

HAPPY NEW YEAR

The PTA would like to thank all the families of Franklin School, for your support in all the fundraising and school events we have throughout the year. We would like you to know it is never too late to be a PTA member. This year PTA members have already had voting power on fundraising ideas, the budget, and our school sign. If you would like to become more involved, look for information on our school bulletin board just inside the school office, we always have member sheets available. You can also contact Marilyn Wellman @ 793-1453 for more info. Once again thanks for your support!

Why mark February 22, 2009 on your calendar?

Submitted by Marilyn Wellman

I have some questions for you!

- What is significant about the number **111**?
- What do the date **1897** and the names **Alice McLellan Birney** and **Phoebe Apperson Hearst** have in common?

Also, what does **Selena Sloan Butler** have to do with any of this?

The answers!

111 - The number of years that the National PTA has been in existence (in one form or another / It's also the number of members we have this year in the Franklin PTA!

1897 - The year the National Congress of Mothers (later changed to National Parent Teacher Association) was founded by **Alice McLellan Birney** and **Phoebe Apperson Hearst** in Washington, D. C.

Selena Sloan Butler founded the National Congress of Colored Parents and Teachers in 1926 which, in 1970, united with the National PTA so together they could serve all children and youth.

- **Founders Day, February 22, 2009** (which was originally called Child Welfare Day), celebrates the work of the three PTA founders whose names are listed above. National PTA is the oldest and largest volunteer association working exclusively on behalf of all children and youth. For more than 100 years, National PTA has promoted the education, health and safety of children and families.

Look for more information in January about the Annual Founders Day Council Carnival, held from 12:00 to 4:00 pm on 02/22/09.

Each WA-WM school will have their own game booth, Lisa Gandre is coordinating for Franklin this year.



School sign

The vote at Holiday Craft Night for the new sign was 24 for yes and 7 for no, meaning a new school sign is in the works for a cost of \$8,200. A final proposal is being written. We will then need approval from the city. Hopefully we will have our new sign soon!

Holiday Craft Night

Thank you to the 131 people who attended. Fun was had by all and a lot of crafts were made. Thanks to the 4th/5 grade teachers and families who volunteered, it always helps! Also thanks to Sharlene Yoss & her son for selling 119 raffle tickets for the carnival.

Upcoming Events

January 14th

Principal Chat 5:30

PTA meeting 6:30

January 15th

Market Day pickup

January 22nd

Academic Night

February 11th

PTA meeting 6:30

February 12th

Market Day

February 13th

PTA Dance

PTA Meeting



At our last PTA meeting we discussed the timeline for the sign, & decided to try a Tupperware fundraiser from Jan.30 to Feb.18th. At our next meeting the chairs/coordinators will be deciding to stay or retire for next year.

"While we try to teach our children all about life, our children teach us what life is all about"

- Anonymous

Fit Fact of the Month



There's no denying that a bad case of the flu can really wipe you out with symptoms of fever, congestion, fatigue, and body aches. More than 200,000 people are hospitalized each year as a result of flu complications. It is a virus that infects the nose, throat, and lungs. Just like a cold virus, the flu is usually spread from one person to the next when the infected person coughs or sneezes. To prevent the flu, make sure you and your family members get a flu shot -- the essential key to flu prevention. You need it because there's no cure for the flu --and flu complications can be really serious in some people, especially infants and young children, elderly adults, and people with heart disease, diabetes, lung disease, and other chronic medical problems.

Talk to your doctor to confirm if the flu shot is right for you. It is recommended that children age 6 months to 18 years and all adults age 50 and older receive a flu shot. If you're worried about flu shot side effects, don't be. Most of the time, there are no side effects from the flu shot. After all, the flu shot is made from killed viruses--not live ones. Still, some people may experience some mild vaccine side effects such as a low-grade fever, achiness, or a slight runny nose after getting a flu shot. A few people have experienced a rare severe allergic reaction from a flu shot. Talk to your doctor to see if you might be at risk for this rare problem.

Mealttime Makeover :Classic Caesar Salad This great, tasty salad is easy to make and for a fun variation on this classic, chop up and add tomatoes and use 1/2 tsp. olive oil instead. The juice from the tomatoes will help keep the lettuce leaves moist .

Prep. Time: 10 min.

Ingredients: 10 big lettuce leaves, 1 tsp. olive oil, 2 tsp. parmesan cheese, 1/2 tsp. garlic salt (replace with garlic powder to uphold the flavor and to cut down the sodium), 1/4 tsp. ground black pepper.

Directions: 1. Mix lettuce and other ingredients in salad bowl. 2. Refrigerate until serving. **Serves: 4** **Serving Size:** 2 1/2 leaves

Nutritional Analysis: 19 calories, 0.7 g protein, 1.4 g fat, 1.2 g carbohydrate, 0.6 g fiber, 0.7 mg cholesterol, 200 mg sodium, 18 mg calcium, 0.4 mg iron



For additional information, please visit one of these sites

Franklin PTA: www.franklin-pta.org

WAWM Council: www.wawmpta.org, Wisconsin Council: www.wisconsinpta.org, National Council: www.pta.org