

Division III – we were second last year -- for raising the most money for the *American Heart Association*. Thanks to everyone who contributed.

This year's *Jump Rope For Heart* will be held on Monday February 8. All students in grades P through 6 will come to the gym during the day to have fun jumping rope to music and to promote their own good health. As usual, they will have the option to raise funds for the *American Heart Association* to help fight cardiovascular disease. Students have envelopes to collect donations. *Jump Rope For Heart Day* helps teach students the importance of a healthy heart.

- Heart disease is the number one killer and stroke is the number 3 killer.
- Heart disease and stroke are the leading cause of serious disability.
- Cardiovascular disease ranks as the number three cause of death for children under age 15.
- Rope jumping is a great activity to help reduce obesity in children.

For your information, all donations are tax deductible. Checks should be payable to The American Heart Association. If your child collects bills or coin donations, we would appreciate it if you would write a check for the amount to the *American Heart Association*. Donations are due on February 8, the day of the event. Thank you in advance for your support to help fight cardiovascular disease.

Jump Rope For Heart will also kick off Warren's School 2010 Winter Olympics. The Warren's School Olympic will be a two weeks during February 8-17. It will consist of various fun events, including the straw toss, paper plate toss, cotton ball toss, long jump, obstacle course and relay. Gold, silver, bronze and sportsmanship medals will be given out. Please contact me if you can like to help with the making of the medals, or help with the events.

Hypothermia *Fran Blair writes,*

Hypothermia occurs when more heat escapes from your body than your body can replace. Signs and symptoms may include gradual loss of mental and physical abilities. Hypothermia occurs gradually. Often people aren't aware that they need help, much less medical attention.

Common signs to look for:

- Shivering – which is your body's attempt to generate heat through muscle activity.
- The 'umbles' (stumbles, mumbles, fumbles, grumbles).
- More severe hypothermia can result in changes in consciousness and motor coordination.

Hypothermia can happen not just in cold winter weather but under milder conditions as well. A rain shower that soaks you to the skin on a cold day can lead to hypothermia. Children playing outside in the wet snow can develop hypothermia.

What to do:

- Move the person out of the cold or wet environment.
- Remove all wet clothing and replace with dry ones.

- Warm the person up by wrapping in blankets. Using your body heat can also help.
- Provide warm beverages.

What not to do:

- Do not apply direct heat.
- Don't massage or rub the person.
- Don't provide alcoholic beverages.

Staying healthy in cold weather: Before you or your children stop out into cold air, remember the advice that follows with the simple acronym COLD – cover, overexertion, layers, dry.

Cover – wear a hat or other protective covering to prevent body heat from escaping from your head, face and neck. Cover hands with mittens instead of gloves.

Overexertion – avoid activities that would cause you to sweat a lot. The combination of wet clothing and cold weather can give you chills.

Layers – wear loose fitting, layered, lightweight clothing. Wool, silk or polypropylene inner layers hold more body heat than cotton does.

Dry – stay as dry as possible. In the winter, pay special attention to places where snow can enter, such as in loose mittens or snow boots.

When you're outdoors enjoying such activities as camping, hunting, fishing, boating and skiing, be aware of weather conditions and whether you or others with you are wet or cold. If you get cold and wet, move indoors and get warm and dry early, before you develop hypothermia.

V-Day Chocolate Workshop

Quayl will be holding a Valentines chocolate making workshop on Saturday Feb 6th upstairs at the East Warren Schoolhouse, 10:30- 12:00 for 6, 7 and 8 year olds and 12:30-2pm for 9,10,11 years olds. Space is limited and will be filled first come first served so call early to reserve a spot. For more information please call Quayl at 496-3785.

Gymnastics Class

Anissa's Acrobats starts its next session of gymnastics in February. Monday classes at Thatcher Brook Primary School in Waterbury begin on February 8. Wednesday classes begin on February 17. Join us for a 10 week session plus one week with a dress rehearsal and gym show. E-mail for class schedule and pricing. AnissasAcrobats@ymail.com or call 244-0602 or visit our website at www.AnissasAcrobats.com for an updated schedule coming soon.

Important Dates for your calendars:

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| 1/29 | Fri | Ski Program 12:30-3:00 |
| 2/5 | Fri | Ski Program 12:30-3:00 |
| 2/8 | Mon | School Board, 7:15 pm |
| 2/12 | Fri | Ski Program 12:30-3:00 |
| 2/16 | Tues | Primary Unit Play 6:00 pm |
| 2/20-3/2 | | February Vacation |
| 3/2 | Tues | Annual School Meeting |
| 3/3 | Weds | Classes resume |
| 3/23 | Tues | I-Team Play, 6:00 pm |