



The Leopard Link



President's Perspective

It was quite an embarrassing moment last week when I realized we were the only family on our street that still had jack o'lanterns on the front porch. You can imagine the horror that ensued when I told my kids that the pumpkins they had so painstakingly carved were going to that Great Pumpkin Home in the Sky. The rest of my Halloween decorations finally found their way to my attic over the weekend, but the leaves carpeting my yard just won't seem to blow themselves away. I am still wondering where that hour went that I "gained" a few weeks ago when I turned my clock back. Somehow, Thursday is *already* Thanksgiving, and I don't even have my turkey yet. The bottom line is, there is never enough time. But you know what? Food Lion is open until 3PM on Thanksgiving, so I don't *have* to waste precious time worrying about these things!

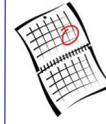
Mark your calendars because we have BIG plans for our Media Center in January! With our Bookin' It Fun Run complete, we are eager to begin putting the funds donated to good use by making some striking cosmetic changes to this learning space. Our resident design expert, Mrs. Karen Melling, has given us some valuable feedback and sensible advice about how to take what exists in the Media Center to make it a more kid-friendly and eye-appealing place. We need your help to make these changes happen, though, so we are asking you to Save the Date! **Saturday, January 12 at 9:00 AM is Extreme Makeover: Media Center!** Come join us for an hour or two....whatever you can spare...and get ready to "get your DIY on"!



Ms. Slivka, Ms. Shorts, and their awesome instructional team also have some big plans that they need some assistance with. Over the summer, they met with representatives from NC Playscape Construction, Inc., who assisted them in finding **adaptive play equipment** that will better accommodate special needs students at Lead Mine. It would allow their students to be more independent in their physical activities as well as provide sensory stimulation to those children that cannot participate in physical play. The playground will effectively encourage socialization between students and its planned placement would make it more feasible in terms of wheelchair access. The project, as you can imagine, is quite expensive but it is really a necessity for students at Lead Mine with severe impairments and other special needs. Unfortunately, Wake County does not have monies to fund such projects, so Ms. Slivka, Ms. Shorts, and our PTA are working to solicit help from our community and other outside sources. If you are interested in learning more about the project or how to support this endeavor, please contact us!

-President's Perspective article, continued on page 2

NO SCHOOL
November 21-23
Happy Thanksgiving!



Calendar

- 11/21-11/23**
No School- Thanksgiving Break
- 12/7**
Crazy Sock Spirit Day
Cultural Arts Presentation
- 12/11**
Staff Holiday Luncheon
- 12/14**
Dinner & a Movie
(5:30 dinner, 6:30 movie)
- 1st Grade Music Performance
6:20PM
- 12/21**
Early Release – 12:30 PM
- 12/24-1/1/13**
Winter Break
- JANUARY 2013**
- 1/2**
School Resumes
- 1/11**
Sports Team Spirit Day
- 1/12**
Media Center Makeover 9AM
Volunteers Needed!
- 1/15**
General Membership PTA
Meeting 7-8PM
- 1/18**
NO SCHOOL
Teacher Workday

Editor's Note: *The Leopard Link* is published weekly by the Lead Mine PTA. The purpose of this newsletter is to communicate pertinent school, PTA, and education-related information to the Lead Mine community. Advertisements and solicitations from local and corporate businesses will not be accepted. The deadline for each issue is Thursday at 3:30 p.m. If you'd like to place an article, please email your submission to theleopardlink@gmail.com. Thank you!! Leopard Link Editors: Ashley Murr and Jessica Brueggeman

President's Perspective article, continued from page 1

Lead Mine's annual **Holiday Staff Luncheon** is scheduled for **Tuesday, December 11**. Greystone Baptist Church has graciously allowed us to again use their fellowship hall for this event, so staff members are able to enjoy a lunch off campus with their colleagues. Help is needed in several capacities, from food to volunteers to shuttle drivers. If you are interested in volunteering in any way, please let me know. Or, the links are provided below to two "sign ups". On them, you will find more information about how you can help.

For food donations: <http://www.signupgenius.com/go/10C0F44AAA829A02-donations1>

For volunteer needs: <http://www.signupgenius.com/go/10C0F44AAA829A02-clasroom>

I hope your Thanksgiving is filled with bountiful blessings. Work, school, and the worries of life aside, the moments we spend with those we love are those that matter most. So, if your pie crust crumbles a little too much on Thanksgiving Day, don't waste time worrying about it. Count your blessings and take a deep breath. This is why Pillsbury makes frozen pie crusts, and Food Lion has one waiting for you...as long as you get there before 3:00!

Happy Thanksgiving!

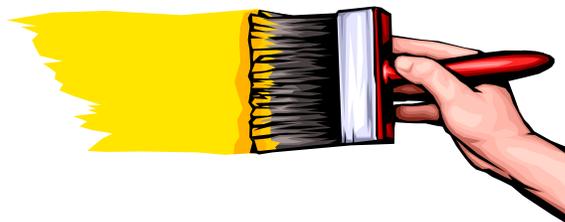
Sarah Nguyen, PTA President the4nguyens@gmail.com or 845-8535

Note: There will be no
Leopard Link
issue next week
due to the holiday

Save the Date! Extreme Makeover: Media Center

Saturday, January 12, 2013

9:00 AM



Mark your calendar and get your painting clothes ready!
Come get your DIY on and join us **Saturday, January 12, at 9AM**
to help with some easy home improvement tasks in our Media Center!
We need "all paws on deck" for this DIY project.
Come for an hour or two...whatever fits into your family's schedule...
and lend a hand. We hope to see you there!

Can You Help?

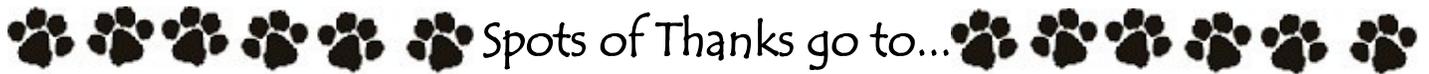
We are in need of a few items for upcoming events at Lead Mine. If you can donate any of the following items, please label them with "PTA" and drop them off in the teacher's lounge behind the front office by **Monday, December 10**. Thank you for your help!

- 100% juice boxes
- 12-pk. bottled water
- Individual snack-size bags of chips
- Hot cocoa packets

Keep Those Box Tops Coming!



Please don't forget to send in your box tops. It DOES make a difference – we will be receiving a check for \$1,162.00 from our most recent collection! The next big collection will be in February.



...all of the families , kids and staff members who came out in support of Lead Mine—to walk, run, or volunteer at the PTA 5K last Sunday afternoon. It was a great turnout!

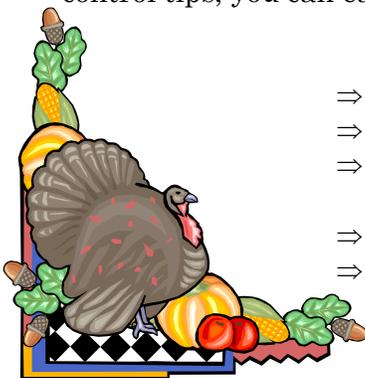
...Michelle Lanzieri for organizing our Family Day Out at Six Forks Theater on Veteran's Day. It was a fantastic turnout!

...Lisa Freeman for putting together "Team Lead Mine" and for encouraging all of us to get out there and participate in the Wake County PTA 5K on Sunday!

Tips on Thanksgiving Portion Control – Avoiding Overeating

by Anne Kolker, nourishinteractive.com

The average person will eat about 4500 calories on Thanksgiving Day! With so many delicious foods and the excitement of the holiday it is easy to get carried away and over eat. But with a few portion control tips, you can eat less and teach your children to eat sensibly, even during the holidays.



- ⇒ Think small - serve in smaller serving dishes to encourage smaller portions
- ⇒ Use smaller plates and bowls to help portion control
- ⇒ Plan for leftovers to reduce the chance of over-eating- you'll save time on future meal preparation too!
- ⇒ Make a low fat vegetable based soup as a starter
- ⇒ Limit starches such as potatoes, stuffing, and rolls, instead fill your plate with more vegetables



'Tis the Season for **LOST & FOUND!!**

What better holiday surprise than finding your child's lost jackets, sweaters, & hats? We're cleaning house and invite you to find your child's lost belongings.

Come by the office & take a look during school hours, but . . .
come by *before November 30.*

We will be donating unclaimed items to the
GCF Donation Center & Store at the end of the month.

To avoid items ending up in Lost & Found, please remember to mark jackets, lunch boxes & other personal items with your child's name.

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Health and Wellness Feature

Exercise Strengthens Muscles

Did you ever do a push-up or swing across the monkey bars at the playground? Those are exercises that can build strength. By using your muscles to do powerful things, you can make them stronger. For older teens and adults, this kind of workout can make muscles bigger, too. Here are some exercises and activities to build strong muscles: push-ups, pull-ups, tug-of-war, rowing, running, inline skating, bike riding.

Exercise Makes You Flexible

Can you touch your toes easily without yelling ouch? Most kids are pretty flexible, which means that they can bend and stretch their bodies without much trouble. This kind of exercise often feels really good, like when you take a big stretch in the morning after waking up. Being flexible is having "full range of motion," which means you can move your arms and legs freely without feeling tightness or pain. It's easy to find things to do for good flexibility: tumbling and gymnastics, yoga, dancing, especially ballet, martial arts, simple stretches, such as touching your toes or side stretches.

Exercise Keeps the Balance

Food gives your body fuel in the form of calories, which are a kind of energy. Your body needs a certain amount of calories every day just to function, breathe, walk around, and do all the basic stuff. But if you're active, your body needs an extra measure of calories or energy. If you're not very active, your body won't need as many calories. Whatever your calorie need is, if you eat enough to meet that need, your body weight will stay about the same. If you eat more calories than your body needs, it may be stored as excess fat.

This information was adapted from KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this, visit KidsHealth.org or TeensHealth.org. © 1995-2012. The Nemours Foundation/KidsHealth®. All rights reserved

Lead Mine Staff Holiday Luncheon

Tuesday, Dec. 11
11:00-2:00 PM

It is our custom each year in December to treat our teachers and staff to a fabulously festive holiday luncheon. The event is a real treat for our staff, as they get to travel off-campus at their designated time to enjoy an hour-long lunch with colleagues! One of the ways we ask for parents to help is by volunteering to supervise students for an hour while the teachers are away from the classroom. We ask that two parents from each class be present. Please be on the lookout for information in Tuesday folders or in your e-mail inbox in regard to this volunteer opportunity. Please note that all parents volunteering in this capacity must have approved volunteer clearance from WCPSS. If you have not yet taken care of that, you may do so on Mondays in the Media Center.



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