



In the Know

NEWS & NOTES FROM YOUR PSO

Our PSO President, John Patterson

November 14, 2011
Volume 1, Issue 3
St. Mary Magdalene PSO

Dear StMM Parents,

The PSO is gearing up for tomorrow's Footsteps to a Healthy Future Walk-A-Thon! The students, sporting their Spirit Wear, will be pumped up and ready to put their best foot forward. It will be a fun-filled day of activities, games, and music. A pep rally is scheduled for 2 pm in the gym where we will close out the Walk-A-Thon with a bang. The Newsletter has more details on all of tomorrow's activities - please plan to join us!

I want to take this opportunity to thank our many generous sponsors and volunteers for supporting this worthwhile event and making this all possible. A huge **THANK YOU** to Jodi Kleiber, Laura Aiken, and all the members of their team for their tremendous efforts in organizing the Walk-A-Thon. Their hard work, dedication, and enthusiasm are greatly appreciated. Thank you to all!

Our next PSO meeting is also scheduled for tomorrow at 7 pm in the Media Center. We are fortunate to

have Dr. Carol Mitchell with NC Cooperative Extension as our guest speaker. She will share healthy eating ideas and introduce locally available resources. Please plan to attend to learn more.

As the holidays approach, your PSO is looking forward to hosting Santa's Village Christmas Bazaar and kicking off our annual Christmas tree, wreath, and ornament sales. Preparations are underway for StMM to participate in the Apex Christmas Parade! Our choir will be singing Christmas carols while cruising downtown Apex. A special thanks to Mrs. Beth Rosko for helping to arrange this event. Look for more information in an upcoming Monday's Mail.

I hope to see everyone at tomorrow's Walk-A-Thon!

Until next time,
John

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Guest Speaker at General PSO Meeting

Tuesday, November 15 at 7 pm in the Media Center

Did you know that Wake County is home to over 50 community gardens, farmers' markets, CSAs and pick-your-owns?

To close out the Footsteps to a Healthy Future Walk-A-Thon festivities, we would like to invite all StMM parents and staff to attend our PSO meeting on Tuesday, November 15th, 2011 at 7 pm in the Media Center. Our guest speaker will be **Dr. Carol Mitchell**, a registered dietician with NC Cooperative Extension. She will present "Wake County Local Food, the Healthy Choice is the Easy Choice." Dr. Mitchell is well-known for her efforts to increase access to healthy food in North Carolina through her work with schools, child care centers, and other community organizations. She is also a leader in the community gardening movement in Wake County.

Come discover easy and cost-effective ways for your entire family to eat more healthy, fresh, and local food through all of the resources available to us in Wake County. Healthy refreshments will be provided!



FOOTSTEPS TO A HEALTHY FUTURE



WALK-A-THON TOMORROW!

Tuesday, November 15th

We want to THANK YOU for all of your support to get ready for this amazing event. So many have participated to make this fundraiser a success!

*Remember tomorrow is a **SPIRIT DAY**. All Students should come dressed in **SPIRIT WEAR** and athletic shoes for walking!*

Classes are scheduled to walk as follows:

Classes	Time
3YO; PKHDAM, PKFD & 8 th	10:00 – 11:00 am
3 rd & 6 th	10:30 – 11:30 am
5 th	10:45 – 11:45 am
1 st	11:00 am - noon
K & 4 th	11:30 am – 12:30 pm
PKHDPM; 2 nd & 7 th	Noon – 1:00 pm

Walk-a-thon



Volunteers Needed!

The PSO still needs parent volunteers the day of the Walk-A-Thon to make this a great event for our students and for our school. Please consider giving one or two hours of your time to make this PSO fundraiser a success! Sign up at <http://www.signupgenius.com/go/stm16>.

If you have any questions, please contact Laura Aiken, LAiken@wakemed.org, and Jodi Kleiber, jkleiber@nc.rr.com.

Before, during and after the walk, there is a lot to be excited about :

- every student who turned in a donation will receive a StMM aluminum water bottle.
- students will have a chance to enjoy activities, games, and music from our community partners including Be Active NC, Carolina Railhawks, Kids in Training, Rugged Fit, Triangle Rock Club, Western Wake Tennis Association, The Produce Box, Great Harvest Bread, Western Wake Farmers Market, Whole Foods Cary, and Advocates for Health In Action.
- To close the day, please **join us at 2 pm for the PEP RALLY** and closing celebration featuring the StMM Band and Cheerleaders as well as the Cardinal Gibbons Dance Team. StMM students will do an encore performance of their viral dance AND the prize winners will be announced!

Come support each of the following Walk-a-thon Teams:

Madsen's Monarch Marchers
 Weigmann's Whippets
Gaynor's Glittery Glow Worms
 Pfeiffer's Fitness Fanatics
Agnew's Amazing Angels
 Reitz Rebel Rousers
Bennett's Blazing Butterflies
 Rhode's Runners
Nations Number One
 Flanagan's Flying Feet
T3-The Tenacious Telketubbies



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Unstoppable Stys
Fronkensteins Fronkinators
 Nifty Navarro Ninjas
Groelle's Illustrious Meanderers
 Wilson's Wandering Warriors
26 Blum Plum's
 C-Pak
Schnufalupaguses
 The Koala's
Cutrer's Cool Cats



Pep Rally – Staff Relay Race



Pep Rally – Students' Viral Dance

Congratulations!

A final note of congratulations to all those who have already won some of the fabulous prizes! Thank you all for your tremendous efforts in collecting pledges!

We just can't wait to hear who will be the Week 3 winners as well as the winner of the GRAND PRIZE!

Week One Raffle Winners

Gabby O'Rourke	Sonshine Gymnastics - Parent's Night Out
William Kelly-Crapse	Ancient Arts Family Karate - Birthday Party with Jump House
John Dean	\$50 Gift Card to Raleigh Running Outfitters
Lauren Kelly	StMMHoodie Sweatshirt
Audrey Hurd	Marbles Kids Museum - four admission vouchers
Patrick O'Rourke	Tennis Lessons with Ken Sarnoff / Tennis Racquet
Elizabeth Senn	Hollands Jewelers - Pearl Necklace
Cameron Golitz	Cary Ballet - 2 tickets to Vision of Sugarplums
Alex Falls	Jelly Beans - 4 passes for one free skate lesson
Julia Kleiber	Jelly Beans - 4 passes for one free skate lesson
Graham Pagach	Razor Scooter
Sydney Aiken	Pelicans - Five rounds of mini golf and five Snoballs
Sarah Falls	Pelicans - Five rounds of mini golf and five Snoballs
Grace O'Rourke	Regal Cinemas - \$25 Gift Card
John Thomas DeLoach	Bounce U - 4 passes for free admission
Aubrey McGrath	Bounce U - 4 passes for free admission

Week Two Raffle Winners

Elizabeth Senn	Little Gym - One Month Free Classes
Philip Rupiper	Ancient Arts Family Karate - Birthday Party
Jason Antley	Apex Gymnastics - Birthday Party
Michael Smith	Performance Academy - 1 month of Speed/Agility Program
Clare Zureich	Raleigh Running Outfitters - \$50 Gift Card
Sophia Agusta	StMM Hoodie Sweatshirt
Carson Zadell	StMM Hoodie Sweatshirt
Sarah Falls	iTunes - \$25 Gift Card
Sophia Eli	Lia Sophia Jewelry - The Daisy Necklace
Lawrence Freeman	Knight's Play - Round of golf for four
Katherine Powers	Cardinal Gibbons Gear
Lauren Schaefer	Cardinal Gibbons Gear
Gioia Salamido	Cardinal Gibbons Gear
Nathan Widmann	Carolina Ballet -2 tickets to the Nutcracker
Kelcey Aiken	StMM Spirit Wear - StMM T-shirt and Sling Bag
Dorothea Ayers	Pelican's - Five rounds of mini golf and five SnoBalls
Josh Layton	Pelican's - Five rounds of mini golf and five SnoBalls
Maddie Stein	DS Game Basket - 11 DS games

**A Special Thank you to all of our
Footsteps to a Healthy Future Sponsors and Donors!**

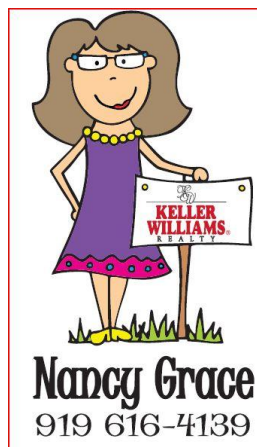


Dr. Brian T. Szura

Dr. Brian Szura is a Board Certified Orthopaedic Surgeon practicing with Cary & Garner Orthopaedic and Sports Medicine Specialists since 1992. He completed his residency training at Johns Hopkins Hospital in Baltimore, MD and a Sports Medicine Fellowship at The Hughston Orthopaedic Clinic and Sports Medicine Foundation in Columbus, GA. Dr. Szura is the team physician for St. Aug's College in Raleigh, St. Mary's, and Cardinal Gibbons High School. He is married and has 3 very active young children that keep him very busy. www.caryortho.com



We are a group of health and athletic performance experts who are passionate about helping individuals reach their potential as athletes and people. At The Performance Academy, we will provide comprehensive, cutting-edge training for athletes of all ability levels. In a safe, inspiring, and relentlessly positive environment, we will provide the techniques, tools, and motivation to maximize athletic performance. We are committed to developing the physical and mental attributes that will lead to success, with a specific focus on instilling core values of hard work, dedication, and self-discipline. www.theperformanceacademync.com



**Nancy Grace-
Realtor/Broker
Keller Williams
Realty – Cary**

First, I feel I must mention, that no, I am not that Nancy Grace...You know, the one on TV?

I am a full-time real estate professional with Keller Williams Realty – Cary. My

husband and I are transplants from Buffalo, NY and we have called the Triangle home for 11+ years. I obtained my real estate license back in 2007. I am a busy mom of Andrew (6th grade) and Abigail (3rd grade). I have had the pleasure to help many people in the StMM community fulfill their real estate needs. I love what I do! Please allow me the opportunity to make your next buying or selling experience a positive & successful one! You can reach Nancy at 919-616-4139 (direct) / nancygrace@kw.com (email) / or nancygrace.yourkwagent.com.

Cary Dinner Fairy

The Cary Dinner Fairy is a team of two extraordinary women, Executive Chef/Owner Jenny and Sous Chef Leanne, who have over 34 combined years of culinary experience and knowledge to share with you. Let them fill your kitchen with wholesome, healthy food that will satisfy every hard-to-cook-for member of your family without having to do all the work yourself, or go out to a restaurant. Instead of frozen, mass-produced meals, let Cary Dinner Fairy prepare carefully selected meals that are individually tailored to fit your unique dietary needs and tastes and feature fresh, healthy, seasonal food. Visit www.carydinnerfairy.com for more information!



"It all started with a simple philosophy. A community bank dedicated to providing the financial services of a larger bank with the hands-on, personalized service that only a local bank can provide. Crescent State Bank has never strayed from this philosophy. Founded and headquartered in Cary, NC, we pride ourselves on being able to provide fast, local decision-making and quality customer service. There is no 1-800 customer service phone number. Call an office you are greeted by an employee who is willing to assist you with whatever your need may be. Go ahead, stop being a number at the big banks and discover the difference in community banking at Crescent State Bank."

www.crescentstatebank.com



Clancy & Theys Construction Company was founded in Raleigh in 1949 by brothers-in-law E.I. Clancy and John Theys. The company's headquarters is in Raleigh, and Clancy & Theys has other North Carolina offices in Wilmington and Charlotte, with other Southeastern U.S. offices in Newport News, Va. and Orlando, Fla. Clancy & Theys is the largest vertical general contractor owned and headquartered in North Carolina, according to statistics compiled by Engineering News-Record (ENR) magazine. Additionally the magazine ranks the company as the 76th largest Green Contractor. Clancy & Theys is now owned and managed by founder Clancy's sons, Tim and Tick. Tim is president, and Tick is executive vice president and oversees construction operations in Raleigh. We are proud to support St. Mary Magdalene Catholic Church and School.

www.clancytheys.com

Prize and In Kind Donors

Academy for the Performing Arts
 Advocates for Health in Action
 AMF Bowling Passes
 Ancient Arts Family Karate
 Apex Gymnastics
 Be Active NC
 Best Buy
 Bounce U
 Bradley's Flooring & Paint
 Cardinal Gibbons
 Carolina Ballet
 Carolina Railhawks
 Cary Ballet Conservatory
 Cary Family YMCA
 Classy Kids Cooks
 Great Harvest Bread
 Great Wolf Lodge
 Harris Teeter
 Holland's Jewelers
 Homegrown Pizza
 Imperial Electric
 Jelly Beans Super Skate Center
 Jersey Mike's Subs
 Jump Zone
 Ken Sarnoff
 Kids in Training
 Knight's Play Golf Center
 La Pizza Volante
 Learning Express
 Lia Sophia / Kim DeGeorge
 Little Gym of Holly Springs
 Marbles Kids Museum
 McDonald York
 Nike Golf
 Panera
 Pelican's Sno Balls
 Prime Snacks
 Raleigh Running Outfitters
 Roma's Pizza
 Rugged Fit
 Sonshine Gymnastics
 STMM PSO
 Suzanne Egan - Integrative Medical Massage & Wellness
 The Cary Polar Ice House
 The Todd Chapman Family
 The Gallaro Family
 The Paquin Family
 The Produce Box
 Western Wake Farmers Market
 Western Wake Tennis Association
 Whole Foods Cary



Thank you!



Save the Date!

Join us at the Santa's Village Christmas Bazaar on **Saturday, December 3rd** from 9 am – 3 pm in the Activity Building. There will be vendors selling unique gifts, live entertainment, a huge bake sale, Christmas trees, and more! All the way from the North Pole, the Jolly Guy in Red will make a special appearance for pictures and wish lists!



Santa's Village Bake Sale

Donations and volunteers are needed for the Santa's Village Bake Sale on **December 3**. Items needed are pies, cookies (in packs of 6), homemade breads, candies, chocolates and any other specialties you have.

Please contact Stephanie O'Rourke or Sheila Miller at stmmsantasvillage@yahoo.com if you have any questions.



Chess Club

Chess Club will meet on the **following Fridays** in 2011-2012:

- November 18 February 24
- December 2 March 2
- December 16 March 3 – Tentative Chess Tournament
- January 6
- January 20 March 9 – Tentative Chess Party
- February 3



Please contact Jenny Kosnik at jensk@nc.rr.com or at 363-7143 if you have any questions.

Adopt-A-Highway

Our next highway cleanup is scheduled for **Sunday, December 11th** at 1 pm. If you are interested in helping keep the roadside beautiful near our church and school, please contact Annette Hollis at dhollis@nc.rr.com to volunteer.

Principal's Coffee

Please join Mr. Cadran for his next Principal's Coffee on **Thursday, November 17** from 9:30-11:00 am in the Adult Room.



General Mills Box Tops for Education



Please help the Media Center purchase new books and materials by sending your General Mills **Box Tops for Education** logos and any bonus certificates to the library. Also, watch RenWeb and e-mail communications for future contests and reward opportunities for turning in your box tops. Go to boxtops4education.com for a complete list of all products with the 10 cent pink logos and to find other ways to help our school earn cash for our library. Last month, the Media Center mailed over 6,000 box tops to General Mills earning our school \$646.00! The funds will be spent on a new ELMO (document camera) and books for the Media Center. Many thanks to all!

A Note from the Editor....

I hope you enjoyed the third edition of *In the Know, News and Notes From Your PSO*. This newsletter will be distributed each month during the school year.

If you have any suggestions, please contact me at stmmpso@gmail.com.

Amy Snow, Communications Coordinator

Volunteer of the Month

The PSO would like to congratulate Sheila Miller as our November Volunteer of the Month! Sheila has helped to organize the Used Clothing Sale over the last several years and recently revamped the program to the "Used Clothing Store". This program has raised over \$1400 for StMM in just the first two months of opening! Sheila is also this year's co-chair for Santa's Village.

Sheila and her husband Robert have a son Cole in 4th grade, a son Ethan in 2nd grade, and a daughter Lauren in Kindergarten at St. Mary Magdalene.

As our November Volunteer of the Month, Sheila is enjoying the use of the reserved parking spot for the month of November.

Nominations for the December Volunteer of the Month must be submitted by Tuesday, November 15. Nomination forms and a submission box can be found in the school office. Previously submitted nominations will re-submitted for the consideration.



Sheila Miller

November PSO Volunteer of the Month



Staff Appreciation

Thank you to everyone on the Staff Appreciation Committee for their efforts last week. Our Fall Luncheon was a huge success! The garden looked amazing and we could not have ordered a better day. The soups that were donated were just fabulous. Again, thank you to everyone for putting on a great lunch. And a special thank you to Kim DeGeorge and Michelle Yates for organizing such a wonderful event!



Christmas Tree and Wreath Sale



The St. Mary Magdalene Parent School Organization (PSO) will be sponsoring a Christmas Tree/Wreath Sale beginning **Friday, November 25, 2011 through Sunday, December 11, 2011** or until all trees are sold. Your support will help fund PSO activities such as Staff Luncheons, Cultural Arts programs, Spring Festival, Field Day, Teacher Grants and the 2012 Gala. We will be selling beautiful North Carolina Fraser Fir trees for less than the local tree lots or nurseries.



Pre-orders will receive a 10% discount if the below form and payment in full is returned by **Friday, November 18, 2011**. (The order forms are available in the Front Office as well as on RenWeb.

We also need **volunteers** to help during the sale. Please click on the link below to volunteer. This is a wonderful volunteer opportunity and lots of fun! Hope to see you there!

<http://www.signupgenius.com/go/stmary>

St. Mary Magdalene Annual Christmas Tree Sale

The St. Mary Magdalene Parent School Organization (PSO) will be sponsoring a Christmas Tree/Wreath Sale beginning Friday, November 25, 2011 through Sunday, December 11, 2011 or until all trees are sold. Your support will help fund PSO activities such as Staff Luncheons, Cultural Arts programs, Spring Festival, Field Day, Teacher Grants and the 2012 Gala. We will be selling beautiful North Carolina Fraser Fir trees for less than the local tree lots or nurseries.

Pre-orders will receive a 10% discount if the below form and payment in full is returned by **Friday, November 18, 2011**. Pre-orders may be individually selected from the tree lot beginning Friday, November 25, 2011 and must be picked up no later than Saturday, December 3, 2011. For the best selection, please come early.

Please place a check mark in the appropriate box or boxes:

- | Fraser Fir Tree | Pre-order/Regular |
|--|--------------------------|
| <input type="checkbox"/> 6-7 Foot | \$45/\$50 |
| <input type="checkbox"/> 7-8 Foot | \$54/\$60 |
| <input type="checkbox"/> 8-9 Foot | \$70/\$77 |
| Fraser Fir Wreath | |
| <input type="checkbox"/> 22-24" diameter | \$23/\$26 |
| <input type="checkbox"/> 26-28" diameter | \$26/\$30 |

Sale Hours	
Friday, Nov. 25	9am-5pm
Saturday, Nov. 26	9am-5pm
Sunday, Nov. 27	9am-5pm
Saturday, Dec. 3	9am-5pm
*Sunday, Dec. 4	9am-5pm
*Saturday, Dec. 10	9am-5pm
*Sunday, Dec. 11	9am-5pm

*unless all trees have sold

Total Paid.....\$
Name: _____

Mail or return form by **Nov. 18th** to: STMM, (Attn: Adam Smith), 625 Magdala Pl., Apex, NC 27502
Questions: Contact Adam Smith adamsmithnc@gmail.com or visit www.stmm PSO.org

RETAIN TOP PORTION FOR YOUR RECORDS AND TREE PICKUP

SUBMIT BOTTOM PORTION WITH CHECK PAYABLE TO STMM PSO FOR THE FULL AMOUNT

St Mary Magdalene Annual Christmas Tree Sale

Please place a check mark in the appropriate box or boxes:

- | Fraser Fir Tree | Pre-order/Regular |
|--|--------------------------|
| <input type="checkbox"/> 6-7 Foot | \$45/\$50 |
| <input type="checkbox"/> 7-8 Foot | \$54/\$60 |
| <input type="checkbox"/> 8-9 Foot | \$70/\$77 |
| Fraser Fir Wreath | |
| <input type="checkbox"/> 22-24" diameter | \$23/\$26 |
| <input type="checkbox"/> 26-28" diameter | \$26/\$30 |

NAME: _____

PHONE: _____

EMAIL: _____

TOTAL PAID: _____

Mail or return form by **Nov. 18th** to: STMM, (Attn: Adam Smith), 625 Magdala Pl., Apex, NC 27502
Questions: Contact Adam Smith adamsmithnc@gmail.com or visit www.stmm PSO.org

