



The Murdock Weekly

A Quick Look at the Week Ahead

A publication of the Murdock Elementary PTA
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Murdock PTA website: <http://www.murdockpta.com>
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every child one voice.

January 6, 2010

COUNSELOR TALK

Make Time to Listen. Take Time to Talk.

Character Words: Humility, Self-Confidence/Empowerment, Flexibility/Creativity, Initiative/Effort

What does it mean to be flexible in everyday life? How can you be more flexible at school or at home?

Is there someone who you feel puts a lot of effort into their school work in your class? How do they show this effort?

Do you show initiative and begin work before a teacher or parent tells you? Why would this be important?

WEEK AT A GLANCE...

- 1/6 Wed • School Store (3-5) 7:25-7:50 am
- 1/7 Thur • PTA Committee Meeting 7:30 am
• MESF Board Meeting 6:30 pm
- 1/8 Fri • MBC
• Spirit Day-wear your Murdock shirt
- 1/11 Mon • Monday Kid Chess Trophy Day
- 1/12 Tues • School Store (3-5) 7:25-7:50 am
• GECKO meeting 2:30 pm
• School Council 7:00 am

LOOKING AHEAD...

- 1/13 Wed • School Store (3-5) 7:25-7:50 am
• MESF Pizza Night
• Class Spirit Day
- 1/14 Thur • Last day for online yearbook orders
- 1/15 Fri • MBC
• Spirit Day-wear your Murdock shirt
• Friday Kid Chess Trophy Day
- 1/18 Mon • ML King Day - NO SCHOOL
- 1/19 Tues • School Store (3-5) 7:25-7:50 am

WEEK OF 12/14 - 12/18:

HOT! HOT! HOT! Classes (0 Absences, 0 Tardies): 3-Bold

HOT! Classes (0 tardies): K- Eubanks, Libardi, 1-Reibel, 2-Baker, Levinde 3-McConkey 4-None. 5-Gutman

WORD OF THE WEEK! "Self-Confidence / Empowerment" - Realistic positive attitude about, and trust in one's self; sense of security, and self-assurance.

FYI ...!

- ✓ Make Arrangements for ML King Day (1/18) NO SCHOOL!
- ✓ Order yearbooks online by 1/14 at www.jostensyearbooks.com!
- ❖ WILD ABOUT READING deadline is 3 Weeks Away! Every student who completes 6 hours of recreational reading before February 1, 2010 receives a ticket to participating Six Flags parks. Forms are on Murdock's website. Encourage your child to get wild about reading and reach this goal by February 1, 2010!
- ❖ CONFERENCE WEEK - January 25-29. Please remember that every day during conference week is EARLY RELEASE (12:30 pm)
- ❖ WOULD YOU LIKE TO BE A CAREER SPEAKER? Jan. 25-29, 8:10am to 12:05. If interested, e-mail jessica.struletz@cobbk12.org, or cathy.fogel@cobbk12.org.
- ❖ INTERNATIONAL NIGHT! Feb. 11. Contact Mary O'Neill if you have volunteered but did not receive confirmation (note or email). We still need volunteers to supervise an easy craft -no prep work necessary. If you can help, contact: mary.o'neill@cobbk12.org
- ❖ MURDOCK MARQUEE! For a \$35 donation to MESF, the Murdock Marquee is available Jan18-22 & March 8-12 for a birthday (or other) message. If interested, e-mail cassie.n.rogers@lmco.com.
- ❖ KID CHESS - Don't miss your chance to sign up for Winter/Spring Kid Chess session. Details at 770-575-5802 or visit us at www.kidchess.com
- ❖ Johnson Ferry Baptist Church is now registering for its Spring Baseball & Softball season! Info/registration: www.johnsonferry.org/recreation, or call 678-784-5317.
- ❖ JUNIOR GREYHOUND LACROSSE - Registration for Spring Season ends 1/23. Jr. Greyhound Lacrosse for boys' & girls' teams, ages 7-14. Practices & home games at Hightower Trail Middle School. Info & signup @ <http://www.jrgreyhoundlax.com>.

HEALTH & WELLNESS CORNER

Courtesy of Priscilla Upshaw (PTA Health/Nutrition/Wellness Chair)

Are you looking for a healthy BUT fun alternative to a great sandwich?
Try these two recipes for breakfast, lunch or as a mid-day snack!
Be sure to ask Mom, Dad or another grown-up for help!

WAFFLE SANDWICH: Lightly toast 2 large, round frozen whole-wheat waffles. Spread 2 Tablespoons of peanut butter on one waffle & 1 Tablespoon of honey on the other waffle. Cover both with overlapping slices of 1 unpeeled small apple. Press waffles together to form a sandwich and ENJOY immediately or wrap in foil or plastic wrap.

VEGGIE WRAP: Spread low fat chive cream cheese on whole wheat flour tortilla. Cover with shredded carrot, sliced cucumber, halved cherry tomatoes & sprinkle with sunflower seeds. Roll up, cut in half and ENJOY immediately or wrap in foil or plastic wrap.

Backside: Media Center Newsflash - Barbara Schmitt