fees paid and necessary sponsorship. Families that have the ability to and are interested in supporting the program beyond the \$150 may choose to sponsor additional girls as well in the fee section below.

Level I - \$150  
Level II - \$100 to \$149  
Level III - \$ 50 to \$ 99  
Level IV - \$ 0 to \$ 49

- I choose to pay a registration fee in the amount of \$ \_\_\_\_\_. My check or money order is attached made payable to KCIS/Girls on the Run. Check number: \_\_\_\_\_.
- I am unable to pay a registration fee and ask to have my daughter be a sponsored participant.
- I would like to sponsor another child who is unable to pay to participate and/or make a contribution to the Greater Kalamazoo Girls on the Run in the amount of \$ \_\_\_\_\_.

**\*NOTE: Program fees are non-refundable after March 2, 2009.**

**PROMOTIONAL RELEASE**

*With your permission we provide your daughter's name and address to Girls on the Run International for your daughter to receive a national Girls on the Run Newsletter or occasional Girls on the Run promotional information. As part of our agreement with Girls on the Run International and its sponsors, the registration information provided may result in your receiving information from Girls on the Run or its sponsors on products or services, such as Girls on the Run apparel and accessories.*

**AUTHORIZATION**

*I understand that physical reactions to exercise may include heat related illnesses, abnormal heartbeats and blood pressure and, in rare instances, heart attacks. Serious health risks are rare. While Girls on the Run takes all reasonable precautions, I understand that GKGOTR can make no guarantees regarding these risks. I recognize there is a risk of personal injury by participating in the 9-week program and the GKGOTR 5K. I hereby for my daughter, myself, my heirs, executors, and administrators, waive and release all rights and claims for damages my daughter or I may have against the Greater Kalamazoo Girls on the Run, Kalamazoo Communities In Schools, the sponsors of the event, its agents, representatives, successors and assigns for any and all injuries suffered by my daughter or which may rise out of the 9-week program, as well as traveling to, participating in, and returning from the GKGOTR 5k.*

*I have read this form and understand there are inherent risks associated with physical activity. To the best of my knowledge my child is physically healthy and is able to participate in the Girls on the Run program. By my signature below, I give permission for my daughter to participate in this program, the GKGOTR 5k, the evaluation testing and the newsletter release as specified above to be provided to the national office of GOTR.*

\_\_\_\_\_