



Olson Otter Tales

“Saddling-Up” for Success

Andrew Benesh, Principal

December 11, 2014

Megan Rawlins, Asst. Principal

CALENDAR OF UPCOMING EVENTS:

Stuff the Bus	12/1-12/12	PJ Day and Story read by Dr. and Mrs. Olson	12/19
Olson Choir Performance 6:30 in cafeteria	12/15	Student Holidays	12/19-1/6/15
Holiday parties	12/18	Allen EAGLE RUN	2/28/15

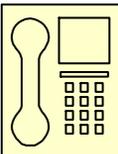
SPECIAL POINTS OF INTEREST:

- Healthy Lifestyles Recipe
- New phone system
- Stuff the Bus!
- PJ day at Olson
- Eagle Run. Last page

December ACO

Care and Share Item:

Bags – trash, sandwich & Ziploc



EXTRA! EXTRA!

Our school received a new phone system that went live last week. Here are a few tidbits you need to know about this new system.

1. The **direct line to the school has NOT changed**. This number is still 972-562-1800. If you have another number other than this programmed in your phone, please note those numbers will no longer pool to the main number so you will need to make sure the contact in your phone for the MAIN line ends with 1800.
2. **To expedite your call to a direct staff member**, you can dial directly into their voicemail. The number to do this is 972-236-0600. A master list of teacher extensions is posted on the main web page. Each teacher also has their voicemail extension listed on their webpage. The GREAT thing about this is you can call directly to your child's teacher and leave a message for them. You will not be able to call directly into the classroom and get a live voice, but you can call directly using 972-236-0600 to leave a message anytime 24/7. **As always, please allow your teacher 24 hours to retrieve this message and get back with you.**
3. For emergencies or nurse calls, you will need to call the main number 972-562-1800.
4. **NEW!!!** To report an absence, you will need to call 972-236-0600 and leave a message at ext. 1800.

Yearbook 2014-15

\$30.00

Yearbooks will be on sale online—\$30.00.

Labels for Education

Thank you for participating in Labels for Education and the Box Tops program this year. Keep clipping and sending in both to your child's teacher!

Labels for Education also has coupons on their website. Please use this [link](#) to find out how you can save. Or paste <http://www.labelsforeducation.com/Get-Offers/Coupons> into your browser.

Finally, you can earn elabels for education. Simply go to the [Labels for Education website](#) to read how to activate your shoppers card to earn one additional label for our school when you purchase participating products.

Beth Raeder <baraeder@yahoo.com>



Please review these REMINDERS with your children to help reduce spreading of illnesses:

- Covering all coughs and sneezes.
- Washing hands frequently with soap and water.
- Using an alcohol-based hand rub if soap & water not available.
- Avoiding touching eyes and mouth with unwashed hands.
- Disinfecting frequently touched surfaces.
- Staying home if sick.

Please continue to follow the school exclusion policy that is in the student handbook (p. 39-40).

- **Temperature:** A student is excluded from school if illness is evidenced by a temperature elevation of 100° F or above. A temperature must remain within normal range for 24 hours, without analgesic medication, before the student returns to school
- **Vomiting:** A student with vomiting due to illness is excluded from school for the day that vomiting occurs until the condition subsides
- **Diarrhea:** A student with diarrhea is excluded from school until diarrhea free for 24 hours without the use of diarrhea suppressing medication.

From our Counselor



Stuff the Bus - Drive for ACO

Please join Olson in “Stuffing the Bus” drive benefiting ACO! We are partnering with Allen ISD Transportation Department in their commitment to community to collect toys for children, teens, and families in our community that would otherwise not receive toys or a special meal for the Holidays, as well as warmth. In PE, Coach Platten is talking to the students about helping their community, as well, and will hold a Jingle Bell run at the end of the Stuff the Bus Drive.

Items needed:

New, unwrapped toys

Gloves, mittens, scarves, and socks for pre-teens/teens

Holiday food items (corn, green beans, stuffing, crispy onions, pie filling, pie crust box mix) - non perishable

The drive will run from December 2nd - December 12th. A collection boxes are located by the stairs closest to the front office. We appreciate your support in helping our community, so “Let’s Stuff the Bus!”

Character Trait of the Month

***Empathy!** Empathy is defined as the action of understanding, being aware of, and being sensitive the feelings, thoughts, and experiences of another person. Every day all of us experience different thoughts and feelings, whether they are joyous, sadness, fear, or anger. It is important to be aware and sensitive to those around us, and finding ways to help comfort, ease or share in those feelings. Facial expressions and body language are good indicators of what people are feeling. We need to learn to take time to observe those forms of expression in order to help others. This month, talk to your children about empathy, and what it means, as well as working on reading facial expressions and body language to get a sense of what others are feeling.*

Healthy Lifestyles Recipe of the Week:

Michele Briggs,

Chairperson



With the Holidays in full swing, many of us turn to sweet potato dishes to satisfy our savory sweet tooth. Instead of loading it up with lots of butter and brown sugar, try this twist; add it to a delicious salad!

TIME- Prep: 15 min - Total: 45 min

What You Need

- 1 lb. sweet potatoes (about 2), peeled, cut into 1-inch chunks
- 1 Tbsp. Grated Parmesan Cheese
- ½ cup Italian Dressing, divided
- ½ cup PLANTERS Pecan Halves, divided
- ¼ cup sugar
- 1 pkg. (5 oz.) spring lettuce mix
- ½ cup thinly sliced red onions
- ¼ cup dried cranberries

Make It

HEAT oven to 425°F.

TOSS potatoes with cheese and 2 Tbsp. dressing; spread onto rimmed baking sheet sprayed with cooking spray. Bake 25 to 30 min. or until tender, stirring after 15 min.

MEANWHILE, spray separate baking sheet with cooking spray. Cook nuts in small skillet on medium heat 3 min. or until lightly toasted, stirring frequently. Add sugar; cook on high heat 4 min. or until sugar is dissolved and evenly coats nuts, stirring constantly. Spread immediately onto prepared baking sheet; separate into small pieces with fork. Cool completely.

BLEND ¼ cup nuts with remaining dressing in blender until smooth. Combine remaining nuts with remaining ingredients in large bowl. Add dressing mixture; mix lightly.

Serving Tips



Try using a Raspberry Vinaigrette or Raspberry Chipotle dressing instead & top w/crumbled Feta



Stir ¼ tsp. ground red pepper (cayenne) into the caramelized nuts before spreading onto prepared baking sheet, or try it with ¼ tsp. of cinnamon instead



TOTAL SERVINGS: 8 servings, 1 cup each

Low fat



Good source of Vitamin A



Low Calorie



Nutritional Info Per Serving



-Calories	170	-Sodium	210mg	-Protein	2g	-Iron	4% DV
-Total Fat	9g	-Carbohydrate	23g	-Vitamin A	160% DV		
-Saturated Fat	1g	-Dietary Fiber	3g	-Vitamin C	8% DV		
-Cholesterol	0mg	-Sugars	14g	-Calcium	6% DV		

Save the Date! Online registration is now open at www.AllenEagleRun.org



EAGLE RUN

— FEBRUARY 28, 2015 —

Park Place

LEXUS

Experts in Excellence

