



DAILARD DAYS

January 2012

Issue 12



Happy New Year!

I hope you all had a festive and fulfilling holiday season. This edition of the Dailard days will highlight the many supplies, personnel and events the PTF funds and “runs,” in an effort to support the fitness of our kids. Our featured teacher this month is Ms. LaRue, our new part-time PE teacher. The PTF also invested in brand new PE equipment, which the kids are already enjoying, and new recess equipment is on the way! Running club is going strong, with kids participating in incentive based running and walking during recess on Tuesdays and Fridays. Don’t worry parents - you too can get fit as our popular weekly evening Zumba classes will soon return to Dailard. Also, this upcoming Friday, come get fit 50’s style as we hoola, twist and shimmy at our very own sock hop. And lastly....you know what February means at Dailard...that’s right...its jog-a-thon time! So, let’s get 2012 off to a great start by getting fit together.

In Appreciation,
Shayna

Our new PE Equipment is here!



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Zumba is back!

Zumba Fitness® is a Latin-inspired dance-fitness program that blends red-hot international music & contagious steps to form a “fitness-party”.

Classes resume on Jan 18th

Wed evenings - 6:30 p.m. in the multipurpose room
\$7 per class or \$30 for 5 classes*

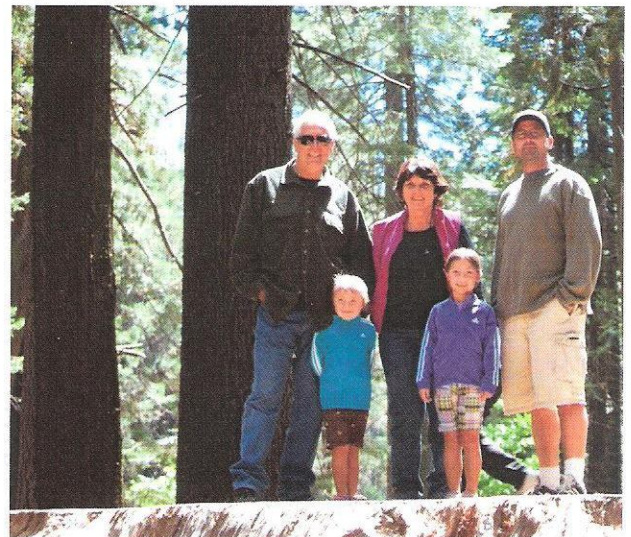
For more information please contact

Erin Cragin at (619) 807-1329 or ecragin@cox.net

*15% of proceeds raised will be donated to Dailard’s PTF

Top 5 Things You May Not Know About Ms. LaRue

5. I have a cabin in Strawberry, CA, which is off of the Sonora Pass, and spend about a quarter of the year there. Friends and family visit often but as beautiful as the Sierra’s are, I am always happy to come home to San Diego.
4. I have traveled to Bali, South America and across Europe.
3. I have been married to my husband, Phil for 40 years. We were married in Presidio Park, San Diego.
2. We have a son named Rob. I am also “Nana” to Addison and Avery Slinger.
1. I was born on Cinco de Mayo so there is always a party!



Ms. LaRue with Addison & Avery Slinger

DAILARD DAYS

Upcoming Happenings!

Sock Hop! Multi-purpose room

Friday, January 6th, 6:00 - 8:00 PM

Activities & Events Mtg - Teacher's lounge

Monday, January 9th, 7:50 AM

PTF Board Meeting- Off site location

Tuesday, January 10th, 5:30 PM

MLK Holiday - No School

Monday, January 16th

Zumba class - Multi-purpose room

Wednesday, January 18th, 6:30 PM

Variety Show Performances

Jan 24th - Grades K, 1st, & 2nd - 6:00 PM

Jan 26th - Grades 3rd, 4th, & 5th - 6:00 PM

Crew Jr. Crew Stomp Performance - Assembly

Thursday, January 26th

Dads & Doughnuts

Friday, January 27th, 7:15 AM

Friday Flag - wear your Dailard t-shirt

Friday, January 27th, 7:50 AM

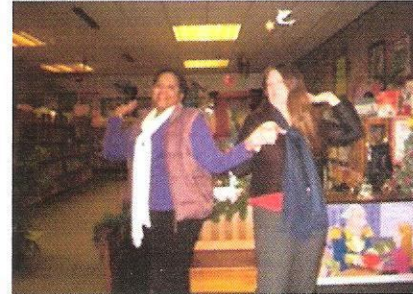
Jog-a-thon Kickoff Rally

Tuesday, January 31st, 1:30 PM

Calling All Runners!

The Dailard Dashers Run Club is in full swing. Participating students have been running laps every Tues & Fri, which they can then redeem for prizes. Turnout has been fantastic for grades 1st-3rd, with many first graders receiving their toe tokens by mid Nov. Impressively, 3rd graders Zachary Stull & Dexter Stratton, were the first to receive t-shirts for running 80 laps! Turnout has been lower for 4th & 5th graders. Let's encourage this older group to exercise as well!

SOCK HOP!



Kick off the new year right!
Work up a sweat at this FREE event.

Learn some cool 50's dance moves from
Mrs. Kinney & Mrs. McClendon

Friday, January 6th
6:00 - 8:00 PM

Multi-purpose room
Light refreshments will be provided
PRIZE AWARDED FOR THE BEST 50'S COSTUME.

A Message from Nurse Jennie

Flu season is upon us and we all know that once it starts, it's a vicious cycle that makes its way through the entire school!

What can we do to protect our children from this?

We can make sure kids get their flu shots and are properly washing their hands for starters. CDC guidelines say that vigorously rubbing your hands together with soap and warm water for 20 seconds is the best way to get rid of germs.

Keeping antibacterial gel around is the next best thing - especially next to the tissue box! If you don't have a tissue available while sneezing or coughing, practice the "Vampire Cover" in which you cover your mouth with the inside of your arm instead of your hand. Reinforce these tips with your kids.

Pizza Wednesday News Flash!

Be the first kid in your class to try Woodstock's specialty pizzas.

A different specialty pizza will be offered the first Wednesday of each month.

Wednesday, January 14th 12:15 PM

Try a slice of yummy BBQ chicken pizza for just \$2.00