

# THE VIEWMONT VOICE

## SEPTEMBER DATES

<i>Sally Foster Kick-Off</i>	2
<i>PTA Open House</i>	9
<i>Sally Foster Sale Ends</i>	16
<i>Half Day at School</i>	19

## Viewmont PTA Events 2008/09

### Sally Foster Kick-Off

*September 2*

### PTA Open House

*September 9*

### Fall Festival

*October 24*

### Fall Book Fair

*November 3-7*

### Family Night-Thursday,

*November 6*

### Winter Extravaganza

*December 9*

### Multi-Cultural Night

*February 10*

### Spring Book Fair

*April 13-17*

### Family Night/Bake Sale

*April 28*

### Field Day

*May 1*

## Sally Foster<sup>®</sup>

Our fall fundraiser, Sally Foster, kicks off on Tuesday, September 2. Viewmont Elementary will receive 50% of all catalog purchases and online sales. This is typically our biggest fundraiser.

There will be incentives based upon the number of catalog items sold. In addition there is a chance to win these PRIZES:

Sony Playstation II  
\$100 Target Gift Card (Top Seller)  
Class Party K-2  
Class Party 3-5

Don't forget to email friends and family with our school code: **509217**  
This is a fast and no hassle way to help our school raise funds.

*Oh! We almost forgot to tell you, Mrs. Jolly will have to eat **DOG FOOD** if we meet our goal!*



Dear Viewmont Students, Families and Faculty,

Welcome to Viewmont! Whether you are returning to Viewmont or are brand new, on behalf of the Viewmont PTA, I would like to welcome you all to Viewmont Elementary School. We are so excited for a brand new year of learning, exploring, having new experiences and making new friends.

It is an absolute privilege to be serving our students, families and faculty as your PTA President, along with my Co-President Marla Patton, in the coming year. As I watched the Olympics over the past several weeks, I was reminded of all the wonderful lessons we can take from athletics. I heard one of the coaches speak about what it means to be on a team. He shared his philosophy of a T.E.A.M. - Together Everyone Achieves More! Isn't that true? Whether in our families, jobs, or other organizations? When we come together and pool our time and talents, we can achieve our dreams. What a great way to start our new school year.

We will have many opportunities for ALL Viewmont students and families to join us as we look forward to Fall Festival, Book Fair, Multi-cultural Week and other wonderful events. We want you to join us and help us achieve all we can for our school and our children!

Thank you again for the opportunity to serve you in this very exciting time. Please consider joining our PTA T.E.A.M. We can achieve so much more when we are all in this together!

Best regards,  
*Liz Goebelbecker*

# NEW FACES IN THE

The PTA would like to extend a warm welcome to the newest members of our Viewmont Family.

- |                      |                       |
|----------------------|-----------------------|
| Ms. Jenkins          | 1 <sup>st</sup> grade |
| Mrs. Barahona        | 2 <sup>nd</sup> grade |
| Mrs. Christine Smith | 3rd grade             |
| Mrs. Kristine Hop    | 3rd grade             |
| Ms. Anyea Gibson     | 3rd grade             |
| Ms. Laura Cline      | 4th grade             |
| Mrs. Rebecca Little  | Exceptional Children  |
| Ms. Kandis Smart     | Teacher Assistant     |
| Ms. Annette Bowman   | Teacher Assistant     |
| And                  |                       |
| Mrs. Karen Earp      | Teacher Assistant     |

We wish you all a wonderful first year with us.

Viewmont PTA



*Don't forget to re-link your MVP, VIC and Target cards to our school.*

*Every little bit helps!!!*



Our VIC School code is #1405.

We are very pleased to announce that a new Climber will soon be installed on the back playground.



## Advantages of Being a PTA

### PTA membership gives individual units:

- Name recognition as part of a National organization
- Access to grant monies
- Student and Teacher scholarships
- Informed and trained leadership
- Training for local leaders
- Publications and Web page and e-mail alerts
- Current information on pending legislation
- Volunteer legislative advocates

- 501 (c) 3 tax-exempt status
- Conferences and workshops
- Recognition and awards for outstanding local programs and individuals
- Exchange of information throughout the State and Nation
- Representatives from State and National PTA available to assist
- Strength in numbers
- Unified voices influencing public action

## Member Benefits

PTA members will have access to several beneficial programs as well as discounts with companies that have established a relationship with the National PTA.

- These include:
- [Barnesandnoble.com](http://Barnesandnoble.com)
  - [Kidz-IDZ](http://Kidz-IDZ)
  - [Liberty Mutual](http://Liberty Mutual)
  - [MedicAlert Foundation](http://MedicAlert Foundation)
  - [Sharp Electronics Corporation](http://Sharp Electronics Corporation)
  - [Southwest Airlines Vacations](http://Southwest Airlines Vacations)
  - [T-Mobile](http://T-Mobile)

For more information, go to [www.pta.org](http://www.pta.org) and click on member benefits.

# 5 A Day the Easy Way!

Provided by *Catawba Valley Medical Center*

Do you wonder if your child is eating enough fruits and vegetables? The 5 A Day program is designed to encourage children to eat at least five servings of fruits and vegetables a day. According to 5 A Day, a diet rich in colorful fruits and vegetables can help build healthy bodies and prevent illness.

Five servings of fruits and vegetables may sound like a lot, but you'd be surprised by how much your child is probably already eating each day - and how simple it is to make up the difference.

As 5 A Day proves, eating five servings of fruits and vegetables is easy - especially if you have a plan. Following are tips that can be used to create healthy 5 A Day plans for the whole family:

- At every meal, including snacks, eat at least one serving of a fruit or vegetable.
- Start your morning with a glass of 100% fruit juice. As little as three-fourths of a cup (six fluid ounces) counts as one serving.

- For a morning snack, eat a piece of fresh fruit. Bananas, apples, oranges, or pears are great choices, but don't stop there! Seasonal fruits, such as berries, grapes, or peaches, are also good morning snacks. A medium-sized piece of fruit counts as one serving.
- Eat a large salad with your lunch. A large salad with three cups of mixed greens counts as three servings.
- For an afternoon snack, munch on raw vegetables like celery sticks or baby carrots. A handful of celery sticks or baby carrots counts as one serving.
- For dinner, eat a dark green leafy vegetable. Broccoli and spinach are good choices. Just one half-cup of any cooked vegetable counts as one serving.
- For an evening snack, choose dried fruit. Raisins, apricots, or plums are always good bets. One quarter-cup of dried fruit counts as one serving.

For more information about healthy eating or the 5 A Day initiative, visit [www.5aday.org](http://www.5aday.org) or call CVMC's Health First Center at 828/485-2300.



*everychild. one voice.*

*NC PTA is North Carolina's oldest and largest volunteer organization advocating for the education, health, and success of all children and youth while building strong families and communities.*

**Yes, I would like to join the Viewmont PTA and be involved with decisions that affect my child's experience at school.**

Child's Name: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Individual Membership \$6

Paid Cash

Two Memberships \$10

Paid Check # \_\_\_\_\_

Please make checks payable to: **Viewmont PTA**

Volunteer opportunities are on the back of this newsletter.

**Viewmont Elementary PTA**

21 16th Avenue N.W.  
Hickory, NC 28601

Phone: 828-324-7049  
Email: vmtpta@hickoryschools.net

*We're all in this  
together!*

If you would like to submit an article for the Viewmont Voice, please contact Tina Matthews at: tinajo@charter.net or Vmtpta@hickoryschools.net

# Set a Course for School Success



## It's Back to School – Help Your Child Get Headed In The Right Direction Now!

- Exclusive, in-depth Sylvan Skills Assessment®
- Personalized learning plan developed just for your child
- Patient, caring, enthusiastic teachers



**828-322-7551**

1415 16th Street NE - Hickory

www.educate.com

Reading • Math • Writing • Study Skills • Test Taking • College/University Prep & More!

### Time or Talent

**Do you have one or both to offer? We need you!**  
Below are just a few of the ways Viewmont Elementary PTA could benefit from parents willing to volunteer. Please check any and all that interest you. A PTA member will contact you with details. **THANK YOU!**

- Health/Vision Screening** - Help the nurse with student screening for healthy vision.
- Hospitality** - Bring homemade baked goods for the teachers and other PTA organized events throughout the year.
- Landscaping** - Green thumbs welcome! Participate on planned landscaping and family fun days throughout the year.
- Fundraisers** - Help with organizing and distributing of fundraising materials (Sally Foster gift wrap fundraiser kicks off September 2nd).
- Fall Festival** - Assist Committee Chairs with the activities and arrangements necessary for this fun night (October 24<sup>th</sup>)

- Book Fairs** - Help in 2-hour increments selling books to students and parents (November 3-7 and April 27-May 1).
- Multicultural Event** - Help with a weeklong event focusing on our community's diversity including a PTA family night (February 10<sup>th</sup>) dedicated to this idea.
- Reflections Contest** - Help organize our children's themed artwork through statewide spring competition.
- Field Day** - Help with the day's events for a few hours. A fun and memorable way to participate (May 1<sup>st</sup>).
- Yearbook** - Help faculty members with the acquisition and organization of photos for the Viewmont yearbook throughout the year.
- "I just want to help. Call me when you need something."**

Student's Name \_\_\_\_\_  
 Teacher \_\_\_\_\_  
 Parent(s) Name \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Email address \_\_\_\_\_

**THANK YOU FOR GETTING INVOLVED!**