

STAY INFORMED!



Stay connected to Cypress Woods Elementary PTA by going to www.cypresswoodspta.com. Put this site on your favorites list and check for:

- ◆ Upcoming events and programs;
- ◆ School/PTA calendar;
- ◆ Contact information for board members and committee chairs;
- ◆ Important resources for parents and students.

Be sure to sign up for our email **NEWSFLASH!**



CWE HATCHLINGS

If you have a pre-k through second grade student, please join us **Tuesday, April 26th**, for our next CWE Hatchlings event! The First Grader Teachers have a great night planned to celebrate reading with our younger students!



CWE Hatchlings is our reading program that encourages family reading through teacher-led family activities such as group reading, readers' theater, crafts and snacks. Please make plans to join us for this wonderful celebration!

If you have any questions, please contact Stephanie Ressler at 727 686-2099. We hope to see you there!

WELLNESS

Are you feeling tired? Does the thought of a long day with lots of chores, work and kids just sap your energy just thinking about it? Well here are some tips that may put the zip back into your day.

Tip number 1: Drink more water. Water rehydrates you which in turn helps your organs to function more efficiently. Aim for at least 8 glasses of day to keep well hydrated. The next step, take some steps. Get out and walk. Walking increases you heart rate and opens your blood vessels, giving you a clearer state of mind.

Bored in your routine? Then break it. Drive to work a different way. Stop and get some fresh air somewhere or stop and visit a friend all rejuvenate the mind body and spirit. Put on some music. Sometimes just listening to some heart pumping music just gets you going. Put on your favorite band or music type.

Stopping at Starbucks a lot? Well that is fine but do it in moderation. Do not rely on a caffeine boost to get you through the day. It can help but too much can make you literally crash and burn. Some caffeine is not a bad thing just be aware how much you are drinking and the time of day you are drinking it.

Most importantly, catch some ZZZZZZZZZ's adults should be getting about 8 hours a night. Although this may be difficult, try to get yourself to relax at night. Unwind and kick back. Everything will be there in the morning. Set aside time for you and relaxation.

Michele Kelley, Wellness Co-Chair

YEARBOOK

Love taking pictures? Have a creative side?

The Yearbook Committee is looking for new talent for the 2011 -2012 school year. We are looking for people to take photos as well as those who want to work on the creative aspects of designing and laying out the yearbook. In the next few weeks we will begin the process of finding a Yearbook vendor and would love to have next year's team be a part of that decision. Experience is not necessary. Photoshop skills are not required.

For more information or to become part of the team please contact... Theresa Casey at tjunk@tampabay.rr.com or 727-785-4498.

RECIPE CONTEST

Congratulations to **Andrea Palma**, the second winner of our recipe contest! Here is her winning recipe!

Chicken and Broccoli Pot Pie (serves 4)

9 inch crust pie (*you can use the frozen pie shells and just pinch them together, or use the roll-out chilled version, no need to make from scratch!*)

- 1 carrot, chopped
- 1 small head fresh broccoli, chopped
- 2 boneless chicken breast halves, cooked and chopped
- 1 (10.75 ounce) can condensed cream of chicken soup
- 2/3 cup milk
- 1 cup shredded Cheddar cheese
- 1/2 teaspoon salt

Preheat oven to 425 degrees. Steam carrots and broccoli in a covered pot for 3 minutes, until slightly tender but firm. In a large bowl, mix together carrots, chicken, soup, milk, cheese and salt. Spoon mixture into pastry lined 9 inch and cover with top crust. Seal edges and cut steam vents in top. Bake in preheated oven for 30 minutes, until golden brown.

Congratulations Andrea and enjoy your gift card! Keep up the healthy cooking!

ASTROSKATE

Our next Astro Skate Night will be on Tuesday, **March 8th**, 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 our 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 727 938-5778.

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



Check out these websites from our Wellness Committee:

http://www.eatingwell.com/recipes_menus/collections/healthy_eating_kids

<http://www.healthy-kid-recipes.com/>

<http://family.go.com/food/pkg-healthy-kids-recipes/>

<http://www.thatsmyhome.com/recipes-for-kids/healthy-recipes-for-kids.htm>

LOVELINES

Calling all Fifth Grade Parents:

Don't forget to turn in your "Love Lines" to Yearbook by **March 25th** for your 5th Grader.

Love Lines are a way to send a special message to your 5th Grader as we send them off to middle school! Show your pride in their accomplishments and send in yours today!

If you have any questions, please contact the Yearbook Committee. Thank you!



Your PTA Board

Stephanie Ressler
President

Amy Dougherty
1st Vice President

Kim Hardgrove
2nd Vice President

Leona Wells
Secretary

Deanna Nasr
Treasurer

SPRING EVENTS

Tuesday, March 8th

Astroskate Night

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

Friday, March 18th

Family Fun Night

5:00-9:00pm in the P.E. Field

Come join us on PTA's biggest night of the year that promises fun for everyone!

Thursday, March 24th

Sunshine State Book Club

6:30pm in the Media Center

All third through fifth graders and their families are invited to join Mrs. Hardgrove and Mrs. Mulligan in discussing *The Gollywhopper Games*.

Wednesday, April 6th

PTA Board Meeting

2:00pm in the Media Center

Everyone is welcome to join and learn more about PTA!

Thursday, April 14th

Chick-fil-A Spirit Night

Join us for a night of fun with your friends and make money for our school!

Tuesday, April 26th

CWE Hatchlings

6:00-8:00pm in the Cafeteria

We invite all students pre-k through second grade and their parents to join the First Grade Teachers in celebrating reading!