



# HOME Warren Bulletin SCHOOL

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

December 8, 2008

## School Budget for FY2010

The Warren School Board is struggling with developing a budget for next year that meets the educational needs of the students in the context of the dismal national economy. We'll be sending home a survey next week inviting your input into this process. Please watch for it!

## Early Release Day Holiday Crafts

This Wednesday is the district's fourth early release day; students will be dismissed at 12:30.

The extended day WASP program features holiday craft projects, include baking and decorating sugar cookies, making ornaments, holiday decorations and yes, probably even a game of dodge ball. We will have lots of fun so let Laurie or one of the WASP staff know if you plan on sending your child to WASP at 12:30.

## Gift Elf Collection

The Gift Elves will be stocking the Valley food shelf with food for holiday meals -- breakfasts with bacon, sausage, pancake mixes, real syrup, good cereals, coffee, and cocoa, and for dinner -- hams, roast beef, and good desserts. Our students will be conducting our annual coin collection. First and second graders will go from classroom to classroom collecting coins, third and fourth graders spend their recesses rolling the coins and the upper unit classes do the shopping. It is a great project. We hope you'll support it with your spare change and piggy banks.

## The Giving Tree

If you're planning to send in a gift from the Giving Tree list, please get it to us by December 15<sup>th</sup>. Thanks for your generosity.

## Concert Fare

The PTO will be selling sandwiches, cider and brownies prior to the concert on the 16<sup>th</sup>. If you would be willing to make sandwiches or brownies or bring cider please let Laurie or Darcy Perreault-Acker know.

## Holiday Farmers' Market

This Saturday, December 13, there will be Holiday Farmers Market at the East Warren Schoolhouse from 9:00 am through 1:00 pm. Local farmers will have meat, eggs, produce and canned goods. On the second floor of the building you will find local artists selling a wide variety of gift items: pottery, glass buttons, t-shirts, blankets, aprons, and more!!!



*Rehearsals for the upcoming production of the Nutcracker are in progress. Last week there was an all-school session at 8 am; there will be another one tomorrow, 12/9, and a complete run-through on the 16<sup>th</sup>. The performance starts at 6:45*

## School Health Notes Fran writes,

Are hand gels replacing soap and water?

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others.

When you should wash your hands?

- Before preparing or eating food
- After going to the bathroom
- After changing diapers or cleaning up a child who has gone to the bathroom
- Before and after tending to someone who is sick
- After blowing your nose, coughing or sneezing
- After handling an animal or animal waste
- After handling garbage
- Before and after treating a cut or wound

Food handlers should wash hands with soap and water before beginning work and before returning to work from any toilet visit or break. Alcohol hand gel should not be substituted in food handlers

It is best to wash hands with soap and clean running water for 20 seconds. However, if soap and clean water are not available, use an alcohol-based product to clean your hands.

Alcohol-based hand gels significantly lower the number of germs on skin upon contact as long as hands aren't visibly dirty. When hands are covered in grime

like dirt or blood, it's better to wash with soap and water.

Hand sanitizers are just about everywhere these days – offices, restaurants, handbags, airport, hospitals, schools and other public places. Although these are a great substitute, washing our hands with soap and water is still the best way to help prevent the spread of germs.

At the Warren School, teachers have students wash their hands before having snack or going to lunch; we also provide hand sanitizers as an alternative.

### Physical Education Notes *Leigh Clark writes,*

Two reminders:

- Students in grades 5 and 6 should be making daily entries in their Activity and Fitness Log. I encourage parents to monitor these logs, and sign them to be turned in at the end of the month. Part of the Physical Fitness grade for the second marking period depends on completion of this activity.
- Students in grades K- 6 should bring in 2 small cans of soup to be left at school for use as light exercise weights in PE class. If they haven't already do so, it's not too late!



*The WASP Gingerbread competition provided a great opportunity for creative expression on display at the Big Picture Theater last weekend. Entries included a splendid replica of the McKenna tree house, a miniature rendition of Warren Village from Alta to the Church, an upside-down house, the Dontaagon, several castles, an inhabited toadstool*

### Important Dates for your calendars:

12/16	Tues	Holiday Concert 6:45
12/17	Weds	Holiday Concert snow date
12/24	Weds	Start of December recess
1/5/09	Mon	Classes resume
1/19	Mon	School closed for MLK holiday
2/21-3/3		February vacation
3/3	Tues	Town Meeting Day

### 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.
- 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 your doctor right away. Keep a record of the following information at home: the name of the medicine, the dosage direc-

tions, the illness the medicine was used for and the side effects that medicine caused.



*P3 students enjoy a reading session with Ellen Drysdale on the new (to us) couch donated by Cheryl Kingsbury last week. It all seems quite satisfactory!*