

# Paradise Education Center Parent Newsletter



September "Soaring Above The Rest" 2009

Welcome Parents & Students to an "Excelling" school!



## Important Dates to Remember

### FALL BREAK

October 5 – October 16, 2009

School will resume Monday, October 19<sup>th</sup>

The School office will be closed October 5 – October 9

Office hours October 12 – 16 will be 8:00am-3:00pm



In observance of Patriot Day  
on Friday, September 11

Students may wear patriotic red, white and blue tops with uniform bottoms

### 3<sup>rd</sup> Annual Battle of the Books



Students in Grades 3-8 interested in participating in our Battle of the Books Program may begin checking out books from the library to read beginning September 14<sup>th</sup>. Teams will be formed and begin meeting with coaches in January. The list of required reading for the various grade levels will be posted on our PEC website. Please feel free to contact Mrs. Barbara Grandinetti with any questions.

**We want to thank all Parents who joined us on Curriculum Nights and Parent Teacher Conferences**

Site Council meeting will be held on Monday, September 14<sup>th</sup> at 4:00 p.m.

Governing Council meeting will be held on Wednesday, September 16<sup>th</sup> at 3:30 p.m.

The Paragon Board meeting will be held on Wednesday, September 16<sup>th</sup> at 5:15 p.m.

Meetings are open to the public and are held in the Administration Building

We at PEC value our surrounding community. In order to be good neighbors we ask your cooperation in the following areas:

- If you choose to pick your children up at Radiant Church or their preschool remind your children to be respectful towards their property.
- Also, be sure to pick them up in a timely manner.

We greatly appreciate your cooperation in helping us maintain a safe and positive community.

Leadership Team

### FALL PICTURES – Non Uniform



Individual Pictures will be on Thursday, September 24<sup>th</sup> for grades 6 - 8<sup>th</sup>  
Friday, September 25<sup>th</sup> for grades K - 5<sup>th</sup>

#### The following are guidelines for appropriate dress:

- Jeans are acceptable but **no baggy, saggy, loose or skin tight clothing**
- No clothing with inappropriate language, gestures or logos.
- No spaghetti strap shirt/dress and No tank tops or midriff blouses.
- No mini skirts or short shorts – the length is to be no more than 4" above the knee.
- Athletic uniform tops are allowed.
- Uniform code footwear is required.

### Lunch Program

- Lunch meal price will be \$2.25 a day, the same as last year
- We do honor the free and reduced lunch programs if you qualify. You may pickup an application from the office. A new form must be filled out every year.
- You may check your student's lunch balance and make payments by contacting the cafeteria at (623) 546-7278.
- Student's whose lunch account is negative by \$5.00 or more will be provided an alternative lunch which meets all nutritional guidelines.

Check out our website at [www.pec-eagles.com](http://www.pec-eagles.com)

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## Extra-Curricular Activity Fee

The 2<sup>nd</sup> payment installment is due for the month of September for those who chose to pay in four monthly payment installments.

Payments may be sent with your child to school or paid in the office.

Please feel free to contact Marnie Walden in the Business Office with any questions.  
(623) 546-7224

## School Phone Numbers

**Attendance (623) 546-7207**

Main Office (623) 975-2646

Nurse (623) 546-7288

Cafeteria (623) 546-7278

Business Office (623) 546-7224

Enrichment (623) 546-7276



## "PEP Booster News"

**PEP Booster Meeting**  
Wednesday, September 23<sup>rd</sup> at 8:05am in the Cafeteria

**Friday PEP Sales** outside the cafeteria  
Snow Cones, Soda & Candy is 75 cents

**School Fundraiser: "Enjoy the City"**  
coupon book. Each book is \$20, PEC receives \$10 for each book sold.

Student gets 1 book free when they sell 5 books. Checks are payable to: PEC PEP Booster. Orders must be turned in by Friday, September 25<sup>th</sup>. Unsold books must also be turned in.

**PIR Box Top Contest** for grades 6-8<sup>th</sup>  
from Sept. 28<sup>th</sup> - Nov. 30<sup>th</sup>. Middle School students start collecting your Box Tops. More information will be posted on website and sent home by the 28<sup>th</sup>.

## Attendance Information

**Attendance Line: 623-546-7207 / e-mail:**

[Sharon.Ellis@pec-eagles.com](mailto:Sharon.Ellis@pec-eagles.com) Please call in all absences to the above telephone number or e-mail address. Absences are counted as excused when the school is notified of the absence prior to the absence.



**"It's not too late to join the BAND. Please contact Mr. Myers within the next week to check on what instruments are still available."**

You may reach Mr. Myers at (623) 546-7282 or [michael.myers@pec-eagles.com](mailto:michael.myers@pec-eagles.com)

CHECK Mr. Myers' WEBSITE for updates:  
<http://teacherweb.com/AZ/ParadiseEducationCenter/Myers>

## Mr. Myers' Music Schedule 2009-2010

Mondays 3:05-3:55pm - 1<sup>st</sup> Year Band  
Tuesdays 3:05-3:55pm - PEC Concert Band  
Wednesdays 7-7:42am - Guitar Lessons 1  
Thursdays 7-7:42am - Guitars Lessons 2  
Thursdays 3:05-3:55pm - 1<sup>st</sup> Year Band  
Fridays 7-7:42am - Guitars Lessons 3  
*Guitar meets at Front Office at 7:00am*

## Challenger Chorus – September 2009 Schedule

**3:00-4:00pm Music Room E-5**

Tuesday, 9/8 – Rehearsal: All Members

Tuesday, 9/15 – Rehearsal: All Members

Tuesday, 9/22 – Sectional: Part I only

Thursday, 9/24 – Sectional: Part 2 only

Tuesday, 9/29 – Rehearsal: All Members

Be sure to bring your, music, folder, pencil, agenda/calendar, and plenty of water to rehearsals. In order to begin on time, it is very important to arrive a few minutes early to sign in, read over lessons, and get settled.

## Upcoming Events

**Respect Character Award Assemblies**

Wednesday, Sept. 16

**Eagle Buck Exchange Days**

Fri., Sept. 11 & Fri., Sept. 25

**Middle School Student Council Meetings**

9/8, 9/14, 9/21 & 9/28  
3-3:30pm in room D8

## Tid Bits from the PEC Wellness Committee

It has been reported that drinking one 12-fluid ounce can of regular (non-diet) soda per day can add at least 15-25 pounds in body weight per year to the average American per year. Imagine what that is doing to our children who consume these beverages on a daily basis. Energy drinks are no better. Some of these "energy drinks" have as much caffeine in them as 10 cans of your average Coke or Pepsi beverage. More and more schools across the U.S. are seeing children younger and younger consuming many of these unhealthy beverages as part of their daily regimen, including at breakfast time.

According to one source, "Studies have linked excessive caffeine in children to elevated heart rates, hypertension, anxiety, headaches and interrupted sleep patterns." Many students are coming to school tired still because their sleep patterns are disrupted because of too many energy drinks and soda products. Parents have alternatives to these drinks that are better for their children and will help them in the long run. Water is always a good choice; many children today do not drink enough water. One alternative is a drink called Wateroos.

Wateroos is flavored water that contains no sweeteners or artificial ingredients. Soy Milk is another great alternative. It is nutritious and contains many vitamins and minerals that our kids need daily. Yes, it does contain some sugars, but they are not artificial and it's a pretty low number. The last great alternative to sodas and energy drinks is Tropicana Fruit Squeeze. It has 20 calories per serving and is a much better alternative to the sodas that our kids just don't need.

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