



# CASIS PTA POST

Issue 50

www.casispta.org

May '07

## ***Congratulations to the Casis PTA!***

*Recipient of the 2006-2007 PTA of the Year*

*by Austin Partners in Education*

## **Casis Track and Field**

Casis Track and Field took place on Tuesday and Wednesday, May 15th and 16th on the back playground. This year the theme was "The Six National Flags of Texas" where our children showcased their agility, determination, friendship, and fair play by participation in physical activities and events that represent the six nations that have flown their flags over our great state.

Our Opening Ceremonies consisted of the entire student body lead by their teachers marching on the playground to the applause of their fellow students, their teachers and parents. Our students showed off their individual and collective creativity by designing banners, signs and placards that reflected the theme of the day. This year our guest speaker was Jason Vigilante, the men's U.T. Track and Field coach. He spoke to the children about the importance of a healthy lifestyle.

Thanks to all those involved who helped make this event a success!

### **Special Thanks**

Track and Field Chairs Allison Laughlin and Carlotta McLean  
Fun Run Chairs Suzanne Plummer and Cami Hawkins

## **PORT ARANSAS 2007**

Kudos to our fifth grade teachers for yet another fabulous set of trips to Port Aransas. Our kids all rose at the crack of dawn and both buses rolled out of Casis by 6:30 am each day. At the first stop, all four classes had a wonderful learning session in the mudflats and sea grass beds wading through the waters to find, explore and identify different sorts of plankton, specimens and organisms. Then they hopped back on the bus, onto the ferry and over to the dock in Port Aransas where the kids, chaperones and teachers loaded up on a boat to shuttle over to the barrier islands. There, despite a very recent clean-up about a week prior to our arrival, we all combed the beaches with plastic trash bags and picked up ALL sorts of varied garbage along with some sea treasures. All bags dispersed were filled up to the brim and taken back to the dumpsters in Port A. The kids were surprised at the kind and amount of trash that floats in from so far away. They were extremely diligent about making a dent to help our environment. We topped off our pickup with some healthy relays in the sand.

That night we indulged in fun play and yummy hot dogs and s'mores, etc. All were tuckered and capped the day off with a good night's sleep. Up early the next morning, the few hours left were filled with a boat trip in to the Corpus Christi Bay looking at and learning about ocean life and various fish, some lab time, and each child decorating his/her trip's memento - a great t-shirt! It was a super couple days of hands-on learning with lots of stories to share upon our return. Thanks to all who so kindly and generously helped and participated and especially to our wonderful teachers!!!

### **\$ Casis Community Connections \$**

Check out the third edition of the community connections page, a 1-page summary included with the PTA Post and make sure your dollars spent in the community are working for Casis!

## **The Prez Sez.....**

Exciting news to share! The Casis PTA has been awarded "PTA of the Year" by the Austin Partners in Education. Congratulations to all of us! This wonderful award recognizes our impressive partnership between parents and teachers with the main goal of providing an exemplary education for all Casis students.

Our list of accomplishments is long and includes hugely successful fundraisers, awesome cultural events and enrichment programs. The PTA's success rests on parent volunteers and staff, and generous donors. I want to thank everyone for their time and talent this year!

I would like to extend a big thank you to the 2006-2007 Casis PTA Executive Board for their dedication, talent and commitment over the past year: Wendy Thompson, Bill Patterson, Julia Howry, Blanche Gill, Tracy Fielder, Jim Brewer, Brooks Franklin, Julie Pastor, Karen Brimble, Dixie Carlton, Derek Springer and Barry Aidman. Thank you!! I have appreciated your thoughtfulness, wisdom, enthusiasm and your humor. It's been an engaging year and I treasure each of you.

Thank you to Barry Aidman, Patty Martin, Jennifer Lyon, Annie Melvin, Annie Johnson and Kaysie Sallans. We are so lucky to have such an outstanding staff and administration at Casis. They do an incredible job every day, and I appreciate their smiling faces! I also want to thank the Casis custodial staff for assisting the PTA and helping us prepare for all of our meetings and events.

Our beloved teachers are undoubtedly the very best!! Thanks to our teachers for being a part of the PTA. The great feeling of community at Casis stems from the successful collaboration between parents and teachers. Their input is vital to the success of our PTA and to the ultimate success of our kids. Thank you teachers!

Wendy Thompson is now installed as PTA President for 2007-2008. I have had the pleasure of working with Wendy for the past several years and she is an exceptional person and she will be an excellent President. She and her talented Executive Board are already busy preparing for next fall.

Finally, I want to thank my family for their help and support this year. As this is our final year at Casis we have been savoring all the things that make Casis special. And although we are excited about our future, we are sad to leave the safe and loving walls of Casis. You will be in our hearts forever. It has been an honor serving as Casis PTA President this year.

Thank you,  
Kathy Mauro

"Education is our freedom, and freedom should be everybody's business." ~ Dr. Hector Garcia

### 2007-2008 Casis PTA Officers

Congratulations to the new officers and appointees installed at the 5/10 PTA meeting!

President Elect	Julie Ballard	Treasurer	Amy Allen
VP Ways & Means	Karen Brimble	Assistant Treasurer	Jay Foster
VP Services	Suzanne Bell	AC-PTA	Wendy Greisson
Assistant Treasurer	Jay Foster	Historian	Amy Morran
VP Communications	Tracy Fielder	Teacher Rep.	Derek Springer

#### Casis PTA Volunteer Opportunities

Our PTA website [www.casispta.org](http://www.casispta.org) has been up and running this year, packed with information on all things Casis. Parents have been able to access everything from the Student Handbook to current events, from volunteer needs to Counselor News. The PTA hopes this has become a valuable tool for parents and teachers.

The website team is looking for volunteers to help make weekly updates to the site. If you have any website knowledge or would like to learn, please contact Tracy Fielder at 542-0045 or [tracy-fielder@sbcglobal.net](mailto:tracy-fielder@sbcglobal.net).

### Join Leadership Casis to Help Keep our Air Clean

Leadership Casis is a service club for 5<sup>th</sup> graders at Casis Elementary School. The group has 78 members, about 3/4<sup>th</sup> of the 5<sup>th</sup> grade class. All year they have worked on service projects after school and done some service hours on their own. Their projects have been planned in service to individuals, families, schools and our community. Some of the projects they've completed include:

- Collecting over \$4000.00 for the Make a Wish Foundation;
- Participating in Coats for Kids and collecting many coats;
- Conducting a blanket and clothes drive for Manos de Cristo;
- Making and sending cards to our troops;
- Stuffing dolls and positioning pillows for the Children's Hospital;
- Coordinating hand washing projects to decrease colds;
- Participating in a healthy snack project; and
- Mentoring younger students and making new students at our school feel welcome.

Our final project is to work to solve the problem of climate change. The Casis students have been studying ecosystems and adaptation in science class. The students in Leadership Casis have worked on a campaign to suggest simple actions that our families can do to decrease the CO2 emissions that are effecting our ecosystem.

Our project has included making posters and announcements on our PA system to remind students & teachers what they can do at school. Some students wrote letters to our Principal and PTA giving them suggestions of simple low costs things they can do to save energy and money. Other students created a brochure for our families with information and suggestions of things they can do to that are earth friendly at home, in their cars, on vacation and at school. We asked families to check their car's tire pressure and change at least one light bulb to a compact florescent one. Included in the brochure that went home was a coupon where families can indicate if they checked their tire pressure and/or changed a light bulb. Returned coupons are trickling in, 22 at last count. We also asked the community to join us in decreasing carbon emissions.

Some students wrote a letter to the Mayor asking him to ask Austinites to check their tire pressure. Other students made a flyer and wrote a letter to our neighborhood service stations asking them to post the flyer asking their customers to check their tire pressure. Included in the poster is the information that if you check your tire pressure once a month you can save about \$350/year and prevent 200 lbs of CO2 from entering the atmosphere. One service station (Koch's Exxon on Balcones) already responded & let us know that they have posted our flyer at their station.

We hope you'll accept our challenge to check your tire pressure once a month and change to energy efficient light bulbs. You can save money & save the Earth in the process. We believe every little bit helps.

### Casis Fun Run

On Sunday, April 15, Casis held its 15<sup>th</sup> annual Fun Run at the O. Henry track. 362 Casis students were registered for the event and loads of parents joined in for what turned out to be one of the most beautiful afternoons of the year. The Casis Fun Run was a great community event that promoted running and fitness among our students and also raised over \$10,000 for the Fifth Grade Study Trip to the University of Texas Marine Science Institute!

Thanks to Cindy Samok, the 5<sup>th</sup> grade students and teachers and to all the parent volunteers for promoting and volunteering for the event.

#### Thank you Patti Hirsh!

This Casis 3rd grade teacher is retiring.

Join us at a party held in her honor  
Monday, May 21st, 3:15 pm,  
Casis Library.

### Have a Healthy Summer

The Nutrition Committee worked with Leadership Casis in April and May to get the word out to kids on Healthy Snacks. Expanding on the campaign of the Physical Education teachers, we focused our message on Whoa, Slow and Go food. Posters were hung around the school and several kids participated in morning announcements. Fernando Saralegui wrote a great Dr. Sues-like skit about friends and healthy choices that the kids performed. Thanks to Mickie Plaisance and Gail Velayos for creating beautiful hall displays with the same message. Following is an excerpt from an article by Alana Gold, Registered Dietician on some tips for you as we move into summer. Stay healthy and have a great summer!!

1. Choose healthy snacks. Kids love sweets in the summer such as ice cream, chocolate and candy, but unfortunately all that sugar can take a toll on their health. An over-consumption of sugar is linked to childhood obesity, tooth decay and poor nutrition. In a Tulane University study, researchers found that children who eat a lot of sugar consume significantly less protein, vitamin E, B vitamins, iron and zinc. Your children should have snacks that contain healthy carbohydrates such as whole grains, fruits and vegetables; lean proteins such as poultry, eggs, lean meats, low-fat dairy products and soy; and essential fats such as nuts and seeds, olive oil and avocado. Some recipe ideas include:

- whole-grains crackers w/ low-fat cheese
- celery sticks w/peanut butter
- tortilla rollups w/cheese and lean meats
- yogurt topped w/fresh fruit & nuts or seeds
- trail mix of dried fruit, cereal & nuts
- mini pizzas made from whole-wheat pita, tomato sauce, low-fat cheese, vegetables and veggie pepperoni

2. Keep them hydrated! By the time kids say they are thirsty, they are already dehydrated. Parents should make sure their children take water breaks every 15 to 20 minutes while playing outside or when participating in a sports activity. Have your kids drink at least 8 glasses of water a day to remain hydrated. Active children lose 2 or more quarts of water daily so their bodies need to be continuously replenished.

3. Easy as 1-2-3. Kids love to eat something they have had a hand in making. Have your kids help you choose foods at the grocery store and keep them available and ready so kids can make the snacks themselves. Kids love to knead and roll out dough. They also like designing their own cookies using cookie-cutters and using decorative toppings such sprinkles, chocolate chips or raisins. Kids also love to make up their own snacks like a trail mix of cereals, nuts, seeds and dried fruit or yogurt parfaits made from low-fat yogurt, fresh fruit and nuts or granola.

4. Remember kids love to have FUN! Kids are more likely to eat snacks that are not bland or boring! Use foods that are rich in color and that have unusual shapes and different textures. You can carve their favorite fruits into fun shapes, bake healthy cookies and use cookie cutters to make them more appealing and freeze fruits such as blueberries or grapes for a refreshing and cold snack.



# \$\$ CASIS COMMUNITY CONNECTIONS \$\$

Ways your day-to-day shopping can raise money for Casis

Published by Casis PTA; May '07

Do you know that many local and on-line businesses donate money to Casis just by your patronage? This flyer is intended to provide a list of these opportunities as well as inform anyone interested as to how they can partner their business with Casis.

## CLIP

### Boxtops for Education



Casis earns 0.10 cents for each boxtop. Turn-in boxtops to your classroom teacher. Last year the PTA earned more than \$2000!

## CHARGE



Link your Target Guest Card or Target VISA to Casis and earn funds for the school every time you shop. Need more information? Call 1-800-316-6142 or visit [www.target.com](http://www.target.com) Casis # 96080.

## MATCH



### IBM employees

Any donations you have given Casis in the past or plan to give in the future (including Spanish or Technology "contributions") can be pooled with all IBM/Casis parents for an employer matching contribution from IBM. Contact Kathy Mauro at [kathy.mauro@spcorp.com](mailto:kathy.mauro@spcorp.com) for details.



### Hewlett Packard employees

Any Hewlett Packard employee may choose to submit their Casis PTA contributions through the HP Product Matching Program. HP very generously gives a 3:1 match. Identifying Hewlett Packard Casis parents will help pool contributions to maximize this matching resource for our technology program. Please contact Kathy Mauro at [kathy.mauro@spcorp.com](mailto:kathy.mauro@spcorp.com) for details.

Does your company match? Please contact Kathy Mauro at [kathy.mauro@spcorp.com](mailto:kathy.mauro@spcorp.com) to discuss creating this partnership.

## PARTNER

Are you interested in partnering your business with Casis? Please contact Blanche Gill at [bbgill@grandecom.net](mailto:bbgill@grandecom.net) for more information.

## SHOP

### Bellita

## Photography

Gayle Velayos of Bellita Photography specializes in child portraiture. Gayle's bright photographic murals of children are on display in the Casis cafeteria promoting our Health and Nutrition Campaign. Book your Spring photo session with Bellita Photography by May 31st and Casis will earn 10% of the proceeds. For more info, call Gayle at 512.769.6503 or visit her website [www.bellitaphotography.com](http://www.bellitaphotography.com).

### Randalls

Casis receives a percentage of your Randalls purchases. Designate your Remarkable Card to #4888, Casis today! Over the last 10 years, Casis has received over \$50,000!

### Westbank Dry Cleaners

Turn in your dry cleaning receipts at the cleaners and 3% will be donated to Casis.



the soup peddler.

Order healthy, delicious meals delivered free. New menu each week! 5% of purchases go to Casis. Order at [www.souppeddler.com/casis](http://www.souppeddler.com/casis)

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