

Oct 9 PTO

General HES PTO Meeting (9:30) SH Cafeteria

Oct 14 School Event

No school for students in observance of Columbus Day

Nov 5 No School

Election Day

Nov 6 School Event

K-8 Delayed Opening/Parent Conferences

Nov 14 School Event

K-8 Early Dismissal/Parent Conferences

Nov 15 School Event

K-8 Early Dismissal/Parent Conferences

Nov 27-29 School Event

No School - Thanksgiving Holiday



SCHOOL & PTO NEWS

PTO CO-PRESIDENTS' MESSAGE

Hello again! I wanted to take a moment to thank everyone who has taken the time to provide feedback on the Buzz this year and the changes we have been making. Based on the number of people who have sent emails or approached me personally, I can confidently say that we have a readership of at least fourteen people!

This week I am going to turn the President's Newsletter over to a guest author. But don't worry, what it lacks in funny is more than made up for by the value of the information. We are super excited to announce that at next week's General PTO meeting (October 9, 9:30am in the SH cafeteria) we will have a wonderful guest speaker. Dr. Tom Woodman is Board Certified in Neurofeedback, and the Director of BrainCore Therapy of Norwalk. Dr. Woodman will be presenting an overview of qEEG testing, as well as an explanation of how Neurofeedback works.

Here's what he has to say:

"A lack of focus or concentration is something that many parents observe in their children, regardless of formally being labeled as having ADD/ADHD (which the CDC estimates to be 8.4% of children aged 3-17). These symptoms, as well as other forms of inattention, often result in kids falling behind academically, being constantly reprimanded, or simply not living up to their potential. Treatment options have progressed in the last year, with Neurofeedback (as

known as "eeg biofeedback") gaining significant recognition. In October of 2012, the American Academy of Pediatrics listed Neurofeedback as a Level One intervention (the same endorsement as medication but without the adverse side effects), and in July of 2013, the FDA issued a press release endorsing qEEG testing as a more accurate method of diagnosing ADD/ADHD. Since offering Neurofeedback in 2010, our office has seen excellent outcomes with not only with these cases, but also with anxiety, insomnia and chronic pain syndromes.”

We hope you will make the time to join us for what is certain to be an engaging and informative session.

Thanks,
Dan and Tammy
PTO co-presidents

MARKETPLACE

AND THE WINNERS ARE –

Congratulations to Ryan Bigin for winning a 30 minute private art, music or gym class. With Ryan leading the charge and the support of his classmates, Ms. Grenier’s class won the pajama day movie party!!!!

Thank you to everyone for participating. Even if you didn’t win, you helped our school. Be on the lookout for news regarding our first Family Fun Night of the year – BINGO!!!

WESTON HIGH SCHOOL PTO

Stamford, CT Lord & Taylor Tuesday, November 5th, 2013

The Weston High School PTO is again participating in Lord & Taylor’s Shop Smart, Do Good fundraising event. The PTO receives \$5 for each ticket purchased and you receive unbelievable savings at the Stamford L&T store on Nov 5th. This event offers the deepest

discounts of the year along with the least amount of exclusions!

\$5 ticket for admission grants you:

- Two Special 25% bonus coupons (good for one item each)*
- Exclusive 15% off savings pass to be used all day on regular and sale-priced items including cosmetics and fragrances*.
- Current L&T cardholders automatically save an additional 10%
- Open a new charge account on Fundraising Day and L&T will contribute \$5 to the WHS PTO and you save an additional 15% on your purchases all day. Download the flyer by clicking [here](#).

AROUND TOWN

WESTON YOUTH SERVICES

Weston Youth Services is pleased to offer a variety of programs for children of all ages and their families. We are continuing our **Tackling the Tough Stuff** series for parents, and this year we'll address common and complex topics including managing and minimizing stress, juggling multiple siblings and schedules, dealing with tragedy and trauma, monitoring media use, and - the most challenging of all – raising healthy and happy children while remaining happy and healthy ourselves! Join us this month as we focus on **Stress & Success**; a little bit of stress can go a long way – pressure, angst, tension, worry, and anxiety impact our physical and mental health, as well as our social, educational, and occupational success. Although stress is inevitable, it doesn't have to be insurmountable! Join us this month as we talk about how to diagnose, deal, and diminish stress in our children's lives, as well as our own.

High School Hotbed: Signals, Symptoms, & Strategies for You and Your Child

Friday October 4th

10-11 am

Weston High School Main office conference room

High school can be a time of increased pressure and increased independence; join Michelle Albright, PhD, Director of Youth Services, for a discussion on how stress impacts children's cognitive, social, emotional, and academic achievement, and what we as parents can do to help manage their anxiety, as well as ours.

The A,B,C's of Stress

Thursday October 10th 12-1:30 pm - A light lunch will be provided!

Town Hall Annex Conference Room

Raise Awareness of the stressors in your and your children's life, learn how to Buffer their impact, and identify the Consequences for your thoughts, feelings, and behaviors. Join Michelle Albright, PhD, Director of Youth Services, for a primer on how to recognize and remedy stress.

And this year Weston Youth Services is also introducing "**Words of Wit and Wisdom**" to learn how peers and professionals experience parenting, and share some literacy and laughter. We'll discuss books, articles, and blogs, and see who we are inspired and enraged by. Don't feel obligated to read every word, but do feel welcome to come and chat. Our first meeting will take place Thursday October 17th from 7-8:30 pm in the Weston Library Community Room. In keeping with our theme of the month we will be discussing How Children Succeed: Grit, Curiosity, and the Hidden Power of Character by Paul Tough and The Price of Privilege: How Parental Pressure and Material Advantage Are Creating a Generation of Disconnected and Unhappy Kids by Madeline Levine, as well as several other articles and blogs on stress and resilience. Visit our website for some excerpts and discussion questions!

Please email malbright@westonct.gov or call [203-222-2585](tel:203-222-2585) to RSVP to any of the upcoming sessions. Programs are open to all parents and caregivers and there is no fee to attend. And we are also

collaborating with the community to provide more socially- and educationally-enriching opportunities for children and families.

Wings of Hope: A celebration of the human spirit.

Saturday October 5th

11 am – 1 pm

Lachat Farm

106 Godfrey Road West

Join your neighbors for an afternoon of crafts, music, and poetry to celebrate the strength of hope and possibility of new beginnings in honor of National Domestic Violence Awareness and Prevention Month. Co-sponsored by Weston Youth Services, Weston Teen PeaceWorks, and the Weston Domestic Violence Task Force.

TRUNK OR TREAT Read more about the Halloween event at Weston Intermediate School on Halloween [here](#).

WESTON PUBLIC LIBRARY Check out what the Weston Public Library has planned for October! Charles Keating (October 19th); New Yorker Roundtable Discussions (October 8th, 15th, 22nd), Movie Night (Oct 16th), Minecraft (October 20th), Book Groups (October 10th and 16th). Please see the flyer.

WESTON KIWANIS CLUB

The Reservoir Run Half Marathon and 5K Races

October 27, 2013 Half Marathon Start at 8:30 am 5K Start at 8:40 am

This is the second year of the Reservoir Run Half Marathon, a gorgeous 13.1 mile autumnal race, and the first year for the new 5K.

The half is open to anyone 14 years or older and the 5K is open to younger children accompanied by an adult.

The 5K race is a wonderful opportunity for parents to run a race with their children, have a fun time and at the same time help the Weston Booster's Club purchase sporting equipment not covered by the annual education budget.

We also have a FREE KIDS' FUN RUN on the track after the 5k leaves. The ages are 9 and under and 10 to 12. Ribbons are awarded to all runners.

The Half Marathon is a very competitive race with runners coming from all over the State of CT and the United States. It is a wonderful opportunity for children to experience the results of athletic training and dedication for all ages.

The races begin at the Weston High School with the Half Marathon taking off first and running a completely different course than the 5K and ends on the track in front of the High School bleachers. Both races are chip timed. Each finishing runner receives a beautiful custom medallion and custom designed long sleeve shirt.

There is an awards ceremony after the race with a live band, fun and food for all runners.

The Half Marathon proceeds benefit Purple Heart Homes, ELIMINATE and the Weston Kiwanis Club Foundation equally. The net proceeds of the 5K go to the Weston Boosters' Club for purchase of sporting equipment.

Don't miss this beautiful, fun race and the opportunity to enhance kids' sports. Thank you from the Weston Kiwanis Club!

For more details and information email Phyllis Gary at thereservoirrun@gmail.com or go to the website at <http://www.thereservoirrun.com>. Registration can be done online at Raceit.com, <https://www.raceit.com/Register/?event=20944>.

REMINDER: ST. FRANCIS OF ASSISSI

CARNIVAL Mark your calendars for the first Saturday in October! The 3rd Annual St. Francis of Assisi Carnival will be held on Saturday, October 5th, from 12 noon to 6:00 p.m. at 35 Norfield Road in Weston. This year promises to be the best one yet, with games, food, and family carnival fun, rain or shine. There is also a Blessing of the Animals at 11:30, so bring your family pet and Father Dunn will bless them in honor of the Feast of St. Francis. Admission is free, and wristbands for all-day rides are \$20, which includes the bungee jump and many inflatables. Food vendors will include Lobstercraft (Lobster Rolls), Billy's Bar-B-Que (Pulled Pork, Pulled Chicken and Brisket Mac and Cheese), 19 Main in Georgetown (New England Clam Chowder and Meatball Sandwiches) and Johnny's Roadside for burgers and hot dogs – yum! There will be games, raffles, carnival fare including cotton candy, candy and caramel apples, popcorn, hot pretzels, churros, and waffles. Beer and Wine is available, a DJ, bake sale, craft vendors and a tag sale.

REMINDER: WESTON PARKS &

RECREATION Information on fall youth after school programs are now available. Flyers for [Dancercise Grades 1 & 2](#), Dancercise Grades [3 & 4](#); Sports & Fitness for Grades [K](#), [1](#), [2](#), and [3-5](#); [swimming](#); and [pool permit](#) instructions can also be viewed at www.westonct.gov. Sign up [online](#) (check flyers for date and times).

SUBMISSIONS

Submissions should be relevant to Hurlbutt and the Town of Weston (i.e., town sports programs, Town of Weston sponsored community events or after-school sports programs for students taking place in the Town of Weston). If there is any question regarding the relevance of a submission, final approval will be determined by The Hurlbutt Buzz Editor and/or the Hurlbutt PTO President. Submission deadline is Tuesday – The Hurlbutt Buzz is

emailed to all registered PTO Members on Thursday!

- 1. All write-ups should be in WORD format and the content should be print-ready,*
- 2. If you have a flyer, please submit a brief write-up and we will attach the flyer to the newsletter,*
- 3. If you want to re-run something from the previous week, let us know; review the write-up - does it need updating, i.e., change the wording from “coming home this week” to “you should have received last week”? If so, revise and resubmit,*
- 4. The email address for the Buzz*
*is **hesptonewsletter@westonpspto.org***

Thank you for your support and cooperation.