

January 14, 2010
Cedar Hill School
General PTO Meeting

I. Call to Order

II. Officer/Committee Reports

Presidents: Christina Ehret and Elaine Edge

- *Christina encouraged parents to participate in the “Stop+Shop Store Card” fundraiser. Registering your store card is easy and the points translate to cash for Cedar Hill School.
- *Read Through Winter continues, please encourage your children to participate.
- *Science Fair volunteers are still needed. There are 75 children participating. The program is dependent completely on PTO and Parental volunteers.

1st Vice President Meetings: Alicia Martine-

- *The next General PTO Meeting will be held on March 11, 7:00p.m. Sean Siet will possibly be our guest speaker , to discuss how our curriculum prepares our children for the NJASK testing.
- *The nominating committee for the 2010-2011 PTO Board is beginning to form.

2nd Vice President/Fundraising: Joyce Tulenko

- *Joyce stressed that the “Stop+Shop” fundraiser is a great way to earn money for CHS.

3rd Vice President/Newsletter: Karen Richman

- *The Box Tops event is running until Feb.12. Please use the sheets provided when handing in your box tops. 1st prize is a Pizza Party, 2nd prize will be a popcorn snack during class.

Treasurer: Candy Pescatore-

- *Wizard of Words will host Trinka Hanks Noble on Feb. 16-17, for K-2. Go to TrinkaHanksNoble.com to see her books that are available.

Secretary: Colleen DeSalvo-

- *Boys Night Out will be held on March 19th.

Trustee: Kristina Folkart-

- *The next Cultural Arts Assembly will be held on Feb.12,2010. Rochel Garner Coleman will perform I,Nat Love. Other upcoming events include Honey Bee, March 8-9.
- *Sweetheart’s Dance will be on Feb.12, volunteers are still needed.

Trustee: Elizabeth Barickman

*The Science Fair has had a great response. Laura Begg is organizing the Parent volunteers.

III. New Buisness

IV. Old Buisness

V. Meeting Speakers:

David G. Scott MS, NASM-PES

Coordinator, Exercise Physiology & Goryeb Kid-Fit Program

*David gave a presentation to CH parents regarding nutrition. Obesity/Diabetes is an epidemic for our children. They are at risk of having a stroke or heart attack at a very young age. They are the first generation to die at a younger age than their grandparents. Overweight adolescents and children are likely to become overweight adults. Doctors are seeing children with health issues such as arthritis, asthma, sleep apnea, high blood pressure, high cholesterol and depression. The main problem is our children have less opportunity to move their bodies. David urged parents to limit the use of computers and video games. Children need to play outside and move. Use your local parks and walk. Parents need to be a healthy role model to teach our children healthy eating habits and to exercise. It is very important to sit down as a family to eat meals. David's program is a Multi-disciplinary team approach to exercise, psychology and nutrition. Parents should watch sodium intake, and provide healthy snacks such as fruit, peanut butter and milk. Parents can go to a website MyPyramid.gov to check how much to eat from different food groups.

Chris Talley- Asst. Director, Aramark Food Services

*Chris gave a great presentation on our children's lunch program. Chris answered many questions from parents regarding their concerns about the food their children are purchasing in the cafeteria. The students at CH need to be educated about the fruit and vegetables available to them on a daily basis. The cafeteria staff will be asked to offer these items to the children as well.

VI. Adjournment

Respectfully Submitted by Colleen DeSalvo, Secretary