

# Tuesday Newsday

Your PTC Newsletter January 12, 2010

**Sexton Mountain Elementary**  
**Principal: Don Martin**  
**Donald\_Martin@beavton.k12.or.us**  
**503-672-3560 phone**  
**503-672-3563 fax**

## After School Clubs Program Needs Adult Volunteers

Do you have an interest or talent you could share with Sexton Mountain students? Would you consider leading a small club of interested students? It's time for Winter After School Clubs and we need adult volunteers to keep it running.

This session of clubs will last 6 weeks beginning the week of February 9th and running through the week of March 17th. The plan is to have clubs on Wednesdays and Thursdays from 3:05 to 4:15 PM.

If you don't want to lead a club by yourself, you can team with another parent. Some of the clubs we have had in the past were running, basketball, knitting, chess, homework, PowerPoint, jump rope, yoga, art, and Spanish. Any new ideas are welcome.

If you are interested in volunteering or have any questions, please call (503-672-3560) or email Dave Robinson at david\_robinson@beaverton.k12.or.us.

Thank you for your help and

## Upcoming Events

<b>January 18</b>	<b>MLK Day NO SCHOOL</b>
<b>February 1</b>	<b>Assessment Day</b>
	<b>NO STUDENTS</b>
<b>February 2</b>	<b>Site Council Mtg 3:15 pm</b>
	<b>PTC Meeting 6:30 pm</b>
<b>February 8</b>	<b>LSC Meeting 9:00 am</b>
<b>February 12</b>	<b>Valentine's Day Parties</b>

## Jump start 2010 with "Biggest Loser" workouts at Sexton Mountain!

Every Tuesday and Thursday at 8:45 am, Sexton Mountain parents are invited to workout in the cafeteria to a variety of "Biggest Loser" DVDs that will be shown on the big screen. Our first group workout will be this Thursday, January 14th. The cost is free, and all you need is a workout mat, hand weights and a little motivation! The Biggest Loser DVD's will be in a weekly rotation, with the January schedule as follows:

January 14: Biggest Loser Power Sculpt  
January 19 & 21: Biggest Loser Cardio Max  
January 26 & 28: Biggest Loser Weight Loss Yoga

We will play each DVD in its entirety, which includes workout levels 1-3. If you can only finish level 1, that's okay! The length of your workout will depend on your fitness level, so please go at your own pace. We want everyone to have fun!

\*Please note that space is limited to 50 parents. Small children are welcome to stay in a designated area in the cafeteria during the workout, but must be monitored by the parent in attendance. Unattended children will be given an espresso and a free kitten! (just wanted to make sure you were paying attention)

Please contact Benita Bellrichard Munson at benitamunson@mac.com or 503-360-6656 with any questions.

Hope to see you on the 14th!

## ***Incredible Years Successful Parenting Classes***

These are ten-week interactive programs that were developed to help all families who want effective tools to increase the chance that their children grow up healthy and successful. All parents are welcome. Dinner is provided for the family and childcare is provided for children 3 years old and up. For registration please call 503-591-4597 or register online at <https://www.beavton.k12.or.us/registration/>

**Parents with children in grades Pre K - 1** (two ten-week series being offered)

**Tuesday evenings 5:30 - 8:00 PM - Jan 12 through Mar 16**

Bethany Elementary School

3305 NW 174th Ave., Beaverton, OR

**Thursday evenings 5:30 - 8:00 PM - Jan 7 through Mar 18**  
(no meeting on 1/21/10)

Cooper Mountain Elementary School

7670 SW 170th Ave., Beaverton, OR

**Parents with children in grades 2nd - 5th** (one ten-week series being offered)

**Wednesday evenings 5:30 - 8:00 PM - Jan 13 through Mar 17**

Elmonica Elementary School

16950 SW Lisa St., Beaverton, OR

***If you have an announcement you'd like to share with the Sexton Mountain Community, please submit your article to the Tuesday Newsday editor at [tuesdaynewsday@sextonmountainptc.org](mailto:tuesdaynewsday@sextonmountainptc.org) by 12PM on Friday. All articles are subject to PTC and administration approval.***

Visit the PTC website at  
[www.sextonmountainptc.org](http://www.sextonmountainptc.org)

## **Attention Fifth Grade Parents!**



We are interested in gathering as many pictures as possible of 5th graders for the Slide Show at the 5th Grade Celebration Party and for their Memory Book. If you have any pictures of current 5th graders from their early years at Sexton Mtn as a kindergartener to present, please email them to [jplless@ptvamerica.com](mailto:jplless@ptvamerica.com). Please name the file you are sending with the full name of each child in the photo. Thank you!

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A big thanks to Erin McRae, Diane Scannell, Shannon Hokkanen, and Christine Leyva who helped in December with the can and bottle drive fundraiser benefiting the 5th grade party. Also, thank you to everyone who dropped off cans and bottles. We will be having two drop off dates each month through the rest of the school year. Our next dates will be Thursday, January 14th from 3:00 - 3:45 PM and Wednesday, January 27th from 8:00 to 8:45 AM. Please contact Geri Ingalls at [ingalls5@verizon.net](mailto:ingalls5@verizon.net) or Joan Gilroy at [gilroytj@comcast.net](mailto:gilroytj@comcast.net) if you have any questions or if you would like to help. Thank you!