



Bird's Eye View

March 12, 2014
Issue 29



Pennies for Patients Update



**Kenrose PTO raised an incredible
amount!**

**One week revised grand
total of:**

\$11,538.07

Dates to Remember:

- 03/17- Spring Break
03/21
- 03/24 General PTO Meeting,
Café - 6:15 pm
- 04/04 Spirit Friday
- 04/07- Spring Recycling Drive
04/11
- 04/18 Spring Holiday, No School

Nutrition Nuggets Fun: (WCS CSH Newsletter)

Eating from a bag or box encourages overeating since it's hard to see the portion or realize how much you've had. Ask your child to put snacks into a bowl or on a plate. Ideally, she should use the serving size on the food label as a guide (7 pretzels, 3/4 cup cereal).

For more healthy tips:
<http://www.wcs.edu/csh/nuggets/>

Williamson County Health Council's 2014



GOAL

By averaging 60 minutes of physical activity **every day** during the month of March, a person can walk across Williamson County! From March 1 – 31, 2013, record each day the number of minutes you are physically active including time spent at PE, participating in afterschool activities, workouts in the gym, or engaging in active free play with your family.

Activity logs are available at <http://www.wcs.edu/csh/wxw/htm> and <http://www.fssd.org>.

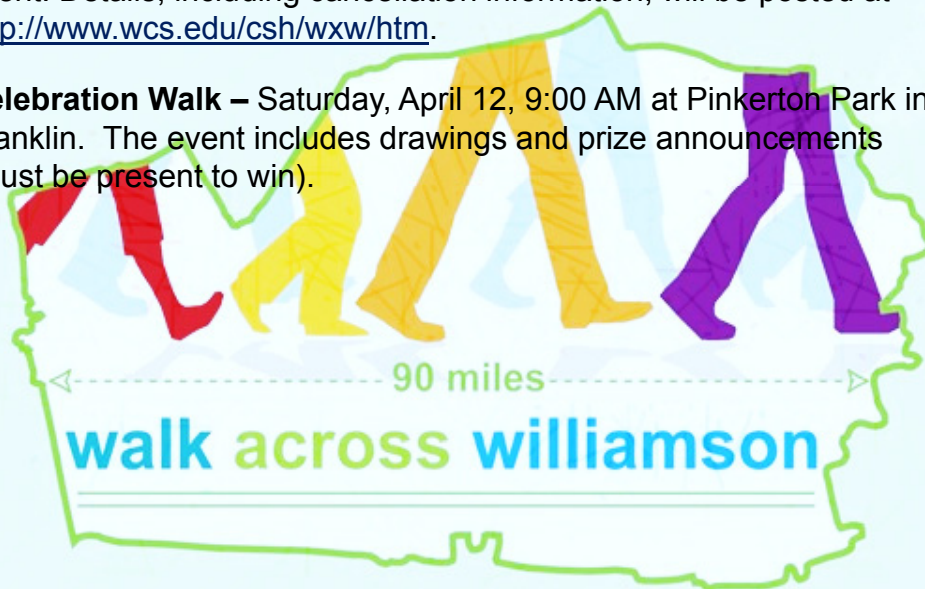
IMPORTANT DATES AND INFORMATION

Kick-Off Event – Saturday, March 1st from 9:00 – 10:00 AM. Pick up activity logs and get event details at participating parks:

- Brentwood – Woodland Middle School
- Fairview – Bowie Park
- Franklin – Pinkerton Park
- Thompson's Station-Thompson's Station Park

Earn a bonus day of activity by attending and walking at a kick-off event. Details, including cancellation information, will be posted at <http://www.wcs.edu/csh/wxw/htm>.

Celebration Walk – Saturday, April 12, 9:00 AM at Pinkerton Park in Franklin. The event includes drawings and prize announcements (must be present to win).



Community Members

Participate through submitting a Walk Across Williamson Activity Log.

School Community

Join your school's team and participate through school activity contests. Details are available through Coordinated School Health for your school district (WCS or FSSD)

Logs – Submit completed activity logs by **Tuesday, April 2nd** to the:

- designated teacher at your school; or
- Williamson CHD via fax (615.790.5967) or email patricia.norem@tn.gov

Sponsorship

If you're interested in providing financial support or prize donations for this event, please contact Patty Norem by calling 615.465.5350 or email patricia.norem@tn.gov

Sponsor names will be included on flyers and promotional advertising.

Questions? Contact:

Patty Norem (465-5350)
Patricia.norem@tn.gov

Cynthia Boykin (472-4089)
Cynthia.boykin@wcs.edu

Lisa Chatman (472-3847)
chatmanlis@fssd.org

Walk Across Williamson

March 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Attendance at Kickoff Name of Park/School _____ (60 bonus minutes)						1 _____ Minutes
2 _____ Minutes	3 _____ Minutes	4 _____ Minutes	5 _____ Minutes	6 _____ Minutes	7 _____ Minutes	8 _____ Minutes
9 _____ Minutes	10 _____ Minutes	11 _____ Minutes	12 _____ Minutes	13 _____ Minutes	14 _____ Minutes	15 _____ Minutes
16 _____ Minutes	17 _____ Minutes	18 _____ Minutes	19 _____ Minutes	20 _____ Minutes	21 _____ Minutes	22 _____ Minutes
23 _____ Minutes	24 _____ Minutes	25 _____ Minutes	26 _____ Minutes	27 _____ Minutes	28 _____ Minutes	29 _____ Minutes
30 _____ Minutes	31 _____ Minutes	TOTAL _____ Minutes				

Name _____ Circle One: Community | School | Both (**Adult only**)

School Team (if applicable) _____ Circle Age Group: Youth (4-18) Adult (19-54) Senior (55+)

Instructions for using the activity log

Each day, record the number of minutes you are physically active. Physical activity may include, but is not limited to, time at PE, sports teams or individual lessons, gym workouts and/or walking.

1,800 minutes of physical activity during the month of March is equivalent to walking across Williamson County.

At the end of the month, calculate the **total** number of minutes you were physically active.

Students, parents, and teachers should submit completed logs by **Tuesday, April 2nd** to the designated teacher at your school.

Community members may submit logs by **Friday, April 4th** to the Williamson County Health Department via fax (615.790.5967) or email patricia.norem@tn.gov

To learn more about Walk across Williamson access fitness logs (electronic and paper), go to

<http://www.tssd.org> or <http://www.wcs.edu/csh/wxw.htm>

**Nashville Kids' Triathlon
Saturday, June 14th
at Centennial Park, Nashville**



Registration is open! Click on NASHVILLEKIDSTRIATHLON.ORG for more information

It is limited to 1,000 racers. Kenrose earns \$10 for every student after 10 that are registered!

FREE TRAINING IS AVAILABLE

YMCA : Offers a free 7 week program at Brentwood Y (contact: Josh Righter 373-9622) and MFY (contact: Eric Hager 373-2900). The student must be pre-registered for the triathlon.

AERO clinics: These clinics are at 2 hours long and we will be covering the swim, bike and run all together. They will be at East Park Community Center on Saturday, April 5th and Saturday, May 10th. The clinics are free for kids with a USAT membership, which they need for the kids triathlon anyway. Registration is at the website, <http://www.aerotrclub.com/clinics/>

Contact Anna Sellers at anna.sellers@wcs.edu for more information.



**Kenrose Summer
Enrichment Program**

Dates:
June 9th - 13th and June 16th - 20th.

Look for additional information in next month's BEV!!

March 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17 Spring Break	18 Spring Break	19 Spring Break	20 Spring Break	21 Spring Break	22	23
24	25	26	27	28	29	30
31						

PTO News & Events

You're Invited!

PTO Meeting and
Election of 2014-2015 PTO Executive Board
March 24 at 6:15 p.m.
Kenrose Café

Meeting agenda will include voting for the 2014-2015 Board members, voting to transfer funds to track reserve fund, and an update on spending and items purchased for Kenrose this year.

Proposed Slate of Officers for 2014-2015 PTO Board

President:	Allison Hayes
VP Membership:	Lanesia Strange
VP Projects:	Julie Kelley
VP Fundraising:	Tricia Murray
Asst. VP Fundraising:	Carla Green
Treasurer:	Kristyn Roseborough
Asst. Treasurer:	Kristen Richardson
Recording Secretary:	Julie Hunsinger
Public Relations Coordinator:	Jacqueline Cartailier
Parliamentarian:	Jenifer Lapinsky

Our thanks to these individuals for their willingness to serve our PTO!

THANK YOU



at Thoroughbred Square



**for your generous
contributions to the
Father/Daughter Dance and
Mother/Son Movie Night!
Kenrose is grateful
for your support!**

THANK YOU

Kim Collins &



in the box[®]

**for your generous donations
during Kenrose Staff
Appreciation Week!**

**Kenrose is grateful
for your support!**

Thanks to our awesome Kenrose Parents for all you do! Did you know about our Target Redcard program? It costs you nothing (actually saves you money) and you may even already have one. Just link the card to Kenrose Elementary and they will give back 1% to your school. Ask your friends and family as well. Target.com/Redcard/tcoe/home. Our school id is 113725



School Details

KENROSE ELEMENTARY SCHOOL
1702 RAINTREE PKWY
BRENTWOOD, TN 37027-2606
School ID: 113725

The most recent Target donation to this school (August 2013):	1721.42
Total of all Target donations to this school through August 2013:	11867.3
Amount accumulated toward the next Target donation:	1277.32
Number of REDcard holders who have designated this school:	74

Kenrose only has 74 target Redcard holders out of over 1000 parents. Those 74 parents generated \$1721 this year alone. Imagine what would happen if half our parents signed up for a Redcard designating Kenrose..... Save money, help fund your children's education-go to target.com/Redcard/tcoa then choose Kenrose Elementary.

PHON



Save the Date
5th Grade
Promotion
Rescheduled to
Monday, May 19th

The Bird's Eye View is sent out every Wednesday during the school year to the email addresses registered with the Kenrose PTO, as well as posted on the Kenrose Elementary website at <http://www.wcs.edu/kes>. If you need to change or add an email address on our distribution list, please contact Johnna Miller at johnna.miller@comcast.net to update your information. If you have any questions, please contact us at KenrosePTO@yahoo.com.

Bird's Eye View Guidelines:

Our Mission is to make the school newsletter as concise as possible while still providing parents all of the important information they need. We would like to avoid lengthy articles, and instead, include links to the article online if parents need/want more information. Thank You!

- 5 pm Monday is the deadline for submittals to kenrosepto@yahoo.com.
- Submissions should be in Word format, or in the body of an email. Please send a separate file/email for each submission.
- All submissions must be approved by a board member or Dr. Webb, and copied to Dr. Webb at marilynw@wcs.edu, Christy Geuther, PTO President, at lmagcag@comcast.net, and Jacqueline Cartailier at kenrosepto@yahoo.com.
- Please limit 1 picture per article.
- Use limited clip art at your discretion.
- No advertisements allowed. Only WCS camps or activities that our students can participate in. We can post brief descriptions of an event to our feeder schools with a link to the web address for parents to access more information, if needed.

Community Event Invitations Extended to Kenrose Students



Woodland Cheerleading Tryouts

Parent Meeting

Date: March 13

Time: 6:00 pm

Location: WMS

Competition Team Tryouts

Dates: March 25, 26, & 27

Time: 5:00 - 7:00 pm

Location: Premier Athletics

School Tryouts:

Football & Basketball

Dates: April 7, 8, & 9



Woodland Middle School Fifth Grade Open House

Monday, March 31, 2014

Tours begin at 6:00 pm followed by program in the gym at 6:30 pm for all incoming fifth grade students and parents.

WOODLAND MIDDLE SCHOOL



JV and Varsity DANCE TEAM TRYOUTS

Workshop- Tuesday, March 25th 4:00-5:30

Tryouts- Wednesday, March 26th 4:00-5:30

Woodland Gym

Tryout packets and applications are in Woodland's front office

RHS Basketball Camp

Ravenwood Basketball is pleased to announce its summer camp lineup. We are hosting our Middle School Camp (Rising 6th-8th Grade, Boys Only) on June 2-3 from 8am-10am. Cost is \$50. We are hosting our Junior Camp (Rising 1st-5th, Boys and Girls) from June 9-12th from 8am-11am. Cost is \$90. We are also hosting Middle School Boys clinics for 6th-8th graders on Sundays from 4-5pm. March 30, April 6, 13, 20, 27, May 4. Cost is \$90.

You can download applications at www.ravenwoodbasketball.com or contact Patrick Whitlock at patrickw@wcs.edu for more information.

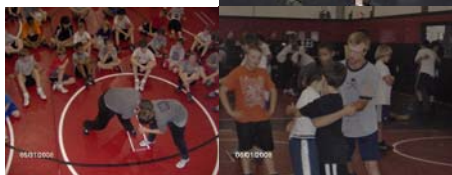
Patrick Whitlock

Athletic Director/ Boys Basketball Coach/ Social Studies

Ravenwood High School

615.472.4808





Give your child the extra advantage next season and...

REGISTER HIM FOR CAMP TODAY!!!



Middle Tennessee Youth Wrestling Camp for Champs

810 Hillsboro Rd.
Franklin, Tn
37064
Phone No. 504-920-2517
Email address: frank.barbrie@wcs.edu



**Middle Tennessee Youth Wrestling
Camp for Champs**

"SUMMER CAMPS MAKE WINTER CHAMPS"

MIDDLE TENNESSEE YOUTH WRESTLING CAMP FOR CHAMPS

Summer Camps Make Winter Champions"

For Wrestlers currently in the 1st Grade (2013)
Through...Leaving the 8th Grade
(Max first 100 wrestlers)

- . Dedicated Staff
- . Personalized Instruction
- . Intense Drills
- . Live Wrestling
- . Motivation/Self-discipline

JUNE 5th TO JUNE 7th, 2013

*Pre-registration begins now through May 15th.
After May 15th all registrations will be
considered late. A Late registration day will be
held on June 5th from 8:00 am Wednesday
morning @ Franklin High School. (Main
Gymnasium, 810 Hillsboro Road) Franklin, Tn.*

TIME: 9:00 am—2:45 pm

PLACE: Franklin H.S. Main Gym



Tel: 504-920-2517

Middle Tennessee Youth Wrestling Camp for Champs **AGREEMENT AND MEDICAL CONSENT**

In consideration of your acceptance of my entry for this wrestling camp

I, _____

will follow the rules set forth by the Camp Directors. I am in good physical condition and understand if I am under (18) eighteen years of age, I am required confirmation of this agreement by my parent (s) or guardian(s).

WRESTLER'S SIGNATURE: (below)

PARENT/GUARDIAN SIGNATURES:
(below)

EMERGENCY PHONE #: (below)

I/We the undersigned, hereby authorize any first aid, medication, medical treatment or surgery deemed necessary in case of an emergency for

A participant in this wrestling camp. I/We, the undersigned, hereby authorize the attending medical personnel to execute on my/our behalf any permission forms and other appropriate documents and act on my/our behalf if I/We are immediately unavailable to do so. The Middle TN Wrestling Camp for Champions nor host school provide insurance coverage for enrolled wrestlers against expenses of accident, injury, or illness suffered while enrolled at camp, enrollment and participation is the sole risk of the enrolled wrestler and his parent or guardian. This agreement will serve as a full release and discharge for the camp and its officials from any and all liability from loss, damage, or injury suffered by the child or undersigned. The undersigned will indemnify the Camp and its directors and hold them harmless against claims or suits made or brought by anyone on account of such injury, illness or loss.

Wrestler's Signature:

Date: ____/____/13

PARENTS SIGNATURE:

DATE: ____/____/13

****Please attach a wallet sized picture of the applicant to this page with a paper clip.**

Middle Tennessee Youth Wrestling Camp for Champs— **APPLICATION FORM - 2013**

Name _____

Grade Next year _____

Email Address (print legibly):

Parents'/Guardians' Names

Address:

City _____

State _____ Zip _____

Phone # (____) _____

Wrestler's Weight _____

Wrestler's
School _____

2nd Contact _____

Phone # (____) _____

3rd Contact _____

Phone # (____) _____

Circle wrestler's shirt size (below):

Shirt Size: YSM YM YL AS AM AL

Agreement of Medical Consent on all pages must be filled out completely and Signed to complete Camp Registration.

Camp Information

CAMP DIRECTOR: FRANK BARBRIE

Clinicians



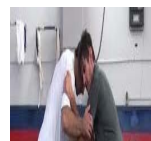
Shawn Weltzin—
Thompson High School
Head Wrestling Coach
2011, 12, 13 (6A) Team-
State Champions, AL,
Former UTC wrestler.



Jeremy Welder—
University of Nebraska
NCAA D-I National Quali-
fier. Head Coach for the
WASBO wrestling club.



Adam Koballa—Wrestled
in Ohio for St. Peter Chan-
nel H.S., National ranked
program. 2X Ohio High
School State Champion,
All-American, Career
record of 146-27. Adam
wrestled for Old Dominion



David Krantz—Pittston
Area Jr. High School,
Coach, Pa. Pennsylvania
National Freestyle/Greco
Team Member. Bronze
Medal Certified.

* Along with the Franklin H.S. coaching staff and team members.

CAMP DESIGN AND CURRICULUM

We, the instructional staff, have designed this camp for the Youth Wrestler. Our goal and objective is to teach your child how to win matches using high percentage scoring moves and holds, that will work at the Youth, Jr. high and High School level. For a wrestler to succeed consistently, he must be good from all positions. Many camps are simply thrown together with no real focal point or plan for building a well rounded wrestler. Middle Tennessee Youth Wrestling Camp for Champs has been carefully planned with a sequence of instruction, review sessions, and (muscle memory) drills, that will help the wrestler score from all positions.

Campers will learn a variety of set-up actions from the **Neutral Position** that will allow them to constantly pressure their opponent and always maintain good position on their feet. Our staff will show in detail a variety of leg attacks and how to finish the same shot in more than one way. **Top Position**— emphasis will be placed on cradles, bars, tilts and leg wrestling. **Bottom Positions**— the staff will show a variety of ways to score from bottom, but the primary focus will be placed on the stand-up and sit -out series, because they are the safest, quickest, and most effective means of scoring on bottom.

CAMP COST AND ELIGIBILITY

- **\$110** for two and half days of instruction, plus entry into the camp tournament on the third day (with AAU or USA wrestling card).
- Late registration \$140.
- Two and a half days of instruction, plus entry into the camp tournament (with-out AAU or USA Wrestling card). Late registration \$175
- **\$55 non-refundable deposit** due by May 15th (Checks payable to **FHS Takedown Club**).
- **NOTE:** Campers must meet the range on the front of this flyer as well as have a grasp of basic wrestling skills.

CAMP INCLUDES

- * Dedicated Staff
- * Live wrestling
- * Intense Drills
- * 4 hrs. of instruction each day
- * Entry into Camp Tournament
- * Camp T-Shirt

Campers Must Bring

- * Wrestling Shoes
- * Head-Gear
- * Extra T-shirt per session (if needed)
- * Knee pads, Athletic tape, braces (if needed)
- * Sack lunch— **** the camp will have a full concession stand available for campers to buy lunch**

CAMP TOURNAMENT

A wrestling tournament will be held during the second half of the third day of camp. Medals will be awarded to the top four wrestlers in each weight class, and a trophy will be awarded to the Outstanding Wrestler of the tournament.

Match time periods:

Youth matches will consist of (1) 30 & (2) 60 second periods.
Middle School will consist of (1) 60 sec, (2) 90 second periods.

Youth weigh classes (8 years and under): 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, Hwt.

Youth weight classes (9-11 years) 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, Hwt.

Middle school weight classes (12-14 years) 76, 83, 91, 99, 106, 113, 119, 125, 131, 141, 151, 165, 180, 215, (250 Hwt.)

NOTE: The camp director reserves the right to add, delete or combine any weight classes.

Middle Tennessee Youth Wrestling Camp for Champs

Sign up for:	Price
<input type="checkbox"/> Camp fee with AAU or USA wrestling card	\$110.00

AAU or USA Wrestling Card

Expiration Date: ____/____/____

** Please send a copy AAU/USA card along with your

<input type="checkbox"/> Camp fee with-out AAU/USA wrestling	\$145.00
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Subtotal: _____

Total: _____

Name _____
Address _____

Phone _____

Method of Payment

☐ Check

Middle Tennessee Youth Wrestling Camp for Champs

810 Hillsboro Rd. Franklin, Tn 37064	Phone: 504-920-2517 Email: frank.barbrie@wcs.edu
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