



vol. 03.12.4



Dear Peeples Parents,

Thanks to all the volunteers who helped during our Valentine's Lunch and Valentine's Day parties!

Make plans to attend our **Art Show** and Chorus/Chimes performance on Thursday, March 22, from 4-6:00 p.m. Volunteers are needed from 5-6:15 on the night of the show and March 23rd and 26th from 2:30-3:30 to assist in passing out pre-paid frames. Please email if you can help (the5sims@comcast.net).

The PTO general **budget** is a little ahead of target for the year, so we hope to be able to fund some unbudgeted yet needed items after Spring Fling. Please join us at the next **PTO meeting** on Tuesday, March 27, at 9:15 a.m.

Some of our **board members** and **committee chairs** are moving on to middle school or changing positions, so we have vacancies that need to be filled: Vice President, Recording Secretary, Box Tops, Directory, Scrip, Nutrition, Direct Drive, and Grants. All of these positions play a key role in enriching our school. If you are interested in helping out or have questions about job descriptions, please call me at 678-485-8922.

Even though the warm weather may bring spring fever a bit early, don't forget we'll still need a lot of volunteers for Spring Fling and Cultural Arts Week!

As always, thanks for being wonderful, supportive parents and volunteers!
Susan Sims
PTO President



Congratulations to...

- Laura Reeves

Peeples Elementary Teacher of the Year

- Monique Collins

Fayette County Elementary School Counselor of the Year

- Lolly Martin & Laura Reeves

Outstanding Women in Education Award Finalists

- Peeples Students, Staff, and Parents

Georgia School of Excellence

Platinum Award for Academic Achievement



Spring Testing Dates

The CRCT will be given to all 3rd - 5th graders during the mornings of Wednesday, April 11 - Tuesday, April 17. **We do not want our students to feel overly stressed about the CRCT.** A moderate stress level is normal and helpful. It gets us motivated and prepared to do our best. However, a high level of anxiety can interfere with academic performance. If your child is having difficulty controlling the worry or is experiencing restlessness, fatigue, difficulty sleeping, or other symptoms that are interfering with daily functioning, please alert his/her teacher. Working together, we can help our students to be ready to do their best!



Mark Your Calendars...



March 19-23	Food Drive and Book Fair
March 22, 4-6 p.m.	Student Art Show
March 26-30	Health Snack Challenge
April 2-6	Spring Break
April 11-17	CRCT, Grades 3-5
April 20	Spring Fling
April 23-27	TV Free Week
May 1	5 th Grade Strings Jamboree FCHS
May 3	Spring Chorus/Chimes Concert
May 14-18	Cultural Arts Week
May 21	5 th Grade Concert (with RSMS)
May 21	Field Day Parties (K-2)
May 22	Field Day Parties (3-5)



Spring Is Near, The Book Fair Is Here!

The spring book fair will be held the week of March 19th. Volunteers are needed to set up Friday March 16 and take down Friday March 23rd. Volunteers are needed Monday thru Thursday for book sales and student assistance. Anyone interested should contact Mary Beth Kealy at mbkealy@comcast.net. Thank you!

CALLING ALL FITNESS FANATICS!!

It is that time of year to perform our Spring Fitness Testing. The PE staff is in need of several volunteers to complete the testing.

Volunteers are needed for the following:

March 12th - 16th Run Testing
(2 volunteers from 8:00 - 10:30 each day)

March 19th - March 23rd Fitness Check
Height, weight, push-ups, sit/reach, and curl-ups
(5-6 volunteers needed each day 8:00 -10:30)

The week of March 19th will require a larger commitment from the volunteers. Here is what to expect:

- Volunteers working for this week will be required to attend a Tester Training Session on March 15th from 2:30 - 3:30. Your children are welcome to play in the gym during this training session.
- You are being asked to commit to 2-3 days at a minimum. This will help with the validity and consistency of our test results.

If you are interested in helping with the fitness testing, please email Tricia Jacoby at btjacoby@yahoo.com with your availability.



Spring Fling

Tired of selling wrapping papers, chocolates and candles...? Our solution is the annual **SPRING FLING** at Peeples Elementary. Having a successful Spring Fling allows us to limit “fundraising,” provides **GREAT** Springtime family fun, and pays for extra projects for our children, teachers & school...which makes our school one of the **BEST!**

Over the years Spring Fling has grown into an exciting family event, and we need your help to make it happen. Because it has become so large, it takes many, many wonderful individuals and families to be **SPONSORS** and volunteers. If you are able to help, please contact Laura Taylor or Becky Talley by phone or email. We will greatly appreciate your support.

First – we need **SPONSORS**.

If you want to sponsor an event as an individual and/or business, it’s a great way to support our school **AND** it’s considered a tax deductible contribution! Many families sponsor as individuals to show support of our school. Also, several of our parents are associated with businesses who become sponsors. Business sponsors help our school, **AND** they get advertising for their business. If you are interested in becoming one of our prestigious and greatly appreciated sponsors, call or email Laura Taylor, ldtaylor31@yahoo.com, for detailed information and levels of sponsorship.

Second – Several areas need coordinators to handle specific duties.

Parent Volunteers

This coordinator works with Room Parents to recruit parent volunteers and assign them to shifts for the event.

Youth Volunteers

Tara Wilson is in charge of this area. She needs 3-4 people to help make calls to the middle and high school **BETA** Club members to schedule their volunteer shifts. If interested email Tara at tzwilson@hotmail.com for detailed information.

Tickets/Armbands

Roberta Dunn is coordinator for this area; however, she is looking for someone to “apprentice” with her this year and take over the job next year. This coordinator helps promote Spring Fling to students and parents. He/she also coordinates both the pre-sale of tickets & armbands and the day-of-event sales.

Signage/Instructions

This coordinator ensures that signs are made (most sponsors are “repeaters,” so we only need signs for new sponsors). He/she also sets up the signs along the front parking lot to promote our sponsors several weeks prior to Spring Fling. Lastly, the coordinator places a sign at each sponsor’s attraction on the day of Spring Fling.

Sponsor Wall

This coordinator uses photos and the letters “SPRING FLING” (already made) to create a display on the wall across from the cafeteria. The display gets the kids so excited about Spring Fling! He/she also takes down the display and returns all materials to the PTO closet after the event.

Safety & Security

This coordinator makes sure the area is safe by covering/taping down cords to prevent tripping, roping off the front area of the school, and sectioning off the playground with orange fencing. He/she also sets up the First Aid Station and schedules medical volunteers to work shifts at the event.

Setup/tear down

This coordinator is responsible for recruiting teams to help set up and tear down Spring Fling. Last year we had several parents help with clean up, and we finished in record time!

Lastly, we need to borrow several items to use on the day of Spring Fling:

- Large coolers
- Extension cords
- Tents (like the ones for tailgating)

Thank you for your time. We hope you can help us make Spring Fling a huge success again this year!

Laura Taylor
Ldtaylor31@yahoo.com
251-490-5380

Becky Talley
fouralleys@comcast.net
pespringfling@rocketmail.com



Winning through Losing:

A Tip from the Love and Logic Experts

Do you like to lose? Most of us don't. In fact, some of us dislike it so much that we'll do whatever it takes to make sure that our kids are always winners. When they win this way, they always lose.

I sat on the living room floor, playing a simple board game with our four-year-old, Cody. As we took turns picking cards, the odds seemed consistently in his favor...he was nearing the always coveted goal of being the first to enter Candy Land.

Luck is a fickle friend.

Based on some quick calculations, it was clear to me that doom was on the horizon. His next card was sure to send him back a long way...far from carbohydrate heaven. Tension filled my body. Surely there was something I could do to prevent him from experiencing such despair. Maybe I could distract him and rearrange the cards so that he'd win.

Fighting this desire...I allowed him to be the loser. The tears and crying were heartbreaking. That is, until I remembered that learning about losing is part of life.

We teach that parents allow their children to develop winning skills by allowing them to experience disappointments, make small mistakes, and experience the natural and logical consequences. Shielding them from all of life's hardships sends the message that they aren't strong enough to cope with their losses. Loving them through their sadness allows them to win every time they lose.

Thanks for reading!

Dr. Charles Fay

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Love and Logic Basics

When you tell people you use Love and Logic techniques in your home, do they really know what "Love and Logic" means?

Do some think it is a cult you joined?

Do some say that "Love AND Logic" is an oxymoron?

Do you sometimes find it difficult to explain?

With a flexible menu of skills in our approach, and common sense at work, adults using Love and Logic skills may come across quite differently at times. Nevertheless, the "Love and Logic" approach should always look like the following:

- **A loving attitude toward the young person.** A key principle of the Love and Logic approach is that we *preserve the dignity* - of the child AND the adult. Does yelling and threatening preserve kids' dignity? How about ours?
- **Shared thinking and control.** Adults using Love and Logic techniques resist the urge to come up with all the answers and solve all the problems. Instead, they give kids the gift of thinking about and solving problems. They ask lots of questions and give lots of choices so kids stay in on the action.
- **Empathy before consequences and bad news.** We are sad for kids and we hurt for them when they struggle. Our sadness (instead of our anger and frustration) helps them own problems and learn from the consequences. None of this works without empathy.
- **Relationships are paramount.** If we are not preserving or enhancing relationships, we are not really using Love and Logic techniques.

Take heart! This is a process, not an instant transformation.

Thanks for reading!

Jedd Hafer

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TEST ANXIETY

Students may experience anxiety about tests and heightened anxiety before a testing situation. A certain degree of test anxiety is normal and may help students prepare more effectively, work more efficiently, and remain focused during testing. Too much anxiety, however, can negatively affect performance. The following strategies may assist students and parents in reducing test anxiety.

Student Strategies for Reducing Test Anxiety

- Share your feelings of anxiety with parents and teachers.
- Think of the test as an opportunity to show what you know.
- Review practice materials that pertain to the test topics.
- Relax, breathe deeply, and stay focused on the test.
- Remember the test is only one way your academic performance is measured.

Parent Strategies for Reducing Test Anxiety

- Communicate the importance of the test without overreacting.
- Discuss the test openly and in a positive way.
- Have realistic expectations of your child's performance while encouraging his/her best efforts.
- Remember that too much pressure can increase anxiety. There is a difference between the child saying, "I must do well" and "I want to do well."
- Help your child take "practice tests" at home (information about practice tests is available from your child's teacher).
- Remind your child to use positive self-talk.
- Praise your child for good effort and not just results.
- Make sure your child gets to bed on time, eats nutritious foods the night before and at breakfast, and gets to school on time.
- Emphasize that the test is only one measure of academic performance.

Emphasize that test scores do not determine a person's worth.



Top Ten Test-Taking Tips for Students

1. Have a positive attitude!
2. Get a good night's sleep. Remember, your brain and body needs sleep to function well!
3. Eat a good breakfast! Did you know that you think better when you have a full stomach?
4. Be sure to arrive to school on time. The tardy bell rings at 7:45!
5. Manage your time well. Don't let tricky problems get you stuck. Reread the question to make sure you understand it, and then try to solve it the best way you know how. If you're still stuck, circle it and move on. You can come back to it later. What if you have no idea about the answer? Review your options and make the best guess you can.
6. Remember the process of elimination can help you choose the correct answer in a multiple-choice question. Start by crossing off the answers that couldn't be right. Then spend your time focusing on the possible correct choices before selecting your answer.
7. Look for key words or phrases to help you solve the problems.
8. Don't panic. If you feel yourself sweating or getting upset, put down your pencil, close your eyes, take a few deep breaths, and consciously relax any muscles that you're clenching (jaw, neck, stomach). When you're calmer, go back to work.
9. Be sure you keep your test neat and clean. Fill in the bubble circles completely and erase any stray marks or incorrect bubbles as best as you can.
10. When you complete the last test item, remember to go back and review your answers to make sure you didn't make any careless mistakes.



March is National Nutrition Month!

We'll be doing some fun things at school to encourage kids to make good, nutritious choices.

You can emphasize healthy habits at home, too!

Here's an idea for a healthy snack.

Mix two 7 or 8 oz. containers of low-fat Greek-style yogurt with a ranch flavored seasoning mix like Lay's Dip Creations. Serve with sliced raw veggies like green and red peppers, cucumbers, cherry tomatoes, carrots, or celery.

This is a snack your kids will love to munch on anytime and it won't break the bank! Most yogurt companies now offer a Greek-style yogurt, which are often on sale for about \$1.00 each.

Kids need to exercise, too!

Did you know that being active for one hour or more every day can help your child get better grades in school? It doesn't have to be all at once--you can break this up however it fits your schedule. Try several 10-15 minute intervals; it could add up to an A+.

And remember, being active doesn't mean training for the Olympics--everyday chores are a great opportunity to reach, stretch, and bend with your kids.

What to Do?

If you can head outside, let your toddler wash the car with you or some of their big outdoor toys. You don't have to be out of breath to get exercise, you just need to be active!

Elementary aged kids can practice throwing into a target--a basket or paper bag works great. Another idea is to play follow-the-leader with a friend. Take turns leading.

Older kids? Find some long stairs and sprint to the top, do 20 push-ups at the top; sprint to the bottom and do 20 crunches. Try 3 sets!

We'll have several school-wide activities during the month...

- Program - "What's in that Lunch Anyway?" for Grades 3-5 (We're still working out the details for this program!)
- Snack Challenge - Similar to last year, except we're going to do snacks that start with certain letters instead of colors. This will be the week of March 26-30.
- Tips and Features on Broadcast
- Book Display in the Media Center
- Possibly some "theme days" in the cafeteria
- School Newsletter Article
- Snack Ideas - Parents or students can submit ideas, and they'll be put on a Google site that will be shared with families.

It's going to be a fun way to emphasize staying healthy!

Peoples Healthy Snack Challenge

- **Monday, March 26**
A, O or F
ideas: apples, ants on a log, applesauce, apricots, almonds, oranges, oatmeal (or things with oatmeal in them), fruit, figs
- **Tuesday, March 27**
C, S, or W
ideas: carrots, cashews, celery, cucumbers, cherries, cantaloupe, cranberries, cheese, strawberries, smoothies, salad, watermelon, waffles, walnuts
- **Wednesday, March 28**
G, R, or K
ideas: grapes, granola, granola bars, green peppers, green beans, raspberries, raisins, ranch dip with veggies, rice cakes, kabobs (fruit or veggie), Kashi cereal, Kellogg's cereal (a healthy one), kernel popcorn, kiwi, Kix cereal,
- **Thursday, March 29**
B, N, or M
ideas: bananas, blueberries, bagels, broccoli, nuts, nectarines, navel oranges, mango, melon, mixed nuts, macadamia nuts
- **Friday, March 30**
H, P or T
ideas: honeydew, hummus, peanuts (beware of nut allergies), peaches, pineapple, peanut butter (beware of nut allergies), pistachios, popcorn, tangerine, tomatoes, toast, turkey rollups

Snack Ideas

Willing to share?

Send your healthy snack ideas to Mrs. Roberson. (Email would be wonderful, but a paper copy is okay, too.) She will create a web site of the ideas and share it with the school community.

Source: Partnership for a Healthier America