

**Student Hours:**  
9:15 a.m. First Bell  
Students Admitted to Building  
9:25 a.m. Late Bell  
Students Marked Tardy If Arriving After  
Bell  
3:55 p.m. Dismissal

## Yearbook Orders

Due to the popular response we have extended the deadline for ordering a yearbook. The **absolute** deadline is 3/31. After this date you will not be able to order a 2016/2017 Fulton yearbook. So don't delay order today!! Go to [www.strawbridge.com](http://www.strawbridge.com) Use code 112070.

## SAVE THE DATES: FALCON FOLLIES TALENT SHOW

1. March 31st: Permission Slips Due
2. April 3rd & 4th: Auditions, 6:00 to 7:00 p.m.
3. April 24th & 25th: Rehearsals, 6:00 to 8:00 p.m.
4. May 1st: Dress Rehearsal, 6:00 to 8:30 p.m.
5. May 5th: Falcon Follies Talent Show, 6:30 to 9:00 p.m.



\*\*All Falcon Follies activities are held in the cafeteria.

[www.fespta.org](http://www.fespta.org)

## A Message From Mrs. O'Brien

Mrs. O'Brien would like to give a congratulatory shout out to her third graders for completing their Student-Led Conferences! They are student leaders who can reflect on their progress and set goals to help themselves make improvements!

Thank you to all parents, family members, and friends who attended to hear them present.

## Dates To Know:

March	27	2nd Gr. Fire Safety House
	28	2nd Gr. Fire Safety House
	29	Career Day
April	4	1st Grade Toby's Field Trip
		PTA Meeting, 7:00 p.m., Media Center
	7	End of Marking Period
		Dismissal at 12:55p.m
	8-17	Spring Break
	18	School Reopens
	18-21	Ecology Week
	19	Family Fit Night
	20	Spring Individual Photos
	21	Jump Rope for Heart
	25	Report Cards Issued
	28	3rd Grade Read Across America with RHS

## Career Week March 27 to March 31st

This event is dedicated to showcasing college and/or career readiness. We are asking students to wear the following for this spirit week:

<b>Monday</b>	My Future is so bright, I have to wear my sunglasses!
<b>Tuesday</b>	Fulton Spirit Gear, because my future starts here.
<b>Wednesday</b>	Career Day! Dress in a career outfit of YOUR choice.
<b>Thursday</b>	Dress for Success! Wear interview attire.
<b>Friday</b>	College where? Put on your favorite college wear.



## Ecology Week...

is coming April 18th through April 21st! Have your child show their favorite part of the environment on Friday, April 21st by wearing brown to represent the land, green to represent the plants and animals, and blue to represent the water.

Parents of 5th graders, please join us on Thursday, April 20, 2017 from 5:00-6:00PM. The end of the school year is quickly approaching. We will be holding a meeting for the End-of-Year Activities and SCH (Simulated Congressional Hearings) volunteer groups after Spring Break. Please consider joining us for this meeting. We need your help in conducting a smooth and fun transition to the end of the school year for our fifth graders who have been working so hard all year long. A few of the activities in the final month are: SCH, annual kickball game, class party, and promotion. Thank you for your continued support. We look forward to meeting with you. Regards, Fifth Grade Teachers

## Fruity Friday Is Coming!

**Who:** All Fulton students in grades K- 5 can participate.

**What:** All you have to do is eat a FRESH FRUIT that matches the special color of the week. (This does not include packaged fruit products.)

"Color of the Week":

March 31<sup>st</sup>..... **GREEN** fruit

**Where:** In the Fulton cafeteria.

**When:** At your lunch time on Fridays during March.

**Why:** To support Nutrition Month.

**How:** Just eat a fruit and earn a ticket. Each week winners will be drawn!

\*Students that bring a FRESH fruit that matches the "Color of the Week" will earn a ticket. Tickets will be drawn on the TV morning news and winners will be announced each week!

## Volunteers are needed!!

Volunteers are needed throughout the lunch shifts to pass out tickets to participating students. Please sign-up for as many shifts as possible! Passing out tickets ONLY takes about the first 5-10 minutes of each lunch shift!

**11:00-11:30** = Kindergarten

**11:30-12:00** = 2nd Grade

**12:00-12:30** = 1st Grade

**12:30-1:00** = 5th Grade

**1:00 - 1:30** = 4th Grade

**1:30 - 2:00** = 3rd Grade

**Click the link below to sign-up to help!!**

<http://www.signupgenius.com/go/10C0E4AA9AB2BA6FD0-fruity1>

Thank you for helping to promote healthy food choices during lunch!

Fulton's Wellness Team

## Fulton's Family Fit Night

**Wednesday, April 19<sup>th</sup> 6:00-8:00pm**

Fulton Elementary School's *Wellness Team* and *Fit2Order* is hosting a Fitness Night for families! We will have interactive stations for our families to participate in, which include **Zumba, Karate, Yoga and Boot Camp** as well as a **Dance Party Finale** for kids and a **Parent Nutritional Workshop**. Local health and wellness business will be sharing information, coupons, samples, and even prizes throughout the night! Several **wellness tables** will be set-up for our students and families to learn about the importance of eating healthy and being active! We will also **raffle** off prizes from local businesses at the the end of the night!!

### Vendors include:

Athleta

Goldfish Swim School

HoCo Chiropractic Spine & Sports Rehab

MacAdoodle

Whole Foods

Harris Teeter

Honest Tea

Agility Training for Kids with Efrain Larenas

...and several more!!!

### Register your family

Don't miss out on the fun and FITNESS! To register for the event, go to **www.fit2order.com**, hover on *FIT Solutions* for drop down menu & click *registration*, then click the *FIT Family* tab at the top and scroll down to Fit Family Night - *Fulton Elementary* and click *Sign Up Now!* On the registration form, please also note how many family members will attend in the 'notes' section.

### Sign-up to Volunteer

For our night to be a success, **we need of volunteers!** Volunteers will help with the wellness tables, check-in/registration table, and we need group leaders to rotate our families from one fitness station to the next.

**Please support Fulton by signing up to volunteer!!**

<http://www.signupgenius.com/go/10c0e4aa9ab2ba6fd0-fultons3>

## From The PE Department: Jump Rope For Heart Is Back!

In connection with the American Heart Association (AHA), students are given the option of raising money for Jump Rope for Heart. Students do NOT need to raise money to take part in our Jump Rope event, which will take place on **Friday, April 21, 2017**. The AHA envelopes are being sent home with students throughout the week. There are extras for those that need more. *Students do NOT need to return the permission slips to participate in our fund raising event.*

If you and your child discuss this option and want to raise money, please fill out the main envelope form, collect the money (preferably online), and return the envelope to the PE teachers by **Friday, April 21<sup>st</sup>**. It is preferred that money is raised **ONLINE** by visiting <http://www.heart.org/jump> and joining the Fulton Elementary Team! Once again this year, Bonus Prizes will be awarded throughout the fundraiser to the students that raise money online or turn in the *coupon* for the First \$5 Donation to earn "Rory McFiercely" and a lanyard. **If money is raised ONLINE please remember to print the "Donation Report" and include it in with the donation envelope.** The other option is to raise money in the form of **CHECKS** made out to THE AMERICAN HEART ASSOCIATION. **PLEASE DO NOT SEND CASH.** Don't forget that if your child raises \$50 or more, they'll receive a T-shirt, so please mark your child's T-shirt size on the donation envelope.

Once again, the money is due **Friday, April 21<sup>st</sup>** the day of our special Jump Rope for Heart event!

**The schedule for Jump Rope For Heart on Friday, April 21<sup>st</sup> will be:**

- 5<sup>th</sup> Grade – 9:45-10:45
- 4<sup>th</sup> Grade – 10:45-11:45
- 3<sup>rd</sup> Grade – 11:45-12:45
- Kinder. – 12:45-1:45
- 1<sup>st</sup> Grade – 1:45-2:45
- 2<sup>nd</sup> Grade – 2:45-3:45

If you have any questions please email Katie Howell at [Kaitlin\\_Howell@hcpss.org](mailto:Kaitlin_Howell@hcpss.org)

### Community News and Programs

Please follow this link to see what's going on in your neighborhood. Visit the HCPSS website for announcements of upcoming events and programs sponsored by non-profit organizations or follow this link <http://www.hcpss.org/community-news-and-programs/>



**Parents and guardians, please make sure students are wearing appropriate shoes for P.E. If they aren't wearing the proper shoes, they are not able to participate in all the fun in P.E.!**

### Keep those Box Tops coming!



Please continue to collect and send in Box Tops for Education. It's an easy way to raise funds we use for educational supplies.



**FIT2Order's  
FIT Family Night!**

It's Time to Register for a  
**FREE FAMILY  
FULTON  
wellness event...**  
(LIMITED TO 100 FAMILIES)

When: April 19, 2017  
Time: 6:00 - 8:00 pm

Highlighted Stations To Include:

- Kid Friendly Boot Camp
- Karate
- Zumba
- Yoga
- Dance Party Finale
- Parent Nutritional Workshop
- Wellness Tables

A PARENT OR GUARDIAN MUST ACCOMPANY CHILDREN TO THE EVENT.  
PARENTS AND STUDENTS COME DRESSED TO EXERCISE TOGETHER!

To register for the event, go to [www.fit2order.com](http://www.fit2order.com), hover on FIT Solutions for drop down menu & click registration, then click the FIT family tab at the top and scroll down to Fulton sign-up now. On registration form, please also note how many family members will attend in the notes section. For more information, please contact Ms. Katie Howell at [kathie\\_howell@hcpss.org](mailto:kathie_howell@hcpss.org)

## Fulton Elementary Celebrates Women's History Month March 2017

Check out the great display in the Media Center highlighting Women's History!

In honor of [Women's History Month](#), Fulton will continue our **TRIVIA** competition. Each morning students hear a short feature from a 4<sup>th</sup> or 5<sup>th</sup> grader about an influential or admirable woman. On Friday of each week there is a trivia question. Students submit their answers in the grade level boxes by **Friday at 3pm**. Winners are announced on Monday mornings.

Please visit our web site for more information on how our students are learning about Women's History.  
<http://fes.hcpss.org/>

## Veggie Wednesday Is Coming!

**Who:** All Fulton students in grades K- 5 can participate.  
**What:** All you have to do is eat a FRESH VEGETABLE that matches the special color of the day. (This does not include pre-packaged vegetable products.)

### "Color of the Day":

April 5<sup>th</sup> ..... **GREEN** vegetable

April 12<sup>th</sup> ..... **NO COLOR** – Spring

### Break

April 19<sup>th</sup> ..... **ORANGE** vegetable

April 26<sup>th</sup> ..... **RAINBOW** – Any color

vegetable

**Where:** In the Fulton cafeteria.

**When:** At your lunch time on Wednesdays during April.

**Why:** To promote healthy food choices at lunch.

**How:** Just eat a fresh vegetable and earn a ticket. Each week winners will be drawn!

\*Students that bring a FRESH vegetable that matches the "Color of the Day" will earn a ticket. Tickets will be drawn on the TV morning news and winners will be announced each week!

### Volunteers are needed!!

Volunteers are needed throughout the lunch shifts to pass out tickets to participating students. Please sign-up for as many shifts as possible! Passing out tickets **ONLY** takes about the first 5-10 minutes of each lunch shift!

**11:00-11:30** = Kindergarten

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**1:30 - 2:00** = 3rd Grade

**Click the link below to sign-up to help!!**

<http://www.signupgenius.com/go/10c0e4aa9ab2ba6fd0-veggie>

Thank you for helping to promote healthy food choices during lunch!

Sincerely,  
Fulton's Wellness Team