



August 28, 2014  
(No. 1)

## The Hurlbutt Buzz

The Hurlbutt Elementary School Newsletter

### UPCOMING PTO EVENTS & MEETINGS

Aug 28	Pre-K and K Back to School Night	7 pm
Sept 1	No School	Labor Day
Sept 8	1st Grade Back to School Night	7 pm
Sept 9	First full day for Kindergarten	Dismissal at 3:15pm
Sept 10	HES PTO General Meeting	9:15 am SH Cafe
Sept 10	2nd Grade Back to School Night	7 pm
Sept 11	LRC Volunteer Meeting	9 - 10 am in LRC
Sept 15	PTO Membership Deadline for Inclusion in Directory	Register <a href="#">Here</a>
Sept 17	HES PTO Philanthropy Meeting	9:30 am
Sept 25	No School	Rosh Hashanah

### NEW THIS WEEK

- PTO President's Message
- Nutrition News
- LRC Volunteers Wanted
- PTO Wall Calendars for Sale
- Weston Youth Services has fabulous fall offerings
- Weston Parks & Rec Dept has new flyers available
- Girl Scouts info
- The Weston Public Library has new events
- Register for Weston Lacrosse Clinics
- Last Day to register for Weston Soccer is Sept. 1
- Weston Swimming opens registration

**PTO PRESIDENT'S MESSAGE**

I like you. Really, I do. And it's because I like you that I'm going to do you a favor without you even having to ask. For those of you not familiar with this newsletter, this is the part where I spend two to three paragraphs (or pages) telling you some long, drawn out, and only marginally amusing story that at best loosely connects to whatever point I'm really trying to make. But this is the first week back. There's a lot on your plate. And if you're anything like me, the transition from summer mode to school mode isn't as automatic as you might like. So I'm going to skip the grand entrance and just get down to business. No need to thank me, you deserve it.

Speaking of business, the PTO has been busy before the school year even started! Sara Godwin and Irsannia Gallardo (along with the help of many generous donors and volunteers) helped to put together an amazing back to school luncheon for the teachers. For that one hour the South House cafeteria was transformed into one of Connecticut's finest banquet facilities. There may or may not be featured piece on the facility in the upcoming edition of *Bride* magazine. Our transportation chair, Melissa Walker, recently organized our bus rider and bus greeter program which was another smashing success. It was so helpful to have parents available to help guide the kids to the proper place as they got off the bus. If only Grand Central Station provided such a service, I might actually go into the city more often.

The takeaway here is that it's very easy to become involved in the PTO and the commitment can be as much or as little as you choose. Whether you want to chair a committee and see your name featured in this newsletter that is read by hundreds of thousands of people or simply volunteer to help staff an event, it's easy to become involved. And being involved is really what helps make Hurlbutt the special place that it is. So what are you waiting for? The first step is to sign up to become a member of the PTO. Well, actually, the first step is to finish reading this newsletter. But the second step is to go to [www.westonpspto.org](http://www.westonpspto.org) and sign up to be a member of the PTO. Trust me you'll be glad you did.

Have a great day!  
Dan McNeill  
Hurlbutt PTO President

## **NUTRITION NEWS**

August 2014

Dear Hurlbutt Elementary School Students, Parents, and School Community,

As we begin the 2014-2015 school year, Chartwells School Dining Services is pleased to introduce our new ***Simply Good*** program, a year-long schedule of special events that are intended to encourage students' to select complete, well-balanced meals. The ***Simply Good*** program continues to have a culinary emphasis that focuses on healthier meal options, especially ones with fruits, vegetables, whole grains and lean proteins.

This year's annual ***Simply Good*** theme consists of four main promotions, with many individual promotional events and activities to build excitement in the cafeteria for elementary, middle and high school students throughout the school year. These exciting promotions aim to educate elementary, middle and high school students about the importance of eating healthful and balanced meals.

We follow the **National School Lunch Program** requirements for planning school lunch menus. These regulations are based on the most current Dietary Guidelines for Americans. For more information on the Dietary Guidelines, visit [www.choosemyplate.gov](http://www.choosemyplate.gov). We offer students an array of colorful fruits and vegetables to choose from, a variety of whole grains, lean protein choices, and a selection of low-fat white milk, fat-free white milk, and fat-free chocolate milk. All lunches include five meal components:

- a **meat or meat alternate** such as yogurt, lean beef, chicken or low-fat cheese;
- a **grain** such as whole-wheat bread or brown rice;
- a **fruit** selection including an array of fresh fruits, dried fruit or canned fruit in natural juice;
- raw or cooked **vegetables** in a variety of colors; and
- low-fat white, fat-free white or fat-free chocolate **milk** selections.

Each child must select at least three of these five components to make a meal, including a fruit or vegetable. Students **must** select a fruit or a vegetable with their lunch every day. Without a vegetable or fruit, students will be charged the a la carte price instead of the meal price. The price of a "meal" is \$2.85.

Please take this opportunity at the beginning of the school year to teach your child about choosing a balanced meal at school. Every student needs to be prepared to select at least one fruit or vegetable with their lunch every day. We are planning our

menus to include selections we know students like, as well as many different foods they may not have tried before. Please encourage your child to try these new foods. They just might find a new favorite!

Please visit our website on the Weston School District's homepage at [www.westonps.org](http://www.westonps.org) > Culinary Services, where you will find:

- The monthly school lunch menu
- Nutrition news from the dietitian
- Information regarding My School Bucks
- And much more!!!

We're looking forward to a great year. We're very excited about the opportunity to make the dining experience at your child's school an enjoyable one.

Sincerely,

Andre Santelli, FMP  
Director of Dining & Culinary Development  
203-291-1438

[AndreSantelli@westonps.org](mailto:AndreSantelli@westonps.org)

Jill Patterson, RD  
Resident Dietitian

[Jill.Patterson@compass-usa.com](mailto:Jill.Patterson@compass-usa.com)

203-270-6117

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#### **June 2014**

Dear Parents,

In order to serve you better and customize nutrition news and education to your needs, I want to know what nutrition topics you're interested in. Please fill out this quick survey.

<https://www.surveymonkey.com/s/QKQC83F>

I appreciate your input. Have a fantastic summer!

Thank you,  
Jill Patterson, RD  
Resident Dietitian

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**VOLUNTEER IN THE LRC: GET TO SEE KIDS AND HELP AT SAME TIME!**  
ORIENTATION SEPT 11th

Want a chance to interact with your kids in school when they aren't covered in frosting or hopped up on sugar?

The LRC needs your help and its a parent's DREAM volunteer job! Meet other great parents, amazing staff, adorable kids- plus you gotta LOVE those library voices!!! This is a great opportunity to see the children in their school environment and provide support for our incredible LRC.

Please join us in the LRC Thursday September 11th, from 9:00-10:00 for a brief orientation on how the book exchange works and what kind of help is needed in the LRC. It is NOT necessary that you commit to being a regular volunteer to attend the orientation! If you are interested in helping out in the library in any capacity, please come and find out how you can help. Any time you can give would be greatly appreciated by the children and the LRC staff. If you can attend the orientation please email [amymoskoff@aol.com](mailto:amymoskoff@aol.com) to RSVP, so we know how many people to expect.

The Kindergarten children will be exchanging books for 20 minutes once a week, and 1st and 2nd graders will be exchanging books for 15 minutes one a week. Depending on the number of volunteers per class, this is usually an every other week commitment.

Please look for a separate email blast containing the link to sign up for a time. The LRC asks that all volunteer shifts be one hour in length. Please email Amy Moskoff at the above email with any questions.

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**PTO WALL CALENDARS FOR SALE**

PTO Wall Calendars for the Weston Public School District are available for purchase at the Fairfield County Bank, Lang's Pharmacy, and Main Office of the Hurlbutt Elementary School for \$12 each. They will also be available during Back to School Nights.

## AROUND TOWN

### **WESTON YOUTH SERVICES**

#### **Weston Youth Services has fabulous fall offerings!**

School buses are full of children, lunch boxes are full of food, and the intersection of School & Weston Road is full of cars.... it's the start of a new school year! Although we're sad to see the end of summer, we're excited about all WYS has to offer this fall.

#### **FOR KIDS OF ALL AGES:**

We've got some wonderful WOW! Programs for students in Kindergarten through fifth-grade. For Hurlbutt students, we're introducing Small Wonders - Fun with Science and repeating familiar favorites like Magic, Karate, and Flower Arranging. And for WIS students, we're introducing Clay Sculpting and Yoga, while keeping some popular programs like Morning Chess and International Cuisine. Registration for the fall session begins at 10:01 pm on Tuesday September 2<sup>nd</sup> and classes start the week of September 15<sup>th</sup>. Please visit our website [www.westonyouthservices.org](http://www.westonyouthservices.org) for additional information and program descriptions.

#### **FOR PARENTS:**

Tackling the Tough Stuff returns with new topics, tools, and tips! Each month we'll focus on a particular and pertinent theme and host several interactive sessions to highlight social, psychological, physical, and educational information and practical parenting strategies. We aim to empower parents to tackle the tough stuff – and hopefully see that it doesn't have to be so tough after all.

#### **September's Focus: Study skills, styles, and stress**

Homework is a part of the daily routine for most school-aged children. Unfortunately, homework hassles are also part of the daily routine for many school-aged children *and* their parents! Children may feel pressure and stress about completing assignments, and become confused or agitated when parents try to help. And when children's emotions flare and frustration increases, it's especially hard to focus. Parents may feel similar emotions, especially when struggling to support their children and simply understand the assignment (what is new math exactly?).

Although eliminating homework hassles is probably impossible (sorry!), we do have

some tips and tools that can reduce some of the stress and the struggles for both children and parents.

### **Homework helper**

**Thursday September 18th**

**12-1:30 pm**

**A light lunch will be provided!**

**Location TBD**

Homework is hard...and not just for the children who have to complete it. Sometimes the debate about getting homework done seems to last longer than the actual assignment! Join us for a workshop to learn some practical strategies to monitor and manage homework and keep everyone's emotions in check – no #2 pencil required!

### **Got executive function?**

**Tuesday October 30<sup>th</sup>**

**7-8:30 pm**

**A light dinner will be provided**

**Location TBD**

Executive function is a set of cognitive processes that influence our ability to plan, organize, strategize, pay attention, remember, and manage our time. It does a body and a mind good!

Come learn about your own skills and strengths, and how they may be similar or different from your child's (or your spouse's, or your boss'...). We'll also share some strategies to enhance your own executive functioning, as well as your child's.

Parent workshops are open to all parents and caregivers and there is no fee to attend. To RSVP to any of the upcoming sessions please email [malbright@westonct.gov](mailto:malbright@westonct.gov) or call 203-222-2585. Please visit [www.westonyouthservices.org](http://www.westonyouthservices.org) to learn more about our parenting programs and past topics in our Tackling the Tough Stuff series

Michelle Albright, PhD

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Town of Weston

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Phone: #203-222-2585

Web: <http://www.westonyouthservices.org/>

## **WESTON PARKS & RECREATION DEPARTMENT**

The following after school Weston Parks & Recreation flyers are now on the Town website:

Sports & Fitness, Running Club, Lulu hoops and aquatic lessons.

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 as the registration dates vary.

## **GIRL SCOUTS**

Would you like your daughter to...

Experience new places and activities? Learn Life Skills? Make new friends? Gain more self confidence? Improve the world?

Register for GIRL SCOUTS!

Visit The Weston Girl Scouts Website at <http://www.westongirlscouts.org>

For questions, to sign your daughter up, or volunteer to help, please contact:

Nikki Lehman at [nikki.lehman@me.com](mailto:nikki.lehman@me.com)

## **THE WESTON LIBRARY**

World War I Movie & Lecture Series

Please see the Weston Library's website at [www.westonpubliclibrary.org](http://www.westonpubliclibrary.org) for a full schedule of movies and lectures that are co-hosted by the Weston Historical Society and the Friends of the Weston Public Library during the months of September and October in addition to other events.

## **WESTON LACROSSE**

### **2013 Girls Grades 1 - 5 Fall Lacrosse**

Megan Murphy Borman, WHS Girls Varsity Lacrosse Coach is conducting a fall lacrosse program for all girls, new & experienced in grades 1-5. The program will start Sunday, September 7th and run for six sessions(No program on Columbus Day Weekend).



The clinic's will take place from 2:30 P.M. - 3:45 P.M. Location to be announced ASAP.

Program fee is \$160/player.

Girls should come dressed ready to play with a stick, eyewear and mouthguard

**Come learn from one of the best coaches in the state & have fun!!!**

### **2014 Boys Grades 1 - 4 Fall Lacrosse Clinics**

This program is open to all boys, in grades 1-4, experienced and first timers who are looking to learn the game of lacrosse in a fun, low key environment

The program runs for 10 sessions starting, Wednesday, September 3rd on the Southhouse Field. from 3:30 - 4:45 P.M.

The clinic is conducted by WHS Head Lacrosse Coach John Mathews & Staff

This program fee is \$225/player.

Requirements: Stick, Gloves, Helmet, Shoulder & Arm pads and cup. No hitting or body checking.

Register at [http:// www.westonlax.com](http://www.westonlax.com)

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### **WESTON SOCCER**

Weston Soccer Club Registration is now open for Fall 2014 programs for Tots through Junior Academy (Grade 2). Please use the program that corresponds to the age or grade that your child will be in Fall 2014. For example, Tots should be age 3 when the program starts in September; Fall Junior Academy players should now be in Grade 1. Full program information can be found by using the top tabs. Register by clicking on [Register Online](#) at [www.westonsoccer.com](http://www.westonsoccer.com).

#### **Registration timetable:**

- Regular registration will open on Sunday June 1st and close on Thursday July 31.
- The cost of the program is the same as prior seasons; see the website for each individual program.

Late registration will be open from August 25 through September 1 only. A late fee of \$30 will apply to all registrations not entered and paid by August 1.

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## **WESTON SWIMMING**

Welcome back!!

Now that we are in full swing and back to school, it's time to get back in the pool. Thanks to those who have already registered to swim this SC season. There is still time before we close regular registration but don't delay. Sign up now by clicking on the link below:

[https://www.teamunify.com/Home.jsp?\\_tabid\\_=0&team=csws](https://www.teamunify.com/Home.jsp?_tabid_=0&team=csws)

We have a terrific new young swimmer, pre-competitive group, so feel free to reach out to us for more information. You can also check out the SC flyer on our home page. Tell your friends!

We are expecting a fun, fast year of swimming. We look forward to seeing you all on the pool deck.

Lexie Proceller [lexiep@westonswimming.org](mailto:lexiep@westonswimming.org)

Register by 9/12/14 to avoid late fees. [www.westonswimming.org](http://www.westonswimming.org)