



# TRUEBLUE VIEW

MARCH

## Hi TrueBlue Coordinators!

Spring is in the air and we are finally starting to get a break from the dreary winter weather.

While spring and the warmer weather are just around the corner, the next few months are still excellent months to get individuals from your school community thinking about their gas provider. In particular, how Georgia Natural Gas (GNG) is a gas provider that offers a program that gives much needed dollars back to Georgia schools just by switching!

If you need gas in your home, doesn't it just make sense to switch to (GNG) and help support your school? We think so and we know you do too.

To help with making **SpringTime TrueBlue Time** at your school, we have designed a new spring-inspired flyer that you can download at <http://www.trueblueschools.com/support.asp>. This is a great marketing tool to email to parents from your school or print and distribute at upcoming school events. The more people who know about the TrueBlue Schools (TBS) program, the more money your school can make!

### Who Will Be Your School's TrueBlue Coordinator for 2010-2011? Let Us Know!

Spring break is almost here and soon school will be out! Please don't leave for the summer without telling us who will carry the TrueBlue flag at your school for next year. So many of you have worked hard to get TBS established at your school and it would be great if you continue this role for next year. But, if you are passing the TBS torch, we want to be sure a new Coordinator is in place to continue your TBS legacy.

***Please email or call us by Friday, May 14th with the name and contact information of your new 2010-2011 TrueBlue Schools Coordinator. If we don't hear from you, then we will assume you will serve in this role again and we look forward to working with you again.***

### Get the Word Out - With Printed TBS Materials in Your School's 2010-2011 Registration Packets

We are tentatively planning to send every school printed TBS materials to put in each student's registration packet for next year. We know this could really help your school with sign ups and fund raising dollars. But, we need your help.

## Spring Quarter Donation Checks

### Are Coming...

TrueBlue donation checks will be sent to your school the beginning of April! Be on the lookout for your donation check from SouthStar Energy.

If you haven't already, please send us your school's W-9 form by March 31st in order to receive a spring donation check in April.

Please contact Chad Miller at [chadmiller@trueblueschools.com](mailto:chadmiller@trueblueschools.com) if you need a W-9 form to be emailed or mailed to you.

The completed and signed form may be faxed to 404-685-4030, Attention: TrueBlue Schools, emailed to [chadmiller@trueblueschools.com](mailto:chadmiller@trueblueschools.com), or mailed to P.O. Box 78760, Atlanta, GA 30357.

## It's the Hottest Field Trip of the Year!

### Math & Science Days at Six Flags

Georgia Natural Gas' TrueBlue Schools is proud to support Math and Science Days at Six Flags April 23rd and 30th from 10:00 a.m. - 5:00 p.m. These two days are the park's annual education days reserved exclusively for student use, to learn, experiment and explore. Therefore, the park will be closed to the public.



During this private event, students in grades 6-8 will perform group and individual experiments using specific workbooks provided by Six Flags and developed by educators.

This exclusive day at the park offers a unique twist to learning. Spaces are filling up fast.

**[CLICK HERE TO ORDER YOUR TICKETS!!!](#)**

Send us the following information:

1. Your school's registration packet process
2. Your school's registration packet distribution dates
3. Your school's enrollment numbers

If you are interested in receiving materials for your school's registration packets, please contact us and let us know ASAP.

As always, don't hesitate to contact us, Jennifer Lull at [jenniferlull@trueblueschools.com](mailto:jenniferlull@trueblueschools.com) or at 678-457-7196 or Chad Miller at [chadmiller@trueblueschools.com](mailto:chadmiller@trueblueschools.com) or at 678-672-1671 with any questions, comments, or concerns that you might have. We love hearing from you!

## Spotlight On: Level Creek Elementary

**TBS Check Patrol Presents  
\$4,850.00**



**Angie O'Farrell, Level Creek's TrueBlue Coordinator; Chad Miller, TrueBlue Schools Program Manager; and Dr. Nancy Kiel, Principal, Level Creek Elementary School.**

On March 4th, the TBS Check Patrol delivered another big check - this time to Level Creek Elementary School in Suwanee. Level Creek's PTA has raised \$4,850. Way to go Level Creek!

Level Creek PTA is using their TBS earnings to purchase Mimio Boards for each classroom as part of their school-wide technology upgrade.

Their future goal is to outfit every classroom with new boards by the end of next year, and it's within reach with the TrueBlue Schools Program. According to Level Creek's TrueBlue Schools Coordinator, Angie, O'Farrell, the TrueBlue Schools program is "by far the most generous program out there, offering one of the biggest donations per family."

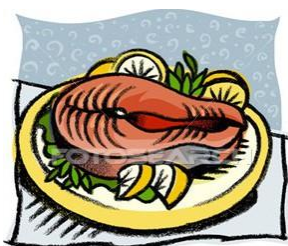
### **Order Form Deadlines:**

\*Order by **April 9th** for **April 23rd**

\*Order by **April 16th** for **April 30th**

## TrueBlue Healthy Eating Tip

**Omega 3, One of the Good Fats in a Healthy Diet!**



Salmon, and other fish like tuna and mackerel, are packed with an essential fatty acid called Omega-3s. Eating fish with Omega-3s twice a week can aid in the prevention of heart disease and keeps your blood flowing. Yogurt is

also another ingredient that may reduce the risk of heart disease. It contains live bacterial cultures called Probiotics that help maintain easy digestion.

Check out TrueBlue Schools' March featured recipe: **Grilled Salmon Skewers with Tzatziki** at <http://www.trueblueschools.com/cooking.asp>.

This recipe is a tribute to the Mediterranean - Greece, in particular. Loaded with incredible flavors, these delicious kebabs are the centerpiece of a wonderful meal.

**FUN FACT: Tzatziki** is a refreshing minty yogurt-cucumber sauce that goes well with this dish or any well-seasoned meats.

Log on to [TrueBlueSchools.com](http://www.trueblueschools.com) every month to find new recipes and ideas for easy, creative meals that you and your kids will love.

## TBS Volunteers Help GPB Raise Funds for Healthy-Eating Programming

Georgia Natural Gas (GNG) is proud to sponsor and support Georgia Public Broadcasting's (GPB) mission of providing programs that promote healthy eating for Georgia kids and families. After all, we are a Georgia Partner in Education and believe that excellence in academics and athletics puts kids on the right path to success. We also know that healthy eating improves learning, test scores and kids' lives.

That's why on March 6, GPB hosted volunteers from

Level Creek's success with the TBS program can be attributed to being diligent, consistent, and innovative with promoting the program.

**See How Level Creek is Promoting TBS to Make Their Program a Success:**

- Put a link to [www.trueblueschools.com](http://www.trueblueschools.com) on their school's website.
- Include the TBS program on their **"10 Easy Ways to Support Our School Without Spending a Dime"** flyer.
- Provided a **TBS program table** during **Open House** with staff talking to parents and passing out information about how the program works.
- **Create mini contests** and give-a-ways throughout the year that **support the TBS program. For Example:** Each new participant that signs up for TBS is eligible to receive a FREE ice cream from the Level Creek school cafeteria. Future contests will include the person at each grade level who signs up the most people for GNG/TBS will win lunch with the school's favorite teacher such as Level Creek's music teacher.

Now that's TrueBlue!

*If your school is doing something innovative to grow the TrueBlue Schools program, we want to hear from you! Please submit your ideas, stories and pictures to Jennifer Lull at [jenniferlull@trueblueschools.com](mailto:jenniferlull@trueblueschools.com).*

four TrueBlue Schools during their live, on-air TV Membership Campaign, that raised \$4,435.00 to support healthy eating and nutrition programming. Now that's TrueBlue!



***TBS volunteers joined GPB to raise funding for nutrition programming during National Nutrition Month. Healthy programs, like those on GPB, reach families and kids across the state with messages consistent with the healthy eating initiatives of TrueBlue Schools. It's just one more way TBS is working to improve Georgia's childhood obesity rate - currently 3rd worst in the nation.***

Georgia Natural Gas TrueBlue Schools donated \$500 to each of the following four schools who helped operate GPB's phone bank during the 4-hour event. Thanks again to everyone who helped make the pledge drive a success and showed just how TrueBlue they are to their school!

- Stonewall Tell Elementary School
- Norcross High School
- Westlake High School
- Haw Creek Elementary School

Remember, the TrueBlue Schools Program provides **teachers with FREE lesson plans, webisodes, recipes and tips to help teach healthy eating in the classroom.** Best of all, parents can use the online tools too, to reinforce the healthy eating message at home, and there is no better time than **March, National Nutrition Month**, to get started!

Check it out at [www.trueblueschools.com/cooking.asp](http://www.trueblueschools.com/cooking.asp).

