



HOME Warren Bulletin SCHOOL

Parents & Teachers -- working together for children.

March 29, 2010

EECBG Award

As part of the American Recovery and Reinvestment Act of 2009, the Vermont Energy Efficiency and Conservation Block grant program has made \$5.8 million available to schools and towns. The Warren School was awarded \$17,208, which we'll use to replace the gym lights with more efficient fixtures that will have three levels of brightness for auditorium use. We'll also be replacing the refrigerator and dishwasher in the kitchen with more efficient appliances (the refrigerator is 38 years old, the dishwasher even older), and installing motion sensor switches in certain parts of the building to turn off lights when they're not needed. In a separate project, the town of Warren was awarded \$50,000.

A Visit with Caitlin

Olympian Caitlin Compton, a Warren school alumna, is visiting the Valley this week. She will be speaking to students at the Warren School at 8:15 am on Wednesday, March 31. She'll also be at the *Big Picture* from 5 to 6 pm. Come hear her speak and ask her any questions you may have about what it was like to compete in and be part of the Olympics in Vancouver. (You can go to this and get back to school in time for Game Night!)

Ski Program Farewell

With temperatures forecast for 70° on Friday, we've said 'goodbye' to a great ski season. Thanks to Patty Weston for her fine work in organizing and managing the program this year, to Clay Mays and Chris Burfoot for transporting the equipment to the mountain and back, and to all the parent volunteers who

Don't miss out on Dinner at Terra Rossa!!

This Thursday, April 1st, *Terra Rossa* Restaurant and the Warren School are gearing up to serve you a wonderful Italian dinner. It will be a great night for your family and for all of us as a community! So plan on attending this benefit, and help raise some money for our school and our children. There still is time to purchase your tickets, just see Laurie or send a check in with this week's Family Envelope. We'll hold tickets for you at the door, but please order them now. Tickets are \$15 for adults (\$20 at the door) and \$10 for kids, includes lots of food, drinks for the kids, and entry into a pizza party raffle for 10. Dinner will be served from 5pm to 9pm. All tips will benefit the Warren PTO! Thanks for your support!

TV Turnoff, Day #2 *Ellen Drysdale writes,*

TV Turnoff week started yesterday – it's an opportunity for families 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.

We're including TV Turnoff slips with today's *Bulletin*. You can sign a slip for every day that your child is TV/Video game free. When s/he 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.

And don't forget *Family Game Night*, from 6:00 to 7:30 on Wednesday, March 31. Come and enjoy an evening of fun activities with your children. You can choose



Third and fourth graders pose for the cast picture after last Tuesday's performance of "Folk Tales for Fun". You can watch the show on Channel 44 – check the schedule at mrvotv.com

three half-hour activities, including 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.

The main reason we continue with the TV Turnoff tradition is to encourage families to take a look at their screen watching habits and evaluate whether rules need to be established or changed. Too much TV and video games can be harmful in many ways, but I'd like to focus the effects of children seeing violence on television. The National Institute of Mental Health has identified several effects that have been strongly linked to children's watching violent shows:

- Children may become less sensitive to the pain and suffering of others.
- Children may be more fearful of the world around them.
- Children may be more likely to behave in aggressive or harmful ways toward others.

"Children who watch the violent shows, even 'just funny' cartoons, were more likely to hit out at their playmates, argue, disobey class rules, leave tasks unfinished, and were less willing to wait for things than those who watched the nonviolent programs," says a researcher commenting on a study done at the University of Pennsylvania.

In recent years a rating system -- the *TV Parental Guidelines* -- was created to help parent choose programs suitable for their children. A computer device in the TV, called the v-chip (required on all tv's manufactured in the U.S. since 2000), can also be used to block programs based on these ratings. The v-chip is programmed from a remote control. The ratings apply to all TV programs except news and sports. They appear for 15 seconds at the start of a program. When the rating appears on the screen, an electronic signal sends the rating to the v-chip in the TV.

The ratings are as follows:

- TV-Y For all children
- TV-Y7 For children age 7 and older. The program may contain mild violence that could frighten children younger than age 7.
- TV-Y7-FV For children age 7 and older. The program contains fantasy violence that is glorified and used as an acceptable, effective way to solve a problem. It is more intense than TV-Y7.
- TV-G For general audience. Most parents would find this program suitable for all ages. There is little

or no violence, no strong language, and little or no sexual content.

TV-PG Parental guidance is suggested. Parents may find some material unsuitable for younger children. It may contain moderate violence, some sexual content, or strong language.

TV-14 Parents are strongly cautioned. The program contains some material that many parents would find unsuitable for children younger than age 14. It contains intense violence, sexual content, or strong language.

TV-MA For mature audience. The program may not be suitable for children younger than age 17. It contains graphic violence, explicit sexual activity, or crude language.

Additional letters may be added to the ratings to indicate violence (V), sexual content (S), strong language (L), or suggestive dialogue (D). The ratings are usually included in local TV listings. Remember that ratings are not used for news programs, which, sadly, may not be suitable for young children.

Smoking *Fran Blair writes,*

Smoking: is one of the worst things kids or adults can do to their bodies. But why do those who smoke ever begin? There's more than just one simple answer:

- Some kids may start just because they are curious
- Some like the idea of doing something dangerous – something adults don't want them to do.
- Some think it looks cool
- Some know lots of people who smoke and they might think it is a way to act or look like an adult.

Fortunately, fewer people are starting to smoke than a few years ago.

Tobacco is addictive, meaning it is hard to stop using it. It contains nicotine, a drug that affects the brain, heart, lungs and other organs of the body. Smoking can make you sick – it can cause diseases like cancer, emphysema, make your bones weak and keep your heart from working right. Some symptoms start as soon as you smoke that first cigarette – no matter how young you are.

Do you play sports, do dance or play an instrument? These activities can be affected if you smoke. Smokers can't get as much oxygen to their muscles so their muscles hurt more when playing sports or exercising. They have trouble breathing so it makes it difficult to play a wind instrument.

Don't let anyone tell you that 'light' cigarettes or smokeless tobacco is less harmful – it is not. They still contain nicotine. Smokeless or 'chewing tobacco' can cause mouth lesions, which can lead to cancer of the mouth, throat and even your stomach.

Smoking can cause: bad breath, yellow teeth, smelly clothes (like body odor, people won't want to be around you), more colds and coughs, empty wallet (cigarettes and tobacco products are very expensive).

It is not good to be around others who smoke as secondhand smoke is just as dangerous as actually smoking a cigarette. Secondhand smoke is a special health hazard for the developing lungs of unborn babies and young children. Secondhand smoke can cause your eyes to water and hurt, can make you cough and if you have asthma it can trigger an asthma attack. If someone smokes around you ask them to smoke outside or remove yourself to a smoke free space.

We are lucky here in Vermont as smoking is not allowed in public places – schools, restaurants, stores, office buildings, hospitals.

The best thing is to not start smoking as it is a habit that is very difficult to quit. Ask someone you know who smokes or has smoked how difficult it is to stop.

Playground Work Day

Come enjoy the warm sunny weather this Saturday, April 3rd and help Lloyd get the playground cleaned up and the new structure ready for action. Carpenters welcome – clean up crews too.

Important Dates for your calendars:

3/29 – 4/2	TV Turnoff Week
3/29 <i>Mon</i>	Terra Rossa advance ticket deadling 9 am
3/31 <i>Weds</i>	Family Game night 6:00-7:30
4/1 <i>Thurs</i>	PTO Dinner at Terra Rossa
4/5 <i>Mon</i>	School Board, 6 pm
4/17-4/25	April Vacation
4/26 <i>Mon</i>	School Board, 6 pm
5/8 <i>Sat</i>	Mothers Day Follies

REPEAT ANNOUNCEMENTS

Mothers Day Follies!

We've scheduled the annual Mothers Day *Follies* show for Saturday, May 8th – 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.

Little House on the Prairie

Keryn Nightingale is reading the Laura Ingalls Wilder classic on Sunday evenings at 8:00 on WMRW, 95.1

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 Waitsfield at Lincoln Peak Properties, Chittenden Bank, and Lee-Parrish Gallery.



Upper Unit students work on their music compositions using "Sibelius" software that enables them to compose melodies, rhythms and harmonies for different instruments. Since it plays back what they've written, the music is easy to revise. Amazing!

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.

We hope you'll take a few minutes to fill out and return the *Parent Input Form* – it 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.

Ask Laurie if you need another copy of the form.