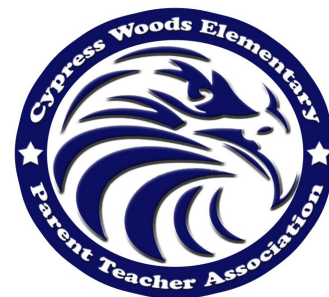


EAGLE EXPRESS



January 3, 2011

The Eagle Express is a publication of the CWE PTA. It is designed to keep you informed of all the happenings here at Cypress Woods Elementary.

It is published every month. The next deadline for submission is

February 14, 2011. Submissions should be e-mailed to stephressler@msn.com.



Lisa Freeman
Principal

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Amy Dougherty
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FROM YOUR PTA PRESIDENT...

I hope everyone had a restful and happy winter break! PTA is getting ready for some great events this spring! I hope that you are ready to join us.

First up is our Parent/Daughter Dance, **Friday, February 4th**. We are planning a great night for our girls and we are getting ready to rock! If you want to help plan or decorate please contact Maria Meola at mmeola@tampabay.rr.com or 727 772-0005. This is a great event for the girls of CWE and I hope you will join us to make it a success.

Next up is our CWE Sale-a-bration Garage Sale, **Saturday, February 12th**. PTA is helping with the bake sale, set-up and break-down for this community event. Please consider donating some time back to CWE for this fundraising opportunity. Please contact Kelly Collier at collierke@pcsb.org if you want to get involved.

We are also planning for Family Fun Night. This year the theme is Cypress Woods Rocks! Family Fun Night is **Friday, March 18th**. If you like to help plan events, we have got one for you! This is CWE PTA's biggest event of the year so we need everyone's help to make it a success. If you would like to be involved contact Dee Nasr at dnasr@att.net or 727 433-3027.

As you can see, we have a lot going on in 2011 so I hope you consider pitching in and helping out. CWE is a great school because of our volunteers: thank you!

Stephanie Ressler
stephressler@msn.com or 686-2099

BOX TOPS

Continue to clip those box tops, Campbell Soup labels and Tyson Chicken labels! So far, your hard work has earned CWE \$1,077.90! Please send in box tops and look out for contests on the website: boxtops4education.com.



ANGEL TREE

It was a hugely successful Angel Tree this past holiday season and many thanks to all of you who made it such an outstanding year.

Our CWE students and families contributed 196 individual gifts, and we provided gifts to more than 12 CWE families in need as well as 50 Sandy Lane Elementary students. After the "Grand Wrapping Party" we also had a number of gifts that were then contributed to the Toys for Tots organization.

A special thanks to Merlynn Yount for all her hard work, as well as the parents who came to "Man the Tree" each morning to log the gifts in and out. A huge thank you also to everyone, parents, teachers and staff, who came by to wrap gifts and accomplished a huge job quickly and with such holiday spirit...looking forward to another great year for the 2011 Giving Tree.



SUNSHINE STATE BOOK CLUB

We had a small but enthusiastic group for our last book club. We were celebrating the book *11 Birthdays*, so we had cupcakes and partied it up before completing some fun activities relating to the book. I think the kids enjoy sharing their ideas with their friends and parents the most! After the fun came the game: Jeopardy of course. It was boys against the girls and the score was very close, as usual. All the kids and parents had a great time, thanks to Ms. Gaughen and Ms. Russell, our teacher facilitators.



Please join us **Thursday, January 27th**, for the Sunshine State Book Club. Ms. Marston will be leading the group in the book *The Earth Dragon Awakes*, a thrilling story based on the San Francisco earthquake of 1906.

Children whose parents are involved will be most likely to read on their own and succeed. Consider joining this group and get in on all the fun!

BULLYING SEMINAR

Have you ever wondered what you can do about bullying? Find out what to do and how to help in the right way from the experts! CWE PTA presents a bullying seminar presented by Joan Reubens, PSC Prevention Specialist, and Jean Stock, CWE Guidance Counselor. Please join us **Tuesday, January 18th** at 6:30pm for this timely seminar. The information will be appropriate for students and their parents.

If you have any questions, please contact Amy Dougherty at 727 784-8949 or amydoc@tampabay.rr.com. A brief general meeting will precede the seminar.

FAMILY FUN NIGHT

Mark your calendars! Family Fun Night will be **Friday, March, 18th** from 5:00-9:00pm. The theme is Cypress Woods Rocks so you know it will be fun! We are looking for businesses for game sponsors and volunteers to help plan this important event. If you want to be involved in any way, please contact Dee Nasr at dnasr@att.net or 727 433-3027. Let's get ready to rock!



WELLNESS

This year set small obtainable goals instead of one big one. It's that time of year again, no not for cookies and fruit cake, but for resolutions. If your resolution is to get healthier this year, here are some tips. So many of us want to have a healthier body inside and out, but setting high goals may discourage us and failure is inevitable. Set some small little goals this year towards a healthier you.

Drink more water this year. Water is so important to maintain our health and weight. The old adage is to consume 8 glasses a day. We need half our body weight in ounces of water each day. If you are an active person you will have to consume a little more.. For example, if you are 120 lbs, you should be drinking at least 60 ounces of water a day. Water helps regulate our body temperature, energy level, can help in minor ailments such as headaches and fatigue and regulates our metabolism as well as digestion of fat.

If you are not currently in an exercise routine, start one. Get out and walk. We are so fortunate to live in a place where we can be active all year long. Start walking at least 20 minutes a day at least three times a week.

If you are in an exercise routine, shake it up! Our bodies get used to the same routine. Choose some new cardio workouts, new classes, lift different weight sizes, etc.

Here's to a healthier you in 2011.....

RECIPE CONTEST

Congratulations to **Krista Mauro**, the first winner of our recipe contest! Here is her winning recipe!

Pecan Crusted Salmon (serves 4)

1/2 cup honey
1Tbl butter
3 Tbl Dijon mustard
Salt and pepper

Bring all ingredients to a rolling boil then turn off remove from burner and let cool. Put some of the honey mixture to the side to serve on top of fish.

1 lb of salmon fillet (skin on or off)
1/4 cup crushed pecans

Rinse and dry the salmon and poke all over with fork. Spread the honey mixture on fish and sprinkle with pecans. Bake uncovered at 350 for 25 minutes or until done (145 degrees).

Congratulations Krista and enjoy your gift card! We will publish another winning recipe in the next newsletter!

Astroskate

Our next Astro Skate Night will be on Wednesday, **January 19th**, from 6:00-8:00pm.

Every kid can enter our raffle to win great prizes. Wear your CWE shirt and get two tickets! We also have a raffle for teachers and staff too!

This is a cool night that benefits your school, so grab your skates and we'll see you there!

Astro Skate and Fun Center is located in Tarpon Springs at 875 Cypress Street. For more information, call 938-5778.

Come join us for the exciting evening for the whole family!



Don't forget: order your yearbook today!

www.ybpay.com

CALLING ALL WHO LIKE TO PARTY!

We need volunteers for our Parent/Daughter Dance, **February 4th**. If you are interested in helping with this rock star party for our kids please contact Maria Meola at mmeola@tampabay.rr.com or 727 772-0005. Without your help, our rock star party will fall like a rock so please consider donating some time to decorate, set up or help at the dance. Thanks!



Your PTA Board

Stephanie Ressler
President

Amy Dougherty
1st Vice President

Kim Hardgrove
2nd Vice President

Leona Wells
Secretary

Deanna Nasr
Treasurer

JANUARY EVENTS

Tuesday, January 18th

Bullying Seminar

6:30pm in the Cafeteria

Learn what you can do about bullying from experts! Parents and students are invited. A short general meeting will precede the presentation.

Wednesday, January 19th

Astroskate Night

Join us at the Astroskate Fun and Skate Center in Tarpon Springs for fun that earns the school money!

Thursday, January 27th

Sunshine State Book Club

6:30pm in the Media Center

All third through fifth graders and their families are invited to join Ms. Marston in discussing *The Earth Dragon Awakes*. Join the club that everyone is talking about!

Wednesday, February 2nd

PTA Board Meeting

2:00pm in the Media Center

Everyone is welcome to join and learn more about PTA!

Friday, February 4th

Parent/Daughter Dance

6:00-8:00pm in the Cafeteria

Come rock the night away with your friends at the super cool rock star event!