

patcher – including name, your street address and telephone number – it's surprising how many children don't know these last two! -- what the problem is (a cut and the bleeding is severe, breathing problems, chest pain, possible broken bone, collapsed and isn't responding), whether adult or child, etc. The child should know to stay on the line until told to hang up.

Some simple first aid:

- Cuts and scrapes – wash cut or scrape with soap and water, cover with a bandage. For heavy bleeding, cover with a clean cloth and apply pressure to stop the bleeding. Elevate the area if possible.
- For bumps and bruises applying an ice pack to help control swelling.
- If a child swallows some form of poison e.g. drain cleaner, the first thing to do is call Poison Control (1-800-222-1222) and give the necessary information as to what was swallowed, the age of child and the poison control person will give directions as to the next step.
- Fainting – elevate the feet and keep the person warm.
- Burns – if clothing on fire STOP, DROP and ROLL. If a burn to the skin hold under cool running water to cool the burn. Do not apply ointment or butter to the burn. Cover the burn with a clean dry bandage. If there are blisters do not break the blister.
- Learn the Heimlich maneuver to be able to help someone who is choking. You should (1) stand behind the person, (2) place your arms around the person with your hands clasped just under the person's ribs, (3) press your hands into the person's abdomen with four, quick, upward moves and (4) continue until the person spits out whatever was choking them.
- Learn CPR. You never know when you might need to use it.

It is important to give children the tools to help them make a decision in an emergency. As the Boy/Girl Scout motto says "Be Prepared".

PS: We seem to be dealing with a very small but lingering lice situation. We urge parents to check heads regularly -- especially anyone who has had them. Contact Fran or Laurie with questions.

### **Primary Unit Set Painting Party**

On Friday, Feb. 12, we need parents and students to help bring our two worlds of Fairy Tale Land and the Sea to life! Gina and Whitney's class should arrive at 4 pm to work on an under-the-sea mural, and Beth's class should arrive at 5 pm to work on a garden landscape. Parents – we need your help! Even if you don't consider yourself a "painter" please consider helping out. Look for a sign up sheet coming home with students today, which also contains important information about costumes. If you have any questions, please call Ruth Ann Pattee at 496-6318 or email her at [thespians@gmavt.net](mailto:thespians@gmavt.net).

### **Supporting the Troops**

The Warren Wolf Scout Den and the Warren Church Sunday School children are collecting items to send to our troops in Afghanistan. They have put a box in the lobby of the school for the next two weeks. If you can

bring in any of the following items, they will be appreciated. Thank you very much for your support.

These are the items needed: toothpaste, toothbrushes, deodorant, soap/body wash, Q-tips, baby wipes, hand sanitizer, books, DVD's, stamps, writing paper/envelopes, disposable cameras, foot powder, disposable razors, playing cards, Gatorade powder, hard candy/mints, nuts, beef jerky/slim jims, batteries (AA, AAA, C), gum, phone cards, lip balm

### **Drumming at WASP**

Join Caitrin Noel for Hand Drumming class on Wednesdays at WASP. Six week session begins Feb 10. Students in grades K-3 are welcomed to join from 3:30-4:00 and grades 4-6 from 4:00-4:45. Drums are available to borrow. Please contact Caitrin at [cnoel@wvm.edu](mailto:cnoel@wvm.edu) for more info, or Grace Holter at WASP to sign up.

### **After-School Book Club**

The Warren Public Library will be sponsoring an after school book club at the Warren School. This six session book club, based on the popular "-ology" series, will include Oceanology, Egyptology, Wizardology, Monsterology, Dragonology, and Spyology. The games, crafts and fun will happen on Tuesdays -- February 9, 16 and March 9, 16, 23 and 30. Please call the Warren Library (496-3913) or 793-7094 for additional information.

### **Girls' Lacrosse Clinic**

On Sunday, March 7, 2010, at Middlebury College Kenyon Arena, Middlebury Women's Lacrosse coaches and players will hold a clinic for players in grades 5 through 12 and their coaches. The coaches' clinic (\$10) goes from 12 to 1:00pm; the players' clinic (\$35) goes from 12:30 to 3:30pm. Registration is at 12 in the Bubble. The clinic will cover Lacrosse skills including catching, throwing, cutting, groundballs, shooting, checking, offense and defense strategy, goalkeeping, handling competitive situations and more! You can register via email to Assistant Coach Reid Berrien at [mberrien@middlebury.edu](mailto:mberrien@middlebury.edu) by February 26.

### **Important Dates for your calendars:**

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 9 am
3/3	Weds	Classes resume
3/23	Tues	I-Team Play, 6:00 pm

REPEAT ANNOUNCEMENTS

### **V-Day Chocolate Workshop**

Quayl will be holding a Valentines chocolate making work shop on Saturday Feb 6<sup>th</sup> 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.