

# SES NEWSLETTER

Volume 13

sesvt.org

February 26, 2010

**Town Meeting - Reminder:** The Sherburne Elementary School (SES) District meeting begins at 9:00 am in the SES gymnasium, Tuesday, March 2nd. If you are a Killington resident, please plan to attend the Killington Town Meeting. If you live in Pittsfield, the school meeting begins at 10:00 am at the Pittsfield Fire House. Attend Town Meeting to be informed and let your voice be heard! Support your school and ensure that your child's educational opportunities remain intact. Childcare is provided by the sixth grade class and Phebe Gordon.

**Killington Safety Poster Contest Winners -** Congratulations to fourth graders Kyle Weirether and Rory Haff for their recognition in the National Ski Area Association Poster Contest, sponsored by Killington Resort and Pico Mountain. Kyle was chosen as the winner for the "Best Overall Safety Message," and Rory was chosen as the winner for the "Most Creative Design." Both students received a \$200 gift card to Killington Sports and gain automatic entry to NSAA's national level poster contest. Winners for this contest will be announced in April. All students' posters will be on display throughout Killington Resort and Pico Mountain. A special appreciation goes to all fourth graders and their teacher, Maria Garland, for participating in this contest and for entering creative, original safety posters that gave the judges a challenge.

**National Dental Awareness Month -** The sound of voices singing, "Brush, brush, brush your teeth... Brush them every day!" rang through the halls at Sherburne Elementary School recently when parent and dental hygienist, Kristin Schiessl-Alf met with preschoolers, kindergarteners, and first graders to review good dental hygiene. Reminders given to students included the need to brush and floss daily, to visit the dentist regularly, and to choose good snacks versus bad, sugary snacks. Students enjoyed an interactive story using the SMARTBoard, *Visit the Dentist with Marty*, that evoked a great amount of hands-on participation.

Thank you to Heidi's mom, Kristin Schiessl-Alf, for helping our students gain better awareness of good, dental hygiene. For more information on dental hygiene, visit ADA.org.

**Celebrating Read Across America -** In honor of the late Dr. Seuss' birthday, children all over our country will celebrate Read Across America on March 2nd, 2010. Students at Sherburne Elementary School will participate in an all school "Stop - Drop - and Read" at 2:15 pm on Monday, March 1st.

Parents can promote reading in the home on Read Across America day and all year round. Visit the Sherburne Memorial Library. Let your child use his library card to check out a book. Let your child see you reading, whether it's a newspaper, a magazine, or a novel. Read together every day. Consider reading together as quality time and a tradition your child will remember forever.

Loren M. Pepe, Principal

**All schools in the WCSU are in session on Monday, March 1st,** the day before Town Meeting. The staff development day this year is Friday, April 9th. The calendar on the WCSU web site is incorrect.

## Dates to Remember

### February 26

SES Budget Info meeting rescheduled for  
2:30 pm  
Basketball Banquet @ 5:30 pm

### February 28

Killington Park & Rec Winter Festival 12-4  
pm @ Green Mountain Natl. Golf Club

### March 2

Town Meeting/No Classes

### March 5

GOTR Registration @ SES @ 3 pm

### March 7

Mountain Meadows Second Annual Ski &  
Snowshoe Festival for Diabetes  
Starts @ 11 am

### March 8

"Meet the Middle School" for sixth graders  
& their parents @ 1:15 pm  
@ SES

### \*March 10\*New Date

SES School Board Meets @ 4:00 pm  
Grade 2 to Billings Farm

### March 31

Band Rehearsal @ WUHS @ 3:30 pm

### April 1

WCSU Music Festival w/SES Band  
Grades K-6 @

## Attention Four Winds

This month we will be studying Deer with Peter Hike on Thursday, March 4 at 8:15 am in the cafeteria. Snack will be provided by Shari. See you there.

Beth Hike

## Happy "March" Birthday

Brinley Johnson	3/3
Margaret O'Neill	3/26
Heidi Alf	3/28
Peter Sell	3/31



### Health Room News

We've all heard the saying, "Breakfast is the most important meal of the day." Unfortunately, many students do not eat breakfast. I urge parents to make sure your child eats breakfast before coming to school for several reasons: We need the calories breakfast provides to refuel our bodies after hours of sleep. Kids who do not eat breakfast are literally "running on empty." This can lead to stomachaches, headaches, fatigue, irritability, hostility, and poor concentration and performance. In short, not eating breakfast hinders a child's ability to learn. Establishing healthy eating habits early in life (such as eating a nutritious breakfast) reduces the risk of obesity and other health related problems.

If time is the issue, try waking your child 10-15 minutes earlier on school days. Remember, your child should be going to sleep early enough to be getting a full night of rest. Breakfast does not need to be fancy or take much time. Try fruits, oatmeal or high fiber, low sugar cereals. Even a glass of milk and some toast is better than nothing. If your child doesn't like breakfast food, try cheese sticks or sandwiches. Even dinner leftovers can serve as breakfast. Think out of the box! The important thing is to make sure your child is refueled with nutritious food and ready to start the day. Remember that breakfast is available at school if needed.

Jamie Sudol, RN, School Nurse

### GIRLS ON THE RUN (GOTR) Grades 3-5

GOTR encourages positive emotional, social, mental, spiritual and physical development while training to run/walk 3.1 miles. The popular program will be available again this spring. Help to celebrate 11 years of GOTR here in Vermont!

Our kick off registration day will be March 5th at 3:00pm here at SES in the Library. Sessions will be on Wednesdays and Fridays from 3:00-4:30pm starting on Friday, March 12. No practice April vacation week. Save Saturday May 22nd for our 5K event in Brattleboro. The cost is \$70 (scholarship funds available). Please bring health insurance information and payment to the registration day (3/5/10)! Your coaches Roger Stevens and Nancy Blessing look forward to your participation. Any questions, please contact Nancy Blessing @746-8925.

### Killington Park & Rec. News

Sunday, February 28th from noon to 4 pm at the Green Mountain Golf Course, there will be a Killington Winter Festival with ice skating, sledding, snowshoe story walk and snow golf. There will be food, hot drinks and music.

Zumba Classes will be held on Mondays and Thursdays (except for Monday, March 1) from 5:30—6:30 pm at SES.

For more information contact 422-3932

### Haiti Relief Efforts

SES students raised an astounding \$1700.00 to help the earthquake victims in Haiti!

Thank you!

### Project Groundhog Update

Our fourth graders communicate regularly with their new friends in other schools in the Northern Hemisphere to determine if a groundhog truly is a good predictor of weather. All enjoyed this letter received from British Columbia:

Greetings from Delta, British Columbia, Canada!

We are from a Bilingual school (French and English) of about 500 students. We are a Grade 4 English class of 25. Many of the students are from an Indo Canadian (Indian) heritage and speak another language at home such as Punjabi or Urdu. We have 1 student from Pakistan and 1 student from Austria.

Our school is very close (10 minute drive) to the largest peat moss Bog in North America. Burns Bog contains many wildlife and flora.

The big news for our class and school is that the 2010 Olympic Torch will be passing by our school next Tuesday, February 9th at about 9 in the morning. All the students in the school get to wear red and white mittens to cheer on the Torch.

We often have quite a mild winter and today was 8 degrees Celsius (Canadians use Celsius) which is about 46.4 degrees Fahrenheit.

Jill Ganton, Teacher @ Richardson Elementary