



UC TEAMS Charter School

PATCO Newsletter

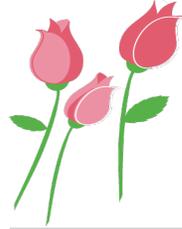
April 2009

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Here comes "the Spring with all its splendor, all its birds and all its blossoms, all its flowers, and leaves, and grasses".



"What are we eating?": A Nutrition Workshop for Parents

At the March 19th PATCO meeting, many parents were stunned but educated about the nutritional value of some fast foods. A guest speaker from Rutgers University stunned parents with the fat, sugar, sodium, and calories contained in several fast food items. At times parents were laughing with disbelief at the "damaging" stuff we consumed each day and allow our children to consume. The guest speaker provided parents with several easy ways to monitor our caloric and sugar intake. While many parents acknowledged paying attention to the labels of food items; the speaker reminded us to be aware of the servings contained in every product. For example, a bottle of Vitamin water contains only 10 calories, but it means 10 calories per serving. There are actually 3 servings in the bottle and many of us will drink the entire bottle, consuming 30 calories not just 10. Much to the relief of parents, the speaker said that it was not necessary to stop eating these items all together, instead eat in moderation and be sure to balance with other healthy foods.

Every person is allowed approximately 1800 calories per day, one value meal from a fast food establishment could use up all the allotted calories for the entire day. According to guest speaker, if we must eat fast food, we should make smarter and less damaging choices. The chart below contains a few of her suggestions.

Choose This....	Instead of This....	Saves you Calories	Saves you Fat grams
Egg McMuffin	Sausage Egg McMuffin	160	15
Small French Fries	Large French Fries	290	14
McChicken	Big Mac	190	14
6" Turkey Breast Sub	6" Tuna Sub	250	27
Pepper, onion, tomato pizza slice	Super supreme stuffed crust pizza slice	300	17

Class Parents,



Please share what you know about the activities and events

at UC TEAMS Charter School. There's always room in the newsletter to include your article. Please email any information to be put into the newsletter to patcopresident@yahoo.com. It will be filed for the next newsletter.

UC TEAMS's students are preparing for state testing.



The yearly testing of all New Jersey students will begin in a few weeks. The New Jersey Assessment of Skills and Knowledge (NJASK) will be given to Grade 7 & 8 students during the week of April 27. The 5 & 6 graders will be tested the following week, May 4th. Grades 3 & 4 students will begin their testing on May 11th.

Visit the websites below to view some of the tests your children will be taking or have your child practice some of the Math problems or read the stories.

- <http://www.nj.gov/education/assessment/es/sample/njask.htm>
- <http://famsmath.wordpress.com/2007/11/27/nj-ask-practice-test-for-grade-6-8/>
- http://www.evgschool.org/reading_and_math_strategies.htm

Art Projects

The special projects that I've worked with my advance art students and also with all my students are the Brain Power projects, a self portrait of our new President Barack Obama. Our latest project that we're about to begin working on is for the Union County Teens Art Festival.

The brain power project was a project where the students had to express how their brain helps them learn to grow up to be great students, and helps the world make it a better place for everyone. I am very proud of all my students in the school. Their work in the Brain Power project really showed and expressed how their brain helps

them learn and become better students. For the brain power art works I chose 15 students who I believe that did a wonderful job from start to finish, and they will receive a special prize and a certificate of congratulations. The students from K thru grade 8 are: Tyejuan Taylor, Myles Daniel, Elijah McDonald, Esther Veras, Deriq Thomas, Jeanique Hawks, Diamond Spencer, Alondra Machado, Esther O.Lawal, Nia Cress, Patricia Murillo, Charles Smith, Kalid Jackson, Courtney Johnson, Garth Burke

Congratulations to all UC TEAMS' students, they all did a great job!



Ms. Ximena Galvin

The self portrait project of Barack Obama was done for the Presidential Inauguration Ball, and all the students did a great job in capturing our President warm smile, his love for his family, the vision that he has for our country.

The project that my Accelerated Art Class is going to be working on is the Union County Teens Art Festival, and they are going to be creating African Mask out of paper and paint with acrylic paint. I am looking forward and very excited of kind of work my students are going to create.

PATCO meetings are held every third Thursdays of each month. We meet in the media room @ 6 :30pm. Meetings last approximately two hours. The next meeting dates are as follows.

**Apr. 16th, May 21st,
June 18th**

Parent And Teacher Community Organization (PATCO) Information

It's your turn! Parent Participation in PATCO

- 1) Commit to attend one PATCO meeting per year. This way each class will have two parents **attending** each meeting offering their ideas and suggestions for growth and improvement.
- 2) Consider **paying** membership dues. It's \$10 per family, cash or check in an envelope. This money helps us purchase supplies for teachers and offer other support to our students.

UC TEAMS Charter School / PATCO Fundraiser

Hundreds of discounts

**Coupon Book
Sale**

\$25.00

Sale begins after Easter Break

- 2-for-1 deals at Dunkin Donuts, Rita's, Carvel, Baskin Robbins, Subways, Papa John's
- 25% off at Border's Book
- Coupons for discounts for family fun & entertainment .
- Coupons for regularly used family products.
- Coupons to popular stores and shops in Union County.

Did you know?

- DID YOU KNOW that UC TEAMS Charter School have received approval to extend to Grade 12? This will be a gradual process beginning with the addition of a Grade 9 class in September 2009.
- DID YOU KNOW the school's website is up and running? Lots of information at your fingertips. Check it out www.ucteams.org

UC TEAMS' Inauguration Ball



The students of UC TEAMS Charter School will forever has an wonderful response to this question "Do you remember when President Obama was sworn in as the first African American President of the United States?".

African-American History

1619- First group of Africans slaves arrived in Virginia.

1849- Harriet Tubman escapes from slavery and later the Underground Railroad.

December 1865- During the Civil War, the 13th Amendment was ratified making slavery illegal in the United States.

1869- Howard University opens the first Black Law School in America.

1909 -The National Association for the Advancement of Colored People (NAACP) was founded.

August 1965—The Voting Rights Act is passed.

1920's—The Harlem Renaissance showcased the creative talents of African-Americans.

1947 - Jackie Robinson became the first African American to play major league baseball.

April 1968—Civil Rights Act is passed.

January 2009—**Barrack Obama** is inaugurated as the 1st African American and 44th President of the United States of America.

February 2009- Michael Steele becomes the first African-American chairperson of the Republican Party.

From the desk of the Executive Director / Founder

“YES WE CAN AND YES WE DID!”

On February 27, 2008, *“If I were president”* was the opening theme from our Kindergarteners at the African American Heritage Program presented that evening. Who would have thought in our lifetime, that we, our children, our grandchildren, or even our great grandchildren would legitimately aspire to the highest office of this country? And then on January 20, 2009 we inaugurated the first African American President, Mr. Barack Obama. This is fact: “we hold in our children the grandest possibilities of all as they aspire to ‘be all they can be’ and we must challenge them to dream and dream big.” These are no longer clichés, but realities as these young people will attain greatness in any and every endeavor they attempt.

And to that end, we here at Union County TEAMS Charter School, have taken on the responsibility of making it happen through a renewed five year charter and expansion from Kindergarten through High School. Yes, we did! The Commissioner, Lucille E. Davy under the seal of Governor Jon S. Corzine has approved our charter through 2013 - 2014 *“based on the school’s academic progress, the school’s ongoing examination of its results to guide improvements and the commitment exhibited by the school’s administration and board.”* These words seal our goal for the next five years to provide exceptional educational opportunities for students in all grades beginning with 20 new sixth graders in the coming year and moving our eighth graders into a ninth grade high school program.

Parents and Family members, we have an obligation to support and preserve the dreams of our young people. Education is a tool, yet it is the greatest tool we have to combat ignorance and reach mountains of greatness. As stated once before, UC TEAMS Charter school provides many learning opportunities for our children in this learning community. Technology is a tool for the 21st century and we must continue to become technologically astute. Architecture and engineering are not far fetched goals when students know and love math and science. Eighth grade parents, join us as we validate the hopes and dreams of your children in the new millennium. Our goal of one to one technology will be a reality in 2009—2010. We will ensure that every high school student has a computer to be used as a distance learning instrument and provide access to a worldwide network of information (safety filters and other safeguards provided). New high school standards have been adopted by the New Jersey Department of Education and we are ready to administer them in our course of study outline for our high school program.

Many of you took a chance with us at the inception of UC TEAMS, in September 2005, now we seek your support as we launch out again into the deep. We challenge you, to allow us, to take your young people from Kindergarten through high school graduation ensuring that they will attend the college of their choice and pledge to follow them until completion as they become the new professionals, movers and shakers of this new millennium. If we lock arms together, we will continue to prove **‘We Are Community Builders’** and nothing will be impossible. **YES WE CAN!**

Yours in Making Dreams Realities,

Sheila L. Thorpe

Executive Director/Founder

UC TEAMS Basketball News



The UC TEAMS Charter School **RAMS** Basketball Team is back! Our first game this season took place on January 14, 2009 at the Newark recreation center



against Marion P. Thomas Charter School. Our cheerleaders were fantastic and demonstrated UC TEAMS PRIDE. In true Rams style, our players dominated the court and secured our first victory of the season with a final score of 28 - 10 RAMS.

Our first home game took place on February 5, 2009 against Greater Newark Academy Charter School. The final score was 28 - 19 RAMS. We had a great time, and we received tremendous support from our cheerleaders, parents, teachers, and administrators.



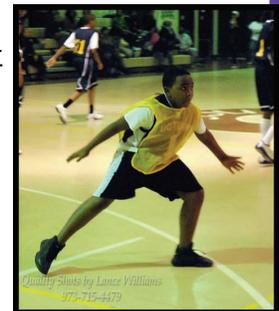
Our second home game was against TEAM Academy Charter School. They were considered to be the class of the league because they have won back to



back championships, and they haven't lost a game in 2 ½ years. But I'm extremely happy to report that the RAMS were responsible for breaking the longest winning streak in Charter School Athletic League history when we defeated TEAM Academy Charter School last Tuesday February 10, 2009 with the final score 33-28 RAMS. IMPRESSIVE!



Please check your UC TEAMS monthly calendar for the next scheduled game, and be sure to come out and support our RAMS in action.



Mobile Dentist Visit

We invited the Mobile Dentists/Smile Programs to our school on January 26, 2009. They brought their preventive dental care program to our school because we know how important good oral health is to



our students. The Mobile Dentists/Smile program was able to set-up a mini-dental office in our school and provided dental examinations, cleanings, fluoride treatment, x-rays and sealants (if

Miss Foster

needed) to our students. No child is ever turned away from Smile Mobile Dentists because of financial need. Until next time, continue brushing and keep up the good work.

FAMILY FUN PAGE



Solve this puzzle and email answer to patcopresident@yahoo.com.

There are four friends (Adam, Elizabeth, Peter, Sally) and each has a balloon. From the clues below can you match each of them with their age and balloon?

The kids are aged 5, 6, 7 and 8 and one of them has a blue balloon.

1. The six year old girl has a green balloon.
2. Adam has a red balloon and is older than Peter.
3. Elizabeth is 5 years old but her balloon isn't yellow.



Name	Age	Balloon

RIDDLES & JOKES

Teacher: Why is the Mississippi such an unusual river?

Pupil: Because it has four eyes and can't see!

Where do rabbits learn to fly?

In the Hare Force!

What do you call a bee that's always complaining?

A grumble bee!

What is the most slippery country in the world?

Greece!

WORD PLAY

Make new words by changing just one letter in each of these words.

1. Change TALK into a story
2. Change GATE into something found in a calendar
3. Change FINE into a number

Put a different letter in front of EAR each time to make words with the following meanings.

1. Animal
2. Close
3. Fruit

Can you rearrange the jumbled letters into a 9-letter word which will help you speak to someone?

H T P E O E L E N

Can you also use some of the letters to find three 4-letter words with the following meanings?

1. Assist
2. Skin of an orange
3. Music symbol

Family / Community Activities

<p>Tuesdays 6:00 - 7: 30 pm @ Plainfield Public Library--- Videos on Personal Finances</p> <p>April 14th— Suze Orman: The Laws of Money, The Lessons of Life</p> <p>April 21st- Robert Kiyoski: Rich Dad Teach to be Rich</p> <p>April 28th— Dave Ramsey: Financial Peace University (Dumping Debt)</p>	<p>\$0</p>
<p>Kids Activities at Plainfield Public Library</p> <p>April 13th — Learn to draw with Diego @ 4pm</p> <p>April 14th— Choose your own craft @ 2pm</p> <p>April 15th — Game Day: board games @ 2pm</p> <p>April 16th —Chicken Little movie @ 2 pm</p>	<p>\$0</p>