

Odyssey Academy Newsletter

January 29, 2010

Winter Carnival Raffle!

Odyssey has been fortunate to obtain 3 generous donations to conduct a raffle this year in conjunction with the annual Winter Carnival. The items to be raffled are a **Keurig single brew coffee system**, an **Ipod Nano**, and an **iRobot home vacuum system**.

Tickets are available for sale NOW. Each ticket has a single item on it, so you may choose the number of tickets you would like to purchase for each raffle item. Tickets are \$1.00 each, and will be available for purchase through the end of the Silent Auction at the Winter Carnival, on February 5.

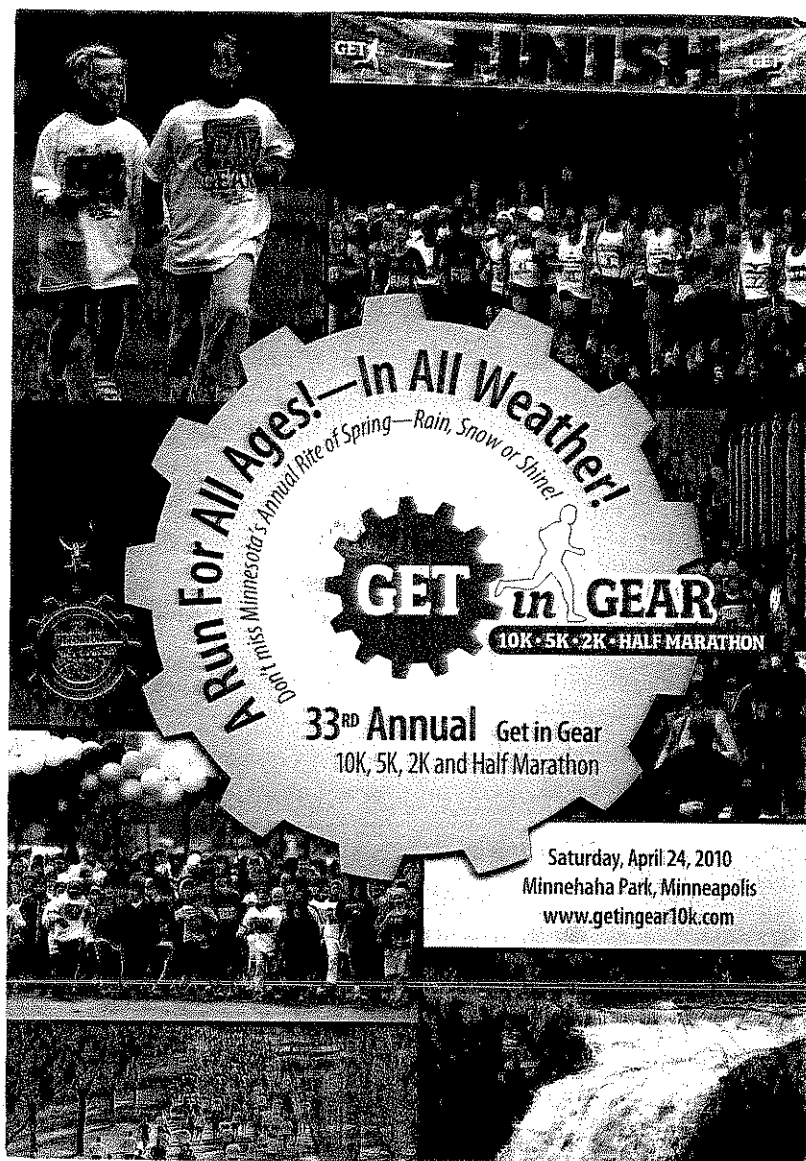
As with all of the Winter Carnival event profit, the proceeds from the raffle will be divided between all of the classrooms. **We need your help** to make this all-school fundraiser as successful as possible, so all our students can benefit.

We cannot send tickets with all the students, due to the need to account for all tickets printed, as required by state law. We will send them home with students when the parent requests them. Think of all the people you know that would love to win one (or all!) of the three items! Be sure to request enough tickets to sell to your neighbors, family, friends and co-workers (winners need not be present to win).

When you return all the sold ticket stubs to the school for the raffle drawing, be sure your student's name is on the back of the ticket stubs. If the ticket drawn has your student's name on it he or she will also win a small prize.

Please contact your child's teacher, or Shel Auld at (763)971-8200 or mskbauld@yahoo.com to request the specific number of each ticket type you would like.

The annual Get in Gear run/walks will be on Saturday, April 24, 2010, at Minnehaha Park in Minneapolis. This event is a great activity for all ages and all abilities. There is a Fit For Fun 2k run/walk for students and adults (even small children), or longer 5k, 10k, or half marathons for those that want to go longer.. If there is enough interest, Odyssey could have a team for the 2k. Please contact Shel Auld at (763)971-8200 or mskbauld@yahoo.com for more information. This is a fun spring physical activity for the entire family to do together!



FINISH

GET in GEAR
10K • 5K • 2K • HALF MARATHON

A Run For All Ages! — In All Weather!
Don't miss Minnesota's Annual Rite of Spring — Rain, Snow or Shine!

33RD Annual Get in Gear
10K, 5K, 2K and Half Marathon

Saturday, April 24, 2010
Minnehaha Park, Minneapolis
www.getingear10k.com

The Healthy Do-Gooder

Volunteerism, altruism, humanitarianism, philanthropy: All refer to the act of promoting human welfare with unselfish motivations.

Helping others, however, has a secret pay-back: It contributes to your personal well-being.

"When people volunteer, they feel happier and calmer, and they report less depression and a greater sense of meaning," says Stephen G. Post, PhD, coauthor of *Why Good Things Happen to Good People* (Broadway, 2007). Studies also show that volunteering can strengthen the immune system, alleviate pain and insomnia, and increase longevity.

As director of Stony Brook University's Center for Medical Humanities, Compassionate Care and Bioethics, Post evaluates the scientific evidence behind humanitarian acts. Among the new findings:

- Volunteering in high school predicts good physical and mental health for life.
- Individuals over 65 who volunteer are significantly less likely to die within the next eight years than those who don't volunteer.
- People under economic stress who offer social support to others experience less anxiety over their own situation.
- A phenomenon called "helper's high" produces euphoric feelings similar to the "endorphin high" that follows vigorous exercise. Helper's high can last for weeks and often returns when volunteers remember helping others.

For more information on altruism and health, visit www.whygoodthingshappen.com and www.actsofkindness.org, or read "For a Good Cause" in the January/February 2002 archives at experiencelifemag.com.

Ongoing Fundraisers – a NEW one!

Beginning in January we will be collecting drink pouches (please see flier attached to the newsletter). There will collection containers in the lunchroom and in the front entry. Be sure to save any drink pouches from Capri Sun, Honest Kids, and many more. Bring them into the school and deposit them in the containers. If your student brings drink pouches in their lunches please remind them to deposit them in the collection container in the lunch room, and not throw them away.

We are still collecting box tops for Box Tops for Education and milk lids from Kemps and Land-O-Lakes. Those collection containers are also on the table in the front entry. Another on-going fundraiser we are still participating in are the goodsearch.com and goodshop.com internet sites. If you have questions about how to set up those search engines on your computer please contact Shel Auld at mskbould@yahoo.com.

Remember, every little helps in these collections. We get paid a few cents for each item and all those pennies add up to good-sized checks for Odyssey. Thanks for your continued support in all these fundraisers!

Have You Seen It?!

Have you been to the Odyssey Academy website lately? It has the latest information about upcoming event dates, committee meetings and school board minutes, and all the great stuff about Odyssey!

IS MY CHILD WELL ENOUGH TO GO TO SCHOOL?

Many students and parents are frequently concerned about when students should stay home or attend school. The following is intended to help with this decision.

General Practices:

If the student has had a fever of 100 degrees or more, the student should stay home for 24 hours after the temperature returns to normal, without fever reducing medication.

If student has vomited or had diarrhea, the student should stay home until 24 hours after the last episode.

If the student has had any rash that may be disease-related or cause is unknown, check with family physician before sending the student to school.

If student is ill please call the school daily to report the illness at 763-549-2388.

If you have any questions regarding the above information or your child's illness, please call your school nurse or family physician.

Health Office Needs

Thanks so much to the parents who have donated supplies to the office. We still have a few ongoing needs which you will find posted on the office window. The biggest needs are tissues, cough drops, children's Tylenol or Motrin (generic brands are fine). Remember donations are tax deductible.

GOOD FOOD

ckcgoodfood.com

Monday

Tuesday

Wednesday

Thursday

Friday

CKC proudly serves these fresh fruits year round: bananas, variety of apples, oranges, tangerines, pears, kiwi. Watermelon and strawberries when in season.

CKC proudly serves these fresh vegetables year round: spinach, romaine, iceberg, shredded lettuce, purple & green cabbage, broccoli, cauliflower. Cucumbers and tomatoes when in season.

Salad Language:
Mixed or Mixed Garden Salad: Spinach & Iceberg

Crisp Garden Salad: Crisp Iceberg w/purple cabbage & shredded carrot

Tossed Mixed Salad: Romaine tossed w/ crisp Iceberg, purple cabbage & shredded

carrot

CKC steams or bakes all food.

CKC uses baked chips and proudly presents many that are Gluten Free (GF).

CKC does not use MSG, little to no salt, no peanuts/nuts, nut oils or pork in any of it's home cooked meal preparations.

Milk is served daily. It is recommended to serve skim or 1% milk as a healthier option.

Monday	Tuesday	Wednesday	Thursday	Friday
Cheeseburger Ketchup Baked Cheese Stix (GF) Cabbage & Carrot Coleslaw Chilled Peas Fruit Snacks	1 Crispy Chicken Ranch Wrap Flour Tortilla, Golden Chicken Tenders, Shredded Lettuce, Cheese & Ranch Sauce Corn Tortilla Chips Fresh Fruit HS: Fruit Snacks	2 Beefy Chili Cheese Tots Tator Tots Topped w/Beefy Chili & Shredded Cheddar Cheese Crisp Garden Salad w/CROUTONS Fat Free Dressing Wheat Dinner Roll Chilled Fruit	3 Fiesta Bean Burrito Taco Sauce Steamed Corn Chilled Pineapple	4 Fresh Hot Delivered Pizza Mixed Greens Garden Salad, Shredded Cheese, CROUTONS, Fat Free Dressing Fresh Fruit HS: Chocolate Chip Cookies
Grilled Honey BBQ Ribeye Wheat Bun Baked Cheesy O's (GF) Assorted Fresh Veggies & FF Dip Chilled Peas HS: Fruit Snack	8 Beef & Cheese Taco Snack Burrito Taco Sauce & Sour Cream Steamed Corn & Margarine Chilled Pineapple Fruit Snacks	9 Grilled Chicken Sandwich Wheat Burger Bun w/Lite Mayo Wheat Cheddar Crackers Mixed Salad w/CROUTONS Reg. Ranch Dressing Chilled Diced Peaches	10 All Beef Hot Dog & Bun Ketchup Cheese Balls (GF) Fresh Veggies & Dip Chilled Applesauce	11 Fresh Hot Delivered Pizza Mixed Greens Garden Salad, Shredded Cheese, CROUTONS, Fat Free Dressing 100% Real Fruit Juice Cup HS: Animal Crackers
Crunchy Chicken Tenders Ketchup Corn Chips (GF) Steamed Mixed Vegetables Chilled Applesauce Whole Grain Animal Crackers	15 Soft Shell Beef Taco Shredded Lettuce & Cheese Taco Sauce Steamed Corn Fresh Fruit Whole Grain Mini Chocolate Chip Cookies	16 Cheese Dunkers & Marinara Mixed Salad w/CROUTONS Fat Free Dressing Chilled Mandarin Oranges Fruit Snacks	17 Chicken Patty Sandwich Wheat Bun, Shredded Lettuce Ketchup Assorted Fresh Veggies & Dip Baked Cheese Stix (GF) Chilled Peaches	18 Fresh Hot Delivered Pizza Mixed Greens Garden Salad, Shredded Cheese, Fat Free Dressing Chilled Peaches
Chicken Nuggets Ketchup Cheese Balls (GF) Crisp Garden Salad FF Ranch Dressing Chilled Pineapple	22 Juicy Hamburger Ketchup & Mustard Pickles Wheat Burger Bun Tossed Mixed Salad FF Dressing Corn Chips (GF) Chilled Peaches	23 Grilled Chicken Patty Wheat Bun & Lite Mayo Mixed Garden Salad Lite Italian Dressing Baked Cheese Stix (GF) Chilled Mandarin Oranges HS: Animal Crackers	24 Walking Beef Taco Giant Bag Round Corn Chips (GF), Seasoned Taco Meat, Shredded Lettuce & Cheese Taco Sauce Fresh Fruit	25 Fresh Hot Delivered Pizza Mixed Greens Garden Salad, Shredded Cheese, Fat Free Dressing 100% Real Fruit Juice Cup HS: Mini Chocolate Chip Cookies
	23	24	25	26

ANNOUNCING NEW CLASSES!

As a special introduction, Odyssey Academy students, faculty and staff may attend tuition free. Uniforms, equipment and promotion fees still apply.

Gumdo (Korean Sword)

Mon & Wed 6pm-7pm



Gumdo is a Korean sword art, which draws from battlefield tactics and techniques to build a curriculum for mental, physical and standing meditation and cutting (paper, fruit, straw and bamboo). This is a non-contact, low-impact, martial art that is fast-paced for a good workout and is suitable for many age groups. Both sessions are open to new and continuing students ages 12 & up. Those under 12 years with at least 2 years of martial arts training may be accepted in class after contacting the instructor.

Taekwondo- Beginner/Advanced **Mon & Wed 7pm-8pm**



This exciting new class is a traditional non-competitive version of Taekwondo based upon Song Moo Kwan, an original school. This class will focus on the personal growth and development of the student while creating skills for self-defense and success in life. The Advanced is open to students that have completed the Beginner's or by instructor approval. Ages 8 & up.

Robert Frankovich is the Executive Director and Master Instructor of White Tiger Martial Arts. He has 28 years of martial arts experience. This includes being the 6th Dan Master Instructor of Pine Tree Taekwondo, the Master Instructor for the Haidong Gumdo – Minnesota schools. He also has 19 years of Aikido experience and is the Chief Instructor of the Suzume Dojo. Part of his teaching includes an accredited P.E. course (Taekwondo) at Hamline University.

Be sure to check out the C.A.R.E.S. display case in the center hallway to see the photos of the students that were nominated for representing "Assertion". Congratulate those students when you see them!

Pancake Breakfast and Wellness Fair A Success!

Odyssey's annual family pancake breakfast served over 200 students and family members this year, an increase from last year! We received generous donations from Sturdiwheat (pancake mix), Wellshire Farms (turkey breakfast sausage), Anderson's Maple Syrup (pure maple syrup), Caribou Coffee, and a Costco gift card to purchase orange juice. That allowed us to charge a discounted fee of only \$1.00/person and \$4.00/family! We are very grateful for the continued support from some of our sponsors!

Our second annual Wellness Fair also grew this year! We had 12 vendors (up from 8 last year) representing topics from dental care, nature and family recreation, spinal care, community support services, safety, germ care, nutrition and many, many more!

We are also very grateful to the many Odyssey parents and family members, and staff that volunteered their time at the event and helped to make it a success!

Odyssey Gives

On the same day as the Pancake Breakfast Odyssey Student Council also hosted it's first ever community service project. The "Sled-A-Thon for C.E.A.P." was enjoyed by many students and families and brought in numerous donations. We were able to donate a large box of food products, a large bag of clothing items, and \$122!

Odyssey also had a mini-food drive for C.E.A.P. in the middle of December and donated 150 pounds of food before the winter holidays. Thanks to all the Odyssey families and staff that were able to participate in the community spirit!

Adventure Trips Are Right Around the Corner!

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Remember, all classes, kindergarten through middle school will participate in an adventure trip this spring. If you have questions about the adventure trip for your child's class, please contact the classroom teacher. If you have questions about your student's individual fund raising account please contact Shel at mikauld@aol.com or (763)971-8200.

The Equal Exchange fundraiser in January will go towards adventure trips. The profit is approximately 45 – 50% of the selling price and will go into individual student accounts. If you did not get your student's order turned in yet be sure to get it into school on Monday, February 1. There are two more opportunities coming up to help your child raise funds for his or her adventure trip. In February we will be selling Palermo's Pizzas (yes, the ones that sponsor the Golden Gophers and the Minnesota Twins!). and in March we will begin selling flowers through Malmborg's.

Attendance

Remember to call the school if child is going to be late or absent. It is considered unexcused unless we hear from a parent. You can leave a message at 763-549-2388 or call the main line 763-971-8200 if you need to speak with someone in person. If your student is diagnosed with anything contagious please inform us promptly so we can watch for symptoms within the classroom

Coming Up in Febrary:

Black History Month

5th, Friday – Winter Carnival

8th, Monday – CAC meeting, 3:00

9th, Tuesday – School Improvement meeting, 4:00

10th, Wednesday – Technology meeting, 4:00

11th, Thursday – Marketing Committee meeting, 3:15

11th, Thursday – Wellness Committee meeting, 4:00

11th, Thursday – Equal Exchange fundraiser orders delivered

12th, Friday – No School

15th, Monday – No School

17th, Wednesday – Black History event day

19th, Friday – Palermo's Pizzas fundraiser begins

24th, Wednesday – Finance Committee meeting, 5:00

24th, Wednesday – Board Meeting, 6:00

25th & 26th, Thursday and Friday – Science Fair projects judging

Winter Carnival / Silent Auction

The preparations for Odyssey's annual Winter Carnival are happening fast and furious now! Keep a watch for updates on the fliers that are being sent home in the next few days. Remember to return the Information/Sign-up Sheet on Monday, February 1. There are partnership positions available for the set-up time, for working in the kitchen, helping with a game or activity, and/or for helping with clean-up. When your partnership sign up sheet is returned by the due date you will receive free game tickets and a free food item coupon.

We need the support of all staff and families to help make the event as enjoyable and successful as possible.

Remember to check out the big sales that are happening at many stores right now for items to donate to the Silent Auction. Each of the classroom baskets is in desperate need of more items. Please be sure send your donation in this week. Remember, if it is more convenient, send in a monetary donation and the teacher will shop for you! Even \$1.00 - \$4.00 per family will help.

The proceeds from the Winter Carnival go to the classrooms to directly benefit our students. If there are not enough donations from the families the Silent Auction suffers and the proceeds are low.

Items that can be added to baskets for the Silent Auction (such as arts and crafts items, valentines, games, movies, relaxation, ect...) are needed. We also need small prizes for the many games at the carnival, and merchandise for the Bargain Boutique.

Thank you in advance for your support

Classroom Updates

Kindergarten

February is an exciting month in kindergarten! We will start our second trimester project studying communities and community helpers. Students will start to think about what type of community helper they want to be as grownups. Hmm, do we have a future author, scientist, chef, doctor, comedian, or even president!

Kindergarteners will also be celebrating 100 days of learning! Watch the weekly homework for information on our 100th Day party and our Valentine's Day celebration.

Third Grade

3rd graders will begin their study of the solar system. We will discover the phases of the moon as well as the sun and planets.

Middle School Math

Ms. Sedlock's advisory is looking to borrow crazy costumes and wacky accessories for the Winter Carnival Photos Booth. Please label items with your full name and bring them to room 103. Be sure to swing through the middle school wing at the Winter Carnival for fantastic face painting, temporary tattoos, freaky fair hair, and a fabulous photo of it all!

Odyssey C.A.R.E.S.

The next C.A.R.E.S. assembly will be on Friday, January 29, at 8:00. The students that are nominated for "Responsibility" will be recognized, and other family groups will introduce "E" for "Empathy". All parents are welcome to attend the C.A.R.E.S. assemblies.