



# HOME Warren Bulletin SCHOOL

*Parents & Teachers – working together for children.*

March 23, 2010

## Mothers Day Follies!

We've scheduled the annual Mothers Day *Follies* show for Saturday, May 8<sup>th</sup> – dinner and a show for mom! – so it's time to get your acts together. Auditions are coming up in a couple of weeks. If you've seen previous shows, you know what we're looking for – song, dance, skits, tricks – anything that will entertain mom and put a smile on her face.

Auditions will be held before April vacation – watch for announcements.

## Getting Ready for 2010-2011

*Parent Input Forms:* We are beginning the process of building our classroom groups for the 2010-2011 school year, and we're looking for your input.

By Board policy, it is the principal's responsibility to make placement decisions, in the best interest of the students. Using all available information, including your input, I work with the staff to build balanced, positive and constructive learning communities in each classroom for the coming year. We strive for academic balance, gender balance, teacher compatibility, peer compatibility, and friendships.

With today's *Bulletin*, we're sending home a request for your input. The *Parent Input Form* asks some specific questions that will help us see your child from your point of view. Your comments will be considered during the placement process to help us make the best placement for your child, taking into consideration his/her academic needs, social skills, behavior, work habits, and personal style.

The information you provide will be treated in confidence, shared only with his/her present and future classroom teachers, Learning Specialists on the sending and receiving teams, the School Counselor, and the administration for the purpose of assisting us in making placement decisions.

We're starting the placement process with the Primary Unit on March 30, so there's a fairly short turn-around time for returning the forms, one for each of your returning children.

*School Organization:* We'll have the same classroom line-ups next year, with the addition of a third grade 3-4 classroom – we're currently in the process of hiring that teacher. Gina, Whitney, and Beth will teach grades 1-2, Prudence and Katie will teach grades 3-4, and Heidi and Elizabeth will teach grades 5-6. We'll continue our full-day Kindergarten, and half-day P3 and P4 classes.

*School Calendar:* We're also sending home the school calendar for next year. This is based on the Washington West district calendar, in sync with Harwood and the other Washington West schools.

## School Climate Survey Deadline

Wednesday March 24<sup>th</sup> is the deadline for participating in the Washington West Schools annual school climate survey. If you haven't responded yet, you've only got a few hours left. You can find a link to the survey on the "Items of Interest" list on the home page of [www.warrenschool.org](http://www.warrenschool.org). You can also access it directly via the following URL:

<http://www.surveymonkey.com/s/KT3D8C6>

We do have paper copies of the survey, if you want to stop by and fill one out Wednesday morning.

## Ski Program??

As of today, we *do* plan to run the ski program for one last hurrah this Friday, 3/26. Cross country skiers will have an alternate activity. Stay tuned for a possible weather-related change of plan, however.



*Isabel, a Mexican peasant, is looking for some support from Sophia, his chicken in the I-Team production of "Folk Tales for Fun". Fiona and Blaise are snakes. They'll perform it tonight at 6:00 pm.*

## Food Labels Fran writes,

People look at food labels to help us make informed food choices that contribute to a healthy diet. Here are some of the things you can learn from the label:

- 1) **Serving Size** – pay attention to the serving size, especially how many serving there are in the food package. If it says two servings that means that all the numbers listed need to be doubled.
- 2) **Calories** – calories provide a measure of how much energy you get from a serving of this food. Many Americans consume more calories than they need without meeting recommended intakes for a number of nutrients. Remember the number of servings you consume determines the number of calories you actually eat.
- 3) **The Nutrients: How Much?** – the label shows some key nutrients that impact your health and separates them into two main groups. The first are the ones Americans generally eat in adequate amounts, or even too much. Eating too much fat, saturated fat, trans fat, cholesterol or sodium may increase your risk of certain chronic diseases, like heart disease, some cancers or high blood pressure. Most Americans don't get enough dietary fiber, vitamin A, vitamin C calcium and iron in their diets. Remember: you can use the Nutrition Facts label not only to help limit those nutrients you want to cut back on but also to increase those nutrients you need to consume in greater amounts.
- 4) **Understanding the Footnote on the Bottom of the label** – the \* means the Percent Daily Values based on 2,000 calorie diet. %DVs shows recommended dietary advice for all Americans – it is not about a specific food product.
- 5) **The Percent Daily Value (%DV)** – are based on the Daily Value recommendations for key nutrients but only for a 2,000 calorie daily diet. Most people may not know how many calories they consume in a day, but you can still use the %DV as a frame of reference whether or not you consume more or less than 2,000 calories. Each nutrient is based on 100% of the daily requirements for that nutrient. This way you can tell high from low and know which nutrients contribute a lot, or a little, to your daily recommended allowance.

**Upper Limit – Eat "Less than"** ... The nutrients that have 'upper daily limits' are listed first on the footnote of larger labels. Upper limits means it is

recommended that you stay below the DV nutrient amounts listed per day.

**Lower Limit – Eat “At least”** ... looking at the dietary fiber listed – this means it is recommended that you eat ‘at least’ this amount of dietary fiber per day.

Health experts recommend that you keep your intake of saturated fat, trans fat and cholesterol as low as possible as part of a nutritionally balanced diet. If you are concerned about your intake of sugars, make sure that added sugars are not listed as one of the first few ingredients. Other names for added sugars include: corn syrup, high-fructose corn syrup, fruit juice concentrate, maltose, dextrose, sucrose, honey and maple syrup. Make a family game out of reading food labels and become more aware of what you are actually eating.

### **Early Release Day 3/24 -- \$15 skiing!**

If you want to take kids skiing on tomorrow’s early release day, Sugarbush is offering \$15 half day passes for kids and their chaperones starting at 12:30. Kids 6 and under always ski/ride FREE. Available at both Lincoln Peak and Mt. Ellen.

WASP is also offering its usual extended day program.

### **Little House on the Prairie**

Starting this Sunday series by Laura Ingalls Wilder will be read by Keryn Nightingale on Sunday evenings at 8:00 on WMRW, 95.1 starting this Sunday, March 28th.



Allie, Cassie and Nora check the sap in their bucket in the Kindergarten sugarbush out in back of the school. There will be boiling in a week or two.

### **Easter Egg Coloring**

Spring egg coloring extravaganza at the East Warren School House on Saturday March 27th 11:00-1:00.

Bring a dozen hard boiled eggs to color, this is a free event and is open to all ages! Soup and cookies will be available following the event. For more information, please contact Quayl Rewinski at 496-3785.

And, also on East Sunday, April 4th there will be an Egg Hunt at the School House starting at 11:15. This will be indoor and outdoor so dress appropriately and bring a basket for your eggs. Event is free and open to all ages.

### **Earned Income Tax Credit Bonus**

Did your family apply for and receive the *Earned Income Tax Credit (EITC)* on your most recent income tax return? If so, your household is automatically eligible for the *3SquaresVT* program, which helps to provide monthly benefits to make food more affordable. If your family both receives *EITC* and applies for *3SquaresVT*, your children can receive free school meals – which helps provide your local school with funding and resources. Free school meals are good for your school, your family, and can mean saving hundreds of dollars per month on your grocery bill. For more information, [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com)

### **Slam Dunk!**

The Central Vermont Habitat for Humanity presents an evening of Slam Dunk Fun and Entertainment on April 14, 2010 at 6 pm - Barre Auditorium

Habitat Partners will face off against the Harlem Ambassadors. Tickets will be available at the door -- \$5 Students/Seniors, \$10 Adults. Kids under 5 are free.

You can also buy advance Tickets (\$4 and \$8) in Waitstaff at Lincoln Peak Properties, Chittenden Bank, and Lee-Parrish Gallery.

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

3/23	Tues	I-Team Play, 6:00 pm
		School Board 7:15 pm
3/26	Fri	Ski Program 12:30-3:00
3/29 – 4/2		TV Turnoff Week
3/29	Mon	Terra Rossa advance ticket deadling 9 am
3/31	Weds	Family Game night 6:00-7:30
4/1	Thurs	PTO Dinner at Terra Rossa
4/5	Mon	School Board, 6 pm
4/17-4/25		April Vacation
4/26	Mon	School Board, 6 pm
5/8	Sat	Mothers Day Follies

### **REPEAT ANNOUNCEMENTS**

#### **We’re #2!**

For what it’s worth, schooldigger.com has updated its rankings of Vermont elementary schools – the Warren School has moved up from 12<sup>th</sup> to 2<sup>nd</sup> place. These rankings are solely based on the current NECAP reading and math scores. They don’t include the writing scores, or reflect the ‘margin of error’ possibilities. Still, we should celebrate the moment!

#### **Easter Egg Hunt**

Mark your calendars for Saturday, March 27 when rain, shine (or snow), it’s time for the annual Mad River Valley Easter Egg Hunt. The egg hunt will start promptly at 10:00 a.m. Refreshments will be available beginning at 9:30 a.m. The event will be held at the Waitstaff and Champlain Valley Telecom business office located on Route 100. The egg hunt is open to children of all ages and is free of charge. For more information, please contact Lorraine Keener at 496-3391 or [lkeener@wcvr.com](mailto:lkeener@wcvr.com).

#### **TV Turnoff!**

One of Warren School’s many enduring traditions, TV Turnoff Week, will return Monday-Friday, March 29-April 2. We encourage the whole Warren community (adults too!) to get back to basics, unplug the TV and refrain from computer and video games for 5 whole days! We’re not unplugging everything: homework that requires a computer is obviously ok, and email chat is allowed.

Next week TV Turnoff slips will be included with the Warren *Bulletin*. For every day that you child is TV/Video game free, s/he will fill out a slip telling what activities replaced the screen and have a parent sign it. When the student brings in the slip, s/he will get to choose a small prize for the achievement! We save the daily slips and use them in a raffle for larger prizes at the end of the week.

On Wednesday, March 31, all are invited to *Family Game Night*, from 6:00 to 7:30, to enjoy an evening of fun activities. Children are expected to stay with their parents as they choose three 1/2 hour activities. Among the popular choices have been dodge ball, various board games, craft activities, bingo, and many others. Please let Ellen or Laurie know if you are willing to help run any of these activities.

#### **Mad River Spring Travel Soccer Openings**

The Mad River Soccer Spring Travel Program has a couple of openings at the U10 age group (birthdates between 8/99 and 7/01) for both boys and girls.

This program involves two practices per week and nine games over the six-week May to mid-June season. Games are primarily on Sunday afternoons, but there are a couple of Friday evening and a Saturday game. Travel to away games is typically in the range of an hour, but may be more. Fee is \$90 for the U10 age group. Scholarships are available. Contact Anne Greshin for more info. ([greshin@madriver.com](mailto:greshin@madriver.com)).