



**August 31<sup>st</sup>**  
Jog-a-thon

**August 31<sup>st</sup>**  
Panther Logo Wear  
Sale 8:00am-2:00pm  
in front of the Multi

**September 1<sup>st</sup>**  
Picture Day

**September 5<sup>th</sup>**  
Labor Day Holiday-no  
school

**September 7<sup>th</sup>**  
Dine and Donate at  
Applebee's in  
Petaluma  
5:00pm-8:00pm

**September 8<sup>th</sup>**  
PTA Meeting  
7:00pm in Library

**September 16<sup>th</sup>**  
Skate Night at Cal  
Skate in Rohnert Park  
5:30pm-7:30pm

Also visit  
<http://penngroveelementary.org/Calendar.php>  
for a complete  
calendar

Friends of Penngrove PTA  
**PANTHER PRESS**

Volume 4

August 24, 2011

### **Running and Academics Go Hand-in-Hand**

*By Susan Wolsborn*

From the annual *Jog-a-thon* to the *Girls-on-the-Run* club to school-wide Monday Mileage club, you may have noticed a theme being promoted at Penngrove Elementary - running. Exercise has been touted as a panacea for just about every health issue and fits into the nationwide battle against obesity. But it turns out that certain types of exercise are more efficient at heightening concentration in the classroom and retention of material.



Participation in sports helps build self-esteem and a positive body image. Adolescence can be an emotionally challenging period for boys and girls trying to fit in and measure up on campus. The benefit of sports for young women has been highlighted in recent years. In Mary Pipher's book *Reviving Ophelia*, she notes that "girls in sports are often emotionally healthy. They see their bodies as functional, not decorative. They have developed discipline in the pursuit of excellence. They have learned to win and lose, to cooperate, to handle stress and pressure."

So what's special about running? For one thing it's inexpensive to get started. It also keeps kids consistently moving in a short period of time - no one has to wait for a turn. In addition, running promotes mastery as opposed to performance. Researchers publishing in a 2004 issue of the *Journal of School Health* found that "perceptions of a mastery-focused climate are associated with high levels of persistence, self-reported mastery behavior, and the belief that success results from effort" as opposed to extrinsic motivation. Each kid running an extra lap knows s/he is improving - they don't need a teacher or a grade to tell them.

Running also benefits students by its uncomplicated nature. Just this month, findings published in *Medicine & Science in Sports & Exercise* followed 8 to 11-year-old students in an academic setting after an endurance-oriented gym class (as opposed to skills-oriented). They score higher on tests, showing increased focus. The *New York Times* reported that "interestingly, the [other group of] children did not improve as much after a 50-minute gym class that required them to learn new drills with a ball ... The researchers speculated that asking the students to both think and move was too much, inducing 'an excessive stress load' on their brains."

Parents can do their part to help motivate. Remind your kids every Monday to work on their laps and remember to turn in your *Jog-a-thon* pledges.

#### ***The Panther Press***

Is published bi-monthly by the Friends of Penngrove PTA (FOPPTA). If you wish to submit an article or news brief, please contact Shannon Potter, Editor, at [shannonpotter@att.net](mailto:shannonpotter@att.net)



## Cotati Accordion Festival

By Allison Baeza

The 6th grade Outdoor Ed Fundraiser raffle was last weekend at the Cotati Accordion Festival. Half of all the proceeds from the raffle went directly back to 6th grade Outdoor Ed. The 6<sup>th</sup> graders were responsible for selling raffle tickets prior to and at the event. There were quite a few prizes in the raffle ranging from: t-shirts, posters, 4 beautiful quilts made by Ms. Maloney and the grand prize, a brand new Accordion.

At the end of the day, Penngrove kids were allowed on stage to announce the winners. The most exciting part was that one of our own 4th graders, Nadia Petrovic, who was on stage, was the winner of the grand prize accordion!

## Panther Logo Wear

Panther Logo Wear is here! T-shirts and sweatshirts will be available for sale on Wednesday, August 31<sup>st</sup> all day during the Jog-a-thon and we will have a booth at the upcoming Halloween Carnival.

If you can't make either of the sale dates please stop by the office and pick up an order form. Items are available in blue or white. Orders are taking about 1 week to be delivered.

Also if you are a member of the PTA you can get items at a discounted price. It's not too late to sign up! Membership forms are also in the office.

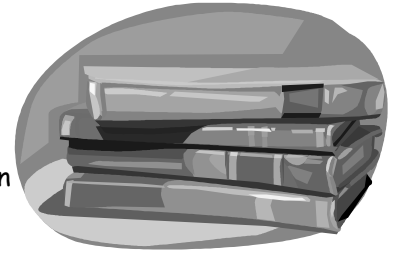
Logo Wear Pricing:

Children's T-Shirts	\$6 PTA or \$8 non-member
Girls' T-Shirts	\$8 PTA or \$10 non-member
Kid's Zip Sweatshirt	\$23 PTA or \$25 non-member
Kid's Pull-over Sweatshirt	\$18 PTA or \$20 non-member
Adult T-Shirt	\$6 PTA or \$8 non-member
Women's T-Shirt	\$8 PTA or \$10 non-member
Adult Zip Sweatshirt	\$28 PTA or \$30 non-member
Adult Pull-over Sweatshirt	\$19 PTA or \$21 non-member

Questions contact Renee Donmon [Renee\\_Donmon@hotmail.com](mailto:Renee_Donmon@hotmail.com)

## Laurie Lutz's Library Corner

A "wish list" of books for the library. The following titles have been suggested by adults or requested by students. Books should be hard cover.



Big Nate: Out Loud by Lincoln Peirce

Big Nate From The Top by Lincoln Peirce

The Fablehaven Series by Brandon Mull: (Books 1 - 6)

Lawn Boy by Gary Paulsen

Any Mario Brothers book (student request)

6 month subscription to "National Geographic for kids" \$15.00

6 month subscription to "Sports Illustrated for Kids" \$15.00

6 month subscription to "American Girl" \$15.00

Memoirs of a Goldfish by Devin Scillian

Follow the Drinking Gourd by Jeanette Winter

Getting ready for Halloween....

Tell me a Scary Story...but not too Scary! by Carl Reiner

The Boy and the Ghost by San Souci

Room on the Broom by Julia Donaldson

Ghosts in the House by Kazuno Kohara

By the Light of the Halloween Moon by Caroline Stutson

Getting ready for Thanksgiving....

Turk and Runt by Lisa Wheeler

Knuffle Bunny: A Cautionary Tale by Mo Willems

Knuffle Bunny Too: A Case of Mistaken Identity by Mo Willems

Knuffle Bunny Free: an Unexpected Diversion by Mo Willems

Zorgamazoo by Robert Paul Weston

Have you Filled a Bucket Today by Carol McCloud

The library still needs volunteers to help with check-in/check-out for the following classes:

Jimenez, Tuesday's 1:00pm-1:30pm

Albini/Sartori, Wednesday's 9:00am-10:00am

Boronkay, Thursday's 2:00pm-2:30pm

If you can help please let Laurie know!

## PTA Committee Sign-ups

Friends of Penngrove PTA is still looking for a few parents who would like to assist on various committees for PTA events. If you are interested in helping out on one of the following committees please contact [shannonpotter@att.net](mailto:shannonpotter@att.net) for more information:

- Field Days Committee
- Year book Photographers
- eScrip Committee
- Ice Cream Social Committee
- Halloween Carnival Committee
- Assemblies Committee
- Oak Award Committee
- Logo Wear Committee