

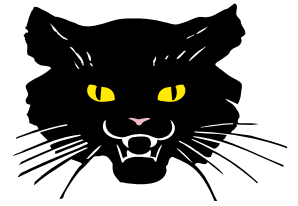


# Eura Brown Wildcat

PTA Newsletter

Volume 5

April 2009



## The Principal's Page

It's spring and another school year is quickly drawing to a close. The months of April and May are always filled with special events, so keep your school calendar in a visible place and refer to it often. We will enjoy Serendipity Day, Track Meet, Strings and Choral Concerts, Field Day, Space Camp, Honors Day, Graduation, and other class field trips as we bring this year to an end.

I hope that the beautiful spring days ahead afford you some extra time to enjoy your children and attend some of the special school activities, for I know as the parent of a 28-year-old daughter and a 22-year-old son that childhood is as fleeting as a school year. Make the most of this precious time with your little ones.

### Calendar

April 23	Track Meet
April 24	Serendipity/Tech Blitz @ Bevill Center
April 27—May 1	<i>Moments with the Masters</i>
April 28	5 <sup>th</sup> Grade Trip to Gadsden Middle School
April 30	6 pm, Gadsden Middle Parent Visitation
May 1	Kindergarten Mothers' Day Tea
May 4-8	5 <sup>th</sup> Grade Trip to Space Camp
May 5	3 <sup>rd</sup> Grade Trip to "Pinocchio" & McWane
May 5-7	K-3 DIBELS
May 11	Rehearsal/ <i>Gadsden City Strings Concert</i> , 7pm
May 12	1 <sup>st</sup> Grade Trip to Zoo
May 13	5 <sup>th</sup> Grade Trip to American Village
May 14	Teacher Appreciation Luncheon (PTA)
May 15	Field Day
May 20	Eura Brown Tech Day
May 21	Kindergarten Trip to Horton Farm
May 21	Top AR Mayor's Luncheon
May 21	4 <sup>th</sup> Grade/ <i>Gadsden City Choral Concert</i> , 7pm
May 22	Class Parties/5 <sup>th</sup> Grade Picnic @ Noccalula
May 25	Memorial Day Holiday
May 26	Honors Day Assembly 8:30 a.m. — Kindergarten & 2 <sup>nd</sup> Grades 1:00 p.m. — 3 <sup>rd</sup> & 4 <sup>th</sup> Grades
May 27	5 <sup>th</sup> Grade Honors Day — 1 p.m.
May 28	5 <sup>th</sup> Grade Graduation 9 a.m. @ Rainbow Presbyterian Church
May 29	End of Six Weeks/Last Day for Students Report Cards AFTER 11:30 a.m.

***Congratulations, Fifth Graders!***

## Serendipity

### Friday, April 24<sup>th</sup>

*A Eura Brown day dedicated to creativity and*

### The Art of Friendship

*New exhibits and new experiences to enjoy:*

*a little bit of jazz, a little bit of rock, a little bit of dance,*

*a mix of visual art, and a whole lot of fun!*

**Featured Vocalists:** Vince Hill & Margaret Lancaster

**Featured Performers:** "Petty Thieves"

**rock band of Gadsden City High students**

**Starring Eura Brown graduates Cade & Thomas Baxter**

**Fifth Grade Strings play for Morning Car Line**

*Bring cash and change for treats that will be sold:*

*Cotton Candy, Popcorn, and Soft Drinks (50¢ - \$1.50)*

## President's Points

by Tuquita James

The end of the school year is drawing near. Our last PTA meeting will induct the new officers for 2009-2010 and showcase our 5<sup>th</sup> Grade Strings and 4<sup>th</sup> Grade Chorus students. I am thankful for the opportunity to serve as PTA President this year, but I am just as elated to pass the baton. Eura Brown is known for its excellence in education and service and I am glad to have been of service.

Our annual talent show was a sight to behold because of the hard work from Janet Tomlinson, Anita Davis, many parent volunteers, and our talented students and teachers. Thanks to everyone that took the time to participate by performing or presenting artwork.

I want to thank everyone that helped with PTA this year. We helped every child at Eura Brown get the most out of this school year. Flora Edwards said, "In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us." Thanks for your dedicated service.

PTA officers and committee chairs, please check your workroom boxes. Important information will be coming soon to close out this year. We are on the home stretch for this year!

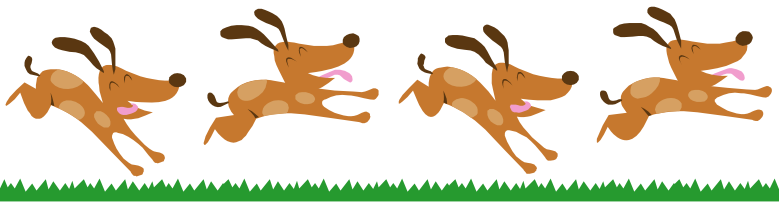
## New PTA Officers 2009-2010

*Welcome and Thank You  
to the new officers for PTA.  
We wish you all the best as you  
continue the legacy of leadership  
at Eura Brown.*

Julie Bullock – President  
Joel Lonnergan – First VP  
Holly Whitt – Second VP  
Keisha Harris – Treasurer  
Sally Hall – Secretary

Parents, please respond enthusiastically when called upon by these officers. The collaborative effort of all of us is what makes PTA successful in supporting our wonderful faculty and talented children. YOU are PTA!

## Field Day – May 15<sup>th</sup> Get Ready to Run, Jump, Spin, and Have Fun!



Field Day Tee Shirt order forms will go out next week. Room Mothers will be calling soon to ask for assistance on Field Day assignments. Please be willing to serve if/when asked.

## Planning Ahead for Next Year?

Gadsden City Schools' Calendar is already posted for 2009-2010:

<http://www.gcs.k12.al.us/pdf/calendar0910.pdf>

Hint: Spring Break has moved back to March (12<sup>th</sup> – 21<sup>st</sup>) for 2010!

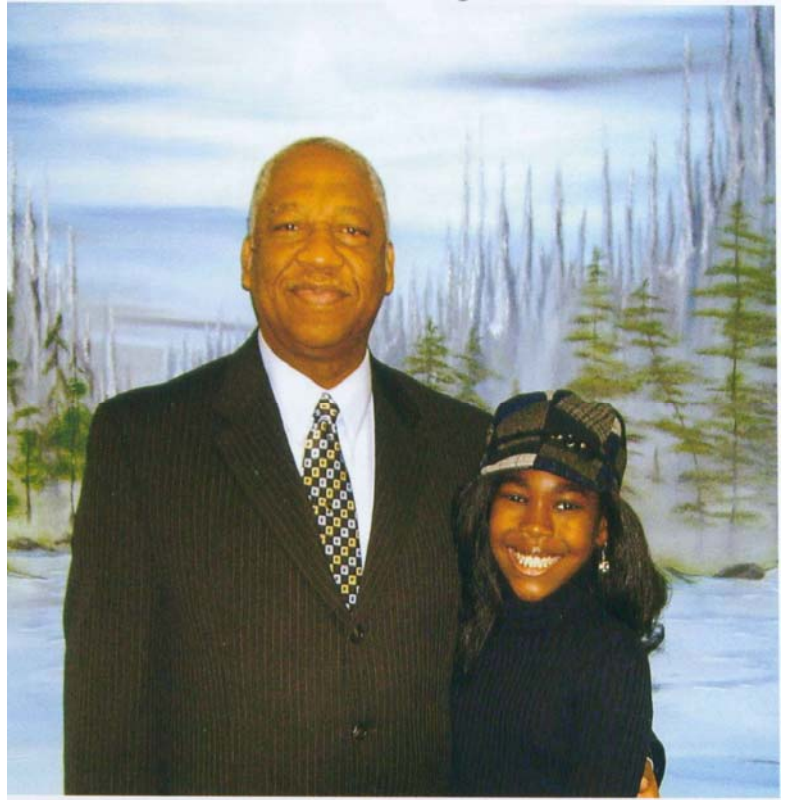
Share the **Eura Brown Wildcat** with grandparents, aunts and uncles, or loved ones overseas: [www.gcs.k12.al.us/ebes.asp](http://www.gcs.k12.al.us/ebes.asp). Please direct comments & contributions to [jhill@gadsdenstate.edu](mailto:jhill@gadsdenstate.edu).

## Solutions for Healthy Dining Out Blue Health Connection Web Site

Americans work long and hard. **There's a real need for cheap, quick food.** It isn't easy to make the best choices. Even registered dietitians tend to underestimate calories in common meals. It's best to get the facts: **\*Plan what you'll eat ahead of time.** Web sites like "Healthy Dining Finder" help to find a reasonably healthy meals at restaurants near you, or keep a fast food nutrition guide in handy, or ask to see the nutrition facts at the restaurant. (You're more likely to make a healthy choice before you walk in and smell the fries!) **\*Set a calorie/fat limit.** The upper-end of an adult female's limits are 750 calories, 25 grams of fat, or 8 grams of saturate fat. **\*Order low-fat milk or a non-calorie beverage.** Coffee, tea, water, or a diet soda will go a long way toward keeping your calories down. **\*Pick healthy side dishes.** A plain vegetable salad with nonfat dressing is a good choice, as long as it isn't loaded with cheese, bacon bits, and croutons. Fruit or yogurt work, too. Even a baked potato isn't bad if you use a nonfat dressing instead of butter or full-fat sour cream on it. **\*Go for broiled, not fried.** A broiled burger or chicken sandwich almost always has fewer calories and less fat than a fried fish sandwich. **\*Hold the mayo & special sauces.** Use lower-calorie ketchup, salsa, and mustard instead. **Is fast food is getting healthier?** It depends on what you order. Enjoy fast food without gaining weight by reading the nutrition facts and picking foods that fit in your calorie/fat limit.

## Ashley James' Wins Essay Contest

Ashley James has been published in a very special book: The 2009 Calendar for the Alabama Gerontological Society (AGS). Students state-wide in the 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> grades competed in an essay contest to star with their favorite "older person." Ashley wrote about her grandfather, Rev. John H. James, Jr. "My grandfather believes that discipline makes people stronger and wiser. He teaches me to understand and learn the Bible, he always encourages me, and teaches me right from wrong." Ashley and Rev. James are featured in the January photo in the AGS calendar. She is a 5<sup>th</sup> grader in Mrs. Shannon's class. Of the thirteen winners, Ashley is the only Etowah County student selected for the calendar. Way to go, Ashley! Congratulations to you and your grandfather. The calendars are available at [www.agsinfo.org](http://www.agsinfo.org).



## Lynne Fredrick, Eura Brown's "Teacher of the Year"

Congratulations to Lynne Frederick, chosen as Eura Brown's "Teacher of the Year," and always a favorite to students, parents, and colleagues alike. Mrs. Frederick has taught at Eura Brown over 20 years, as a First Grade Teacher, as School-Wide Enrichment Teacher, as a Fifth Grade Teacher, and now as the Accelerated Reading Coach for Eura Brown. She graduated from Birmingham Southern College and earned a Masters degree from University of Alabama – Birmingham. She is married to Dr. Steve Frederick and has two married sons, Scott and wife Nasiba, and Todd and wife Lindsay. Mrs. Frederick and her husband enjoy visiting their Mentone cabin, and, of course, she loves to READ! Those close to Mrs. Frederick say that she accomplishes more before 7 a.m. than most people do in a day. However, the real tribute to Mrs. Frederick is the strength, perseverance, and grace that she demonstrated this past year in her recovery from cancer. Mrs. Frederick taught the most important lesson of all through her actions: we choose our attitudes each day regardless of circumstances. "It's up to you!" Thank you, Mrs. Frederick, for all you do for the students at Eura Brown.

Box Tops for Education  
Ask Everyone to Help



Continuing to turn in those General Mills product box tops! Just cut out the little Box Top for Education labels and collect them in an envelope or baggy. Send your box tops worth 5¢, 10¢, and *even more* to your child's teacher every couple of weeks. Students will enjoy seeing the points add up! Ask neighbors, relatives, and church members to save theirs for you, too! Everyone loves to help—doesn't cost a thing because these are great products that you are using anyway. A complete product list is available at <http://www.boxtops4education.com/>.



# Gadsden Recycles



*Mayor Sherman Guyton announced  
the beginning of a Recycling Program for the  
Gadsden Area on Earth Day, April 22<sup>nd</sup>.*

## Gadsden Recycling Drop-off Sites:

- 90 Walnut Street (Mort Glosser Amphitheatre parking lot)
- 1701 Chestnut Street (City of Gadsden Fleet Maintenance Facility)
- 110 Burnsway Drive (City of Gadsden Transfer Station)

## Items Accepted:



**Newspaper:** Accepted at all 3 locations

Any type of newsprint; NO CATALOGS, MAGAZINES, OR JUNK MAIL



**Corrugated cardboard:** Accepted at all 3 locations

Shipping cardboard, packing boxes, refrigerator boxes



**Plastics:** Accepted at all 3 locations

#1 PETE Clear plastic; #2 HDPE Natural

(milk jugs, soap/detergent bottles, soda bottles—when in doubt, check the bottom of the plastic container for the number. )



**Metals:** Accepted at 110 Burnsway Drive location only

(Aluminum and clean tin cans, labels removed, all clean metals - no attached plastic or concrete)

Let's do our part! Recycling saves \$, raw materials, and valuable landfill space.