

North Star Charter

Oct. 8th-12th
2007

Attendance Report

Kindergarten – 97.7%
1st Grade – 100%
2nd Grade – 100%
3rd Grade – 99.3%
4th Grade – 95.3%
5th Grade – 96.3%
6th Grade – 98.8%
7th Grade – 98%
8th Grade – 97.5%
9th Grade—96.9%
School % - 98%

Remember: we receive full funding for our school when we are at 96% average daily attendance

COW COOLER CLEANERS WANTED!

A cow cooler? What's THAT? With great thanks to the Idaho Dairy Council, we are now proud owners of our new milk cooler, and it looks like aCOW! Check it out in the multi-purpose room. We are looking for volunteers to clean out the cooler each week. You can volunteer to clean either one time or once per month and can be done at your convenience. Students are invited to help their parents with this task. Please contact Christie Haley at colorfulfamily@cablone.net if you are interested in volunteering.

Christie Haley

Math Club is Here!

Welcome to North Star Math Club's inaugural year! This will be a great year to learn math and be a "founding" member of North Star's fabulous Math Club!

The 2007-2008 North Star Math Club (NSMC) will be held **Tuesday afternoons from 3:00 to 4:00** in Mr. Whitt's classroom. NSMC will begin October 9th and run through March or April. See our website for more details. <http://www.northstarcharter.org>

Jennifer Butler

Chess Club Begins!

Welcome all new and returning players! Chess club is a lot of fun for players of all ages and levels. Join us Thursday afternoons for a short chess lesson, snacks, and games of chess with some great company!

The 2007-2008 North Star Chess Club (NSCC) will be held every **Thursday afternoon from 3:00 to 4:00** in Mr Whitt's classroom. Chess club will begin October 11th and run through March 13th. Check our website under Quick links for more information.

Jennifer Butler

Picture Day
this coming Monday!!
Oct. 15, 2007

Question of the Week: *"Is it possible to change our Christmas vacation schedule to align with Meridian School District's during the first week in January.?"* There are several factors that come to play in this situation.

- After talking to the State Dept., we've learned that taking an additional week off in January affects our ability to meet the minimum required hours for the State.
- Switching our first week off, Dec. 17-21, to Jan. 2-4, poses a problem for those parents who have planned their vacations based on our existing calendar. Many will be out of town the week of Dec. 17th.
- We usually are aligned as closely as possible with the Meridian District. Normally they do not have the first week in January off. We were not aware of this change in Meridian's usual schedule until our calendar had been published for some time with the State Dept. as well as on our website.
- We will try and watch it more closely next spring. We welcome your opinions at our board meeting this spring when we will vote on our calendar for the following year.

Phyllis Smith /Diana Wold

The auction is coming!

It will be here before you know it! The online auction begins October 22nd and runs until Nov. 2nd; we have many wonderful items and services being donated. Then join us the evening of Nov. 3rd for the live auction and dinner. The cost is only \$15 per person (adults only please) so everyone should be able to attend - it will be fun! It is still not too late to donate an item or service, just bring it to the school next week (the earlier the better) or contact Becky Callister at 939-3528 or callister@cableone.net.

Thank you for all your help!
Becky Callister

ART PROGRAM FEES

Thank you to those families who have contributed to the art program supplies fee. We have many more supplies to purchase in order to cover our needs and are a long way from reaching the anticipated receipts from our families. Please take a moment to write a check to cover art fees for your student (s). Make check payable to: NSCS Art Program -- \$12 for grades K-5; \$20 for grades 6-8. Thank you!! **PTO**

Yearbook Announcement:

Any parents out there that enjoy taking pictures? Have a knack for paperwork and emailing? Love to create something that will be treasured for years? If so, then Yearbook might be something that you enjoy. If you are interested in helping out with Yearbook this year, which is starting already, please email Mr. Whitt at twhitt@northstarcharter.org. Students will be able to help with Yearbook later on in the school year, but for now parent volunteers will work the best. Thank you so much for your assistance and time, I look forward to hearing from you. With Hope,
Editor Whitt

PTO ANNOUNCEMENT

There will be a PTO meeting for general membership on Wednesday, October 17 at 9:30 am in the conference room at school. The PTO budget for 2007-08 will be voted on for approval. An agenda will be posted on the web site on Monday, October 15. Could you also include in Friday's newsletter the following (if you have room)?
Lisa Szentes

North Star Volleyball:

Congratulations North Star Volleyball players and parents on a terrific season! All 6th, 7th, and 8th grade young ladies that were involved in volleyball this season did an outstanding job. Improvements were made, friends were discovered, fun was enjoyed, and the 6th grade team even got to experience the thrill of an overtime victory in one game. Hopefully next year we can start our teams earlier in the school season and get a few more matches in against other schools. Most schools right now are transitioning into other sports.

Our last practice is Friday the 12th, from 3:00 to 4:00. To celebrate our wonderful season I am attempting to put together a Parents vs. Students game on Friday the 19th, from 3:00 to 4:30. If you are a parent and are interested in playing in that match, bringing food, acting as a referee, or helping out in anyway at all, please email Mr. Whitt: twhitt@northstarcharter.org. It should be a lot of fun, if we can field a team, to play some volleyball, eat some food, chat about next year, and have some fun.

Stay tuned to the newsletter for updates on boys basketball, intramurals, chess club, or any other team activities here at our amazing school. Once again, congratulations Gators on a great first season with volleyball, I hope to see you ALL next year!!
Excitedly,

Coach Whitt

Reflections on a Convention

By Dan Conti

The 2007 IAHPERD convention on Oct 4th & 5th contained many elements applicable to my role as physical educator: confirmation of dynamic warm-up and tactical teaching, new information on elementary assessment, nutritional lesson ideas, and a charge to invoke change.

The Keynote speaker on Thursday was Dr. Steven Blair, Professor in Departments of Exercise Science, Epidemiology, and Biostatistics at the Arnold School of Public Health. Recipient of awards from National Institutes of Health, American Heart Association, and the Surgeon General's office, Dr. Blair has lectured to scientific and medical groups in 48 states and 30 countries. Dr. Blair has published over 360 papers on the associations between lifestyle and health, with specific emphasis on exercise, physical fitness, body composition, and chronic disease. I've known Dr. Blair since the late 1970's and read many of his research papers.

Dr. Blair's lecture was titled, "Physical Inactivity: The Biggest Public Health Problem in the 21st Century." While much of his talk was a review of the last 45 years of research on this topic (an impressive database of information / confirmation), Dr. Blair ended with introducing a new premise; changing from a focus of exercise as prevention to Exercise as Medicine. This premise is based on some recent research that Dr. Blair presented. In a study of 2,987 women, survival rates after diagnosis of breast cancer were assessed and the evidence indicated that the women who exercised 30 minutes a day of moderate intensity had half [50% less] the death rate as women who didn't exercise. In a study of heart disease patients, one group had angioplasty with a stent placed in the coronary artery; the other group replaced the surgery with 30 minutes a day of exercise at a moderate intensity. At the end of one year the exercise group had less mortality [deaths] than the angioplasty group. In another study of young people with diagnosed clinical depression, the group that exercised 30 minutes a day at a moderate intensity [they exercised alone to reduce positive effects of socialization] had a remission rate of 45% which was higher than the group on medication. In the last two studies, exercise was not only more effective but also significantly cheaper, a major economic issue today.

Moderate intensity is relative to the functional level of each person but can be characterized by increased breathing rate, increased heart rate, and core body temperature increasing with onset of sweating. The minimum recommendations from the American College of Sports Medicine and the American Heart Association is to do moderately intense aerobic exercise 30 minutes a day, five days a week and to do 8 to 10 strength-training exercises, 10-15 repetitions of each exercise twice to three times per week. This recommendation holds true for the young person through adults over the age of 65 and states the following; *the minimum recommendations are just that: the minimum needed to maintain health and see fitness benefits. If you can exceed the minimum recommendations, do it! If you exceed the minimum, you can improve your personal fitness, improve management of an existing disease or condition, and reduce your risk for health conditions and mortality.*

Studies have been done using video taping of recess and physical education classes that demonstrate that the amount of moderate intensity activity in game play is less than 40% in physical education classes and less than 20% during recess play. How this translates in a 30 minute PE game activity class is less than eight minutes of moderate intensity exercise. Typical class structures break down into 5 minutes for transition coming and leaving class, 7 minutes of warm-up, instruction, organizing groups, which leaves 18 minutes times 40% or 7 minutes and 12 seconds of moderate intensity exercise. Twenty minutes of recess times 20% equals 4 minutes of moderate intensity exercise. Many states are going back 30 years by passing legislation requiring schools to offer 50 minutes of physical education, 5 days a week to help combat the economic plight of rising health insurance and medical costs.