



# OWL EXPRESS

**Springwood College Prep Elementary School**  
**WHAT'S THE HOOT!**

Volume 1, Number 1

August 2015

## COLLEGE PREP MESSAGE

Dear Owl Family:

School has begun, and we are busier than ever. We hope you find this newsletter helpful in keeping up with all of the school's activities, as well as news stories and interest pieces provided by YOU!

We would like to welcome several new teachers to our staff this year: Dabra Lofton – Kindergarten, Vicki Price – 2<sup>nd</sup> Grade, Morgan Stanich – 3<sup>rd</sup> Grade, Rachel Wahl – 5<sup>th</sup> Grade. Please feel free to contact us at any time with any news, comments, ideas, questions or concerns at 850-488-6225. We look forward to working together with you!

*Dr. Christopher Small*

## UPCOMING DATES

Aug. 31....Dance tickets go on sale

Sept. 1.....SAC Meeting 12:00

Sept. 3.....Open House 6:00pm

Sept. 4.....AR Kickoff Party

Sept. 7.....Labor Day

Sept. 8-11..Fun Sock Sale

Sept. 9.....Dance ticket orders due by 3:30pm

Sept. 11....Crazy Sock Day

Sept. 11....Back to School Dance 6:00pm

Sept. 14...Student Council Campaigns begin(4<sup>th</sup> and 5<sup>th</sup>)  
Sept. 16....School Pictures  
Sept. 16....Progress Alerts



### HAVE YOU “LIKED” US ON FACEBOOK?

ATMSA is now on Facebook! Check us out at [www.facebook.com/springwood](http://www.facebook.com/springwood). View pictures, share things with friends and family, Check our events page and “join” to have reminders of important school events (like report cards, testing, and PTO meetings) sync directly to your smart phone! It's a great way to keep up with what's happening at Springwood.



---

We have multiple opportunities for parents to volunteer, and **WE NEED YOU!** Please contact the front office or e-mail

[Springwood.PTO@gmail.com](mailto:Springwood.PTO@gmail.com) to let us know where you may be able to help out!

Please remember to log your hours each time you come in to volunteer. The signup sheet is located in the front office. If you do not have one, please contact Tina Sweeney at [sweeneya@leonschools.net](mailto:sweeneya@leonschools.net) and she will provide you with a volunteer sheet. Thanks for your commitment and dedication to our Springwood owls!

## AUGUST NUTRITION BLURB

---

When you eat foods that contain protein, your stomach and intestines break down the proteins into basic units called amino acids. Amino acids can be used to make new muscles, support strong bones, maintain healthy organs, and reinforce a fierce immune system!

There are some amino acids that our body makes, but other amino acids that we must get from our food. These 9 amino acids that we need to get from our diet are called essential amino acids. Animal sources of protein contain all 9 of the essential amino acids.

Protein can be found in many foods that include: beef, poultry, fish, pork, eggs, milk, cheese, yogurt, nuts, seeds and legumes.

For those of you who don't eat meat, there are

plenty of plant sources that provide protein! Eat plant sources in combination to get all 9 essential amino acids. Good plant sources include: bean/legumes, quinoa, nuts/nut butter, chickpeas, tofu, edamame, leafy greens and chia seeds.

For every pound that they weigh, kids should eat 0.5 grams of protein per day!

For more information visit

[http://kidshealth.org/kid/stay\\_healthy/body/protein.html#](http://kidshealth.org/kid/stay_healthy/body/protein.html#).



[www.BTFE.com](http://www.BTFE.com)

---

Did you know Box Tops aren't just on cereal? Look for them on Betty Crocker products, Pillsbury products, Hanes clothing (socks, underwear, etc. ), Ziplock bags, Brita water filter products, and Avery business products. For a complete list of participating vendors, please visit [www.boxtops4education.com](http://www.boxtops4education.com). Each Box Top earns 10 cents for our school. Keep them coming!

## SPRINGWOOD PARTICIPATES IN 95210

---

SPRINGWOOD pledges to focus on five areas for healthy students. Please discuss these focus areas with your child:

- 9 – Getting at least nine hours of sleep
- 5 – Eating five servings of fruits and vegetables
- 2 – Limiting recreation screen (video/TV time to two hours or less
- 1 – Getting at least one hour of physical activity
- 0 – Eliminating sugary drinks/ Zero tobacco exposure

Help us achieve our 95210 goals by reinforcing these important habits with your child.

## A WORD FROM OUR COACH

---

I am looking forward to another exciting and fun-filled year working with your child in Physical Education. I plan to offer a well- rounded program with a variety of activities suitable to your child's development. I hope to encourage and promote a physically active lifestyle as students discover and explore their skills and abilities.

The activities planned for the school year are designed to enhance spatial and body awareness, hand-eye coordination, foot-eye coordination, perceptual motor skills, locomotor and non-locomotor skills. These skills lead to the development of the basic movement skills necessary in game situations and sports.

Of utmost importance is GOOD SPORTSMANSHIP, FAIR PLAY, COOPERATION, TRYING YOUR BEST AND BELIEVING IN YOURSELF! Our Student Behavior Expectations will be implemented in all PE classes.

Grades: Your child's letter grade is determined by how well they master the skills and benchmarks along with class participation as well as cognitive assessments.

Dress Policy: Be sure to check with your child's classroom teacher about your child's PE schedule. Your child needs to be dressed out accordingly for PE. Athletic shoes are a must! Proper fitting clothing is most appropriate. Improper dress can hinder your child's performance. Remember.....SAFETY comes first!!!

Medical Excuses: Please be sure that I am aware of any medical concerns that may inhibit the physical activity of your child. A written note MUST be given to me at the beginning of class in order for your child to be excused from participation.

## COLLEGE PREP CAPITAL CAMPAIGN

The Springwood College Prep is on a mission to make our school and community the best that Tallahassee has to offer. We want to ensure that our school continues to be a place where all students can learn, grow, and foster an appreciation for education and the possibilities of their future. Our College Prep Capital Campaign is a yearlong fundraiser that we will use to provide materials, resources, renovations, supplies, technology and much more directly to our Springwood campus. The College Prep Capital Campaign is open to all family, faculty, staff, and community members. **The campaign allows us to keep 100% of the profit!**

### DONATION LEVELS:

**\$175 or More – Platinum Presidential List**

**Supporter(Sponsor list for annual banner, Springwood Polo Shirt, College Prep Car Magnet, 1 Free Dance Ticket, 4 Homework Passes & 1 Front Row Seat Pass at Pep-Rally)**

**\$150 - \$174.99 – Diamond Deans List Supporter(Sponsor**

List on Annual Banner,  
Springwood Polo Shirt, College  
Prep Car Magnet, 1 Free Dance  
Ticket & 2 Homework Passes)

\$100 – 149.99 – Gold Scholar  
List Supporter (Sponsor List for  
Annual Banner, Springwood Polo  
& College Prep Magnet)

\$50.00 - \$99.00 – Silver Owl List  
Supporter (Sponsor List for  
Annual Banner, College Prep  
Magnet & Springwood T-Shirt)

\$25.00 - \$49.99 – Bronze Legacy  
List Supporter (Sponsor List for  
Annual Banner & Springwood T-  
Shirt)

\$1.00 - \$24.99 – Wise Owl  
Supporter (College Prep Magnet)

Or to receive messages via  
email, send an email to  
[swes2015@mail.remind.com](mailto:swes2015@mail.remind.com). To  
unsubscribe, reply with  
'unsubscribe' in the subject line.

## REMIND 101

To receive messages via text,  
text @swes2015 to 81010. You  
can opt out of messages at any  
time by replying,  
'unsubscribe@swes2015'

Trouble using 81010? Try texting  
@swes2015 to (786)766-7524  
instead.