



The Leopard Link



President's Perspective

Everyone loves a gift wrapped in pretty paper. Revealing the surprise inside can bring out the kid in anyone, making us feel giddy with anticipation. But sometimes, the gifts that mean the most aren't the ones that come tied in a bow. They are gifts of precious time given to lighten a heavy burden, gifts of treasure that brighten someone's day, and they often come disguised as thoughtful gestures and great generosity. As we all do around this time of year, I am reflecting on the gifts we have been given in each face here at Lead Mine. The sweet children who walk through the doors every morning, the fantastically dedicated staff, and the families that lend support in any way they can to make this school a great place for our kids to learn – all of these are gifts wrapped in goodness. This school is a gift to us all, and I am in awe of all it holds.

Today, our teachers and staff were treated to an **hour-long Holiday Luncheon** "getaway"! Many of the staff at our school spend their lunchtime eating with students, grading papers, returning e-mails, planning with colleagues, and creating lessons. So it was a well-deserved treat for them to be able to spend time eating together. It takes lots of people to pull off an event like this: the parents who gave time to provide classroom coverage for the teachers, our on-duty taxi drivers (Mr. Baird, Mrs. Caswell, and Lisa Freeman), the families who donated supplies and food items, and the volunteers that helped to set up, serve, and clean up at the luncheon. I can think of nothing better to give our staff than a gift of time to enjoy an uninterrupted, peaceful meal with friends. Thank you for making it possible to give this to our staff!

I hope to see you all this Friday evening at **Dinner & a Movie Night**. This year, Beth Sciaudone and the Family Night Out crew have arranged for a yummy dinner from Chick-Fil-A (beginning at 5:30 PM) and a fantastic family flick: **Snow Buddies** (beginning at 6:30 PM)! If you are planning to join us for dinner, we recommend that you pre-purchase your meal tickets. While a few extra sandwiches and chicken nuggets may be available for purchase, please send in money tomorrow in order to guarantee your meal. Extra pre-order forms can be found in the office if you need one. In addition to the already fun evening, Ms. Suggs and the 1st Grade Chorus will be treating us to some winter tunes in the multipurpose room starting around 6:20 PM. Dinner & a Movie Night is one of my favorite annual events at Lead Mine, and this year it is sure to be even more festive! Join us for dinner, a movie, or both! We hope to see you there.

May this winter season bring you good health and much happiness!

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

Dinner and a Movie Night

Please join us for Friday's event! Dinner begins at 5:30 (turn in your Chick-Fil-A pre-orders by Wednesday to guarantee a tasty dinner). Festive winter music provided by Ms. Suggs and the 1st grade chorus begins at 6:20. Our movie, **Snow Buddies**, begins at 6:30. Bring a blanket to sit on and come join the fun!

Calendar

12/14

Dinner & a Movie
(5:30 dinner, 6:20 1st grade chorus performs, 6:30 movie)

12/21

Early Release – 12:30 PM

12/24-1/1/13

Winter Break

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

End of 2nd Quarter

Science Fair registrations due

1/21

NO SCHOOL MLK Day

1/22

NO SCHOOL– Teacher work-day

1/25

"Media by Moonlight"

Lead Mine @ 6pm

1/29

Report cards go home

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



- ..ALL of the volunteers who helped make our Holiday Staff Luncheon possible! Donations of food, supplies, time, and classroom coverage are very much appreciated.
- ...everyone who participated in our last fall fundraiser, organized by Fundraising Chair **Beth Dunn!** Gift wrap orders and cookie dough have now been delivered and prizes will be going out soon!
- ...the **5th Grade Celebration crew** for a successful poinsettia sale that helped to raise money for 5th Grade Graduation expenses.
- ...**Lacy Drummond** and **Lorri Heilig** for arranging volunteers for classroom coverage for the Holiday Luncheon today!
- ...**Leigh Baxter** for organizing the catering from Assagio's for today's luncheon.
- ...**Traci Tucker-Cortez** for organizing the Cultural Arts assembly on Friday. The Brightstar Touring Group performed a play about anti-bullying!

Eating Fast Foods...The Healthy Way

As a parent, you have a strong influence over how much fast food your child eats. Find out how to set some guidelines to follow when eating out that will teach them how to make healthy choices as adults.

Everyday, one out of every four children eat fast food and nearly half of all of us eat fast food more than once a week. We do this primarily because of convenience and because it's less expensive than going to a restaurant. Let's face it, children love fast food meals because it comes in a colorful box, it's served quickly and, most importantly, it comes with a toy!

Why do we as parents visit these places? Well, our lives are more hectic than ever between school, sports, work and friends. Who has time to think about what to eat? The good news is that you can still enjoy an occasional meal from fast food restaurants by learning how to make smart choices. As a parent, you have a strong influence over how much your child eats. Setting some guidelines to follow when eating out will teach them how to make healthy choices as adults.

Making Healthier Fast Food Choices

What Can Parents do?

By learning how the food is prepared, you will be able to make healthier choices ordering from a menu:

- Order foods that are not breaded or fried because they are higher in fat and calories. Foods that are breaded and deep fried include: chicken nuggets, fried chicken, fried fish sandwiches, onion rings and french fries.
- Avoid the promotional specials that have the words "jumbo, super, economy, giant or deluxe.
- Choose grilled chicken sandwiches instead of breaded chicken.
- Many fast food restaurants now offer fruit bowls for dessert.
- Have gravy, sauces and dressings served on the side so you can control the amount you eat.
- Use salsa and mustard instead of mayonnaise. Ask for substitutions in the menu. For children, replace soda with milk or fries with apple slices.
- Order thin crust pizza and add some vegetables.
- Order a salad with 'lite' or non-fat dressing instead of regular dressing.
- Choose a regular, single patty hamburger without mayonnaise and cheese.



Over the last few years, many chain restaurants have been adding healthier menu options. They also started providing nutrition information for all the foods on the menu, but you usually need to ask for it. Try checking their website as well for additional information.

With just a few adjustments, you and your family can enjoy eating healthier foods at fast food restaurants.

Source: [Michelle Mirizzi](#) • MS, Registered Dietitian • www.nourishinteractive.com

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Dinner and a Movie at Lead Mine Featuring

Snow Buddies

Friday, December 14

Dinner: 5:30, Movie 6:30

Disney's adorable talking puppies are back, and this time they venture to the frosty arctic and team up with new friends in a thrilling dogsled race across Alaska. When the going gets tough, the daring dogs have to band together with their new friends, Talon and Shasta, and muster up the courage to face the hair-raising challenges ahead. But will they have what it takes to win the race and find their way back home? Also Featuring a

Winter Performance by the 1st grade at 6:20 pm before the Movie!

Chick-Fil-A dinner ticket orders due by Wednesday 12/12!

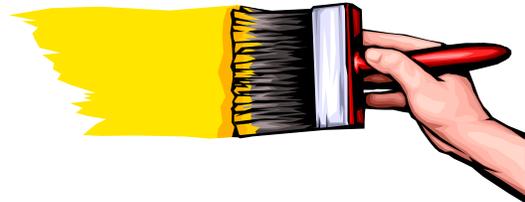


Don't Miss Out!

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!



Lead Mine Science Fair

2nd through 5th grades

February 7, 2013– 6:30 pm to 8:00 pm

Do you want to be a Scientist? Or maybe an Inventor? Registration forms will be coming home in this week's Tuesday folder. You may turn in this registration form to your teacher anytime before **January 18**, and then we will send home the Science Fair Display Tri-fold and the information packet. There is no cost to participate in the Fair this year.

Questions? Contact Science Fair Coordinators Beth Sciaudone esciaudone@nc.rr.com (919) 521-2079 (Beth cell) or Kelly Seeley kseeley1@gmail.com

Accelerated Reader Results Through November

THANK YOU Teachers and Parents! Your support of our Lead Mine Readers is very evident. Less than 10% of our population has not taken an AR quiz yet – but there is time. Let's work together to cut this number in half in the month of December. It takes passing just one quiz to come off that list. The other great news is that the number of students who have qualified for the Year End Breakfast of Champions grew to 52, up from 23 last month, and an increase of 30% from this time last year. Congrats! The number of students with less than 80% Comprehension unfortunately grew to 118, so please be sure that you read all of the choices before choosing your answer on the quizzes. And continue to seek help in selecting good fit books.

Accelerated Reading Results Sept - Nov, 2011

	<u>No Quiz Taken</u>	<u>Met Year End Goal</u>	<u><80% Comprehension</u>
Kindergarten		9	10
1st	13	15	20
2nd	4	10	23
3rd	15	6	31
4th	3	4	18
5th	12	8	16
TOTAL	47	52	118

Clear those shelves...

Several Lead Mine teachers are in need of old, gently used books to build their classroom libraries.

Please bring in any good condition books your children have outgrown.

A collection bin will be placed in the lobby. You can also drop off your books at "Dinner and a Movie" night at Lead Mine on December 14th.

All books will be sorted and distributed to the age appropriate classes.

Questions? Please contact Lorri Heilig at heiligirl@bellsouth.net

