

The Bear Facts

*Sponsored by the Parent Faculty Association
of Jessie Beck Elementary School*

PFA News

March is National Nutrition Month! In an effort to share the importance of healthy nutrition in children, I thought I'd tell you a little bit about Calcium. Calcium is required for vascular and muscle function, nerve transmission, and hormonal secretion, but 99% of the body's calcium is stored in the bones and teeth. According to a **National Health and Nutrition Examination Survey (NHANES 2003-2006)**, 9-18 year old girls, women over 50, and men over 70 on average fell short of the desirable intake levels. Many of us do not get adequate dietary Calcium on a regular basis.

In childhood and adolescence bone size and mass increase with growth, and overall bone density peaks around age 30. Maximum peak bone density at age 30 is important to prevent damaging bone loss, osteoporosis, and other complications later in life. Since we, as parents, spend so much time and effort ensuring the best for our kids, this is yet another factor to consider.

The **Institute of Medicine of the National Academies** established RDAs for the amounts of calcium required for bone health and to maintain adequate rates of calcium retention in healthy people.

Recommended Dietary Allowances (RDAs) for Calcium (per day)

Age	Male	Female	Pregnant	Lactating
1-3 years	700 mg	700 mg		
4-8 years	1,000 mg	1,000 mg		
9-13 years	1,300 mg	1,300 mg		
14-18 years	1,300 mg	1,300 mg	1,300 mg	1,300 mg
19-50 years	1,000 mg	1,000 mg	1,000 mg	1,000 mg
51-70 years	1,000 mg	1,200 mg		
71+ years	1,200 mg	1,200 mg		

* Adequate Intake (AI)

Jessie Beck students should be getting 1,000-1,300mg of dietary Calcium per day. People often say to me, "I eat ice cream". A short survey I did this week reveals that there is only 6-10% of the RDA for Calcium in ½ cup of ice cream. This means you would have to eat a half GALLON of ice cream in one day to get 1,000mg of Calcium!

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Milk, yogurt, and fortified foods such as orange juice have about 300mg in one 8oz cup, 1.5oz of cheese has about 300mg. Your 4-18 year olds should be consuming 3-4 servings of milk, yogurt, and/or cheese per day! For more food sources of Calcium and a fact sheet from NIH, which information for this article was taken from, please visit <http://ods.od.nih.gov/factsheets/calcium/>.

Okay, PFA hat on now... a big thank you to **Mischelle Leach, Ms. Serpa, Dr. Brock** and the whole Science Fair Committee for a great Science Fair event! Congratulations to all the students (and parents) that completed and submitted an entry, and big Jessie Beck thank you bear hugs to all the judges who took hours out of their evening to judge!

Julian Castro has started as our new PE teacher twice a week - funded wholly by PFA hard-earned dollars. He is doing a great job and the kids are enjoying their weekly time with him. Welcome, Julian!

As you start with Spring (winter?) Cleaning this month, please remember to set "donate-ables" aside for our 1st Jessie Beck Garage Sale which takes place Saturday, June 2nd. Look for more information on where and when to bring those in.

PFA Board Elections are coming up! If you or someone you know is interested in volunteering for a very important position, please email me at beckpfa@gmail.com.

Drink your milk and come to our next General Meeting, 6:30PM Thursday, March 8! See you then,

~ **Faith Osgard, (Registered Dietitian) and PFA President**
emosgard@msn.com

From the **Principal**

Can you believe how fast the year is going? I am amazed that I am looking at the calendar and seeing that it is March. We are keeping very busy with our preparations as CRT's are approaching. This year CRT's were pushed back later in the year allowing for additional instructional time before the big test. Our **CRT's will take place April 30 – May 4th for 3rd – 6th grade students.**

Revitalization continues to evolve as we move towards our June move out date. Teachers are being asked to move all of their personal items out of the building before the revitalization can begin. All district items will need to be packed as well and the district will store them. Please check with your classroom teachers to see if they need help in collecting boxes, packing up, and/or moving. It will be a very busy end of May and early June.

Common Core State Standards continue to be rolled out as teachers are becoming more familiar with the new expectations for student learning. This month we will be focusing on instructing and using 50% informational text and 50% literature. Several staff members took part in a district sponsored Core Task Project. We will also be diving into text dependent questions. If you have no idea what I am talking about, hang in there. We are starting to speak a new instructional language.

TWI students and teachers continue working hard in both English and Spanish. We will be having an existing TWI parent meeting with Mary Ann Robinson on March 20th at 4:30. If you have any questions that you are looking to have answered, please e-mail me at jaanderson@washoeschools.net and I can get them to her ahead of time. NEW Kindergarteners looking to be in TWI Kinder for the 2012-13 school year, will have an information meeting on April 30th at 6:00. Please spread the word to your friends if they are looking to join our TWI program.

~ Jenni Anderson, Principal

PFA Elections

We will be holding annual elections of PFA officers for the 2012-13 school year during the April General Membership meeting. To that end, we need four PFA members to assist with recruiting and providing the membership with a slate of nominees. If you are interested in one of the officer's positions or could volunteer your time in assisting us with the election of PFA officers, please contact **Scott Nebesky** at nebesky@sbcglobal.net or **Andrea Baccigaluppi** at andreamcarla@sbcglobal.net

Library News

Piggy-Bank-Friendly **BOOK FAIR**

Jessie Beck March 12 - 16



Dear Families,

We are excited to invite you to the Jessie Beck Book Fair:
Monday March 12 - Friday March 16 from 8:30am to 3pm every day.

This is a fantastic opportunity to get your kids lots of great books at an affordable price. It is like having our store come to your kids' school.

We all know that reading is important for the growth of young minds...this is a fun way to get your kids excited about books and reading. Don't miss out on this great event.

There are lots of great books and fun stuff for your kids to choose from. Most new books are \$4.99 or less, and many titles are 99¢.

For your convenience, pay with cash, checks or credit card. We encourage you to take time for this special event. Can't wait to see you!

Join us Tuesday March 13 from 6-8pm in conjunction with Dessert Night

P.S. { Bring this letter to Grassroots Books at 660 E. Grove St. (near REI & Costco in Reno) and every kid and adult in your group gets a FREE used book! (Limit one per person in 2012 from any promotion. Choose from 10,000+ unstickered books. Valid until Dec 31, 2012.) }



Stuff Raiser

EVERY LITTLE BIT COUNTS.
Donate books, DVDs, CDs, game
—even VHS and vinyl records—to
help raise money. Library and
classrooms will keep some items.

Donation bins are located in the
hallway during the Book Fair.



For a full-sized copy of the flyer and more information, stop by the library.

~ Mrs. Cox, Librarian

Walking School Bus

Officer MJ Cloud will be at school on Friday, March 9 providing Safe Routes to School Training to all students. She will cover bike safety as well as things like crossing at crosswalks and all the other things kids need to put into practice as the spring comes and more of them are walking and biking to school.

If you would like for your child to walk to school but worry about them going alone, keep an eye peeled for details about the **Walking School Bus, starting Monday, March 26.** Information on the route and schedule will be coming home with your children soon.

If you're interested in volunteering to walk with us, please contact **Laurie Lough** (Larsiel@gmail.com) for more information. Please help support this fun and easy way to get our children moving!

Art to **Grow**

Jessie Beck's Art to Grow is going strong!

Things are happening in the world of art at Jessie Beck. After our Collaborative Art Kick-off Workshop in January, every class at our school has begun the journey in collaborative art in preparation of our big FUNd the ARTs event in May. I guarantee this year is sure to surprise and amaze everyone with the amazing and original works of art being created by our students!

We have been busy in the art room preparing for this summer's revitalization with a series of **Free-Cycles** with all remaining items going to our school garage sale. The streamlining and thinning out of unused materials (such as reclaimed and recycled items) will help with the room changes. Due to the revitalization, Jessie Beck will be losing most of the current art room. While we're not sure where we will be housed, we know this much needed program and its resources will remain at our school. All of the materials and equipment will need to be removed for the construction and we will be in need of volunteers to assist. If you are able to help with our project, please contact me or Faith Osgard.

Check us out at the district! Each school in the Washoe County was called upon to create a piece of art reflecting their school to be displayed on the foyer bricks of the district building. Our brick proudly displays the original illustration of Jessie Beck along with our mascot bear and the Scarecrow and FUNd the ARTs logos; just a few of the wonderful components that reflect the essence of our great school.

Please make your calendar for our annual **Art Show & BBQ** schedule for **Friday, May 11th**. This is a wonderful day to bring your family to enjoy the strolling art show around the school. You can eat on the green with a picnic lunch or purchase a BBQ lunch at school. Flyers and reminder will come home as the date draws near.

Please email me if you are interested in getting involved in the art program at Jessie Beck. You are welcome to join in anytime!

~ Robin Heywood, Jessie Beck Art Coordinator

Special **Thanks**

Please remember to patronize our gracious donors and partners.

**El Adobe
Whole Foods**



SAVE

THE DATE

And we'll save you a slice of edible art.

May 18, 2012
5:30 - 9:30 pm

An Evening of Art, Auctions & Gourmet Pizza

California Building - Idlewild Park



This year's event is a slice of art - literally. These are not ordinary pizzas. With gourmet toppings like buffalo, porcini mushrooms, goat cheese, smoked applewood bacon, crab, roasted zucchini and more, these MasterPizzas will be the tastiest art of the night.

But there's much more. A live auction for the art pieces made by Jessie Beck students will satisfy your hunger for truly unique art. And silent auctions for vacations, dinners, gift baskets, massages, and more will whet your appetite.

So stay tuned. Invitations with all the details will go out soon.

If you would like to donate an item for auction, please contact **Lanny Hershenow** at lhershenow@washoe.k12.nv.us. If you would like to volunteer during the event, contact **Derek Vogel** at derek.vogel@gmail.com.

Dates to Remember

Mar. 8.....PFA Meeting (6:30)
Mar. 11Daylight Savings Begins
(Spring Forward 1 hour)
Mar. 13Dessert Night
Mar. 17St. Patrick's Day
Mar. 20Skate Night (5:30-7:30)
Mar. 23Spring Pictures, End of Grading
Mar. 30Report Cards go Home
April 2.....El Adobe Night
April 4.....Kinder Graduation Pictures
April 8.....Easter Sunday
April 9-13Spring Break - No School
Early Release - Every Wednesday at 2:15, except as noted above

Science Fair 2012



Our Science Fair this year was fantastic! In case you missed it, here are a few facts, figures, and highlights:

First and foremost, our student scientists outdid themselves, working hard to plan, execute, and display their projects, all 151 of them!!! The projects were predominantly Scientific Method, but included approximately 15 innovative Inventions and 15 remarkable Demonstrations. Of course, the students who participated are ALL winners, but we have 24 projects moving on to represent Jessie Beck at the **Western Regional Science Fair, March 29 - 31 at Lawlor Event Center!**

This year we added a couple new activities to our Science Fair. On Wednesday, prior to official judging, the classes toured the projects and students were given the opportunity to vote on their favorites. The students had to investigate beyond the appearance of the exhibits which really encouraged critical, scientific thinking! The winners of the Students' Choice Awards were:

Invention - "The Lazy Light Switch"
by Noelle Hamilton (3rd grade)

Demonstration - "Energy"
by William Calleja and Luis Ortiz (4th grade)

Scientific Method - "Rainbow Flames"
by Camden Leach (4th grade)

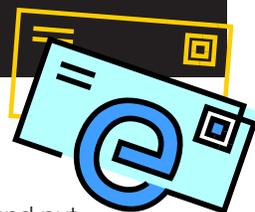
We also had special guests from **Sierra Nevada Journeys** who presented a fun and exciting challenge during Family Science Night. Teams competed to build the tallest, sturdiest towers, using drinking straws and toothpicks. The structures were then tested on an earthquake simulator and timed. Scores were determined by multiplying height (cm) and time (sec.) it could survive the trembling machine. **Tower of Liberty** was the winner with 8,940 points, followed by **Team Hogan, The Champagnes, The Goonies, and Team Nevada!** It was an exhilarating evening, to say the least!

Finally, The success of the Science Fair would not have been possible without the expertise of **Ms. Serpa, Dr. Brock**, and all of our wonderful volunteer judges. Also paramount to the endeavor was the help and support from Principal Anderson, Faith Osgard and the PFA, the invaluable Miss Lanny, and all the other volunteers. Thanks also to the teachers whose routines were interrupted and the office/custodial staff who are always flexible, helpful, and cheerful during the chaos!

Looking forward to next year!
Mischelle Leach, "Science Fair Chair"

Paper Opt-Out

If you would rather receive "The Bear Facts" via email than paper copy, please follow these simple directions: Send an e-mail to beckpfa@gmail.com and put "opt-out of paper newsletter" in the subject line. In the body of the e-mail, include your name, your child(s) name and their teacher. Opting-out is a great way to save on paper and printing costs. Thank you.



~ Jessie Beck PFA

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