



## The Hurlbutt Buzz

The Hurlbutt Elementary School Newsletter

October 30, 2014

(No. 9)

### UPCOMING PTO EVENTS & MEETINGS

Date	Event	Location
Oct 31	Halloween Parade	9:15 PreK and K Parents Only
Nov 4	No School	Professional Development for Teachers
Nov 12	General PTO Meeting	South House Cafeteria at 9:30 am
Nov 13 and 14	Delayed Opening for Parent-Teacher Conferences K-8	School begins at 10:30 am
Nov 17	Early Dismissal for Parent-Teacher Conferences K-8	School Dismisses at 12:35 pm
Nov 19	PTO Philanthropy Meeting	North House at 9:30 am
Nov 19	Photo Retake Day	
Nov 19	PTO Philanthropy Meeting	9:30 am NH
Nov 26-28	No School	Thanksgiving Holiday

### TOPICS THIS WEEK

- PTO President's Message
- Nutrition News 2014
- Photo Day and Retake Day Update
- PTO Marketplace - Box Tops Due Oct. 17
- Weston Women's League Presents Trunk or Treat Oct. 31 from 5-6 pm at WIS
- Weston HS PTO Shopping Opportunities
- Weston Youth Services - A Taste of WOW! extended
- Weston Public Library
- Weston Parks & Rec Dept Winter Offerings
- Cub Scouts Recruitment

## PTO & SCHOOL NEWS

### PTO PRESIDENT'S MESSAGE

So I went to a wedding a couple of weeks ago for a good friend who is about ten years younger than I am. At one point in time this song was playing and the “young kids” were up doing this wonky little dance that I have never seen before. Now I’ve been to my fair share of weddings and I’ve seen just about everything. Electric Slide? Yup. Shout? You betcha. Chicken dance? Cluck cluck cluck. So as you can imagine I was a bit disturbed that I have never seen this particular dance and I felt a little out of touch. So I went home and searched the YouTubes on my internet machine and guess what I found? It was the Carlton dance. As in Carlton Banks. As in 1990s hit comedy *The Fresh Prince of Bel Air* Carlton Banks. As it turns out, I wasn’t out of touch at all and in fact, I was probably the only person out of that whole group who actually watched that show when it originally aired. Now I bet you’re wondering what that has to do with this week’s newsletter topic. Well I’ll tell you....absolutely nothing. But I sat down to my computer to write the newsletter and that was the first thing that came to mind, so I figured I’d share it with you. If you haven’t learned by now that if you’re looking for real information then you need to skip my first paragraph, I think you just figured it out.

Anyway, lots to talk about this week and I’ve already used half my space and 90% of your attention on that nonsense story, so I’ll try to keep it concise. PARTY ON THE PTO! (Figuratively, not literally.) Thanks to our Affiliate Programs chair Michelle Colman and the skillful use of scissors by parents and students alike, our Box Tops for Education clipping contest raised over \$800! As you know, this money is used to fund our Family Fun nights, and I am sure that our chair Tammy Roberts is already thinking of creative ways to spend that money. Don’t forget, we have another contest in the spring, so KEEP CLIPPING!

One new thing we tried this year was to connect our fundraisers. To do so, the prizes that we gave the student and classroom who won the contest were gift certificates to the Hurlbutt Book Fair. Let me tell you, the kids were super excited to win and they spent their money well. At the same time they supported a great fundraiser. Speaking of great fundraisers, thanks to your support and the hard work of Book Fair chairs Stacy Barenberg, Pam Cannon, Elana Faiman, and Lisa Zhang our book fair raised over \$6,000. For those of you keeping score at home, that’s a new record. I can neither confirm nor deny the rumors that our book fair chairs are already meeting in their war room developing strategies to top that number next year. Fundraisers like these help support the efforts of the PTO Philanthropy committee, which I’ll plug more in an upcoming newsletter. But more than that, events like the book fair add to the charm that is Hurlbutt Elementary School. There’s an excitement in the air at times like these, and if you haven’t taken an opportunity to visit the book fair or better yet, volunteer to help the kids shop, you’re really missing out. We really are in this for the kids, and this is one of the best things we do all year.

Finally, I would like to take a moment to remind you about our upcoming PTO meeting. In order to save space and your time I am not going to tell you the details. Instead I will direct you to [www.westonpspto.org](http://www.westonpspto.org) where you can read all about it in last week's edition of The Buzz. Of course, in the time I took to tell you that I could've just told you more about the meeting, but I'm just realizing that now and the thought of deleting what I just wrote in order to write new stuff is too much for me to handle at this late hour. Plus, it gives you the opportunity to go back and reread (or read for the first time) all of my old newsletters, certain to give you at least one mild chuckle per every 5,000 words. What can I say? It's a gift. Anyway, thanks again for reading and enjoy the rest of your week!

Yours,  
Dan

### **Nutrition News: November 2014**

#### **“How do I get my kids to eat the same meals as us, so that I'm not preparing multiple meals?”**

Planning, preparing and cooking a healthy meal for one person can be a lot of work. So when you add in family members who have different taste buds, this can be especially challenging! Here are some tips to quit being a short-order cook and enjoy family meals that suit a variety of preferences.

Plan a meal with 4 to 5 of the food groups (grain, protein, vegetables, fruit, dairy).

For example:

- Tacos made with lean ground beef or ground turkey, shredded cheddar, chopped romaine and diced tomatoes
- Chicken, vegetable and/or salad, brown rice or whole grain dinner roll, low-fat or non-fat milk

Children can pick and choose what they want from these offerings. You can make slight modifications, so you're not cooking separate meals, but the foods might be more appealing to your picky eater.

You might notice one or all of these characteristics in your child.

#### **The Plain Eater**

For children who like plainer foods, you can try out different ways to present the same foods if that's more appealing to your kids. For example, if you're making chicken breasts with some type of seasoning, but your picky eater would prefer plain chicken, you can make a portion of the chicken plain.

#### **The No-Mixing Eater**

One of the common things I've seen among grade-school children is that many of them do not like their different foods to touch each other. Being aware of this can help you to present food in a more appetizing way for them by allowing them to serve themselves or being mindful of serving them a plate where the different foods do not touch each other.

### **The Fun-to-Dip Eater**

Many children like foods that they can dip. Maybe your child is not a big fan of salad, but they would enjoy dipping cucumber coins or baby carrot sticks or pepper strips (from the salad) into low-fat ranch dressing or another dip.

### **The Independent Eater**

Students love customizing their meals. Allow your children to serve themselves, when possible. Foods like build your own taco, make your own sandwich, and choosing toppings on pizza are a big hit because children have a choice!

Jill Patterson, RD  
Resident Dietitian

## **November 2014 Food Focus of the Month:**

### **Red & Orange Vegetables:**

**Carrot, Sweet Potato, Tomato, Red Pepper, Butternut Squash, Pumpkin, Winter Squash**

- Mix and match your colors – eat a variety of colorful fruits and vegetables every week.
- Do you know why it's important to eat more colorful vegetables? The more color a vegetable has – the more vitamins and minerals it has.
- These vegetables get their color from beta carotene, an antioxidant that the body converts to Vitamin A. Vitamin A helps our vision, protects us from infections, and helps keep skin healthy.
- There are so many ways to eat colorful vegetables – zesty tomato sauce, mashed sweet potatoes, fresh carrot sticks, roasted red peppers, baked butternut squash – how many other ways can you think of?



Encourage your student to try red & orange vegetables in the school cafeteria this month!

### **Survey**

If you have a nutrition question and would like to suggest a topic that might be covered in a future "Nutrition News," please follow this link to a quick survey:  
<https://www.surveymonkey.com/s/QKQC83F>

### **PHOTO DAY AND RETAKE DAY UPDATE**

Photos will be delivered via your child's backpack by early November. In the event your child's photo needs to be retaken, Photo RETAKE DAY is scheduled for Wednesday, November 19th. Please make sure to send your child in with the original set of photos for their retake. For any questions regarding your photo package, please contact our account representative at Coffee Pond: Lisa Parker, at [lisa@coffeepond.com](mailto:lisa@coffeepond.com). Thank you!

### **PTO MARKETPLACE**

Feed your family and earn money for Hurlbutt!

Starting this month, we've got two super easy ways to earn money for Hurlbutt:

1. Click here <http://www.stopandshop.com/aplus/register-card/> and register your Stop and Shop card for Hurlbutt. Every time you shop, use your card and a percentage of your total will go to Hurlbutt! It doesn't get easier than that ;)

NEW THIS YEAR: If you registered your card last year, you DO NOT need to re-register this year. You can visit the website to verify correct school assignment. Also, don't forget to encourage your friends and relatives to do the same. It could mean more Cash for our school.

After you register your card, each shopping trip at Stop & Shop using your Stop & Shop Card earns CASH for our school. Each month, the amount of CASH awarded will be updated on the Stop & Shop website. You can track the amount of points you earn for our school by checking your grocery receipt and online when you create an account at [www.stopandshop.com](http://www.stopandshop.com). Our school will receive a check at the end of the program. The money can be used for any of our school's educational needs.

\*Phone numbers may not be used to designate.

If you do not know your 13-digit STOP & SHOP CARD number, call the Card Hotline at 1-877-366-2668 and select OPTION #2

2. Calling all Box Top clippers! We need your submissions by Friday, Oct. 17th!! The winning student and teacher will get gift certificates to the Scholastic book fair which starts the Oct. 20th. And Hurlbutt wins from everyone's efforts. Clip away!

### **SCHOOLA: BETTER CLOTHING DRIVE**

In 2012, an organization called Schoola was launched. The concept is simple...schools or individuals collect gently used clothing and send it to Schoola, Schoola sells the clothing online at amazing prices, and the proceeds go to the schools that sent in the clothing—money that funds all those programs so critical to the success of our kids. A win for all.

Hurlbutt Elementary School has opened an account with Schoola. We hope you will join us to raise funds for our school. You have 2 very simple options: (1) send gently used children's clothing (good brands sell more easily) in with your child and have him/her drop it in the box labeled Schoola at the main entrance; or (2) go online to [www.schoola.com](http://www.schoola.com) and request a bag. When you get it, fill it with great clothes that you no longer need, and send it back free of charge. Super simple!

## **AROUND TOWN**

### **WESTON YOUTH SERVICES**

Weston Youth Services is very excited about the start of our "Taste of WOW!" after school program at HES and WIS and has extended registration!

A Taste of WOW! provides children with the opportunity to sample from some of our wonderful WOW! offerings. Over the course of four weeks, children will try different programs with a few of our favorite instructors! This program will be offered to identified students with special needs and typical peers.

For further information and to register online, please visit our website at [www.westonyouthservices.org](http://www.westonyouthservices.org).

### **WWL TRUNK OR TREAT 2014**

The Weston Women's League is excited to present Trunk or Treat 2014. Join us on Friday, October 31st from 5-6pm in the WIS parking lot for a fun and safe trick or treating alternative. Stroll from car to car for those candy treats and don't forget to stop by the decorated firetruck, thanks to the Weston Fire Department. There will also be an EMS on site. This event is recommended for ages 10 and under, however no one will be turned away. If you would like to decorate a trunk please sign up thru this

link, <http://www.signupgenius.com/go/4090d4badad22a20-weston>

Any questions please contact [mariarowbotham@gmail.com](mailto:mariarowbotham@gmail.com)

## **WESTON HIGH SCHOOL PTO**

Weston High School has a few great shopping opportunities:

- Mother Myreck's Pies, Breads and more for the holidays [CLICK HERE](#) Deadline 11/2

- Student Government WESTON ski hats [CLICK HERE](#) for form and WESTON sweatshirts [CLICK HERE](#) for form Deadline 11/7. Form should be dropped off to High School.

- And if you shop Amazon, please go through our link at [www.westonpspto.org](http://www.westonpspto.org). We get up to 8.5% back on your purchases. All 4 school PTO's have benefitted from the \$7,000 earned this past year! [CLICK HERE FOR THE WHS MARKETPLACE PAGE](#)

## **WESTON PUBLIC LIBRARY**

### **Probate Judge Lisa Wexler: An Overview of Probate**

Thursday October 30th at 11 AM

Lisa Wexler is a judge, an attorney, an award-winning talk radio host and the creator and executive producer of The Lisa Wexler Show. She was elected as Probate Judge for the Westport/Weston Judicial District in Connecticut in November 2013. Join Judge Wexler for an overview of probate followed by a Q&A session on a variety of topics.

## **WESTON PARKS & RECREATION DEPARTMENT**

**The after school Weston Parks & Recreation flyers are on the Town website for the winter sessions of the following:**

Sports & Fitness grades k - 5, Dancercise and Jump Roping – grs. 1 & 2, Youth Basketball – grades 1 – 8, Ski Trips, gr. 5 and grades 6 – 8, pool permits and aquatic lessons.

The pool is open for weekend public swim on Saturday and Sunday from 2:00 p.m. – 5:00 p.m. , Monday, Wednesday & Friday from 6:15 a.m. – 7:15 a.m. and Tuesday & Thursday evenings from 8:00 p.m. – 9:00 p.m.

If you are interested in registering for these programs go

to [www.westonct.gov](http://www.westonct.gov) and view the flyers.  
Please follow the registration procedures.

## **CUB SCOUTS**

From hiking to camping to crafts to spending a night on an aircraft carrier, the Weston Cub Scouts are always doing something fun. It's not too late to join! Boys in grades 1st-5th can register at any time at [westonpack75.org](http://westonpack75.org) or contact Gai Bos at [atguy3bos@gmail.com](mailto:atguy3bos@gmail.com) for more information.