

# Frank Talk

Volume I, Issue X

"Kids Come First at Frank"

January 9, 2009

## Special Dates to Remember:

- ∞ January 13 – Frank Parents' Club Meeting in the Frank Library – 6:30pm
- ∞ January 15 – Last Day of the Second Quarter / First Semester
- ∞ January 16 – No School – Teacher Work Day
- ∞ January 19 – No School – Martin Luther King Day
- ∞ January 20 – Perrysburg Board of Education Meeting at the Commodore Building – 7:00pm
- ∞ January 23 – Report Cards Sent Home
- ∞ February 2 – Pint-Size Heroes Blood Drive
- ∞ February 24 – Frank Kindergarten Registration

If you are dropping off your child in the morning, please make every effort to keep the drop off line moving. Last minute instructions or waiting with your child for the doors to open should not take place in the drop off line – please find a parking place for this. Also, if you are going to walk your child to the door, please do not leave your car in the drop off lane. Instead, find a parking place. Your help with this is greatly appreciated by everyone.

## *Principal's Message*

We hope you had a safe and restful Winter Break. We are excited to be back in session and working with your child(ren). It was apparent by the smiley faces of our students that they too were excited to be back in school.

We are closing in on the end of the first semester of this academic year. We will not have school on Friday, January 16<sup>th</sup>, and Monday, January 19<sup>th</sup>. Tuesday, January 20<sup>th</sup>, will mark the first day of the second semester. Report cards will be sent home on Friday, January 23<sup>rd</sup>.

Over the Break, our District website and Frank Elementary webpage was redesigned. Please take a look when you have the opportunity and share your thoughts.

As always – if you have questions or concerns, please do not hesitate to contact me by e-mail, by phone or by letter.



## *Blood Drive Planned*

The American Red Cross will be holding a "Pint-Size Heroes" blood drive here at Frank Elementary School on Monday, February 2<sup>nd</sup>, from 4:00pm-9:00pm. A representative will teach our children at school about the importance of donating blood and encourage them to recruit their parents to donate. In addition to the wonderful gift of blood donation, we will need parent volunteers to make this event a success. There are activities you can help with at your convenience prior to the blood drive, such as scheduling, addressing reminder cards, and making phone calls. We also need volunteers present the evening of the blood drive to help as greeter, canteen, clean-up, etc. Please contact Kris Smith at [kls1030@yahoo.com](mailto:kls1030@yahoo.com) or 419-367-8958 if you can volunteer your time.

*December Citizenship and Effort Awards*

Our teachers have selected students in their classroom that have displayed model classroom citizenship as well as those that have put forth notable effort. These students have been presented a certificate as well as a certificate to a local restaurant. Citizenship Award winners were presented a certificate to Tea Tree Asian Bistro, while Effort Award winners were presented certificates to Biaggi's Ristorante Italiano. December winners included:

Citizenship Award: Caleb Barnes, Rylee Brown, Ashley Dilley, Nick Evans, Payton Gagich, Jacob Hertzfeld, Sam Hood, Cole Hudson, Cody Ilconich, Aleia Kolodziejczyk, Anthony Kyle, Cori Lamere, Bridgette Ledbetter, Casey Lewandowski, Emily Mulheisen, Hannah Parks, Jordan Plymale, Justin Rader, Alex Silloway, Ralph Zhang

Effort Award: Ben Baker, Michael Brown, Colton Buchman, Shane Butler, Coby Carroll, Chris Eddy, Ally Findlay, Zehra Fasih, Garrett Forsythe, Rachel Garmatter, Grant Haislip, Luke Jaco, Nicolas Kilbride, Mikey Krafty, Carrie Kurth, Dakari Parish-Baker, Alejandro Rodriguez, Delaina Ross, Zachary Shultz, Khoi (Dylan) Tran

*Frank Parents' Club News*

Mr. Ray Pohlman, Athletic Director for Perrysburg High School, was the guest speaker at the December Frank Parents' Club meeting. Mr. Pohlman reviewed the current athletic facilities for Perrysburg High School as well as plans for future facilities. He also discussed the formation of a committee to investigate the needs of outdoor recreational facilities at the high school. If you are interested in participating on the committee, please contact Mr. Pohlman at [rpohlman@perrysburgschools.net](mailto:rpohlman@perrysburgschools.net).

Our next Frank Parents' Club meeting is scheduled for Tuesday, January 13<sup>th</sup>, at 6:30pm in the Frank library. Childcare will be provided. Committee updates as well as plans for the American Red Cross Pint-Size Heroes Blood Drive and the Frank Family Fun Festival will be discussed. Monthly Frank Parents' Club meeting minutes can be accessed via the Frank Elementary website.

Our Frank Parents' Club will be holding a fundraiser at Biaggi's Ristorante Italiano on Thursday, January 22, 2009. Look for more information to be coming home soon with your child.

Thank you to all who donated items for the Staff Appreciation Breakfast. It was very appreciated by the staff of Frank Elementary. Also, gratitude is extended to those that submitted recipes for the Frank Cookbook. We are hoping to have the cookbook available in early spring.

**Upcoming Frank Parents' Club Events:**

- Tuesday, January 13<sup>th</sup> – Frank Parents' Club Meeting
- Thursday, January 22<sup>nd</sup> – FPC Fundraiser at Biaggi's Ristorante Italiano
- Wednesday, January 28<sup>th</sup> – Frank Skate Night at Ohio Skate
- Monday, February 2<sup>nd</sup> – Pint-Size Heroes Blood Drive
- Friday, February 6<sup>th</sup> – Frank Movie Night
- Friday, March 6<sup>th</sup> – Frank Family Fun Festival

*Shooting Contest*

On Sunday, January 18, 2009, the Knights of Columbus will be hosting a Free Throw Shooting Contest. The event is open to all boys and girls between the ages of 10-14. It will be held in the St. Rose gymnasium from 1:00pm-3:00pm.



*Kindergarten Registration*

Frank Elementary School will have kindergarten registration for the 2009-2010 school year on Tuesday, February 24, 2009. Please look for more information to come.

## *From Our Nurse, Mrs. Beeley:*

Time for the “Sunshine” Vitamin! A December 8<sup>th</sup> article in the Baltimore Sun called attention to Vitamin D and its importance to our overall health. Doctors are beginning to realize that Vitamin D isn’t just important for aiding in absorbing calcium and building bones. New research is coming out by the day suggesting that Vitamin D deficiency can lead not only to osteoporosis, but possibly heart disease, multiple sclerosis, diabetes, depression, hypertension, periodontal disease, and even cancer. Vitamin D is also believed to impact the immune system and the functioning of the brain. Some researchers believe that the common cold and influenza are Vitamin D deficiency conditions—which express most often during the less sunny time of year.

All this comes as the American Academy of Pediatrics doubled its recommendation in October, 2008 of how much Vitamin D children should get. It now recommends that children get 400 IU (international units) daily. Other groups are pushing for adults to get up to 10 times more than is currently recommended as a daily allowance.

It isn’t easy to get *enough* Vitamin D in the diet. It is found in *fortified* milk (100 IU per cup), juice (50 IU/cup), and cereals (40 IU/cup), as well as oily fish such as mackerel (345 IU/3.5 oz.), sardines and wild-caught salmon (360 IU/3.5 oz.). It is also found in fish liver oils, especially that of cod (Grandma was right!)—amounts of IU vary with brand and form.

Vitamin D is known as the “sunshine” vitamin, because our skin makes it when exposed to the sun. In the Northern climes, the winter sun is not strong enough to generate Vitamin D production. In the summer months, just 10-15 minutes of sun exposure per day would be enough to generate sufficient amounts of the vitamin. However, fear of skin cancer means many people are wearing sunscreen, which blocks the beneficial rays. So, it is generally true that many Americans may be deficient in this vitamin, with some seriously so. It is becoming more common for physicians to order blood tests to check Vitamin D levels, as it is thought that as many as half of Americans middle aged and older are deficient.

From the American Academy of Pediatrics presentation during the National Conference and Exhibition, October 13, 2008: “The new guidelines state that all breastfed and partially breastfed infants, non-breastfed infants and older children who consume less than 1 quart of vitamin-D fortified milk or formula a day should receive 400 IU as a daily supplement. Adolescents who do not consume 400 IU daily through foods should receive a daily supplement as well.”

Your child’s doctor is a good source of advice on supplementation, and may recommend a specific form (chewables, drops, liquid fish oils, capsulated fish oils) or brand to use.

For further information, the following websites can be accessed:

[www.cdc.gov/breastfeeding/recommendations/vitamin\\_D.htm](http://www.cdc.gov/breastfeeding/recommendations/vitamin_D.htm)

[www.pslgroup.com/dg/22ECB2.htm](http://www.pslgroup.com/dg/22ECB2.htm)

[www.vitamindcouncil.org](http://www.vitamindcouncil.org) (The Vitamin D Council has a collection of many research articles at its web-site. Very interesting reading.)



## Perrysburg Schools

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Elementary

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We're on the Web!

See us at:

[www.perrysburgschools.net](http://www.perrysburgschools.net)

We will make every effort to go outside for recess. Make sure you send your child to school with a warm coat, hat and gloves. It is also recommended that our students layer themselves with sweaters and sweatshirts.

## Fitness Club

Forms were sent home with 1<sup>st</sup> and 4<sup>th</sup> graders this week. The dates for fitness club are as follows: 1<sup>st</sup> grade-Tuesday (January 20<sup>th</sup>, 27<sup>th</sup>, February 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>), 4<sup>th</sup> grade-Wednesday (January 21<sup>st</sup>, 28<sup>th</sup>, February 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>) in the gym from 3:30-5:00. All forms are due by Thursday, January 15<sup>th</sup>. Due to limited space and equipment the maximum number for each day is 30 students. If you have any questions please e-mail Miss Bernard: [mbernard@perrysburgschools.net](mailto:mbernard@perrysburgschools.net) or call (419) 874-8721 ext. 27023. For additional forms visit Miss Bernard's website: [fc.perrysburgschools.net/~mbernard](http://fc.perrysburgschools.net/~mbernard).



*From Our Physical Education Teacher,  
Ms. Bernard:*

The students are participating in a variety of learning experiences in physical education. Kindergarten is learning how to move around the gym safely in various ways (i.e. walking, running, galloping, skipping, etc). 1<sup>st</sup> grade students are learning how to properly pass a soccer ball. 2<sup>nd</sup> grade students are learning to move to the beat of a drum while creating their own dances. 3<sup>rd</sup> and 4<sup>th</sup> grade students are participating in a cup-stacking unit. 5<sup>th</sup> grade students are learning how to play team handball.

## FRANK MISSION STATEMENT

At Frank Elementary School our mission is to team with parents to:

- ∞ **F**ully educate each student to reach his or her highest potential,
- ∞ **R**espect and support one another,
- ∞ **A**ppreciate and welcome differences,
- ∞ **N**urture a passion for learning,
- ∞ **K**eeep students our top priority.