



HOME Warren Bulletin SCHOOL

Parents & Teachers -- working together for children.

March 9, 2009

Theatre Thanks

The Warren PTO Arts Committee thanks the fifteen families who made a contribution in response to the recent appeal for our theater program. So far we have received almost \$1,000, a good start toward the actual cost of our theater program.

If you intended to make your pledge, it's not too late! Make your check payable to Warren PTO, and mark it "Theater Program".

What to Eat? *Fran writes:*

What to eat or not to eat? That's the question many of us struggle with every day. For decades nutrition advice has told us how to answer the questions by telling us what foods and nutrients to avoid. As a result, most Americans are overweight yet undernourished. March is Nutrition month, and it's time for a change in the way we think about food. By choosing nutrient-rich foods that provide the most nutrients per calorie, we can build healthier diets and start down a path of health and wellness.

The nutrient-rich foods way of eating emphasizes choosing foods based on their total nutrient package, including vitamins and minerals, instead of choosing foods based only on what they don't contain - saturated fat, sugar and salt. Because nutrient-rich foods are familiar, easy to find and represent the five basic food groups, achieving balance and building a healthier diet is simple and stress-free.

Choose first among the basic food groups:

- Brightly-colored fruits and 100% fruit juice.
- Vibrantly-colored vegetables and potatoes
- Whole, fortified and fiber-rich grain foods
- Low-fat and fat-free milk, cheese and yogurt.
- Lean meats, poultry, fish, eggs, beans and nuts.

Here are some more tips to add nutrient-rich foods and beverages to your daily diet:

- Create sandwiches on whole grain bread. Add vegetables and choose sandwich fillings such as lean roast beef, ham, turkey or chicken.
- Try whole wheat macaroni in macaroni and cheese.
- When eating out, look for nutrient-rich choices such as entrée salads with grilled seafood and low-calorie dressing, baked potatoes topped with salsa,



At last Friday's assembly, Ellen Drysdale raffled off prizes for "TV Turnoff" participation - a child got a ticket for every day away from the screen. Winning ticket holders got to choose from prizes including several fuzzu critters (which went first).

grilled vegetables and reduced-fat cheese and yogurt parfaits made with strawberries and blueberries.

- Choose nutrient-rich beverages such as low-fat or fat-free plain or flavored milk or 100% fruit juice.
- Savor the first few bites of any dish. Top foods with chopped nuts or reduced-fat shredded sharp cheese to get crunch, flavor and nutrients in every bite.
- Spend a few minutes to cut and bag veggies. Keep cut vegetables handy to use as mid-afternoon snacks, side dishes, lunch box additions or as a quick nibble while waiting for dinner.
- For dessert, enjoy a tropical treat by blending mango, plain low-fat milk, ice and a splash of pineapple juice.

Find a balance between food and physical exercise. Regular physical activity is important for your overall health and fitness - plus it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.

Consider This: If you eat 100 more food calories a day than you burn, you'll gain about 1 pound in a month. That's about 10 pounds a year. The bottom line is that to lose weight, it's important to reduce calories *and* increase physical activity.

Physical Education Notes *Leigh Clark writes..*

Today you will receive a notice with details regarding the Warren School Bike Rodeo on May 12th and a form to purchase a bike helmet for \$8.50. I want to let you know that limited scholarship funds are available to help families purchase helmets. Please complete the helmet form and write on the form "scholarship needed" and return it to me by March 16th.

Reminder: Swim Program registration forms for 1st and 2nd graders are due back this week.

Jelly Jars

Whitney is looking for small jelly or mason jars. If anyone has any please bring them in to her. Thanks.

Make Chocolate!

Quayl Rewinski (of yummy Quayl's Chocolates) will host a chocolate making workshop on Saturday March 14 at the East Warren School House (2nd floor).

The focus of this workshop will be creating new recipes and making simple molded chocolates and the fillings.

12:00 - 2:00 pm 8- 11 years olds

2:30 - 4:30pm 12-14 year olds.

Space is limited and pre registration is required. The cost is \$20.00 per child and everyone will get to take home some of the goodies produced that day. For more information or to register please call Quayl at 496-3785.

Spaghetti/Bingo Volunteers Needed

If you are able to help by volunteering for a job during the Spaghetti Dinner/Bingo Night event on March 25th, please fill in your volunteer sheets and return them to Laurie ASAP. If there is a specific time that works best for you please indicate that on the sheet as well. Thank you for your time and help!! Our success depends on the number of volunteers!

Important Dates for your calendars:

3/19-20 Parent Conferences

3/20 *Fri* School closed for conferences
3/25 *Weds* Spaghetti & Bingo Night (6 pm)
4/18-26 April vacation
6/19 Expected last day of school

REPEAT ANNOUNCEMENTS

PTO Meeting!

Come join us on Wednesday March 11 at 5:30 pm at the Purple Moon Pub for our next PTO meeting. All are welcome! Bring a friend! Bring your ideas! We want to hear them!!

Census Jobs

Interested in a part time job working for the Census Bureau? There will be a short, informational meeting at the school on Tuesday March 10 at 7pm in the cafeteria. This is your chance to find out more and ask questions. FMI call Darcy @496-6937.

Parent Conferences

Parent conferences will take place on the afternoon and evening of Thursday, March 19th and, the morning of Friday, March 20th. There is no school for children on that Friday. Please use the attached conference registration form to let Laurie know when you would like to have your conference (s), and return it this week is possible.

Thank You Voters!

Our profound thanks to those of you who came to the school portion of Town Meeting. Although it didn't get under way until 2:20 pm, we are very pleased to report that the school budget passed by a vote of 75 to 19 on a paper ballot. Phew! For better or for worse, next year's School Meeting will start at 9:00 am.

Spaghetti Dinner and Bingo Night

Mark your calendars!! The Warren PTO is sponsoring a Spaghetti Dinner and Bingo Night on Wednesday, March 25 starting at 6pm!! We will also be sending out a volunteer sheet for anyone who would like to help with this event! Hope to see you there!!



4th graders took the National Assessment of Educational Progress exams on Wednesday afternoon, doing their best to uphold Vermont's high national standing. No individual or school results will be available

Warren Public Library Classes

Warren Librarian Deborah Kahn will teach a class on *how to download audio books* at 3:30-4:30 pm on Wednesday, March 11 at the Warren Library. The class will cover using the downloading system on PCs, not MACs. Call the Warren Library at 496-3913 for additional information and/or to register for this free class.

A *Table Puppet-Making Workshop*, taught by Joan Kahn, is scheduled at the Warren Public Library on Saturday, March 28 at 1:30-4:00 pm. Contact Colleen Mays at school or call the Warren Public Library at 496-3913 about supplies and additional class details.

Moretown Contra Dance and Silent Auction

The Moretown Elementary School PTN is hosting a community-wide contra dance and silent auction at the Moretown Town Hall on Saturday, March 14 from 7 to 10 pm. The event is a fundraiser for the school playgrounds. Everyone is invited to attend. The event is a dessert potluck and BYOB. Admission is \$10 for



4th grade Math Magicians presented a \$1 Word challenge -if the letter a = 1¢ and z = 26¢, can you make word that adds up to \$1? Buzzy is one example. You can try this at home!

your questions.

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