



The Hurlbutt Buzz

The Hurlbutt Elementary School Newsletter

November 6, 2014

(No. 11)

UPCOMING PTO EVENTS & MEETINGS

Date	Event	Location
Nov 6	Grade 2-5 Bar Modeling Parent Workshops	10:00-11:15 am WIS Rm 118; 7 -8:15 pm WIS Rom 118
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 17	BOE Meeting	7:30 pm WMS LRC
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
- PTO Vice President's Message About Upcoming General PTO Meeting
- Book Fair Update - Thanks for your support!
- Photo Day and Retake Day Update
- Nutrition News 2014
- PTO Marketplace and Schoola
- Weston HS PTO Shopping Opportunities
- Weston Public Library November Programs

- Weston Parks & Rec Dept Winter Offerings
- Cub Scouts - Cake Auction

PTO & SCHOOL NEWS

PTO PRESIDENT'S MESSAGE

Let's say you're throwing a party. Of course, this is purely hypothetical because if you were actually throwing a party I'm sure that I would have received an invitation. Seeing as how I am not currently invited to any parties (besides my four year old cousin Olivia's party at Pump It Up but I don't really count that because according to the invitation I'm not technically invited, I am just responsible for making sure my kids get there) I'm going to assume that you're not currently planning any parties. But, for sake of argument, let's say you were. You'd probably put a lot of effort into picking the right food, beverages, music, etc. You'd be proud of your efforts and you'd want people to come. People come and have a good time, you're happy. It's pretty simple.

Well this month's PTO Membership meeting is sort of like our party and you are all invited (even you, Cousin Olivia). I know you know this already, but here's why I'm talking about what seems to be a very obvious thing...because it's not that obvious. Sure, the meeting is on the calendar. And sure, I let you know about each upcoming meeting and tell you that you should come. But I say lots of things. And, if you're a regular reader of this newsletter, you know by now that many of them are, shall we say, slightly less than accurate. So I thought it would be important to delve a little deeper into why it is important that you come to our meeting on Wednesday, November 12. (To be clear, by "you" I mean you specifically and not the general "you").

The PTO is a service organization that as you would expect, serves parents, teachers and students. So it probably should be called the PTSO but that's a topic for another newsletter. The teachers and students are fairly easy to work with, as they show up to school just about every day. Parents, on the other hand, are a bit trickier to reach. Now don't get me wrong, I get it. I have a job and a mortgage and a dog and 2.5 kids etc. So I understand how hard it can be to carve out time for one more thing. That's why I'm talking about this meeting in this newsletter, to try to differentiate it from one of the many other things that I'm constantly talking about. Part of what the PTO does is build community at Hurlbutt. Part of the way we do this is by bringing engaging guest speakers to our PTO Membership meetings. The reason for this is simple...we want to create a discourse around the larger issues surrounding our children and our lives. This month it has to do with alternative methods of addressing common conditions such as ADHD and anxiety. Another month it might be internet safety, healthy food choices or the impact of technology on kids. The point is that by participating in these discussions, you yourself help to cultivate the sense of community that we are trying to build. And that's pretty cool. Listen, I'm not judging here. Maybe you're super busy. Maybe you're out of town. Maybe you can't get the time off of work. It's ok. But we put together a party for Wednesday

the 12th and we're pretty proud of it. And, just like any party, we would really appreciate it if you came.

PTO VICE PRESIDENT'S MESSAGE

Join us at our next PTO meeting on Wednesday, November 12th to learn about Neurofeedback from Dr Tom Woodman of BrainCore Therapy in Norwalk.

Over the last several years, there have been significant advances in science and technology that have provided alternative treatment options for several conditions that many school-age children experience. Dr. Tom Woodman, Board Certified in Neurofeedback, will provide a cursory overview of what brainwaves do, and how abnormal brainwave patterns can result in the following conditions:

- ADD
- Anxiety
- Behavioral Issues
- Disorganization
- Concussions

Additionally, Dr. Woodman will provide a general overview of how neurofeedback therapy can provide effective, non-drug treatment options for the symptoms associated with these conditions.

PHOTO DAY AND RETAKE DAY UPDATE

Photos will be delivered via your child's backpack by the end of this week. In the event your child's photo needs to be retaken or if they were absent, 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. Thank you!

BOOK FAIR 2014 UPDATE

The Book Fair was a tremendous success. We had five busy days that resulted in funds for the school and an opportunity for our students to shop for their favorite books. Thank you for your support! We could not do it without our amazing volunteers- thanks you for your time! In addition, the Coin Drive went extremely well, raising \$1367. This money was used to purchase books for the Columbus Annex School in Bridgeport and the Bridgeport Rescue Mission. Scholastic will also match each dollar raised with a book sent to its own charity ... That's 1,367 books! Thank you to all the Hurlbutt families who made this possible.

See you at next year's fair!

The Book Fair Team
Pamela Cannon, Stacy Barenberg, Elana Faiman, & Lisa Zhang

NUTRITION NEWS

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>

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. 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 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 HIGH SCHOOL PTO

Weston High School has a few great shopping opportunities:

- Student Government WESTON ski hats www.westonpspto.org 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. 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! www.westonpspto.org

WESTON PUBLIC LIBRARY

There are lots of activities at the Weston Public Library in November! All programs are free and open to the public.

Minecraft Meet up and Lego Workshop

Sunday, November 9th from 12 Noon – 2 PM

The Darien Library created a Fairfield County Minecraft Server and the Weston Public Library has its own world! The server is designed to be a safe environment for kids and teens (aged 8-16) to build, collaborate, and be creative. Come to the Weston library with your library card, your Minecraft player name and a parent or guardian and we can add you to the server. Bring your computer and stay awhile to play. We'll also have Legos available for younger builders.

New Yorker Roundtable

Tuesday, November 11, 18, 25 at 11:45AM

Co-sponsored by the Friends of the Weston Public Library and the Weston Library Board of Trustees, *The New Yorker* roundtable is a community discussion group where participants talk about news events, the arts, politics and more! It is moderated by Diana Loevy. Issues are available at the Library for non-subscribers who would like to join the group.

Thursday Morning Book Club – The Secret History by Donna

Tartt

Thursday, November 13th at 10:30 AM

Donna Tartt, winner of the 2014 Pulitzer Prize for her most recent novel, *The Goldfinch*, established herself as a major talent with *The Secret History*, which has become a contemporary classic.

Under the influence of their charismatic classics professor, a group of clever, eccentric misfits at an elite New England college discover a way of thinking and living that is a world away from the humdrum existence of their contemporaries. But when they go beyond the boundaries of normal morality their lives are changed profoundly and forever, and they discover how hard it can be to truly live and how easy it is to kill. –Amazon

Korean Spirit and Culture Promotion Project

Sunday, November 16th at 3:00 PM

This program called “The Spirit of Korea: Hidden Treasures of Korean Art and Modern Korean Culture”, is designed to provide a basic introduction to Korea’s long and rich artistic history, the spirit of its people, and its cultural values. The program will include the viewing of two DVD’s about Korean history and culture along with a demonstration of the traditional Korean wedding ceremony in beautiful traditional costume. Works of art, including paintings, objects and costumes will be on display.

Following the demonstration refreshments will be served including Korean sweet rice punch and rice cakes as well as Korean cookies. Admission is free.

Lunch and Learn - My Nigeria: An Insider’s Look at Culture and Chaos

Wednesday, November 19th Noon – 1:30 PM

Catherine Onyemelukwe is the author of the memoir, *Nigeria Revisited: My Life and Loves Abroad*. She writes about her twenty-

four years in Nigeria, starting as a Peace Corps volunteer in 1962 and returning to the United States in 1986. She lectures widely on Nigeria, its history, its people, and its multiple cultures and customs. Her memoir reflects on her experiences during those years as she changed from an idealist though naïve Peace Corps volunteer to an experienced educator, parent and entrepreneur. Don't forget a bag lunch!

Movie Night Feature Film – Maleficent (PG)

Wednesday, November 19th at 7 PM

A vengeful fairy is driven to curse an infant princess, only to discover that the child may be the one person who can restore peace to their troubled land. Starring Angelina Jolie and Elle Fanning. Sponsored by the Friends of the Weston Public Library.

Wednesday Evening Book Club – The Ocean at the End of the Lane by Neil Gaiman

Wednesday, November 19th 7:30 PM

An Amazon Best Book of the Month, June 2013: Neil Gaiman's intent was simple: to write a short story. What he ended up with instead was *The Ocean at the End of the Lane*--his first adult novel since *Anansi Boys* came out in 2005, and a narrative so thoughtful and thrilling that it's as difficult to stop reading as it was for Gaiman to stop writing.

Forty years ago, our narrator, who was then a seven-year-old boy, unwittingly discovered a neighboring family's supernatural secret. What happens next is an imaginative romp through otherworldly adventure that could only come from Gaiman's magical mind. Childhood innocence is tested and transcended as we see what getting between ancient, mystic forces can cost, as well as what can be gained from the power of true friendship. The result is a captivating tale that is equal parts sweet, sad, and spooky - Amazon

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 Saturday Basketball – grades 1 – 8, Youth Wrestling grs. 2 - 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 and view the flyers.

Please follow the registration procedures.

CUB SCOUTS - Cake Auction

The Cub Scouts will be hosting a cake auction on Saturday, December 6th at Norfield Church to raise money for the Weston Food Pantry. Anyone can bid on or contribute a cake. Professionals: show off your scrumptious designs! Amateurs: it's a piece of cake—just bake and decorate! Raffle tickets for contributors and for purchase to win amazing cakes. Please consider bringing a non-perishable food item for the Food Pantry. Contact gai3bos@gmail.com for more information.

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 or contact Gai Bos at atguy3bos@gmail.com for more information.