

The Weekly Read-It

John Muir School PTA Newsletter

January 17, 2006

Kindergarten Open House is Tonight!!

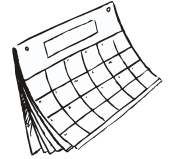
We encourage the JM community to come and greet new prospective JM students, parents/guardians at the Kindergarten Open House that is happening tonight in rooms 1 and 2. Starting at 7:00pm, Mr Thomas, Ms Donaker, and representatives of the PTA as well as anyone else who wants to participate, will munch on deserts and answer the many questions asked by those interested in joining the JM community. Babysitting is provided!

ON THAT NOTE...

Please remember that **Friday, February 3rd** is the last day for BUSD to receive your application for enrollment. Do not assume that because you have a child that attends John Muir School, that their sibling(s) is automatically enrolled here. If they do not receive your application by 2/3, your child could be enrolled at another school.

DATES TO REMEMBER:

Tuesday, Jan 17-JMS Staff Lunch
(First Grade Sponsors),
Kindergarten Open House, Elisa Kleven-Visting Author



Friday, Jan 20- Rosters are posted/distributed
Monday, Jan 23-Winter/Spring IntraMUIRals Begin

Monday, Jan. 30- Elementary Staff Development Day, **NO SCHOOL**

Friday, Feb. 3-Applications for BUSD due!

Friday, Feb. 10-100th Day Celebration!

Monday, Feb 20-President's Day Holiday, **NO SCHOOL**

Tuesday, Feb. 21-PTA Meeting, **6:30-8:00pm AND** Staff Lunch Sponsored by Second Grade!

100'S DAY IS COMING!! HELP THE KIDS CELEBRATE!!

On Friday, February 10, John Muir will continue in its tradition of celebrating the 100th day with an afternoon of math games and activities where all students get to experience 100 in fun, funny, and challenging ways. Some of these include dribbling a basketball 100 times, making 100 stars on your crown, rolling dice to try to make exactly 100, and many, many more. If you can volunteer, or just want to come join the fun at the event, please contact tracyschrider@sbcglobal.net or call **845-0584**. We need people to prepare materials (which you can do off-site in the evenings) and to help set up, help with games, and clean up on the BIG DAY. We hope to see you there, but if you can't make it, be sure to ask your child about all the ways he or she made 100 on that day -- it always leaves the kids glimmering with excitement!!

100

IntraMUIRal classes are in need of more participants!!



We are working through the lottery system and the preliminary numbers indicate a shortage of students in some classes. Here is a list of classes that do not have the minimum students: **Kinder Clay, Creative Dance, Exploratory Dance, Kinder Carpentry, Yoga, Survivor and Ceramics. Classes that do not reach the minimum number of students will be cancelled.**

The PTA is offering **half-scholarships on a first come, first serve basis** for the classes listed above. Please have your application turned into the office no later than this **Thursday, Jan. 19**. The IntraMUIRals class list will be posted on the Auditorium doors on **Friday, Jan. 20**. With Classes starting on **Monday, Jan 23rd**.

HAVE YOU REGISTERED YOUR PHONE NUMBERS YET???

In approximately one month, cell numbers will be released to telemarketing companies and you will be charged for the minutes! The National Do Not Call Registry is managed by the Federal Trade Commission (FTC), the nation's consumer protection agency. It gives you a choice about whether to receive telemarketing calls at home. Most telemarketers should not call your number once it has been on the registry for 31 days. If they do, you can file a complaint. You can register your home or mobile phone for free. Your registration will be effective for five years. How do you register? You can either call the Do Not Call Registry phone number at **1-888 382-1222** or email www.donotcall.gov. When calling, you need to be on the phone which number you want to register. Registering via the web, you can register multiple numbers at once. They will immediately email a link back to you that you click on to finalize the process. It was VERY easy and quick.

LIFTED FROM A MSNBC ARTICLE: “It's a bird, it's a plane, it's ... super foods!”

Super fruits:

* **Apples:** Apples are a great source of fiber, vitamin C, polyphenols and potassium. Apples have proven themselves to be potent weapons against cancer, heart disease, asthma and Type II diabetes. They are also filled with super antioxidants. The antioxidant activity of approximately one apple is equivalent to about 1,500 mg of vitamin C. And don't peel the apple! The peel has two to six times more polyphenols and vitamin C than the flesh of the apple itself.

Try to eat: One apple a day

* **Pomegranates:** A new study from the University of Wisconsin finds that pomegranate-fruit extract inhibits highly aggressive prostate-cancer cells in the lab. Pomegranates are a great source of vitamin B6, vitamin C, polyphenols and potassium. Pomegranate juice may have two to three times the antioxidant power of green tea or even red wine. The juice has been shown to lower blood pressure and may improve cardiovascular health and reduce cholesterol. Try to eat: 4-8 oz. of 100% pomegranate juice multiple times a week

* **Kiwis:** Kiwis are a great source of vitamin C, folate, vitamin E, potassium, fiber, carotenoids, polyphenols, chlorophyll, glutathione, pectin and contain low sugar. Kiwis are an unusual source of vitamin E since the vitamin mostly comes from nuts and oils. One medium kiwi packs as much vitamin C as an orange. Kiwis help thin the blood, like aspirin but without the side effects. Try to eat: One kiwi many times each week

Super vegetables:

* **Garlic:** Get out the mouthwash! Garlic is a great source of vitamin C, potassium, arginine, selenium and polyphenols. It may look small, but it plays a huge role in our health. Garlic helps fight cancer and cardiovascular disease as well as having anti-inflammatory and antiviral properties. There are nearly 100 nutrients in a clove of garlic — the most important is a sulfur compound or an amino acid called allicin. But allicin is not present in a clove of garlic — it's formed when it is crushed, cut or even chewed! The best source of garlic is fresh garlic. There are supplements, but one garlic supplement has 600 mg of allicin, while one clove of fresh garlic has 18,300 mg of allicin. Eat fresh! Try to eat: Multiple times a week

* **Onions:** An onion is similar to garlic — it's a great source of vitamin C, vitamin E, potassium, fiber, selenium, fiber and polyphenols. Just like garlic, health-promoting compounds are released when the onion is cut. Onions have been shown to lower high cholesterol levels and high blood pressure. Onions, along with tea, apples and broccoli are the richest dietary sources of flavonoids, which have been shown to reduce the risk of heart disease by 20%. And regular consumption of onions has also been associated with a reduced risk of colon cancer. Try to eat: Multiple times a week

Spices: Parsley, sage, rosemary and ... cinnamon? One study found that 10 grams of spice (roughly 2 tablespoons) contained as many health-promoting antioxidants as 10 servings of fruits and vegetables. Virtually all spices are beneficial and they're essentially free of calories. They are full of phytonutrients that lower inflammation and other age-related diseases like Alzheimer's.

* **Cinnamon:** The USDA found that half a teaspoon a day lowered blood-sugar levels in patients with Type II diabetes and brought down their bad cholesterol. For a double benefit, try substituting spices for salt. Use a vegetable all-purpose seasoning, available in most natural-food stores. Also, smelling cinnamon offers a “brain boost” and it is anti-bacterial. It's has been shown to be effective in fighting E.coli.

