

CLASSIFIED

HELP WANTED

Book Fair Volunteers. The book fair is looking for volunteers to help at lunch recess and after school. The fair will run the week of September 22nd. If you can help, please call Lorena Gies at 778-4755

Bilingual Parent to translate newsletter and pertinent PTA information/announcements.

Red Ribbon Week Coordinator
October 21 thru October 24

Escrip Coordinator

DINING OUT

Join Mentor Me Petaluma (MMP) at Surgo's on September 19th. Please mention that you are there to support Mentor Me Petaluma and they will donate a percentage to support the Menter Me program.

MISSING!!

2 PTA canopies

Pop up shade canopy, blue shade canopy. comes inside a blue carrying/rolling case. They were used at the end of school or over the summer. Please return or contact April know if you know where they may be.

LOST & FOUND

Sweatshirts and Jackets, Lunchboxes too. All assorted sizes and colors. Any unclaimed items from the Lost & Found Box will be donated to charity at the beginning of fall break.

You're Invited to

Save the Date

November 15th

Penngrove's Annual Social

Dinner and Silent Auction

More information to come



**Penngrove 4-H is looking
for new members!**

First meeting of the 08/09 year is:



**Sept. 10th @ 6pm, Social Firemen
Community Clubhouse in Penngrove.**

Have you ever wanted to learn how to raise livestock like cows, chickens, goats?? Or, maybe just a baking project. In Penngrove 4-H you can do all of that, so come join us!
Call Lynn @ 792-1496 or GERALYNN @ 766-2066
for any questions you may have.

UPCOMING EVENTS

September 11th
**PTA MEETING at
7:00 pm in the Library**

September 15th

Last Day to enter in
your Innsbrook Order.

September 15th After-school Ms. Maloney's Room Special Assemblies Planning Committee Meeting ... help choose special assemblies for the upcoming school year.

September 17th

6th Grade Parents Outdoor Education Meeting
7:00 p.m. Mr Z's room

September 18th GATE Advisor meeting 7:00 in the Library

September 19th
Dine-Out at Surgo.

September 19th BEST Luncheon Pizza with the Principal

September 22
National Family Dinner Together Day.
See page 3

September 22nd
Book Fair opens

September 23rd
Site Council Meeting 3:00 p.m.

**September 29th –
October 20th**
Fall Break

Friends of Penngrove PTA PANTHER PRESS

Volume 1

September 10th 2008



PTA MEETING THURSDAY

Sept. 11th at 7:00 p.m.

You are invited to attend Friends of Penngrove PTA meeting to be held this Thursday, September 11th at 7:00 p.m. Please see page 2 for the agenda. We know your time is valuable and try to keep meeting to one hour. We look forward to seeing you there.

Innisbrook Fundraiser

ENDS SEPTEMBER 15

It's not too late to place your order. Last year we had over \$24,000 in orders that resulted in \$12,000 for Penngrove. We're not quite there yet and need everyone to enter their orders. If you don't have access to a computer, don't worry. You can still sell. We can help you enter orders online. Contact Sheila Moore or Jill Sullivan at 795-6901 or gjsul@aol.com. Here's an easy step by step guideline that may help.

1. Go to **www.innisbrook.com**
2. Enter school number **105507**. (If you do not want to register your student for prizes, select "EZ Order Form" Penngrove Elementary School will appear. Select the continue button

and create an account.

3. On the Menu page, select "EZ Order Form)
4. Follow the instructions to enter item numbers and quantities from your order form.
5. Once you submit your order, **print the voucher. Return your voucher and money to the school in the Money Collection Envelope.** Put your order in a safe place. You will need it to deliver the products.

IMPORTANT: Make checks payable to FOP PTA.

Remember, Penngrove receives 50% on every item sold!



September PTA General Meeting Agenda

Meeting call to order

Pledge of Allegiance

Reports:

Secretary:

*Minutes May 19, 2008

Minutes August 14, 2008

Treasurer's Report:

*Report May 19, 2008

Current Report

Vice President Report:

Summary of Executive Board meeting

Membership Report:

Current

Principal's Report:

Committee Reports:

1.Halloween-Alysia/Sandy

2. Innisbrook - Jill/Sheila/Tina

3.Social- Erin/ Dana

4. Red Ribbon Week- I think this is unmanned.

5. Assembly Committee- Heidi

6. Reflections- Heidi

Unfinished Business:

Presentation of approved Budget

Presentation of PTA contact list

New business:

Committee Chair needed for Escrip

Committee Chair needed for Red Ribbon Week

Announcements:



Make a Date for Dinner...

Good food, great conversations and loads of laughs—that's what family dinners are made of. Whether you're cooking a gourmet meal or ordering

from your favorite take-out place, rest assured that what your kids really want at the dinner table is YOU! The conversations that go hand-in-hand with dinner help you learn more about your children's lives and help you better understand the challenges they face. If busy schedules are making it hard for your family to pencil in regular family meals, take a "time out" to consider all the benefits of gathering around the dinner table. Family dinners are about more than just sharing a meal.

Did you know that eating dinner frequently with your children reduces their risk of substance abuse?

Research by The National Center on Addiction and Substance Abuse (CASA)* at Columbia University consistently finds that the more often children eat dinner with their families, the less likely they are to smoke, drink or use drugs. Family meals are the perfect time to talk to your kids and to listen to what's on their mind.

Created by CASA in 2001, *Family Day – A Day to Eat Dinner with Your Children™* is a national movement that reminds parents about the importance of parental engagement in their children's lives and encourages parents to have frequent family dinners with their kids as an effective way to prevent their kids from abusing substances.

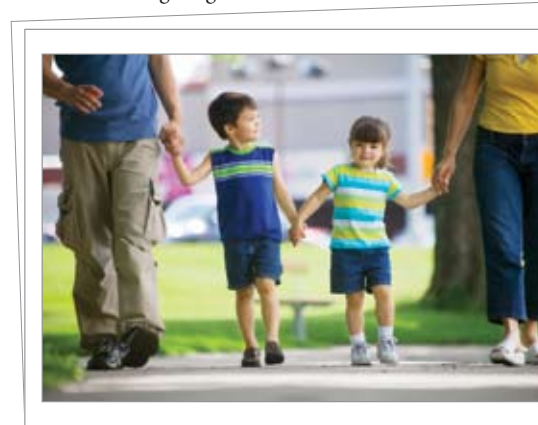
Family Day is celebrated annually on the fourth Monday in September—the 22nd in 2008.

*The National Center on Addiction and Substance Abuse at Columbia University is neither affiliated with, nor sponsored by, the National Court Appointed Special Advocate Association (also known as "CASA") or any of its member organizations, or any other organizations with the name of "CASA".

Why are Frequent Family Dinners so Important?

CASA research consistently finds that kids who have frequent family dinners:

- Are at lower risk for substance abuse compared to teens who dine with their families infrequently.
- Are less likely to have friends who use illicit drugs or abuse prescription drugs.
- Are likelier to get better grades in school.
- Are more likely to abstain from smoking, drinking and using drugs.



What's the Harm in Skipping Family Meals?

CASA's 2007 survey of teens and parents found that, compared to teens who have five to seven family dinners a week, those who dine with their families fewer than three nights a week are:

- Three and a half times likelier to have abused prescription drugs.
- Three times likelier to have tried marijuana.
- More than two and a half times likelier to have tried cigarettes.
- One and a half times likelier to have tried alcohol.

Entering High School – Parents Stay Vigilant

CASA research shows that teens are at greater risk of substance abuse as they move from middle school to high school. It's especially important for you to stay involved in your children's lives during this time. Dinner is one way to make this happen during these years.

Celebrate Family Day in Your Home

It's never too early to start the tradition of regular family dinners with your children. Make dinnertime special by turning off the TV and not answering the phone during mealtime. To download a **free Family Dinner Kit** that includes conversation starters plus menu cards and placemats that kids can color, visit www.CASAFamilyDay.org.

Be a Family Day STAR

Join parents all across the country in logging onto www.CASAFamilyDay.org to take the *Family Day* STAR Pledge to commit to:

Spend time with your kids by having dinner together

Talk to them about their friends, interests and the dangers of drugs and alcohol

AnsWER their questions and listen to what they say

Recognize that **YOU** have the power to keep your kids substance-free!



TV Land has once again joined with CASA to celebrate *Family Day*. Through a series of promotional spots, the network encourages viewers to experience the benefits of dining together. In addition, TV Land's website supports *Family Day* and encourages families to share meals.

Visit <http://www.tvland.com/familyday> for tips on how to make mealtime fun and learn more about the importance of dining together.

