



# The Barnard PTA Newsletter



## A Message from Principal Lambert

Dear Mr. & Mrs. Vasapoli, Mrs. Baez & the PTA, I'd like to personally thank you for your efforts in arranging for the support of Haiti in its time of need. This means so much to a school building where children learn the appropriate human response from the adults around them. I was personally overjoyed to see how our school community rallied to provide necessary items including food, clothing, medical supplies and an abundance of water to be sent directly to those who thankfully managed to live through one of the world's worst natural disasters of our time. Those in our school community, including our security guard, two custodial workers as well as the Barnard families who have a personal connection to Haiti, were thankful beyond words to see the Barnard response to their plight. I join them again in thanking and congratulating you on one of the swiftest and most meaningful response to a crisis.



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## Upcoming Events & Dates to Remember

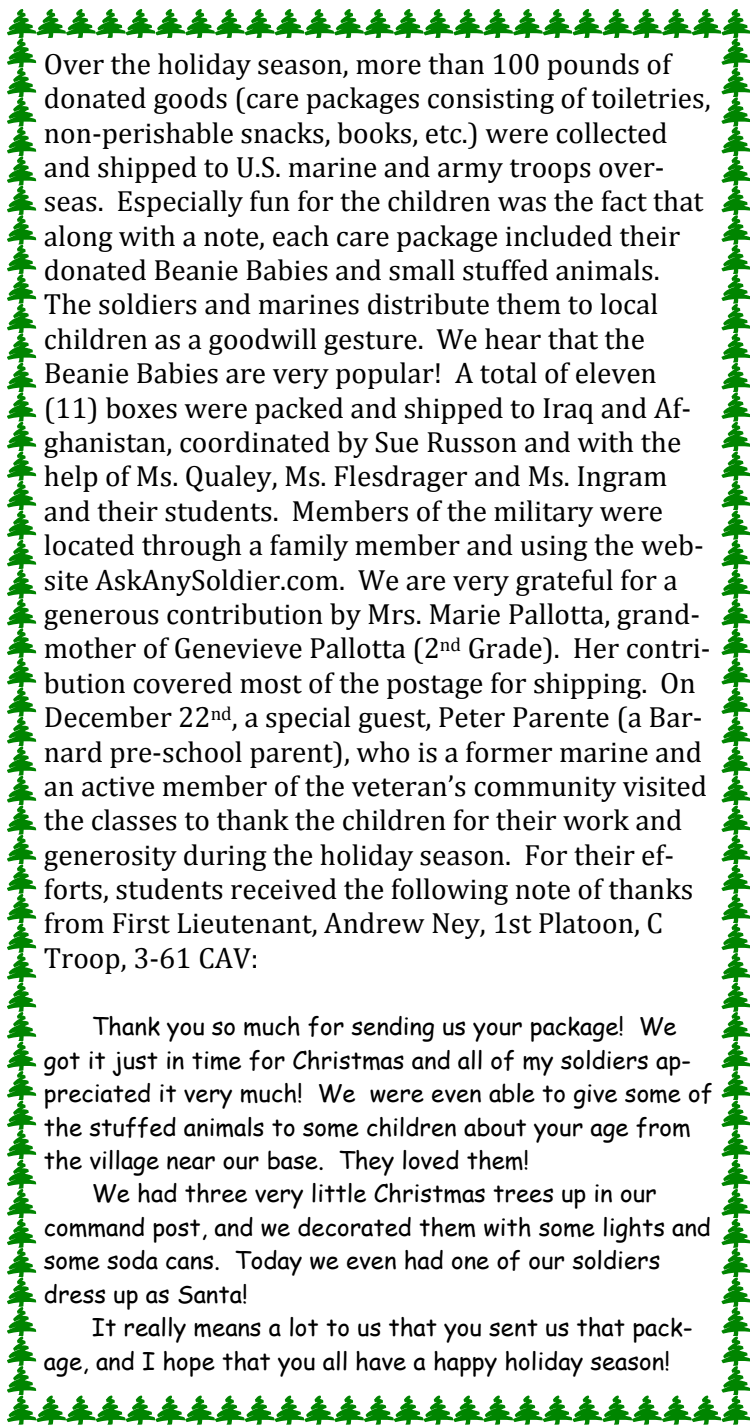
- Next PTA Meeting**  
Tues., Feb. 2 @ 7:00 p.m.
- Valentine Bingo**  
Fri., Feb. 5 @ 6:45 p.m.
- All Hearts Day Breakfast**  
Fri., Feb. 12 @ 8:30 a.m.
- AFTER SCHOOL PROGRAM**  
begins the week of February 8

**Fitness Super Star Program begins again in February!**

Starting next month, students who return a signed permission slip from parents will once again have the chance to take part in 30 minute exercise/education sessions every Thursday for 8 weeks during their lunchtime recess periods. The program has been developed and is offered by students and faculty from the Department of Physical Therapy at New York Medical College and undergraduate students from Iona College. Last fall the Fitness Super Star program was a huge success, with over 40 children signed-up. Activities include learning the basics of exercise and the muscles of the body, how to monitor heart rate, and sets of fun activities that help to increase strength and endurance of the legs, trunk and arms. Team games and praise are important aspects of the program so that all children are encouraged to participate. A Fitness Super Stars wall in the gym displays the names of children currently participating. Look for a Fitness Super Star flyer that will be coming home shortly. Please return the signed permission section to have your child included in the program. Contact Principal Lambert for any questions regarding the program.

**HEALTHY TIP :** Water is the best choice for quenching your thirst between meals. It is totally calorie free and contains no sugars that damage teeth.

**THE WELLNESS COMMITTEE IS SEEKING PARENTS TO BECOME INVOLVED IN PLANS FOR STAYING HEALTHY THROUGH GOOD NUTRITION AND EXERCISE. PLEASE CALL NURSE DEBBIE AT 576-4391 FOR INFORMATION.**



Over the holiday season, more than 100 pounds of donated goods (care packages consisting of toiletries, non-perishable snacks, books, etc.) were collected and shipped to U.S. marine and army troops overseas. Especially fun for the children was the fact that along with a note, each care package included their donated Beanie Babies and small stuffed animals. The soldiers and marines distribute them to local children as a goodwill gesture. We hear that the Beanie Babies are very popular! A total of eleven (11) boxes were packed and shipped to Iraq and Afghanistan, coordinated by Sue Russon and with the help of Ms. Qualey, Ms. Flesdrager and Ms. Ingram and their students. Members of the military were located through a family member and using the website AskAnySoldier.com. We are very grateful for a generous contribution by Mrs. Marie Pallotta, grandmother of Genevieve Pallotta (2<sup>nd</sup> Grade). Her contribution covered most of the postage for shipping. On December 22<sup>nd</sup>, a special guest, Peter Parente (a Barnard pre-school parent), who is a former marine and an active member of the veteran's community visited the classes to thank the children for their work and generosity during the holiday season. For their efforts, students received the following note of thanks from First Lieutenant, Andrew Ney, 1st Platoon, C Troop, 3-61 CAV:

Thank you so much for sending us your package! We got it just in time for Christmas and all of my soldiers appreciated it very much! We were even able to give some of the stuffed animals to some children about your age from the village near our base. They loved them!

We had three very little Christmas trees up in our command post, and we decorated them with some lights and some soda cans. Today we even had one of our soldiers dress up as Santa!

It really means a lot to us that you sent us that package, and I hope that you all have a happy holiday season!

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## THANKS

**HOPE Community Services** wants to thank everyone who so generously donated toys during the holiday Toy Drive. We were told that the gifts were greatly appreciated and helped to put a smiles on lots of young faces.

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### Note from a Barnard Family

Our children Charlie, Chloe (Barnard graduate), and Clay (1st grader at Barnard) were able to experience the "true" meaning of Christmas this year. And, thanks to Millie's efforts towards initiating a new and gently used toy donation for the Abraham House in the Bronx, we learned of children in real need. Our kids collected thirty (30) gently used stuffed animals, which we cleaned and fluffed up in the dryer, then wrapped in clear cellophane with a big Christmas bow. Afterwards, they each carried a large box into the Abraham House and proudly donated their gifts. They were graciously received and thanked for their efforts by the kind staff. Our children gained so much by actually going to the "house", seeing the neighborhood, asking why the neighborhood school had bars on the windows and listening to the staff. I believe they will always remember to help others, especially to those children that don't have a mother and/or father at home with them. We are so happy with not only the academics Barnard provides, but the values the school instills in their students. Values that will last them a lifetime.

Happy 2010!

The Best family

## DEADLINE TO JOIN THE PTA HAS BEEN EXTENDED!

We currently have only 284 members enrolled in the Barnard PTA. This represents a mere 46% of the Barnard students and 41% of the teachers. Sadly, these numbers are down from last year. In order to keep our membership in the nationally recognized category we must increase our membership by 5%. To facilitate our efforts towards achieving this goal, new membership can be initiated now and through **February 26, 2010**. Membership forms are located in the PTA bin in the main office, or you can send an email to either of the following parents to request that a form be emailed to you: [shannaleuchter@hotmail.com](mailto:shannaleuchter@hotmail.com) OR [suzannehc@optonline.net](mailto:suzannehc@optonline.net).

PLEASE understand...joining in no way obligates you to volunteer at events or participate in PTA meetings, although membership does have its privileges! Benefits include discounts at many of the functions sponsored by the PTA, such as Valentine Bingo, Movie Night, field trips and cultural assemblies. Joining also gives parents an opportunity to become involved in the decision-making processes at their child's school. Don't delay, support your child and their school today by becoming a member of the Barnard PTA!!