



Thank you to everyone who has stepped up to help out so far. Here are some current openings on the Franklin PTA for the 2009-2010 school year:

Treasurer Apprentice: The Treasurer keeps the "books" for the PTA. They write checks and produce monthly reports. Becki Kram will be serving her second and last term next year. We are looking for an "apprentice" who could take over after Becki's term is completed. This is a great chance for someone to work with spreadsheets and money!

Holiday Craft Night Co-coordinator: This a well-attended family night event that takes a lot of planning. Heather Justham is looking for someone to work along with her to shop, plan, and keep this event going.

Membership Coordinator: This committee helps to plan events and incentives to get parents to become members. New memberships and dues are tracked and entered into a web-based system. This is a job that can be done from home and takes minimal time.

Webmasters: Designs and updates the Franklin PTA website on at least a monthly basis. This work can be done from home and some experience is necessary.

If you are interested in these or any of the other positions we have posted please contact any one of our Nominating Committee members. Debbie Gast 543-1825 Kris Budny 254-9839

Heather Justham 750-1285 Bobbi Jo Kaufman 604-0705

PTA Cookout

Our next PTA cookout is set for May 21st. This cookout is being hosted by the Kindergarten families from 5:30-7:00 in the gym. Please look for the flyer for more details. On that night we will have voting for next year's budget and officers. Voting will be available starting at 3:15 if you are unable to attend.

School Sign

If you have driven past school you will notice our old sign is gone. Our new one will be put up at the of April, beginning of May. We are very excited to have this sign to use for dates and upcoming events. We would like to thank all the families who participated in fundraisers to help purchase this much needed new sign.



Fit Fact of the Month

Did you know ... laughing is good for your heart! It has been proven to increase blood flow by more than 20% and the benefits of laughter last for up to 45 minutes. A sense of humor can brighten family life.

Laughing together is a way to connect, and a good sense of humor also can make kids smarter, healthier, and better able to cope with challenges. Humor is what makes something funny; a sense of humor is the ability to recognize it. Someone with a well-developed sense of humor has the ability to recognize what's funny in others and can amuse them as well.

A good sense of humor is a tool that kids can rely on throughout life to help them.

- See things from many perspectives other than the most obvious
- Be spontaneous
- Grasp unconventional ideas or ways of thinking
- See beyond the surface of things
- Enjoy and participate in the playful aspects of life
- Not take themselves too seriously

Kids with a well-developed sense of humor are happier and more optimistic, have a higher self-esteem, and can handle differences (their own and others) well. Kids who can appreciate and share humor are better liked by their peers and more able to handle the adversities of childhood. Also, a good

sense of humor doesn't just help kids emotionally or socially. Research shows that people who laugh more are healthier- they're less likely to be depressed and may even have an increased resistance to illness or physical problems. They experience less stress; have lower heart rates, pulses, and blood pressure; and have better digestion. Laughter may even help humans better endure pain, and studies have shown that it improves our immune function. But most of all, a sense of humor is what makes life fun.

Mealtime Makeover: Baked apples & ice cream This recipe is great for those following a vegetarian diet, however, it can be a yummy, healthy dessert for anyone and a great way to increase your child's daily intake of fruit! You can also spice it up with a variety of dried fruit or sprinkle chopped nuts over the ice cream.

Prep time: 20 min. **Ingredients:** 1 apple (cored), 2 tbsp. raisins, 1/2 c. light vanilla ice cream, pinch of cinnamon

Directions: 1. Take a cored apple and cut it in half. 2. Sprinkle raisins over the apple. 3. Place on a baking sheet and bake it in the oven for 15 minutes at 350 degrees Fahrenheit (176 degrees Celsius). 4. Remove the sheet from the oven and put a pinch of cinnamon over each apple half. 5. Place the ice cream over the apple halves.

Serves: 1 **Serving Size:** 1 apple with 1/2 cup ice cream

Nutritional Analysis (per serving): 236 calories, 4g protein, 4g fat, 2g sat. fat, 50g carbohydrates, 4g fiber, 20 mg cholesterol, 52mg sodium, 99mg calcium, 1 mg iron

Upcoming Events

May 13

PTA meeting 6:30

May 14

Market Day

May 21

PTA cookout

May 22

High Interest Day

June 4th

Market day pickup

June 5th

Field Day

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