



Happy Holidays!

Announcing our redesigned Website! Please check out [www.moiola.org](http://www.moiola.org). It has been completely redesigned. We appreciate any comments or ideas you may have!

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Questions about this newsletter?

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Cheri Jones, President

Chris Christensen, Principal

Laura Flores, Newsletter Editor

## A Message From The President

Cheri Jones

“Bzzzzzzzzzzzz..... do you hear that? It’s a “bug in your ear” and this bug is asking you to think about what you can do to help out the Moiola students and staff next school year. I know it seems so early to do so, but when we return from the holiday break, in January, Moiola PTA will be having the election of the Nominating Committee. This Committee will serve to seek those interested in serving on the Executive Board for the 2006-2007 school year. The elections will then take place at the March PTA meeting. Therefore, I am asking everyone to consider how they may be able to help Moiola PTA achieve its goals of supporting the students and staff of Moiola. The following positions will be open for next year:

### President

## A Note Concerning Scrip

Laura Flores

There was a recent article in the OC Register about how some Fountain Valley schools had lost large sums of money when they bought their scrip through a

**1<sup>st</sup> VP, Membership** - runs the annual Membership drive at the beginning of the year

**2<sup>nd</sup> VP, Ways & Means** - fundraising ideas/ programs

**3<sup>rd</sup> VP, Programs** - responsible for Family/School Programs, such as Lunch on the Lawn and Math/Science Nights

**Secretary** - takes minutes at each meeting

**Financial Secretary** - manages the bank deposits

**Historian** - keeps records/pictures of the year’s events

As you can see, there are many positions that need to be filled and this is a GREAT opportunity for anyone who has been wondering how to be more involved in their

child’s school and education. The majority of us on the Board this year have full or part time jobs (it can be done). The Moiola community has always been very supportive and numerous volunteers step up to help out, making the jobs of the Board members even more manageable. I have found that being involved and volunteering for Moiola PTA over the years has been a VERY rewarding experience and I encourage you to consider volunteering for one of the above positions. If you have ANY questions or are interested, please feel free to contact myself or anyone currently on the Board.

Have a happy holiday and see you at our next meeting on January 17<sup>th</sup>.

Cheri Jones  
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company called **Scrip Advantage**.

Please do not be alarmed. We are currently **not** using this company to purchase

our scrip and the company we are using, Great Lakes Scrip, has provided excellent service with very few back orders.

*There will be no PTA meeting this month due to the holidays.*

*Please join us at our next meeting on Tuesday, January 17 at 7:00. Hope to see you there!*

**December / January Calendar**

Book Fair	Dec. 5 <sup>th</sup> -9 <sup>th</sup>
Family Night	Dec. 8 <sup>th</sup>
Geography Bee	Dec. 8 <sup>th</sup>
Art Masters	Thu. Dec. 15 <sup>th</sup> Fri. Dec. 16 <sup>th</sup>
Holiday Workshop (Candy Cane Corner)	Mon. Dec. 19 <sup>th</sup> Wed. Dec. 21 <sup>st</sup>
Winter Recess	Dec. 23 <sup>rd</sup> - Jan. 9 <sup>th</sup>
School Holiday	Mon. Jan. 16 <sup>th</sup>
Association Meeting	Tue. Jan. 17 <sup>th</sup>
Moiola Math Night	Thu. Jan. 19 <sup>th</sup>
Basketball @ Masuda - Spirit Day	Wed. Jan. 25 <sup>th</sup>

*Keep collecting your Box Tops to support Moiola!*

**Fundraising Notes**

Paula Percaccio, 2nd Vice President, Ways and Means

BOUNTIFUL BASKETS.... I like to think that we were all winners in this year's annual basket raffle. We had a slow start but a strong finish. Over \$5000 was raised for Moiola PTA!! The baskets were overflowing with so many donations that we had to split them in two and in some cases three different baskets. Thank you all for your generosity. This never would have been a success with out the awesome parents that gave their time and creativity. **Jennifer Jackson, Kellie Stirrat, Shannon Arne, Nadine Doran, Laura Flores, Elisa Westelin, Lori Tonti, Beth Birch, and Leanne DeCrescentis.**

Thank you all for picking up the slack without even being asked. A very special thanks to **Mark Flores** for spending countless hours on our website and getting all the pictures and items listed. You did a great job -

keep up the good work. I would also like to thank all the room parents. You all jumped right in without much direction, you are all an asset to the school!!! A huge thank you to **Tami Cupp**, she was the glue that held it all together and liaison for all the room parents. Last but definitely not least **Cheri Jones**, what would we do without you? Thanks for giving 200%. You are all appreciated!!!

Thanks to all that came out in support of our first Restaurant Night at Stonefire Grill. The food was great and we raised money for our PTA. Look for more Restaurant Nights later in the year.

Plans are already underway for our next big fundraiser, **JOG-FOR-MOIOLA**. Anyone interested in being part of the jog committee should contact Paula

Percaccio @ 714-336-9061. Holidays are right around the corner and we are offering the students a little help finding the perfect gift. We are calling it *The Candy Cane Corner Shop*. It will be open December 19th thru December 21st. During lunch and after school. It is a great opportunity for your children to learn the value of a dollar and take pride in the gifts they can give. Again anyone interested in volunteering to help please contact Paula Percaccio@ 714-336-9061.

Congratulations to **Laura Flores** and **Cheri Jones** for being recognized as this year's volunteers of the year by the School Board. Way to go you two and well deserved!!!

**Book Fair**

Nancy Johnson

The Scholastic Book Fair is Monday, Dec.5th - Friday, Dec.9th 2005. It will be open Monday, Tuesday, Wednesday and Friday from 8:30am - 3:00pm and Thursday from 8:30am - 1:00pm. Also, don't forget

the Family Event, Thursday, Dec. 8th from 6:30pm - 8:00pm! We've planned a fun-filled time with our "Knighty-Night", Knight Pajama Party. Join us for a fun-filled evening while our Guest Readers

read their favorite books as you enjoy hot cider. Parents feel free to do a little Christmas shopping while visiting our Book Fair.

**Moiola Spirit Days**

Nadine Doran

From now on, every Friday will be designated as Moiola Spirit Day. Let's show some school spirit by

wearing your Moiola Spirit Wear! If you don't have any Moiola Spirit Wear, don't worry. Just wear our school

colors (red & black), on Fridays. It's really easy to show some spirit. Let's go, Mustangs!!!

## Membership Drive

Laura Calnon

Our "Strength in Numbers" Membership Drive has concluded and I wanted to thank those of you that participated in our drive and signed up as PTA members. I recently spoke to a friend of mine who is a teacher in a different school district. She told me their school doesn't have a PTA. She said the parents just don't get involved. It made me realize how lucky we are to have such caring and supportive people here at Moiola. I think that makes all the difference in the world to our kids!

My first order of business is to congratulate the classes in each core that brought in the highest percentage of memberships for their classroom. Once again, Lower Core classes had a tie, with Ms. Rice's class and Ms. Brummett's class each bringing in 121%. Middle Core winner is Mrs. Williams' class with 127%. Ms. Phillips' class brought in 70% to win for the Upper Core classes. Each of these classes gets to enjoy an ice cream float party, and ownership of the

membership trophy during the year, for all their efforts.

I'd like to recognize our members who gave an additional donation, which helps our school immensely. Bronze members (those who gave an extra \$25-\$49) are; Leslie Adams, Elvia Anguiano, Maggie Artinian, Gary Barras and Vandrea Wilkerson-Barras, Beth Birch, Jan Blake, Mary Bola, Jackie Bui, Laura and Rob Calnon, Nancy Corvacho, Mike and Tami Cupp, Christine Curtis, John and Monica Dalton, Cindy Do, Greg and Paula Doxakis, Martin and Robin Dreis, Laurie Dugan, Debbie and Greg Felix, David and Jennifer Fiduccia, Andy and Denise Glasgow, Claire Griffith, Janet Gross, Susan Haukness, Alana Henricksen, Mariea Holland, Patricia Hoyt, Amy and John Javier, Cheri and Dann Jones, John and Sherry Kemper, Sheryl Mosher, Eric and Laura Nelson, Patricia Nguyen, Roxanne and Truc Nguyen, Virginia Nichols, Janelle Palas, Paula

Percaccio, Christina Poe, Frank and Kim Pollock, Taleen and Todd Shubin, Cindee and Cliff Suruki, and Tanya Yates.

An additional donation of \$50-\$99, make up our Silver members; Joanne Austin, Aron and Trisha Briggs, Teresa Brim, Jamie Chau, John and Nadine Doran, Lynn Graf, Kristi and Victor Gristchuk, John and Nancy Hipple, Gwen and Thomas Kim, Jim and Susan Read-Weil, Janice and Shervin Sarkosh, Marnie and Martin Strech, Think To, Tom and Wendy Turansky, Eric and Joan Verstraete, and Don and Elisa Westelin.

And our generous Gold members (\$100 or more) are; Maria and Timothy Bauer, Kimberly and Michael Boomer, Dan and Jo Carlile, Anna and Christopher Cool, Larry and Sandra Crandall, Caryl and Mike Deovlet, Laura and Mark Flores, Laura Hill and Brenda Oliver, Diane and Robert Iverson, Nancy and Scott Johnson, Stephanie Kato, Bonnie LaBelle, Pham Linh, Kim Ly and Dung Nguyen, Jeff and Kendra Motske, Denise and

James Newton, Christine and Daniel Oyakawa, Jane Pape and Chuck Potempa, Nikkie Presilla, Cheri and Steven Santiago, Colin Smythe and Juanita Villalobos, and Adam and Bonnie Volkert.

If you can, attend a PTA meeting to see how the monies are put to use.

If you haven't already received them, your membership cards are coming home soon (can you tell they haven't left my house at the time this article was written?). I apologize for the printer cutting off some of your names, apparently it was feeling finicky that day. If there are any errors on your card, or if you didn't get a wristband that you were entitled to, please contact me as soon as possible so I can fix it for you. I would like to thank Virginia Nichols and Christina Poe for helping me during this drive. I couldn't have done this without you guys!!

# Making Physical Activity a Family Affair

By Ted Villaire (Taken from the National PTA Website)

Whether you're regularly shooting hoops in the driveway, taking bicycle rides to the park, or jogging through the neighborhood, pursuing physical activities as a family sends a clear message to kids that keeping fit is a priority. When kids experience physical activity as a basic part of family life, the benefits are plentiful. Along with keeping them physically healthy, it's also likely to enhance their self-esteem, self-confidence, and social skills. Research also shows that when kids are active at a young age, they're likely to stay active into adulthood. One of the great rewards of parents and kids getting active together is that it allows more time for a family to connect and strengthen its bonds.

## Getting Kids Interested

The best way to get kids hooked on physical activity, said George Graham, president of the National Association for Sport and Physical Education, is to be a good role model for them. "If you enjoy and participate in physical activity, so will your children," he said. Here are a few other suggestions from Graham on how to get the family moving:

- Build a child's interest by asking him or her to choose an activity for the family. Keep in mind, this may be a process of trial and error as kids discover what they enjoy.
- Consider your own preferences, too. If parents are enthusiastic about an activity, it will likely rub off on the kids.
- Be sure to weigh the other factors as well, such as cost, accessibility, intensity of the activity, and, of course, the child's physical abilities.

## Keeping the Momentum Going

While it's true that options for physical activity are limited for younger children, parents don't have to leave a child at home just because he or she can't fully participate in an activity. "When my kids were very young, I put them in the running stroller when I went out for a run," said Susan Kalish, author of *Your Child's Fitness: Practical Advice for Parents*. "As they got older, they rode bikes, scooters, or Rollerblades alongside me while I ran." As families match activities to their children's abilities and fitness levels, Kalish

said parents may also consider which activities will enable a family to be active all year. During winter months, some families switch to cold-weather pursuits, such as cross-country and downhill skiing, ice skating, sledding, and snowshoeing. If family members are put off by chilly temperatures, Kalish urges them to try any number of indoor activities—such as swimming, volleyball, or basketball—that may be offered during the winter through local schools, parks, or recreation centers.

## Finding Time

For many parents the greatest challenge to being more active as a family is the lack of time. To get around the time crunch, here are a few suggestions:

- Look for small openings in your schedule. Even 15 minutes of activity is worthwhile.
- Combine physical activity with other regular activities, such as running errands.
- Replace sedentary outings with active ones. Instead of going out to a movie, go to the local gym, recreation center, or YMCA/YWCA.

Susie Kania, program director for the Cooper Wellness Program, a health management service in Dallas, suggests that families choose short weekend trips or family vacations that are oriented toward physical activity. "The months leading up to the vacation, family members can work on getting in shape," she said. "It's nice to have something to prepare for." If families are just launching into new physical activity routines, they should consider a pediatric exam for the children and a physical exam for the adults, said Kalish. Once the family makes physical activity a habit, Kalish said they will likely discover a variety of benefits. Not only will their physical and psychological health get a boost, they'll likely grow more connected as a family. "Physical activity is a wonderful way to spend time with a child," Kalish explained. "It's amazing what kids will say when they're running alongside you."

