News from the Front Office:

Contact Information

It is important that your contact information for your student is up-to-date. Contact information includes your phone numbers, your e-mail address and phone numbers for emergency contacts. Please contact the front office at (317)848-1918 and we will update your information.

If your family moves to a new home during the school year, we will need your new address and a new proof of residency for your students file.

Valentine’s Day

We will celebrate Valentine’s Day at Orchard Park on Friday, February 12th. We want all our students to enjoy this special day. Due to the number of students with food allergies, we are asking that you do not send candy or food with your student. All students are welcome to bring Valentine Cards. If you would like to include a small token with the card, please consider something such as a pencil or sticker. Thank you for working with us to make this a special day for all Orchard Park students.

Carpool Line

Dear Parents,

We are always trying to make our carpool line run as safely and efficiently as possible. We only have about a ten minute window to get students in the building each morning. I encourage everyone to use our bus transportation. I know this is not always possible and that is why we want our carpool line to be efficient. I want to encourage each person to let their child off in a safe and timely manner each morning. Safety is always first and foremost! Please make sure that once you have dropped off your child, you do NOT pull around cars in front of you to exit the lot. Children are always walking in the area getting in and out of cars during this time, and we must be careful of pedestrian safety. We would like for you to remember this slogan when arriving to school each morning: Stop, Drop, and Go! This will allow our line to move efficiently so all students can enter the building in a timely manner. If you need to speak with someone at school, please park your car and walk in with your child. This way the line will not be held up by a parked car.

Thanks,

Tim Phares
Principal
**News from the Front Office (con’t):**

**ATTENDANCE**

**SOMETHING OLD/SOMETHING NEW**

**Something Old:** The safety of our students is top priority. If your student will not be attending school for any reason, please be sure and contact the front office. You can call the attendance line at (317)571-4039 any time day or night and leave a message. Please include the date of the absence, your child's name, their teacher's name, the reason for the absence and a phone number where you can be reached. If you would like to speak with someone regarding the absence, you can call the front office any time between 7:30 a.m. and 3:30 p.m. Monday through Friday.

**Something New:** At the beginning of the 2009-2010 school year, Carmel/Clay Schools adopted The ACES Tardy Program. Guidelines regarding this program are printed below. Students who are late due to an appointment will need to bring a doctor's note to excuse the time missed. You can find additional information regarding the ACES Tardy Program and information regarding the ACES Attendance Program at the Carmel/Clay Schools website: http://www1.ccs.k12.in.us/district/student-services/attendance-program

The ACES Attendance Program is already in effect and we will begin enforcing the policies for the ACES Tardy Program this semester:

**ACES - Students with Excessive Tardiness**

**Grades 1-6**

1. When a student misses 3 hours of seat time due to tardiness at the beginning of the school day, the parent, student, school administration and counselor will meet. In some cases the School Resource Officer will attend the meeting. At the meeting, a tardy letter will be handed to the parents, as well as a LEAPP Packet.

2. When a student misses 4 hours of seat time due to tardiness, student and parent are referred to the ACES Program. The school administration will fill out and submit an ACES referral form to the Director of Student Services who will submit the form to the Carmel Community Prosecutor. The Prosecutor’s Office will then contact parents by mail and phone to inform the parent and child of the required meeting.

3. At the meeting the deputy prosecutor will present a presentation informing the parents and students how tardiness leads to delinquency, increases the chances for becoming a dropout, Indiana law on school attendance and educational neglect, and the consequences of further missed seat time at school.

4. Any further hours of missed seat time will result in a meeting between the deputy prosecutor, school administration, LEAPP, Carmel school probation officer, parent and child.

5. If students in grades 1-6 are still missing seat time due to tardiness, educational neglect charges may be filed.
A Message from our PTO President:

Dear OP Parents and Staff:

I hope you all had a relaxing, peaceful Winter Break........here we go for the second half of our school year!

The second round of H1N1 Vaccinations for children 9 and under took place earlier this week at OPE. Again, our volunteers stepped up and helped the process run smoothly. Thanks again to all who helped out!

We are still in need of a few sponsors for our *Taste of Carmel* event in March. There are 4 levels of sponsorship available to businesses, families and individuals. Contact me or Laura Komisarcik at 848-0382 or elkomisar@aol.com if you are interested in being a sponsor. We are also soliciting items and services for the Silent Auction and Raffle that takes place during the event. Please consider if your family or business can donate any items, event tickets, gift certificates, theme baskets, etc. The *Taste of Carmel* is our Spring PTO fundraiser and we count on donations from the community to make it a success! Be on the lookout for a volunteer call-out for the evening of the event in the next issue of the SLATE. This is a fun evening (adults only) and we hope you can join us this year!

Sincerely,
Erin Patterson
PTO President
(317) 590-3518
Esppearpatterson@yahoo.com

Dear Orchard Park Dads,

I attended the *All Pro Dads* event at OPE on December 16. Here is what went on: First, we ate breakfast. Strawberry milk is a favorite. We introduced ourselves and our kids and mentioned something we are proud of our kids for.

Next, we watched an ESPN clip about a father who wheels his special needs son around as part of the Louisville marching band. We discussed how this father’s positive mental attitude and sacrifice—the father worked nights so he could spend the day meeting his son’s special needs at college—enabled the child’s musical talents to flourish. The film reminded me of how my father worked nights, so he could be the guy coaching my sports.

My son and I discussed people with a positive mental attitude. I mentioned a friend who is able to enjoy fishing even without catching fish. Then we talked about ways we both could be more positive.

Always, there is a certain awkwardness to any men’s event without a TV on, and there was some of that here. Pat Rider, the OPE Dad leading the event, introduced the topics, helped to smooth things along, and prompted us to talk instead of just stare into space. I am going to the next meeting, and will feel mildly dorky again, because it’s a small price for me to pay to talk to my children about what I believe is important.

The plan is to have these meetings once a month, toward the middle of the month, mid-week from 7 to 8 am. Special thanks to Mr. Phares for moving this project forward. Scheduling details will follow through the school email or website.

Check out AllProDad.com

Bill Ahrbecker
PTO Vice President
571-1938
ahrbb@yahoo.com
Mrs. McCullough would like to recognize and thank Mrs. Mason and Miss Jackson for the help they provided Orchard Park families during the holiday season. We inadvertently left them off the list of VERY IMPORTANT HELPERS in the last issue of the SLATE!

Net Literacy

Net Literacy is a non-profit program where high school students refurbish donated computers and provide them to schools, libraries, and non-profits. Since 2004, Net Literacy has had a partnership with Carmel High School, and CHS student volunteers have repurposed computers in their chapter of Net Literacy which is called “Carmel Connects.” Currently, OPE has several computers available to families. Please contact Melissa McCullough if your student or students are in need of a working computer. 848-1918 #1660 or mmccullo@ccs.k12.in.us

Comfort Closet

Comfort Closet is an organization through the Carmel United Methodist Church that can provide your child or children with gently used clothing. If this is a need in your family, please fill out the following information and return this form to Mrs. McCullough at OPE. It will take approximately 1-2 weeks for this order to be filled, then, you will receive a call from Mrs. McCullough letting you know the clothing is at the school. You can then decide if you want to pick it up at school or have it sent home with your child or children. Thank you. Sizes range from about size 5 to 14/16 for most clothes.

________________________________________________________________________

Parent name                                                              phone number you can be reached at during the day

Child’s name                                                            Teacher

________ shirt size (Please circle)  long sleeved t-shirts  hoodie  sweater  jacket

________ pants size

________ underwear size

________ shoe/socks size

Please return to Mrs. McCullough. Thank you!
Attention 5th Grade Parents!

It is time for 5th graders to sign up for music at Creekside Middle School for next year! Please go to creeksidemusic.org for more information and to sign up for a try-on date for your child to try various instruments.

BODY SAFETY PARENT PREVIEW

OPE will host a Parent Preview Night for Body Safety on Thursday, March 4th at 6 pm at OPE in the Media Center. Students in kindergarten, 2nd and 4th grades will have their presentation at school on March 8th. Notification letters will come home with students in February.

Join the GREEN Movement!

GREEN TIP: Fun Recycling Tips

Here are a number of fun and interesting recycling facts:

- It takes 80-100 years for aluminum cans to decompose (break down) in a landfill.
- Aluminum cans can be recycled into: soda cans, pie plates, license plates, thumbtacks, aluminum foil, and many other items.
- Recycling one aluminum can save enough energy to power a TV for up to three hours.
- In the year 2000, 13,500 aluminum cans were recycled every minute in California.
- Glass takes over 1,000,000 (one million) years to decompose in a landfill.
- Glass can be recycled into jars, jewelry, bottles, dishes, drinking glasses, coffee mugs and many other items.
- It can take up to 700 years for plastic to decompose (break down) in a landfill.
  - PET plastic can be recycled into: clothing, fiberfill for sleeping bags, toys, stuffed animals, rulers and more.

Source: RecyclingFacts.org
http://recyclingfacts.org/content/fun-recycling-facts
2010 Elementary Cheer Clinic

Who: Grades K-5

Date: Saturday, January 23, 2010

Times: 10:00 AM-12:30PM (Check-in begins at 9:45 AM)
Followed by a performance in between the JV and Varsity CHS Girls Basketball Games (Approx. 1pm)
Parents will pick up in the Upper Gym after the performance.
Cheese pizza and a beverage will be served before the game.

Where: Check in at Entrance 21 of Eric Clark Activities Center
Clinic will be in the Upper (freshmen) Gym
Performance in CHS Varsity Gym

What to Wear: Please come dressed in a white t-shirt, shorts, socks, and tennis shoes. You will receive a t-shirt to wear for the performance during check-in if registration is received by Friday, January 15, 2010. Bathrooms are available for changing.

Cost: $30.00 Payment by CHECK ONLY!
Checks made payable to CARMEL HIGH SCHOOL

A t-shirt will be included if registration is received before Friday, January 15, 2010.
Parents will be given free admission into the CHS basketball game on Saturday, January 23, 2010. A voucher will be provided for admission upon check-in at the clinic on Saturday morning.

REGISTRATION
Please send registration form and check (payable to Carmel High School) to:
Karen Chen
1361 Kirklee Dr.
Carmel, IN 46032

For more information, please call Vickie Walsh (Girls Varsity Cheer Coach) at Carmel Middle School 846-7331 ext. 6421 or e-mail at wvwalsh@ccs.k12.in.us. To receive a T-shirt, the form and check MUST be received by Friday, January 15, 2010. NO REFUNDS!

Registration 2010 Form

Name_________________________ Grade________

School_________________________ T-shirt Size (Youth) S M L
6-8 10-12 14-16

I give my child permission to attend the CHS Cheer Clinic on Saturday, January 23, 2010. I hereby release Carmel High School, Cheerleaders, and Coaches from any liability for injuries incurred during the clinic or performance.

Parent Name_________________________ Parent Signature_________________________

Emergency Phone #______________

E-mail Address (an e-mail confirmation will be sent when form is received)_________________________
Spanish

In the month of enero we are currently working on:

Kindergarten – weather booklets
First Grade – body parts, songs
Second Grade – alphabet, months
Third Grade – house words
Fourth Grade – food words/restaurant
Fifth Grade – community words

Physical Education

We are working on aerobic games in PE during January. We are playing Speed Basketball (Aerobic Basketball), Aerobic bowling, and Line Tag, among others in the upper grades and relays, Germ Tag, and others in the lower grades. It is a good time of year to keep the children moving as much as possible, even though they cannot get outside to play!

Art

The week of Jan. 11-15 our guest artist will be Don Edwards. Don is a ceramic artist and will bring in his potter’s wheel and have the students experience throwing pots on the potter’s wheel. Each student will get a chance to work with Mr. Edwards. His visit is made possible by your support of “Art To Remember” fundraiser and the PTO. The completed pots will be glazed, fired and offered for sale at the Taste of Carmel. After our guest artist visit, grades 1-5 will be working on The International Violin Competition Art contest. This is a state wide contest for grades 1-12 coinciding with the International Violin Competition taking place in Indianapolis this year. Kindergarten is completing winter themed work.

Ms. Donnelly

Music

4th Grade Choir Meets on Tuesdays and 5th Grade Choir on Thursdays at 7:25 am.

**If there is a 2 HOUR DELAY- NO CHOIR**

January 27- 5th Grade choir sings National Anthem at Creekside Basketball Game after school.

February 18- 4th and 5th Grade Choirs sing at Carmel High School on TV in the evening. (Details will be sent home with students)

No Choir Feb. 19-March 12 due to 5th grade Musical Practices

March 11-12- 5th Grade Musical- Pirates!
TIP OF THE DAY E-NEWSLETTER

Enroll for the Peyton Manning Children’s Hospital “Tip of the Day” E-Newsletter!

In our ongoing effort to improve children’s health throughout Indiana, Peyton Manning Children’s Hospital at St. Vincent created the Tip of the Day e-newsletter. These tips arrive in your e-mail inbox each weekday, offering helpful children’s health information for busy parents. To register for the free Tip of the Day e-newsletter, simply visit peytonmanningstvincen.org to enroll.

Garlic greens were once thought to ward off vampires!

JANUARY HEALTH AND WELLNESS EVENTS

- Healthy Weight Week – January 17th – 23rd
- National Glaucoma Awareness Month
- National Blood Donor Month

GETTING PHYSICAL.....

“Oh, the weather outside is frightful...” goes the popular holiday song. And it’s true – the weather outside probably doesn’t provide you with many opportunities to get outside for exercise at this time of year. However, there are some easy options for staying active indoor. Here are some ideas for you –

- Have a hula-hoop party! Plastic hoops can be purchased fairly inexpensively.
  - Have a friend invite some friends over and have everyone compete to see who can hula hoop the longest, who can do the funniest trick with their hoop, etc.
- Have a walking contest at an indoor location such as a mall or a library. See who can walk the most steps or who can come up with the most creative path to a specific store.
- Check out your local library for exercise videos. There are some great old and new videos out there geared towards different audiences. These can provide you with hours of movement opportunities.
- While watching television, challenge your child to a push-up or sit-up contest during commercial breaks.

HEALTHY LUNG FACTS...

Teen smokers get sick more often than teens who do not smoke.

Teen smokers have smaller lungs and weaker hearts than teens who do not smoke.

RECIPE CORNER...

Basic Steamed Greens
(Chard, Spinach, Beet Greens)

These greens are tender, sweet, easy to cook and cook quickly.

Place washed greens in a collapsible stainless steel steaming basket in a pot with a small amount of water in it. Cover with a lid and steam for a few minutes until done to your taste. You can then season with salt, pepper, a little butter or hot sauce if you’d like.

In general, 1/8 cup of vegetables, fruits and juices is one serving. One cup of leafy greens such as lettuce, or a 1/4 cup of dried fruit is a serving. For whole fruits such as apples, a small to medium piece would count as one serving. 1/8 cup of cooked greens is about the size of one cupped handful.

HOW MUCH DO I NEED?

Recommended Daily Amounts
Of Fruits & Vegetables*

<table>
<thead>
<tr>
<th></th>
<th>Kids, Ages</th>
<th>Kids, Ages</th>
<th>Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>5-12</td>
<td>13-18</td>
<td>19+</td>
</tr>
<tr>
<td>Fruits</td>
<td>2 cups per day</td>
<td>3 cups per day</td>
<td>4 cups per day</td>
</tr>
<tr>
<td>Vegetables</td>
<td>3 cups per day</td>
<td>5 cups per day</td>
<td>7 cups per day</td>
</tr>
</tbody>
</table>

*If you are active, eat the higher number of cups per day.

Visit www.epicurious.com to learn more.
You get a shout out for your ROARing behavior!

Staff Member Name ____________________
Reason for the Shout Out ____________________
____________________________________
____________________________________

You get a shout out for your ROARing behavior!

Staff Member Name ____________________
Reason for the Shout Out ____________________
____________________________________
____________________________________

You get a shout out for your ROARing behavior!

Staff Member Name ____________________
Reason for the Shout Out ____________________
____________________________________
____________________________________

You get a shout out for your ROARing behavior!

Staff Member Name ____________________
Reason for the Shout Out ____________________
____________________________________
____________________________________

Staff ROAR Tickets
for you to use!
Mark Your Calendar

Jan 18—MLK Day—NO SCHOOL!
Jan 19—Choir Practice 4th grade 7:25am
Jan 20—All Pro Dad breakfast 7:00-8:00am
Jan 21—Choir Practice 5th grade 7:25am
Jan 26—Choir Practice 4th grade 7:25am
Jan 27—5th gr Choir sings at CRMS BB game after school
Jan 28—Choir Practice 5th grade 7:25am

Phares Twins Arrive
Orchard Park welcomes the arrival of Reese and Elle Phares. The girls were born on Sunday, January 10th. Both girls were 16 inches long and Reese weighed in at 3 lbs. 6 oz. and Elle weighed 3 lbs. 5 oz. Both girls will remain guests at the hospital for several more weeks but mom and babies are doing well. Congratulations!!!

**REMEMBER**

to send in those

with your student!