

Daybreak PTA Monthly Minute

Happy New Year!

Welcome back! We hope that you and your families had safe, warm, and happy winter vacations and are energized and ready for great things this year!

Starting this month, the Daybreak PTA is changing a few things:

- The Daybreak PTA is in need of a Co-Vice President. If you would like to learn more about the position, please send us an email at info@daybreakpta.org, and plan to attend our next general meeting on February 4, 2008.
- Daybreak PTA general meetings will no longer be held once a month. Meetings will be held as needed, and meetings will be announced in our newsletters, on signs in each school office, and on the Daybreak PTA web site at www.daybreakpta.org.
- Daybreak PTA newsletters will now be sent home every other month in order to cut down on printing costs.

- We are also looking for volunteers to help coordinate spring events that include the Buy One, Get One Book Fair in June. If you are interested in planning or assisting any of our spring events, please plan to attend our next general meeting on February 4, 2008.

- Believe it or not, it is already time to start thinking about and preparing for the 2008-2009 school year. The Daybreak PTA needs volunteers interested in the following areas:

- newsletter coordinator
- box tops/soup labels coordinator
- web site administrator
- finance committee
- 2008-2009 board positions

If you are interested in becoming more involved in the PTA by taking on one of the above opportunities, send an email to info@daybreakpta.org, and please plan to attend our next general meeting on February 4.

General Meeting

What:

Nominations/Election of Co-VP
Budget Amendment Vote
Upcoming Event Committees

When:

Monday, February 4, 2008
7:30 PM

Where:





Daybreak Media Center

Anyone and everyone are always invited and welcome to our general meetings. In order to hold an election and vote on PTA-related issues, we need at least 10 paid members present. Please help us continue to move forward and do great things for our schools by planning to attend.



Indoor Fitness Activities

Physical activity helps children stay healthy and happy. Here are a few fun suggestions for helping to keep your family physically active when the weather keeps everyone indoors:

- Use music for stepping, hopping, or jumping in place. 
- Have kids make up dances or share the latest popular or line dances.
- Play "Keep the Balloon Up": Use one balloon per child or one balloon per small group. The group may add more balloons as they gain control and awareness.
- Practice progressive relaxation, tensing each body segment and then relaxing in turn (head, neck, shoulders, right arm, right hand, left arm, left hand, and so on).
- Sitting exercises: Do a variety of arm, leg, foot, and trunk exercises to music while remaining seated.
- Play "Fitness with the Leader", also known as "Follow the Leader" using exercises.
- Measure heart rates after various movements (hop, walk, jump, skip, and so on). 
- Make up "Hand Jive" routines; share and teach to others.
- Try juggling, top spinning, or yo-yo contests.
- Sport Mimics: Act out sport movements such as batting, kicking, dribbling, throwing/catching, dunking, swimming various strokes, and volleyball passing/serving. 
- Collect milk jugs to fill with varied amounts of water to use as weights. "A pint's a pound the world around!"
- Make paper airplanes and see how far they can fly. Just make sure planes aren't pointed at other people.... 

Source: *The National Association for Sport & Physical Fitness* at www.aahperd.org

Announcements

—We would like to extend a warm welcome to our newest member, *John Young*. We look forward to your participation, and greatly appreciate your ongoing support!

If you would like to become a member of the Daybreak PTA and help support the staff and students at the Daybreak Primary and Middle schools, membership forms are available at your school office, or online at www.daybreakpta.org/membership.

—Our Holiday Craft Workshop was a new event that was great fun and raised \$250 for our schools this year. Thank you to all our volunteers, staff members, and participants for helping us make the Holiday Craft Workshop a success! If you are interested in helping coordinate this event for next year, please contact us at info@daybreakpta.org, or plan to attend our next general meeting on Monday, February 4 at 7:30 PM.

Upcoming Events

- *January 21, 2008*
Martin Luther King, Jr. Day
No School
- *January 22, 2008*
Daybreak PTA Board Meeting
3:45 PM, Daybreak Media Center
- *January 24-25, 2008*
Staff Development & Parent/Teacher Conferences
Early Release
- *February 4, 2008*
Daybreak PTA General Meeting
7:30 PM, Daybreak Media Center
- *February 15, 2008*
Snow Make-Up Day
- *February 18, 2008*
President's Day
No School