



# THES PTA Newsletter

www.thunderhillespta.weebly.com

April 7, 2015



## Flower Power Fundraising:

**Deadline is April 10**

The final day for online flower orders through Flower Power Fundraising is Friday April 10th. So far we've raised \$459. Help meet the \$1,000 goal by ordering flowers today. The money raised directly benefits programs for students and teachers. Go to

[http://www.flowerpowerfundraising.com/campaign?campaign\\_id=20841](http://www.flowerpowerfundraising.com/campaign?campaign_id=20841) to see what's available and to order.

### Healthy Kids Cooking Contest Winners!

Winning Recipe: Eggplant Salsa  
Matthew Seliger, 4th grade

Ingredients: 2 cups of eggplant, 2 plum tomatoes, 1 large shallot, 1 bunch of scallions, 1 large red pepper, 1 tablespoon lime juice, 1 tablespoon cilantro, 1 tablespoon basil, 1 tablespoon dill, salt and pepper

Directions: 1) cut eggplant into 1/2 inch cubes. Salt just enough to sprinkle over all the pieces. Put in a strainer for 20 minutes. Thoroughly wash. Dry. Set aside. 2) Cube tomatoes and pepper. Mince all herbs and shallots. 3) Heat an oiled pan to medium high heat. Brown eggplant and shallots. 4) Mix all the ingredients together with salt and pepper to taste. 5) Serve with Beanito chips. Enjoy.

What the judges said:  
Visually, the Eggplant Salsa is brightly colorful. The chips were light enough that they didn't take away from the salsa. The taste of the salsa was dancing in our mouths from all the flavors that melded well. The salsa was healthy, clean, well balanced enough to have with chips and worthy enough to place atop a baked potato or side by side in the morning with eggs.



We could see adding it to salads or chicken and taco night just got more interesting too. The eggplant salsa hit the healthy challenge the best. It was refreshing and would be nice on a hot day. We look forward to including it in our recipes.

**go to page 3 for more**

### CALENDAR

- Apr 10** Flower Power Fundraising Deadline
- Apr 10** STEAM Day. Volunteers needed. Contact [leah\\_mcilvain@hcpss.org](mailto:leah_mcilvain@hcpss.org).
- Apr 27** Restaurant Night Out: Panera on Dobbin Rd. 6-9pm. Panera will donate 10% of ALL sales. No flyer necessary. Spread the word to all of our Thunder Hill friends. It's an easy & delicious way to support our Thunderbirds. Dine-In, Take-Out, Online Order.
- May 16** 4th Annual Thunder Hill 5K and 1 Mile Family Fun Run/Walk. 8:30am.



**4<sup>th</sup> Annual  
Thunder Hill 5K  
and 1 Mile Family  
Fun Run/Walk**

**Saturday,  
May 16<sup>th</sup>  
8:30 AM**

Runners and walkers of all ages and abilities are invited to join us for a morning of fun, fitness, food, and prizes!

- Register early at <https://register.chronotrack.com/r/13274>
- Check out the PTA website for ongoing race information: <http://thunderhillespta.weebly.com/annual-5kfun-run.html>
- Sign up to volunteer: <http://www.signupgenius.com/go/10c0e4ba9ad2ca3f58-thunder>

If you own a business and are interested in sponsoring the run or donating prizes, contact [erinwillard@gmail.com](mailto:erinwillard@gmail.com).

We are also having a **T-Shirt Design Contest!** See page 4 for details.

### PTA positions

Be part of the work behind the scenes. Time commitments vary based on position and time of year.

- a. Treasurer
- b. Secretaries - Recording and Corresponding
- c. Membership Chairperson
- d. Halloween Spooktacular Disco Chairperson

Many positions can be shared. Grab a friend and work together to build a stronger PTA.

### WELLNESS EXPO

Friday, May 15

6-7:30 pm

Are looking forward to longer days of SUNSHINE and SPRING weather? Break out the shorts and flip flops!! We are planning a WELLNESS EXPO in conjunction with the THES 5K and 1 Mile Family Fun Run! Location: THES Cafeteria. 6-730pm.

Interested in helping out?

Contact Anita Roschy, Phone [443-896-3620](tel:443-896-3620), Email [dacroschy@verizon.net](mailto:dacroschy@verizon.net) OR Abby Wedeking Email [ahp728@yahoo.com](mailto:ahp728@yahoo.com).

### ASK THES PTA!

In order to strengthen our PTA involvement, we'd are asking for feedback from parents and families. Is there something you are excited about that's happening at school? The PTA wants to know so we can celebrate it! Is there something you wonder about? We'd like to know that, too!

**Send your celebrations and questions to:**  
[ask.THESPTA@gmail.com](mailto:ask.THESPTA@gmail.com).

### Keep the Box Tops Coming!

Each Box Top helps the PTA. The PTA is more than halfway to reaching our goal of \$1500 in Box Tops this school year! Send your Box Tops in baggies, envelopes, or use the forms sent home. Let's reach our goal!



### Giant Cards For You!

Giant Cards are coming back. Please let Jen Cisneros know what the PTA can count on you for. Our membership and donations are down, but our needs and costs are up.

You can use the gift cards like cash at Giant. The PTA gets 5%! The cards come in any denomination.

You can purchase with a check or cash from the PTA.

Please contact Jen and let her know how many cards you need. Email: [jencisneros@gmail.com](mailto:jencisneros@gmail.com) or text/call at 301-928-3607.

### Let Your Online Shopping Support the THES PTA!

1. **AmazonSmile** - <http://smile.amazon.com>. Our organization number is 23-7111265. You still get the great prices and Prime deals, but the PTA earns money from your eligible purchases. You can also use this direct link - <http://smile.amazon.com/ch/23-7111265>.
2. **GoodShop** <http://www.goodsearch.com/goodshop>. Create an account and chose to support "Thunder Hill Elementary School PTA". Search for your merchant such as Children's Place or Kohl's, shop through the GoodShop link and the PTA will earn a percentage of your purchase.
3. **iGive** - <http://www.igive.com>. Create an account during the month of October, try the iGive button through 1/15/15 and earn the PTA \$5! No purchase required! Search for your merchant such as Old Navy or Best Buy and shop through the iGive link. The average shopper raises \$30-100 a year for their cause through iGive.

Share this information with family and friends. Anyone can shop and support the THES PTA. Have questions about any of these programs? Please contact Abby Wedeking at [passret.thespta@gmail.com](mailto:passret.thespta@gmail.com)

## **Healthy Kids Cooking Contest, continued**

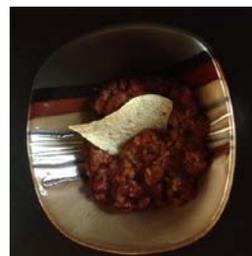
Runner Up: Kennedy's Kreation (Chili)  
Kennedy Grimmer, 3rd grade

Ingredients: 3 cans of kidney beans; 2 cans of tomatoes; 2 pounds of ground beef (cooking, 90% lean); 2 medium onions, chopped; 1 green pepper, chopped; 3 teaspoons garlic; 2 tablespoons chili powder; 1 teaspoon pepper; 1 teaspoon cumin

Directions: 1) brown ground beef in a pan and drain; 2) chop the onion and pepper; 3) open all cans and pour into a large pot; 4) add all the other ingredients and stir; 5) heat to a boil, then simmer for 45 minutes.

What the judges said:

The Chili was hearty enough to have for dinner or for Super Bowl Sunday. We liked the chunkiness to it. Didn't fall off the chips! This would make a tasty meal any time of the year. Vegetables in chili was a tough sell for one judge who likes both sausage and hamburger in her chili, but this healthier alternative of a family favorite won her over. This will be on the menu at home soon!



Runner Up: Green Machine Juice  
Kai Villard, 5th grade

Ingredients: 1 cup frozen strawberries; 1 kale leaf (no stem); 1/4 cup frozen mango; 1/4 cup frozen pineapple chunks; 2 carrots - 1 purple, 1 orange; 1 tablespoon lemon juice; 1 and 1/2 cup coconut water; 2 tablespoons vanilla Greek yogurt (if you don't have frozen fruit, use fresh and add ice cubes)

Directions: blend all ingredients together and shake before drinking

What the judges said:

The Green Machine Smoothie was tasty and all the ingredients came through. Kids would love it because it is, surprisingly, naturally sweet. It is light and not overpowering. The smoothie tasted similar to overpriced, thicker health juices on the market that can be high in sugar. Families can easily produce this healthier alternative at home for a fraction of the cost. Sometimes kids like to try funny looking foods so it is a good way to hide vegetables for the kids who don't like eating them in their traditional form. It's also great for healthy fast food on the run!



Runner Up: PB&J "Donut" with Lemon Zest  
Regan Windschitl, Kindergarten

Ingredients: 1 potato roll, 1 tablespoon peanut butter, 1 tablespoon raspberry jam, 1 teaspoon lemon zest

Directions: Carefully make a hole in the top of the roll and make a hollow for filling. Use a small spoon to first put peanut butter into the hollow followed by the raspberry jelly. Put 1/2 of the lemon zest in the hole, then sprinkle the rest of the lemon zest on top.

What the judges said:

The PB&J - It is a go to on the run, not in a wrap, but in a DOUGHNUT! Who knew? Surprise!!! Creative take on the sandwich with a twist of lemon zest. It speaks to the kid in you! Who doesn't like a touch of sunshine on their treat? We also give this chef credit for making a surprise treat for a parent and for managing a zester – some adults don't even know what that is! The doughnut was delicious.





## Calling All Artists!!! T-Shirt Design Contest!!

Attention Thunder Hill Students! The Thunder Hill Fun Run needs your help in designing our 2015 Fun Run T-shirt! Your original design will need to include the name of the event (**Thunder Hill 5K and 1 mile Family Fun Run/Walk**). Keep in mind the following helpful hints:

- 1) Use any color combination of your choice, but you are limited to using 3 colors only. Remember that Thunder Hill school colors are white and royal blue.
- 2) Original designs are encouraged! Above are previous years' designs including the THES mascot, the Thunderbird.
- 3) Keep in mind the Fun Run's goals when creating your design. We hope to encourage family and community health and wellness in a supportive environment while promoting fitness for all ages and abilities!

**Deadline for submission is March 25<sup>th</sup>.** Please use a white sheet of paper for your design. Be sure to include your name, grade, and homeroom teacher. In addition, please include a parent or guardian's email address. Thank you for your support of the Thunder Hill 5K and 1 mile Family Fun Run/Walk!!! Any questions, please email [erinvillard@gmail.com](mailto:erinvillard@gmail.com)



NOBODY CAN DO  
EVERYTHING, BUT  
EVERYONE CAN DO  
SOMETHING



WHAT CAN YOU DO?

VOLUNTEER WITH  
THE PTA TODAY!

## **The Thunder Hill PTA Needs You!**

There are many great positions available and we need your support -

- Treasurer
- Secretaries - Recording & Corresponding
- Membership Chairperson
- Halloween Disco Chairperson

**Help grow our PTA with your ideas and involvement.** Time commitments vary based on the position.

Interested? Questions? Contact Anita Roschy by email at [daroschy@verizon.net](mailto:daroschy@verizon.net)

[www.thunderhillespta.weebly.com](http://www.thunderhillespta.weebly.com)