



# HOME Warren Bulletin SCHOOL

*Parents & Teachers -- working together for children.*

December 1, 2008

## Meetings

- The Warren PTO will meet on Wednesday morning, December 3, starting at 8:00 am in the cafeteria.
- The Warren School Board will meet on 12/3 in the library at 7:15 pm. The Board is currently working on budget development for FY '10.

## WASP Gingerbread Show

Come one, come all, to the Warren After School Gingerbread Contest Fundraiser December 5 - 9 at the Big Picture Theater in Waitsfield. The event will be open from 9-4 on both Saturday and Sunday. The award celebration will be from 3-4 on Sunday. There is still time to enter. Entries should be delivered to the Big Picture on Friday between 5 and 8. Call Ashley at 496-4170 for more information. She is also looking for volunteers to work the door at the Big Picture for a while.

**Physical Education Notes** *Leigh Clark writes,*  
Just a reminder for students in grades K- 6, if they have not done so, to bring in 2 small soup cans to be left at school. They will use the cans in PE class as a light weight to have fun on strengthening exercises. I will bring all the can goods to the Valley Food Shelf just before the December break. This is a way for students to participate in a fun and creative activity and to give back to our community.

**Health Notes: OTC Meds** *Fran writes,*  
American medicine cabinets contain a growing choice of non-prescription medicines, sold "over the counter", to treat an expanding range of ailments. The best way to become better informed about OTC is to read and understand the information on OTC labels.

How to read an OTC Drug Label:

- Active ingredient - is the chemical compound in the medicine that works to relieve your symptoms.
- Uses - the symptoms the medicine is meant to treat.
- Warnings - safety information will tell you what other medicines, food or situations (such as driving) to avoid while taking this medicine.
- Directions - information about how much medicine you should take and how often you should take it.



*5<sup>th</sup> and 6<sup>th</sup> grade students in Elizabeth's class are "buddies" with Andra's P4 students. They get together once a week to do activities and projects. Cameron, Owen, and Nicki are hard at work!*

- Other information - any other important information, such as how to store the product, will be listed.
- Inactive ingredients - chemical compound in the medicine that isn't meant to treat a symptom i.e. binders, color or flavoring.

OTC medications are commonly used to:

- Relieve pain -- acetaminophen relieves pain and reduces fever. Ibuprofen is an anti-inflammatory which helps relieve pain associated with arthritis.
- Relieve itching, nasal irritation, sneezing and mucus production. Antihistamines are in this category.
- Shrink the swollen nasal tissues so you breathe more easily. Decongestants do this by narrowing blood vessels in the lining of the nose.
- Block the cough reflex. Cough medicines are not recommended for children under the age of 4.

Kids Aren't Just Small Adults - OTC drugs rarely come in one-size-fits-all.

- Children aren't small adults, so don't estimate the dose based on their size.
- Read the label and follow all directions including age limits.
- Know the difference between TBSP (tablespoon) and TSP (teaspoon) and it is best to use a measuring spoon rather than a common kitchen spoon. Giving the correct dosage is important.

- Never let a child take their own medicine and never call medicine candy.
- "If a little medicine is good, a lot is better (or will work quicker)" is WRONG. Giving too much medicine can be harmful.
- If your child has a bad reaction to a medicine or is allergic to a medicine, tell you doctor right away. Keep a record of the following information at home: the name of the medicine, the dosage directions, the illness the medicine was used for and the side effects that medicine caused.

## Guinea Pig Rescue

Rebecca Montgomery is looking for a temporary home for their two sweet female guinea pigs while the family is away volunteering in Guatemala from 12/17/08 to 2/25/09. She will provide cage, food and other needed supplies. Please call or email us -- Rebecca Montgomery: rebeccam@madriver.com or 496-6471. Thank you!"

## Important Dates for your calendars:

112/3 *Weds* PTO Meeting 8:00 am  
 School Board Meeting 7:15 pm  
 12/16 *Tues* Holiday Concert 6:45  
 12/17 *Weds* Holiday Concert snow date  
 12/24 *Weds* Start of December recess

## REPEAT ANNOUNCEMENTS

### Holiday Concert: December 16<sup>th</sup>

We've made the decision: this year's Warren winter concert, featuring a performance of *The Nutcracker*, will take place on Tuesday, December 16<sup>th</sup> at 6:45 pm. Carolyn Adams says that the performance will take less than one hour from start to finish.

### Warren Gingerbread Contest Info

Contest information: Everyone is welcome to participate; there is \$6 entry fee per house. The gingerbread projects should be completely edible to be eligible for the contest. The deadline to enter is Friday, December 5. All Gingerbread projects should be brought to the Big Picture between 5 - 8 pm on that day. There are many categories and everyone gets a ribbon. Houses may be donated to the silent auction. The show is Saturday and Sunday with an awards party on Sunday afternoon from 3 to 4pm. There is still time to enter! Dough is available for sale at the Warren School, please call Ashley Woods @ 496-4170 for more info.

### The Giving Tree

In the spirit of the season, the Warren PTO offers *the Giving Tree* to meet the needs of our community. With full anonymity and care, Fran and Laurie will gather wish lists & needs lists for children in the Warren area. These items will be placed on paper ornaments on the Giving Tree in our school lobby. Please feel free to remove one or more of the ornaments, purchase it new, wrap it, and return to Laurie or Fran with the ornament tag attached. The gifts will be stored at The War-

ren Church and will be privately given to the families. This is a wonderful opportunity to share with your children the spirit of the season.

## Physical Education Notes *Leigh Clark writes,*

To encourage physical activity, next week students in grades 5 and 6 will bring home an *Activity and Fitness Log*. For the months of December through March, your child should keep a record of their efforts in improving or maintaining their fitness in the healthy zone, meeting the Vermont Standards 3.6. They will use their *Fitnessgram* results to determine whether they need to maintain or improve their fitness in the healthy zone in each group. Students should write in each column every day at home, and hand in their monthly logs to me at the end of the month with their parent/guardian signature. This is part of their physical fitness grade for the second marking period.

Here are the National Association for Sport and Physical Education Guidelines:

### Guidelines for Ages 5 through 12 years:

1. Children should accumulate at least 60 minutes, and up to several hours, of age-appropriate physical activity on all, or most days of the week. This daily accumulation should include moderate and vigorous physical activity with the majority of the time being spent in activity that is intermittent in nature.
2. Children should participate in several bouts of physical activity lasting 15 minutes or more each day.
3. Children should participate each day in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.
4. Extended periods (periods of two hours or more) of inactivity are discouraged for children, especially during the daytime hours.

### Guidelines for Preschoolers:



4<sup>th</sup> graders in Tim's class-- Avery and Noah-- enjoy buddy-time activities with Heather's three-year-olds - Anthony and Victor.

1. Preschoolers should accumulate at least 60 minutes daily of structured physical activity.
2. Preschoolers should engage in at least 60 minutes and up to several hours of daily, unstructured physical activity and should not be sedentary for more than 60 minutes at a time except when sleeping.
3. Preschoolers should develop competence in movement skills that are building blocks for more complex movement tasks.
4. Preschoolers should have indoor and outdoor areas that meet or exceed recommended safety standards for performing large muscle activities.
5. Individuals responsible for the well-being of preschoolers should be aware of the importance of physical activity and facilitate the child's movement skills.