Weekly Newsletter
February 29, 2012

No School This Friday, March 2nd

March Magic

It's a leap year, we get an extra day and you get extra time to purchase tickets in the office or on the Kenny website by clicking on the butterfly link

Don't miss the fun on March 9th

THE PLANT SALE IS ON!!!

Have you checked out the plant sale yet? If you did not receive an email with the order form last week, check out the Kenny website for the online form. Paper copies of the form are also available in the office.

Plant orders will be due March 14.

Questions? Contact Jessica McLawhorn @ 651-261-0632 or jjmclawhorn@gmail.com

Million Minute Reading Challenge
February 1-March 29

Way to go Kenny students and teachers. It is official. You have read 254,850 minutes so far in February. Fantastic!!

The school is now one-fourth of the way to one million minutes. Keep it up. Maybe next week you will be half way to one million. Read whenever you can.

If you have any questions, email Ms. Kersteter at Dianne.kersteter@mpls.k12.mn.us.

Want to get the Kenny newsletter and other school updates via email?

Let us know at kennyPTA33721@gmail.com and we will add you to the electronic distribution list.
Don’t throw that dime in the garbage!

We just collected $675 from Box Tops! So, please, take a moment before you toss it, to see if you are throwing money away. There are Box Tops on more things than you might think. Learn more at btfe.com.

Already involved in the great sport of lacrosse?

Know other families who want an introduction to the fastest growing sport in the U.S.? Minneapolis Area Youth Lacrosse Association (MAYLA) is hosting two Open Houses! Details are below:

Who - Minneapolis boys and girls, K-8, and their families.

What - MAYLA lacrosse Open Houses (with “hands on” opportunities to try the sport).

Where - Lynnhurst Rec Center (1345 West Minnehaha Parkway) and Kenwood Rec Center (2101 West Franklin Avenue).

When - February 25th (Lynnhurst) and March 3rd (Kenwood) - both from 4:00-5:30.

Why - to introduce the sport of lacrosse to new families!

Come for 5 minutes or stay the entire time! Spread the word!

Yearbook Team Needs Your Photos!

There are 2 ways to contribute your school activity photos for yearbook consideration:

1. Email photo@hajiani.com

2. Upload directly to our online yearbook program:
   Community Upload Site: https://community.lifetouch.com/
   Access Code for Kenny: YSASLT

PALA News

Kenny Kids we’re in our fourth week of PALA!!! You are making exercise a priority and feeling good! Keep up the good work and make sure you keep track of your exercise minutes!

Did you know that there are four different types of exercise?

1. Aerobic activity gets your heart pumping and your lungs working harder. It also may make you sweat. Aerobic exercise helps your mind and mood, too. How? It releases “feel-good” chemicals into your body. When you can, get outside and move in nature.

   Aerobic exercise should make up most of the one hour you spend on physical activity every day. What counts as aerobic exercise? Here are some activities to try:
   - Fast walking, hiking, jogging, or running
   - Playing tag or jumping rope
   - Basketball or volleyball
   - Swimming
   - Cheerleading, gymnastics, or aerobics

2. Muscle strengthening gives you greater power. Do muscle-strengthening activities at least three times a week. Here are some activities that build strong muscles:
   - Rope, rock, or tree climbing
   - Running or rowing
   - Push-ups, pull-ups, or sit-ups
   - Gymnastics or cheerleading
   - Working out with exercise weights or resistance bands. If you don’t have weights, you can use cans of food or full water bottles instead -- they work too.

3. Bone strengthening exercise helps your bones grow and keeps them strong. You should do these exercises at least three times a week. Bone strengthening activities include:
   - Jumping rope, hopping, or skipping
   - Running
   - Hiking
   - Gymnastics, basketball, volleyball, or tennis

4. Stretches make your muscles more flexible. They can help you can reach and bend and turn better. Being flexible can help you avoid getting hurt.

   You can do special stretching exercises like toe touches or side stretches. But other physical activities are great for flexibility, too. Try:
   - Yoga
   - Martial arts
   - Dance
   - Gymnastics

http://fit.webmd.com/kids/move/article/exercise-types
KENNY NEWSLETTER IS GOING GREEN

Beginning in March the newsletter will be sent via email or can be read on the school website. Only families who return this form will continue to receive a paper copy of the newsletter.

I do want a paper copy of the school newsletter.

Parent Name: __________________  Youngest Kenny student & room_________________

Return this to the Kenny Office if you want to receive a paper copy of the newsletter.

Musicals this Spring. . .

Please watch the calendar as Mrs. Hutter will have a series of grade level musical performances this spring. The first performance will be for Grades 1 & 2 and is scheduled for Thursday, March 29th at 1:45pm.

There will also be an afterschool Glee Choir performance and two band concerts.

Next PTA Business Meeting:

Monday, March 5 at 6:30pm in the Media Center.
Join us as we welcome Gael Ellis from MPS, to learn more about Area C actions and plans.

MAKING KENNY GREAT:
Volunteer Bulletin Board

If you’re interested in lending your time and expertise to the events listed, contact one of our volunteer chairs (emails below).

- FEELING LIKE A CLOWN? We need leaders for the Carnival. You’ll be mentored by the past chair and the time spent will be more fun than a night at the big top.
- Volunteers to help at the Science Fair, Tuesday, March 13.
- Do you like mixing business and pleasure? We need fun volunteers to work at the year’s most fun event: Volunteers to help at March Magic, Friday, March 9. Work a table selling raffle tickets, work the backroom handling sales and receipts and more.

To volunteer, contact Lynn Barnhart at lynn@grasslake.net or Laura Ronay at laura.ronay@gmail.com.

The Science Expo is almost here!

Tuesday, March 13 from 6:00-7:00pm.
Dinner 5:30-6:30

You won’t want to miss this Expo. There are 180 students creating 114 displays about exciting topics like dark matter, racecars, mini greenhouse, and a variety of animals and natural disasters.

A special feature during the Expo will be four hands-on science activities. Scientists from 3M’s Visiting Wizards program will lead activities and demonstrations in magnets, electricity, sound, and innovation and creativity.

Keep working on those science projects!

The Science Expo is almost here!