

# Stonewall Scoop

PTA Newsletter

October 19, 2011

Go Stallions!

[www.stonewallpta.org](http://www.stonewallpta.org)



## Wellness Night

Stonewall Health and Wellness Night will be Thursday, November 3<sup>rd</sup> from 6-8 pm. Sample healthy foods and get fun ideas on how to be active as a family.

There will be activities and prizes for the kids.

Please see attached flyer for more specifics.

Bring the whole family!

## Looking for a Few Good Volunteers

### Like YOU!

The Stonewall PTA is looking for a few people to volunteer in the following areas. If you are interested or have any experience in any of these areas and would be willing to head up one of these activities, please contact Jennifer Crockett at 533-5892 or [jenn.crockett@yahoo.com](mailto:jenn.crockett@yahoo.com). A BIG Thanks to those of you whom have already volunteered this year!

Newsletter Editor – Create and edit PTA newsletter every two weeks.

Field Day Coordinator — Coordinate volunteers to help work on Field Day in May.

Picture Takers — Memory Book Committee needs you to take pictures when you visit our school, go on field trips, or participate in school events with your child. Please e-mail pictures to Robyn Johnson at [robyn\\_johnson25@yahoo.com](mailto:robyn_johnson25@yahoo.com).

## Spirit Items Still Available!

The following Spirit items are available for immediate delivery:

- ✦ Blue Youth XL
- ✦ Blue Adult Small t-shirts
- ✦ One Yellow Adult 2X
- ✦ Yellow visors
- ✦ Car Magnets (\$2 each)



All items, except magnets, are \$10. Please email [marybethcarter@yahoo.com](mailto:marybethcarter@yahoo.com) to check availability prior to sending in payment.

Orders for long sleeve t-shirts, sweatshirts, and hoodies will be due on Wednesday, November 2. Please note that this is a pre-order only. Additional items will not be ordered. An order form is included with this newsletter for your convenience.

## Family Movie Night

Join us for Family Movie Night at Stonewall on Friday, October 28 at 6:30 p.m. We will be showing Rio in the Cafeteria. This is an event for the whole family. Parents are expected to attend with their children. Spend some good family time together at Stonewall! The kids love it!

## Recipe

### Kid-Friendly Turkey Chili

#### Ingredients

- 1 tablespoon canola oil
- 1 pound ground turkey
- 2 (10.75 ounce) cans low sodium tomato soup
- 2 (15 ounce) cans kidney beans, drained
- 1 (15 ounce) can black beans, drained
- 1/2 medium onion, chopped
- 2 tablespoons chili powder
- 1 teaspoon red pepper flakes
- 1/2 tablespoon garlic powder
- 1/2 tablespoon ground cumin
- 1 pinch ground black pepper
- 1 pinch ground allspice
- salt to taste

#### Directions

1. Heat the oil in a skillet over medium heat. Place turkey in the skillet, and cook until evenly brown; drain.
2. Coat the inside of a slow cooker with cooking spray, and mix in turkey, tomato soup, kidney beans, black beans and onion. Season with chili powder, red pepper flakes, garlic powder, cumin, black pepper, allspice and salt.
3. Cover, and cook 8 hours on Low or 4 hours on High.

## Stonewall Winter Coat Drive

Our community service project for the month of November is a Winter Coat Drive. The drive will run November 1-30. Has your child outgrown their coat this year? Chances are there is a child who could use it. Help teach your children the value of community service by participating in the coat drive – and clean out your closets too! We are also accepting coats for men and women. Ask your child to drop the coats off in the labeled donation can located in the school lobby.

## October/November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 Safe Schools Week	17 Day 2	18 Day 3	19 Day 4	20 Day 5	21 Day 6	22
23	24 Day 1	25 Day 2	26 Day 3	27 Day 4	28 Day 5 Family Movie Night 6:30	29
30	31 Day 6	1 Day 1 Winter Coat Drive Begins	2 Day 2	3 Day 3 Wellness Night 6-8	4 Day 4	5

*The Stonewall PTA helping parents, teachers and the environment. Please consider the environment before printing this newsletter.*

*If you have questions, please contact Stonewall PTA President Jennifer Crockett at [jenn.crockett@yahoo.com](mailto:jenn.crockett@yahoo.com).*

# Stonewall Health and Wellness Night



Get fun ideas on how to be active as a family

**What: A fun event to kick off Healthy Lifestyles Month**

**When: Thursday, November 3rd 6-8 pm**

Sample Healthy Foods



Healthy Snack Ideas



Fun activities and prizes! Free stainless steel water bottle for the first 70 participants!



Zumba Kids Class from 6:30-7:00



Health and Wellness businesses/ groups that will be participating include: Lexington Parks and Recreation, Central Baptist Health Worx, Good Foods Co-op, Lexington Farmers Market, Beaumont YMCA, Fayette County Health Department, Zumba Kids, Kentucky Department of Agriculture, Stretch-n-Grow, UK Department of Nutrition and Food Science, UK Dentistry, Tiger Kim's Taekwondo, Bluegrass Tennis Association, Wholesome Chef, and many more!

# Stonewall Spirit Order Form

Orders Due Wednesday, November 2 -- Make Checks Payable to Stonewall PTA

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Homeroom: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Design	Type of Shirt	YOUTH			ADULT						
		Small	Medium	Large	Small	Medium	Large	XL	XXL	XXXL	
	Blue Long Sleeve T-shirt										
	Blue Sweatshirt										
	Blue Hoodie										
	White Long Sleeve T-shirt										
	White Sweatshirt										
	White Hoodie										
<b>TOTAL NUMBER</b>											



Car Magnets (Blue with white Ink)

Number of T-Shirts \_\_\_\_\_ X \$12 = \_\_\_\_\_

Number of Sweatshirts \_\_\_\_\_ X \$15 = \_\_\_\_\_

Number of Hoodies \_\_\_\_\_ X \$20 = \_\_\_\_\_

Number of XXL \_\_\_\_\_ X \$2 = \_\_\_\_\_

Number of XXXL \_\_\_\_\_ X \$3 = \_\_\_\_\_

Number of Magnets \_\_\_\_\_ X \$2 = \_\_\_\_\_

**ORDER TOTAL** \_\_\_\_\_

**PTA USE ONLY**

Payment Type:  Cash  Check

Amount: \_\_\_\_\_

Order Number: \_\_\_\_\_

Delivered: \_\_\_\_\_