

# EAGLES' TIMES

Volume 8 Issue 5, December 17, 2010  
Santa Clarita Valley Council PTA, 34th District  
[www.nlhpta.com](http://www.nlhpta.com)



## IMPORTANT DATES

- December 20th-January 3rd:** Winter Break
- January 6th:** PTA Association Meeting 8:30 am in the MPR
- January 11th & 12th:** Recycling Days
- January 14th:** Progress Reports sent home
- January 17th:** Martin Luther King Jr. Day No School
- January 25th:** Science Fair Assembly

## Things to Remember

- ◆ Keep collecting Box tops for Education. Easy sign up at [www.boxtops4education.com](http://www.boxtops4education.com). This website has ways to earn even more \$\$\$ for our school. Check it out.
- ◆ Keep saving your CA CRV plastic bottles, glass and aluminum cans. The **next recycling date** will be **January 11th & 12th**. Anybody wishing a pick up of recyclables, contact Amanda Moon at [moon55@hotmail.com](mailto:moon55@hotmail.com) or Heidi Voll at [hsvoll@hotmail.com](mailto:hsvoll@hotmail.com)
- ◆ Drop off **E-waste** to Camelot Moving & Storage at 28040 Industry Dr. Santa Clarita CA 91355. We receive \$1.00 for each item recycled. Sign the log in the office in the "referred by" line  
**Northlake Hills PTA**

## Please Come

At our January 6th PTA association meeting, Deputy Bill Velek of the LASD Juvenile Intervention team will be giving a very informative talk on the use of household items that can be turned into drugs. These are not the street drugs, but items in your cupboards that young people have been using to "get high". Please make time to come to this important PTA meeting. Keeping ourselves informed is the best way to protect our children.

## President's Notes

Hello Everyone,

A little different format for my letter this month:

**January 6, 2011 PTA Meeting:** Mark your calendars and plan on attending, Office Bill Velek from the Juvenile Intervention Team will be here to discuss "household drugs" not the drugs on the street but those drugs that kids are making from everyday household items.

**YEARBOOK:** All of you budding photographers out there need to start uploading your great shots to our yearbook web site. Go to the PTA website [www.nlhpta.com](http://www.nlhpta.com) and click on the yearbook banner, it will take you directly to the page to begin uploading photos. Our first deadline is fast approaching so please share your pictures.

**GRANT RESEARCH:** A great opportunity to help your school through researching grants. There are many grants being awarded by corporations, government and private individuals we just need to find them. If you enjoy doing research contact me at [hsvoll@hotmail.com](mailto:hsvoll@hotmail.com).

**CORPORATE/BUSINESS SPONSORSHIP:** We will be looking for corporate/business sponsors to off set the cost of installing our latest classroom technology; Smart Boards. To see one in action to go [www.Youtube.com](http://www.Youtube.com), "SMART Boards why are they so easy to use?" If you work for or know of a business that would like to help our children learn using some of the latest technology contact me at [hsvoll@hotmail.com](mailto:hsvoll@hotmail.com). Watch for additional information in the coming months.

**SPIRITWEAR:** Our December order was a success and we'll be placing another in January, you can print an order form from our PTA web site.

It's that time of year when we count our blessing. Thank you for all of your support and I look forward to great things in 2011.

Happy Holidays,

Heidi Voll  
PTA President

### Lost and Found

With all the strange weather we have had lately, the lost and found box is overflowing with jackets and sweaters. Remind your children to check for belongings. Any items left after winter break will be donated. Thank you!

### Coke Rewards & Other Stuff

Don't forget to log onto [www.mycokerewards.com](http://www.mycokerewards.com) to enter your rewards points, especially during this holiday season. Save your coke rewards points, chip bags and juice pouches over the winter break and send them in in January. Also don't forget to keep up with your recycling. Anyone needing a pick up of large bags contact Amanda Moon or Heidi Voll to arrange for a pickup in January. Thanks for helping us keep Castaic green! Lastly, please make sure your have registered your Ralph's card so we can continue to receive the support from Ralph's, as every little bit helps toward getting our children what they need to make them as successful as possible.

### Castaic Ed Foundation

Castaic Ed Foundation is continuing to sell Newhall Roasting Company Coffee for \$8.00 per bag. They are available in the school office. It is delicious coffee!

### Science Fair

The Annual Science fair will be coming up in March. Look for flyers coming home in January. It is amazing what our students can come up with, so encourage your child to participate in the Science fair.

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Find us on Facebook!

Si usted tiene alguna pregunta relacionada con las actividades de la PTA llame

Alejandra Esquivel 661-904-4284 o  
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## From the Desk of SCVSFSA

**December:**

### **Teaching Healthy Habits at Mealtime**

Children won't perceive healthy eating as important if it is not something that they see you doing.

- ◆ Eat the way you want your child to eat—try new foods together but don't force your children to try them.
- ◆ Avoid emphasizing "good" and "bad" foods—teach your child that he or she needs to balance nutritious food with fun snacks.
- ◆ Show ways for managing stress that do not include eating.
- ◆ Encourage your kids to help prepare meals, set the table and help with dishes.
- ◆ Enjoy your meals—positive attitudes are contagious!

**January:**

### **Benefits of Family Meals**

Eating meals as a family plays a key role in raising high-achieving, healthy and well adjusted children.

**Improved Academic Achievement:** Frequent family meals are linked with being successful in school, including getting better grades and scoring higher on achievement tests.

**Better Nutrition:** Family meals contribute to higher daily intakes of fruit, vegetables and important nutrients like calcium, fiber, iron, vitamins B6 and B12, C and E, and less overall dietary fat.

**Higher Self-Esteem:** Mealtime conversation brings the family together, promotes positive self-esteem in children and starts a lasting and positive relationship with food.

**Making Mealtime Family Time:** Family meals should be dynamic—an exchange of ideas, conversation and feelings. Mealtime is a wonderful opportunity to strengthen family ties and pass on family cultural traditions.

Provided by SCVSFSA, source: Dairy Council of California, 2010–2011

Happy  
Holidays  
From,

NHE PTA

