



# GCPTSO NEWSWIRE



George Crockett Academy 4851 14th St. Detroit MI 48208 (313) 896-6078

## IMPORTANT DATES!!!!

- 4/29 Kindergarten Round-up 6pm
- 5/6 Muffins and for Moms
- 5/7 Talent Show 1:30 pm
- 5/14 Mother/Son and Father/Daughter Dance

## GCPTSO Parent Meeting

*The CPTSO Parent meeting will be held on **Thursday, May 20, 2010, at 5:30 p.m.***

*Refreshments will be served. We welcome all parents, and invite you to brainstorm new ideas that will help enrich our children's educational experience at GCA.*

*A **free dress day** coupon will be issued to the children of the parents that attend the May meetings.*

*See you there!*

## Teen FOOD & FITNESS

Your child needs snacks to keep his body going strong all day long. What he or she doesn't need is extra sugar or fat! Try these ideas to get your teen or preteen in the habit of healthy snacking.

### Stock up

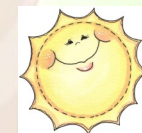
Give your child nutritious choices by keeping a supply of fresh fruits (apples, bananas, cantaloupe) and vegetables (baby carrots to dip in low-fat ranch dressing, baking potatoes to microwave and top with low-fat cheese). Other ideas: low-fat granola bars, instant oatmeal, low-fat strawberry yogurt.

### Choose healthy

Many foods are available in healthier versions these days. Look for baked chips rather than fried, air popped popcorn instead of oil or butter varieties, whole-wheat pretzels, and reduced-fat crackers.

### Plan ahead

Keep healthy snacks ready for teens on the go.



## NACHO SALE:

April 30th 2010

NACHOS AND CHEESE .....	2.00
PICKLES .....	.50
CHIPS .....	.50
JUICE .....	.50
FRUIT SNACKS .....	.50
FRUIT CHEWS .....	.50
TWIZZLERS .....	.10

## THANKS FOR YOUR SUPPORT

Sponsored by the Educational Field Trip Committee

Contact person:

Ms. Rapier, 313-790-3809 or [mhrapier@att.net](mailto:mhrapier@att.net)

Enjoy the Sunshine!!!



## Parent Resource Websites

<http://gocitykids.parentsconnect.com/region/detroit-mi-usa>

## PARENTS, GET INVOLVED!

Parent involvement is so essential to the health and well-being of your child. Kids perform better in school when you're involved. As the parent/guardian you are the most important influence in your child's life. Being involved in his/her education gives you a new opportunity everyday to stay connected with your child. Don't think about it just do it!

## EDLINE

Parent we invite and encourage you to go to Edline, the resource to view grades and assignments for all of your child classes. If you are having problems with log-in codes please e-mail Mrs. Van Antwerp at [MaryLou.VanAntwerp@LeonaGroup.com](mailto:MaryLou.VanAntwerp@LeonaGroup.com)  
[https://www.edline.net/pages/George\\_Crockett\\_Academy\\_School](https://www.edline.net/pages/George_Crockett_Academy_School)

## Parents reading is important!!!!

Please read the AR books with your children daily. It is better to read 10 minutes everyday than 40 minutes at one time. Make reading a day at the bookstore go to Barnes & Noble website and click on stores and events for a location near you with free children activities and great books all around you.

<http://www.barnesandnoble.com/index.asp>

## Tutoring Available!!!! For 3rd, 4th and 5th graders Call office for details

Who says there's no such thing as a free lunch - or even dinner? Restaurants all over the Detroit metropolitan area invite kids to **enjoy a meal on the house**, every week - sometimes even more often.

A few bar-and-grill-style venues get in on the freebie fun: **Family Night** happens every Tuesday at Livonia's [Champps](#), and kids can eat free all day and night Tuesday at the [Champps](#) in Utica with an adult entree purchase. The restaurant features **tableside magic** and a kid's craft table on Tuesday nights as well.

Little buckaroos eat free every Tuesday at [Texas Roadhouse](#) in Madison Heights, and at Belleville's Lone Star Steakhouse, two kids can eat free off the Kid's Menu all day on Tuesdays with the purchase of one adult entree.

For special celebrations, [The Melting Pot](#) in Novi lets kids eat free on Tuesdays with each adult entree purchased. Kids can eat free on Sundays at the [Troy](#) location with the purchase of a Big Night Out.