

energy audit! Contact 496-5545 for more information.

Physical Education Notes *Leigh Clark writes...*

I'm encouraging parents to keep sending in those notes telling me the distance your child is walking, hiking, biking or running. I have received a lot of positive feedback on this program – it's that the kids are getting outside and staying active. A few of you have mentioned that your kids are getting you out too – even better!

Please remember to send those soup cans for your child to use in our light warm-ups.

Kids Drumming Workshop

At the East Warren Schoolhouse this Saturday, November 21— Caitrin Noel will teach hand drumming to children 3 – 8 years old, using congas, bongos, and bass drums to learn basic technique and make music together. Parents are asked to stay during the workshop and feel free to join in!

The workshop takes place upstairs at the East Warren Schoolhouse on Saturday, November 21. 3-5 year olds meet from 10:00 to 10:45; 6 – 8 year olds 11:00 – 11:45 \$7 per child (limited to 10 per class)

Call Jen Higgins 496-9824 to register



Tyler, Eleanor and Charlie practiced their gingerbread construction skills at last Saturday's workshop, warming up for the big competition starting December 11th at the Warren Town Hall.

Important Dates for your calendars:

11/24-25	Parent Conferences
11/26-29	Thanksgiving break
12/3 Thurs	Flu Vaccine Clinic
12/9 Weds	Early Dismissal 12:30 pm
12/12-13	WASP Gingerbread Event
12/15 Tues	Holiday Concert 6:30 pm
12/24 – 1/3	Vacation

REPEAT ANNOUNCEMENTS

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.

The "L" Word *Fran Blair writes.*

Unfortunately we have had a few cases of the little buggers. Lice are highly communicable and difficult to prevent. Early detection and treatment is the best way to combat them. You can help prevent the spread by frequently checking your child's head. Tell your child not to share combs, headbands, hats or clothing.

What to look for:

- Lice are small bugs, said to be the size of a sesame seed when they are first hatched but as they mature they get bigger. They lay their eggs, called nits, and attach them to the base of the hair shaft usually at the nape of the neck and around the ears. The life cycle of the louse is about ten days.
- Persistent itching of the head and back of neck can indicate head lice.
- Lice do not have wings and cannot fly. They do not jump, but can move very rapidly and can be passed from one to another by direct contact with the head or with an article that may have been on the head of an infected person. Lice can't live for more than forty-eight hours off of the human host.
- Since the lice themselves are so difficult to find, the head lice infestation is frequently diagnosed by finding the nits. Nits are teardrop shape and about the size of a grain of sand. They vary from yellowish brown to white and are attached to the

shaft of hair with a waterproof cement-like substance that makes it hard to remove them.

Treatment:

- Ordinary shampoo will not kill the lice. There are many products that can be purchased to deal with killing the lice and their eggs. Follow the directions on the package. If in doubt about what to buy talk to a pharmacist or your health provider.
- The important part of the treatment is the picking of nits – thus the saying 'nit picker'. The kits provide a fine-toothed comb to be used to comb the hair after the treatment. It is a tedious task but the better job you do of removing all the nits the better chance you have of the lice not reappearing.
- Re treatment in 7-10 days is recommended.
- Wash all bedding and clothes that the infected person has come in contact with.
- Place stuffed animals in plastic bags and in the cold weather put them outside for 2-3 days. They can also be put in a dryer at very high temperature. Extreme heat and cold kill the lice not on the human host.
- Vacuum car seats, sofas, carpets and surfaces that have been in contact with the infected person's head.
- The child needs to be checked by the nurse before returning to class.

Lice are not life threatening just annoying. By all of us working together we can keep their spread to a minimum. Thank you for your help.

Bill Koch League Nordic Ski Team

Nordic skiing is fun, fast, and a great way to enjoy the Vermont winter! Join the Mad River Valley Bill Koch League and learn a sport you will enjoy for a lifetime! Open to grades K-6. Practices are Tuesdays 3:30 - 5 at Ole's Cross Country Center, December 15 - March 16, school holidays excluded.

Interested? Contact Kate Williams at 279-8302 or kate@northernforestcanoetrail.org for info and registration materials. \$100 if you register before November 15, \$110 after.

Holiday Wreaths

Fifth and Sixth graders are again selling holiday wreath sale. \$18 gets you a beautiful wreath with your choice of red or plaid bow, and helps the children earn the money they need for their class trips. You can order from a student, or pick up an order form in the lobby.



Abby and Brendan are "buddies" in the partnership between Andra's P4 class and Elizabeth's 5-6 class. They get together from time to time to do projects together. Last week, they made wrote about what they were thankful for, and created "turkeys" to list them. Abby's making sure Brendan's doing it right.