



HOME Warren Bulletin SCHOOL

Parents & Teachers – working together for children.

November 2, 2009

Harwood Bond Vote *Mary Gow writes,*

The Harwood Bond vote is coming up next Tuesday, November 10th. Voting will take place on the stage at the Warren School.

I know the timing is dreadful with the economy and tax day, but this work really needs to be done. And the ARRA money will provide real savings on the cost of the bond. If we wait, we will have to pay more in repair bills and borrowing costs when we do the work.

If you want to see for yourself, come to the building tour at Harwood tomorrow, Tuesday November 3rd at 4 pm – it starts in the Cafeteria. And there will be a public meeting there at 6:00 pm where you can learn more about the proposal, and get your questions answered.

Thanks for a Lovely Dance *Nancy Baron writes,*

Thanks go to Tim Holter, *Polyester*, and all those at Warren School who made last Friday night's Retro Dance Party such a fun evening. Though the event will not push us over our fundraising goal, it will make a positive impact. And, it was a Really Groovy time!

Well over 100 people showed up to shake their booties, most in costume. We had a nice turnout from the non-Warren crowd, though many were missed who had conflicts, or even worse, the flu. The Charlie's Angels team of Lisa Hodgson, Prudence Krasofski, and Cheryl and Troy Kingsbury took first prize in the great costume competition. Keith and Julia Paxman, who took second, were as an authentic 70's couple as I have seen. Coming in third was Becca Rubenstein, a cool rolling skating mama.

There were many on the PTO who worked hard to make this evening financial and entertaining success. Thanks go out to Sugarbush and all of you!

Physical Education Notes: *Leigh Clark writes,* Sugarbush tennis pro Ross Green was a guest instructor in PE classes today. Ross taught tennis workshops for students in grades K-6 during the regular classes.

Later this month, we'll be using soup cans for strength training exercises – please give your child two cans to bring in and leave here. When we've finished the unit, we'll donate the cans to the Valley Food Shelf. Students in grades K-6 will participate in a fun and creative activity and also give back to our community. Thanks.

WASP News

Starting Monday, November 16th, Allyson Lavit will be offering a mural painting class during the afterschool program – they'll paint a mural in the entryway of the school. If this is something your little artist would be interested in, please contact Ashley Woods at 496-4170 or Allyson at 496-4539. There is no additional cost for this class just the daily \$7 afterschool fee.

Attention drummers: Caitrin Noel will teach a 6 week drumming session at WASP starting in January. Stay tuned for more specifics.

And on Saturday November 14th we'll be having a gingerbread open house and workshop at the Warren School from 1 to 5. Gingerbread Dough will go on sale that day as will other gingerbread supplies, tips, tricks and info. The workshop charge is \$8 but there will also be free info and cider and cookies. Please check out the blog at warrengingerbreadcontest.blogspot.com

Healthy Eating On The Run *Fran Blair writes,*

People are looking for fast, easy and good-tasting nutritious food to fit a busy lifestyle. Here are some tips to help you eat healthy when eating out:

- Think ahead and plan where you will eat. Consider what meal options are available.



The Kindergarten class paraded their great Halloween costumes before a crowd of parental paparazzi last Friday morning. 15 minutes of fantasy and loud scary music – a good way to warm up for the spelling test? Maybe not – but it was fun!

- Take time to look over the menu and make careful selections. Some restaurant menus may have a special section for 'healthier' choices.
- Read restaurant menus carefully for clues to fat and caloric content. Menu terms that can mean less fat and calories: baked, braised, broiled, grilled, poached, roasted, steamed. Menu terms that can mean more fat and calories: batter-fried, pan-fried, buttered, creamed, crispy, breaded.
- Order regular or child-size portion. Mega-sized servings are probably more than you need. For a lighter meal, order an appetizer in place of a main course.
- It's OK to make special requests, just keep them simple. For example, ask for a baked potato or side salad in place of French fries; no mayonnaise or bacon on your sandwich; sauces served on the side.
- If you're planning a special restaurant meal in the evening, have a light breakfast and lunch.
- For dessert order one dessert for everyone to share.
- Split your order. Share an extra large sandwich or main course with a friend or take half home for another meal.
- At the sandwich shop, choose lean beef, ham, turkey or chicken on whole grain bread or a soft tortilla wrap. Ask for mustard, ketchup, salsa or low-fat spreads and don't forget the veggies.
- Enjoy ethnic foods such as Chinese stir-fry, vegetable-stuffed pita or Mexican fajitas, go easy on the sour cream, cheese and guacamole.
- Ask for sauces, dressings and toppings to be served 'on the side'. Then you control how much you eat.
- If you choose a buffet, fill up on salads and vegetables first. Take no more than two trips and use the small plate that holds less food.
- Try a smoothie made with juice, fruit and yogurt for a light lunch or snack.
- Always eating on the go? Tuck portable, non-perishable nutritious foods in your purse, briefcase or backpack.

Eating healthy is something we all should aim for. Eating fruits and vegetables and less 'junk' food and sweets is much better for us. Learning good nutritional habits when we are young is easier than trying to change our habits when we get older.