



# The Murdock Weekly

## A Quick Look at the Week Ahead

A publication of the Murdock Elementary PTA  
Co-Presidents: Donna Sprecher & Stephanie Freitas

Murdock PTA website: <http://www.murdockpta.com>  
To submit articles: email: [themurdockweekly@bellsouth.net](mailto:themurdockweekly@bellsouth.net)

**Volume 7, Week 21**

**every child one voice.**

**January 13, 2010**

### WORD OF THE WEEK!

"Flexibility/Creativity" Adaptability and versatility; clever, imaginative, and inventive.

### IMPORTANT YEARBOOK INFO!

Sunday, January 17th is the LAST DAY to purchase 2009-2010 yearbooks at [www.iostenyearbooks.com](http://www.iostenyearbooks.com)

### WEEK AT A GLANCE...

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

### LOOKING AHEAD...

- 1/20 • School Store (3-5) 7:25-7:50 am  
Wed • 5th Grade Book Club 2:30 pm  
• Class Spirit Day
- 1/21 • 100th Day of School  
Thur
- 1/22 • MBC  
Fri • Spirit Day-wear your Murdock shirt  
• Friday Session Kid Chess Begins
- 1/25 • Birthday Book Celebration 7:30 am  
Mon • Monday Session Kid Chess Begins  
• Murdock online survey begins  
• EARLY RELEASE 12:25
- 1/26 • School Store (3-5) 7:25-7:50 am  
Tues • FARI Y RFI FASF 12:25

### WEEK OF 1/5 - 1/8

**HOT! HOT! HOT! Classes (0 Absences, 0 Tardies):** K-Burke 1-Kastner 2-Becker, Baker, Lazarus 3-None 4-Kranzlein 5-None

**HOT! Classes (0 Tardies):** K-Eubanks, Kantis, Libardi 1-Kingery, Lane, Reibel 2-None 3-Dang, James, McConkey 4-Kvenild, Reeves 5-Contat, Davis, Laettner

### FYI ...

- ❖ WILD ABOUT READING deadline is TWO WEEKS AWAY! Each 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!
- ❖ ALL NEW E-BOOKS have been purchased just for Murdock students! You'll find animated, talking picture books, early readers, and even chapter books! Feel free to use this resource to meet the 6-hour Reading Challenge! Enjoy!  
[www.tumblebooklibrary.com](http://www.tumblebooklibrary.com) USER NAME: murdockelem PASSWORD: books
- ❖ SURVEY! SURVEY! SURVEY! - It is time to think about 2010-2011 & we WANT YOUR FEEDBACK!! The CCSD School improvement survey is NOW ONLINE! Share specific feedback and insight about the instructional program at OUR SCHOOL to help us plan for our next school year! Access it by clicking the link (on the top right corner) at [www.cobbk12.org](http://www.cobbk12.org). We will also conduct a local survey to receive feedback on Murdock PTA, MESF and school events online during conference week! The link will be on the Murdock website beginning 1/25/10! THANK YOU FOR MAKING MURDOCK THE BEST SCHOOL EVER!!!!
- ❖ NEW! MY COKE REWARDS FOR SCHOOL! - Murdock is now registered with the **My Coke Rewards for Schools** program to collect points donated by registered **My Coke Rewards** members & redeem them for a variety of rewards including playground equipment and creative classroom materials. First, register to become a **My Coke Rewards** member at [www.mycokerewards.com](http://www.mycokerewards.com). Next, ask your friends, relatives and neighbors to collect points found on packages from any participating Coca-Cola product including the 32 packs, 24 packs, 12 packs, 2 Liter bottles and 20/32 oz bottles. Enter the **My Coke Rewards** code (NOT the UPC Code) found on the inside caps of the bottles or inside the cardboard or shrinkwrap packaging. Select the "Donate to Your School" option under "How to Spend Your Points", enter our zip code, and select "Murdock Elem School" to donate your points. Questions? Contact Cassie Rogers at [cassie.n.rogers@lmco.com](mailto:cassie.n.rogers@lmco.com) or at 770-578-6547.
- ❖ CONGRATULATIONS to all of our PTA Reflections County Winners!  
These entries will go on to the state competition. Good Luck to all!  
5th Grade Dance - Bailey J. 4th Grade Film Production - Sarah E.  
Kindergarten Literature - Adu S. 2nd Grade Photography - Ian B.  
3rd Grade Photography - Christopher L. 5th Grade Photography - Erika S.  
5th Grade Photography - Lily M. 3rd Grade Visual Arts - Jessica W.

### HEALTH AND WELLNESS CORNER

Courtesy of Priscilla Upshaw - PTA Health/Safety/Nutrition Chair

Breakfast is the most important meal of your day, giving you the energy to tackle the day ahead of you. Choose "smart" when selecting your breakfast foods. Have you ever made your own cereal? This recipe will give you lots of energy and get you off to a great start. Adjust quantities of ingredients to your taste.

#### Golden Nuggets Cereal

Whole Almonds (skins removed)	Rolled Oats	Sesame Seeds
Sunflower Seeds	Pumpkin Seeds	Raisins
3 Tablespoons of Sunflower Oil	8 Tablespoons of Honey	Shelled Walnuts, chopped

Preheat oven to 275 degrees. In a large mixing bowl, mix almonds, oats, and seeds. In a small saucepan over medium heat, stir together oil & honey until melted and well mixed. Pour the honey mixture into the large bowl & stir until all nuts, oats and seeds are coated with the honey mixture. Spoon the mixture onto 2 baking sheets evenly & bake 15 mins. Have a grown-up remove the baking sheets from the oven, then mix in the walnuts & bake for another 10 minutes until golden. Allow the mixture to cool. (The mixture will become crisp as it cools). Put the cereal in a mixing bowl and stir in the raisins. When completely cool, enjoy it with milk or yogurt. Top with fresh fruit of your choice.

*Backside: International Night - Molly O'Neill*