Thank you! Thank you! Thank you! This year’s Jog-A-Thon was a tremendous success and a lot of fun, too. We raised over $18,000 to help support Chaparral. Thank you to everyone who helped and had a hand with this event.

The CUSD Parent Portal is currently available to all Kindergarten – 5th grade parents. The Parent Portal provides parents and guardians access to their student(s) schedule, report card grades, and daily attendance via the Internet. Access to student information is intended for the students’ parents or guardians only and is restricted by a secure login and password. You will need the following information to create an account:

Student ID:
Home phone:
Verification code:

Simply log onto https://abi.capousd.org/ where you will find directions for creating your Parent Portal account. We strongly encourage all parents to register for a parent portal account. In the future, through the use of Parent Portal, we will provide parents with the ability to update student demographic records, print their child’s report cards, and download important documents directly from the portal. This will help ease the burden of filling out so many forms at the beginning of the year.

In the meantime, we have a lot of PTA Sponsored Events and Activities coming up, so stay tuned to our List Serve and our PTA Newsletter and mark your calendars! Spring Fair/Auction, Follies and much more!
If you ever have any questions or comments, as always, you can contact me—Missy Bystrom at missyppta@gmail.com.
Thank you for being a part of Chaparral PTA!

Sincerely, Missy Bystrom
PTA President Chaparral Elementary 2011/2012

Chaparral’s annual Spring Book Fair will be held March 26-30 in the library. The students always look forward to purchasing the latest and greatest books, and the proceeds from the Book Fair will support many of the wonderful programs that the PTA sponsors at Chaparral. Each Class will attend the Book Fair during their designated library time. In order for the Book Fair to be a success, we need parents to volunteer.

Please log onto: http://www.volunteerspot.com/loginentry/132345638318374019 to volunteer. Email Susan Goldfader, Bellaluna1@aol.com if you have any questions or need more information.
"How The West Was Run"
Chaparral Elementary School Triathlon
Raises $18,000 To Support Essential Programs!

More Than 900 children walked, jogged or sprinted for the final 26 minutes in the last leg of Chaparral PTA’s annual Triathlon on March 2, raising $18,000 in the process! The money was raised via student pledges, and will directly benefit the school, helping to fund Field Trips, Technology and our Instructional Aid Program.

This year’s theme, once again, was “How the West Was Run!” organized by Mary McGettigan. It’s a week long of fun festivities showing school spirit and fund raising! The event was a huge success and a tremendous support for the school. The children had a blast warming up with Miche’ Almeida, Boggie Box Kids, then hit the track! The entire student body and community came together for a great time!

All prizes were generously donated by local business including Beach Fire, Biorient, Body Back, Clindatrix, Rock Road Cyclery, PDF Print Solutions, Reflect Sports, Stroller Strides, Dr. Joe Tobias and Toy Town.
Committee News from Christi Coy

March is National Nutrition Month! In honor of this year’s theme, “Get Your Plate in Shape,” I am sharing a tip sheet from MyPlate, the consumer-friendly tool based on the new Dietary Guidelines for Americans.

### 10 tips
to decrease added sugars

**Cut back on your kid’s sweet treats**

**Limit the amount of foods and beverages with added sugars your kids eat and drink.** If you don’t buy them, your kids won’t get them very often. Sweet treats and sugary drinks have a lot of calories but few nutrients. Most added sugars come from sodas, sports drinks, energy drinks, juice drinks, cakes, cookies, ice cream, candy, and other desserts.

1. **Serve small portions**
   It’s not necessary to get rid of all sweets and desserts. Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods. Have them share a candy bar or split a large cupcake.

2. **Sip smarter**
   Soda and other sweet drinks contain a lot of sugar and are high in calories. Offer water, 100% juice, or fat-free milk when kids are thirsty.

3. **Use the check-out lane that does not display candy**
   Most grocery stores will have a candy-free check-out lane to help moms out. Waiting in a store line makes it easy for children to ask for the candy that is right in front of their faces to tempt them.

4. **Choose not to offer sweets as rewards**
   By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.

5. **Make fruit the everyday dessert**
   Serve baked apples, pears, or enjoy a fruit salad. Or, serve yummy frozen juice bars (100% juice) instead of high-calorie desserts.

6. **Make food fun**
   Sugary foods that are marketed to kids are advertised as “fun foods.” Make nutritious foods fun by preparing them with your child’s help and being creative together. Create a smiley face with sliced bananas and raisins. Cut fruit into fun and easy shapes with cookie cutters.

7. **Encourage kids to invent new snacks**
   Make your own snack mix from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Provide the ingredients and allow kids to choose what they want in their “new” snack.

8. **Play detective in the cereal aisle**
   Show kids how to find the amount of total sugars in various cereals. Challenge them to compare cereals they like and select the one with the lowest amount of sugar.

9. **Make treats “treats,” not everyday foods**
   Treats are great once in a while. Just don’t make treat foods an everyday thing. Limit sweet treats to special occasions.

10. **If kids don’t eat their meal, they don’t need sweet extras**
    Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.
Calling all Talented Champions!!
Well this is your chance to shine!!

7th Annual
Chaparral Follies
Auditions

Auditions will be held the week after spring break.
Signups will be in the Front Office starting March 1st.
Show is June 8th starting at 5:30pm

In order to audition (and be in the show), you must bring the permission slip on the bottom of this flyer, signed by a parent or guardian, to the audition. Minors without signed permission slips cannot audition or be in the show. Auditions are held strictly for determining appropriateness, length, and content. No legitimate acts will be turned away.

You must audition to be eligible to perform in the Follies!

Please be aware of these ground rules:

☐ Chaparral Elementary students, teachers, and staff may audition
☐ 2 minute time maximum per act
☐ One act per performer
☐ Dress Code Appropriate attire
☐ No lewd lyrics/language
☐ No lip-syncing (must actually sing)
☐ Singers must provide their own accompanist or music CD (not on ipod, must be CD)
☐ Must audition to be eligible to perform

Please Note: Acts must be complete at the time of audition with costumes and any props necessary. If singing, please bring your accompanist or music CD to the audition. We will be collecting your music sheets (copy of the sheet music if singing or playing an instrument) or music CD at the time of the audition, so please be prepared.

Parents interested in volunteering to help with the show or the Bake Sale, please contact us.
Questions? Contact Michellea David at michelleaPTA@gmail.com or Danette Riemer at driemer@cox.net.

Not sponsored by CUSD. Not printed at CUSD expense.
Capistrano Unified School District 4, Chaparral Elementary

I, the parent or guardian of _________________________________ give my permission for my child to participate in the Champion Follies Talent Show. I am aware that in order for my child to perform in the Follies, he or she must audition.

Parent Signature ______________________ Date ____________

Parent Printed Name ______________________ Parent Phone Number ____________

Parent Email Address ______________________ Audition Date and Time ____________

Name of Act ______________________ Type of Act ____________
### Executive Committees

<table>
<thead>
<tr>
<th>COMMITTEE</th>
<th>VOLUNTEER</th>
<th>EMAIL</th>
<th>PHONE</th>
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</thead>
<tbody>
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<td>Kim Milo</td>
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<td>842-9920</td>
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<td>481-1995</td>
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</tbody>
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--- | --- | --- | ---
Teacher Appreciation Week | Christina Roberts | christina.roberts@cox.net | 537-4099
Welcome Back Teachers’ Brunch | Christina Roberts, Heidi Anne Duerr | christina.roberts@cox.net, iangotti@cox.net | 537-4099, 373-6237
Yearbook | Gabrielle & Irene Angotti | iangotti@cox.net | 373-6237

**PTA Calendar 2011-2012**

**March**
19-23 Teacher Appreciation Week
28 Champion of the Month
30 Celebration Books

**April**
9-13 No School - Spring Recess
17-20 5th Grade Science Camp
18 PTA Association Meeting at 7pm
25 OFFICE ADMINISTRATION DAY
25 Follies Try-outs in Hall of Fame
25 Champion of the Month
27 Celebration Books
Star Testing Window - April 30-May 18

**May**
Star Testing Window - April 30-May 18
2 Art Masters
2 McDonald’s Night
9 PTA Board Meeting at 11:30
18 Spring Fair and Auction at 3:00
23 Open House at 5:30-7:00pm. Minimum day 12:05 Dismissal
25 Celebration Books
28 Memorial Day, No School
30 Champion of the Month

**June**
5 Volunteer Tea
8 Follies at 5:30pm
13 Association Meeting at 11:45
15 Celebration Books
15-16 American Cancer Society 24 Hour Relay for Life
18 Teacher / 5th Grade softball team
20 Last Board Meeting of school year
21 Last Day of School

The Special Education Council meetings are held the Third Tuesday of the month at 9:30 AM. All are welcome to attend.

Special Education Council website is https://sites.google.com/site/specialeducationcouncil/

Meeting dates for the 2011/12 school year are scheduled for April 17 and May 15.

A Great Big Thank You
Thanks to Ollie & Jax for donating Pizza for:
Ability Awareness Day
Recycling Contest