



HOME **Warren Bulletin** SCHOOL

Parents & Teachers -- working together for children.

November 23, 2009

Parent Conference Appointments

With this Bulletin we're sending home your appointments for the conferences, which begin Tuesday afternoon. Laurie has done her best to accommodate the requests she received. If you can't keep the appointment, please let her know.

Lost & Found

Our *Lost and Found* box is overflowing – where does it all come from? Kids seem generally oblivious to the loss of a jacket or sweatshirt, but we know you're more alert -- so when you come in for your conference Tuesday or Wednesday, please take a stroll through the gym and see if you can retrieve your child's items.

Book Fair

As your children have probably already informed you, the Scholastic Book Fair is here! All the kids have had a chance to browse the fair, and buy books or make "wish lists," which they should have brought home. There are tons of books of all levels and interests, to choose from, with the average price of paperbacks \$4-\$8, and some really nice hardbacks for \$15-\$20. We'll be open from 8-3:30 on Monday, 8-8 on Tuesday, and 8-12 on Monday, as well as next Monday, Nov. 30 from 8-3.

We hope you will reward your kids for their hard work by popping by the book fair after your parent conferences! It's also a great opportunity to get a jump on holiday and birthday shopping for extended family and friends! We host this fair every year so that children have a chance to build their own libraries, and to spread excitement about reading. We also receive 25% of the profits of the fair, which goes towards buying more books for the library, and occasional special events.

Preview this Year's Artist in Residence . . .

and support the PTO at the same time! When you are shopping at the book fair, don't miss the CDs by Jim Weiss, storyteller extraordinaire. Jim will be here in April to work with the kids, but you can enjoy his stories now. CDs range from bedtime stories for preschoolers to fairy tales from around the world to retellings of Shakespeare's plays. If we've sold out of your favorite, let us know and we can order more. CDs are \$15 each, and the PTO keeps \$4 from each CD sold.

PTO on Facebook *Nancy Baron writes,*

Pictures from the Halloween Retro Dance party are now posted on the Warren School PTO's Facebook page. You can find the page by typing "Warren School PTO" into the Facebook search box. Please visit the page and become a "Fan." In addition to seeing the great dance pictures, we'll be posting information about the PTO from time to time. Once you've joined, please invite your Warren School Facebook friends to become fans



Third graders Cameron, Blaise, Raz and Kyle check out the new dictionaries they were given last Wednesday by the Vermont Dictionary Project and the MRV Rotary Club. VDP rep Tom Stevens and Rotarian Adam Greshin made the presentations in Prudence's classroom. This is the 7th year of this project. Students are expected to write their names in their book, look up words and check those they know and highlight new words, and write a thank you note. Stevens mentioned that most third graders already know 9,000 – there are 33,000 words in those dictionaries, so they have work to do here!

too. We hope it will evolve to be an online meeting place for PTO members and a good way to get the word out on our activities, as well as a place to share photos.

We're delighted to report that the Dance netted the PTO \$1750 – what a delightful way to raise that much money! Thanks to everyone who came and danced!

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
1/7 Thurs	Flu Clinic #2 (second dose)

The Season of Giving

- Starting next Monday, Warren students will conduct a coin drive to support families in Washington County. We invite you to empty out those coin jars -- children in the Primary Unit will take pickle jars to classrooms to collect the coins, I-Team kids

will spend their recesses rolling the coins, and Upper Unit will do the shopping.

- And Harwood students are gathering *Gifts of Kindness* – they're collecting donations of lightly used or new toys, clothes (especially winter gloves, hats, boots, etc), and kitchen items spatulas, measuring cups and spoons, pot holders, etc.). The gifts are carefully sorted and boxed by Harwood Students, and then distributed to families through the *Good Samaritan Haven* and *Battered Women's Shelter*.

Turkey Safety *Fran Blair writes,*

Don't be a turkey! Practice safe food preparation procedures to reduce the risk of food-borne illness to your family this Thanksgiving holiday.

A turkey with all the trimmings is the centerpiece of a traditional Thanksgiving feast. But turkeys can be trouble if they're not cooked thoroughly – leftovers can lead to food poisoning if not properly refrigerated. So to ensure that everyone leaves the table with great memories rather than upset stomachs, please remember the following turkey tips:

- Wash hands with soap and water before handling the turkey or any food.
- You can thaw your turkey by placing it in the refrigerator, give it approximately 24 hours for every four to five pounds: in cold water, give it approximately 30 minutes per pound, changing the water every 30 minutes; or in a microwave by removing all outside wrapping and put it on a microwave-safe dish to catch any juices.
- Don't leave a thawed turkey in the refrigerator for more than two days.
- After thawing, always remove the giblets from inside the turkey's cavities and cook them separately.
- When cooking a turkey, set your oven temperature no lower than 325 degrees F. The whole turkey should be cooked to 165 degrees F. Check to see if your turkey is done by inserting a food thermometer into the innermost part of the thigh and wing without touching the bone and into the thickest part of the breast.
- The safest way to cook stuffing is in a casserole dish, not inside the bird. If you choose to cook your turkey with the stuffing inside, make sure that the center of the stuffing reaches 165 degrees F
- Keep cold foods cold and hot foods hot. Keep the pumpkin pie and any cold dessert in the refrigerator at 40 degrees F
- Eating turkey leftovers is almost as grand a tradition as the Thanksgiving feast itself. To ensure that leftovers don't turn bad, don't allow cooked food to sit out at room temperature for more than two hours. Leftovers should be refrigerated promptly after the meal. Properly stored leftovers can be refrigerated for 2-3 days. Freeze if longer storage is required.

Have a safe, delicious and fun Thanksgiving with family and friends. We all have a lot to be thankful for.

Fitness Guidelines *Leigh Clark writes...*

This week I will go over the *Fitnessgram* with students to give them a better understanding of their results. We also will discuss the importance of physical activity: *students should try to accumulate at least 60 minutes (and up to several hours) of age-appropriate physical activity on all, or most days of the week to attain and/or maintain physical fitness.* I will emphasize that this is only the beginning of a lifetime commitment to their own wellness. We'll review the *Warren School Student-Parent Fitness and Exercise Handbook* so they understand how to utilize the use of this handbook as a resource.

After Thanksgiving break, students in grades 5 and 6 will bring home an *Activity and Fitness Log*. For the months of December through February, students in those grades will use the logs to record 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 of the log every day, and hand their monthly log in 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 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:

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.