



The Hurlbutt Buzz

The Hurlbutt Elementary School Newsletter

December 11, 2014

(No. 15)

UPCOMING DATES AND EVENTS

Date	Event	Location
Jan 13	BOE Budget Workshop #1	7 PM WMS LRC
Jan 14	General PTO Meeting	9:15 am coffee; 9:30 meeting begins SH cafeteria
Jan 20	BOE Budget Workshop #2	WMS LRC
Jan 21	PTO Philanthropy Meeting	9:30 am NH 11
Jan 22	BOE Budget Workshop #3	7 PM WMS LRC
Jan 23	"State of the District" with Dr. Palmer	9:30 am TBD
Jan 27	Tri-Board Meeting	7:30 pm WMS LRC
Jan 30	Early Dismissal at 12:35	Professional Development
Feb 11	General PTO Meeting	9:15 am coffee; 9:30 meeting begins SH cafeteria
Feb 16, 17	No School	President's Day Weekend

[Click here for the 2014-2015 Weston District Calendar](#)

TOPICS THIS WEEK

- PTO President's Message

- Kindergarten Registration Continues
- HES Yearbook 2014-2015
- January Nutrition News
- PTO Marketplace - Your Amazon Purchases help!
- Weston Basketball
- Weston Little League
- Weston Public Library January Programs
- Weston Bonfire Benefits Weston Warm-Up Fund
- Weston Parks & Rec Dept Winter Offerings
- Weston Cub Scouts

PTO & SCHOOL NEWS

PTO PRESIDENT'S MESSAGE

Ok, I'm a bit rusty at this, so please try to cut me a little slack as I get back into the swing of things. Between the vacation, the holiday, the other holiday and all the time off in between, I'm a bit out of practice when it comes to things like writing this newsletter. For all I know I might even forget to include the nonsense and just include information...it's been that long. But I kid. Anyone who has read even a portion of one of these newsletters knows that I don't know how to not include nonsense. In fact, there have been rumors that I only write the nonsense portions of these newsletters and the actual information is put in by my editor. I'm not going to confirm that rumor, but I'm not going to deny it either.

Anyway, as we reacclimate ourselves to our school routines and our personal routines while the kids are in school (for me that means reinstating mid-morning nap, second lunch, early afternoon nap, and catching up on no fewer than four different soap operas), I thought it would be helpful if this week's newsletter served as a little reminder of the important school related stuff that is coming up in the next few weeks. As per usual, I will provide you with the date, time and location of said important events as well as my little commentary as to why I think it is important (which may or may not be anywhere near the real reasons why it is important). So get out your calendars and get ready to be infotained (TM pending), because here we go.

Monday, January 12, 2015 (yes you read that right, we're halfway through this decade...where does the time go?) BOE Facilities Committee meeting, 4pm Town Hall Annex aka the portables aka the building that is possibly soon to be no more. At this meeting Dr. Palmer and members of the BOE Facilities Committee will be discussing long term planning for the district as it pertains to physical space. If you have any questions about anything

pertaining to the use of space in the Weston Public Schools, this is a good meeting to attend. To be frank, I'm not exactly sure what the protocol is, but I'm imagining that if you have a question you will probably be able to ask it.

January 13, 20 AND 22, 2015 Budget Workshops 1, 2 and 3 in the WMS LRC. All I have to say is that if you like graphs and spreadsheets, this is the place to be for you. Three different nights means three times the fun. See you there.

January 14, 2015 (I'm just practicing writing 2015 so I don't accidentally write 2014 on some important document and then have to cross it off and then feel all foolish because I don't know what year it is. So far I have yet to write 2014 and that's probably the first time in my life that I have not made the mistake of writing last year's year when writing the date in January. It's a new record for me and I'm doing everything I can to keep it going, even if that means that I have to write 2015 for every date in this newsletter. If you already know what year it is, please feel free to skip that part.) Anyway, on January 14, 2015 at 9:30 am we will have our PTO Membership meeting in the South House cafeteria. Now I know what you're thinking. You're probably thinking that you don't need to go to this, but you'd be WRONG (in all caps). That's right, skip this meeting and here is what you will miss out on:

- FREE coffee
- FREE fruit
- FREE pastries (sensing a theme here? We bribe people with food.)
- The opportunity to hear about and vote on two very important Philanthropy requests that have made it through the Philanthropy Committee and the PTO Executive Board and are now ready to present to you, the membership, for you to vote on. That's right, if you don't come to this meeting to vote on these requests then you hate democracy. (I don't mind saying that because I'm pretty sure my editor will take it out. If you're reading this then I was wrong and I'm sorry.) Seriously, though, we need a quorum in order to vote on these items, and if you don't show up we won't have a quorum. So please show up.
- A presentation by our school's occupational therapist, Alescia Baldwin. Ms. Baldwin will be talking about the new Me Moves program that we will coincidentally be voting to approve as a way to get kids up and more active in the classroom during the day.

So there you have it. Food, democracy in action, a great guest speaker and my hacky jokes. What a great way to spend an hour.

January 23, 2015 "State of the District" with Dr. Palmer, 9:30 am location TBD but I'm pretty sure it's not going to be held in my living room. This is a great opportunity for you to come and listen to Dr. Palmer as she shares

updates regarding the progress of the district as well as shares her vision for the future. Dr. Palmer has expressed her desire to maintain the lines of communication with parents and there will be plenty of time for questions and answers. This event is an open invite to parents for all four schools, so I anticipate a great turnout.

January 27, 2015 7:30pm WMS LRC Tri-Board meeting. Now I know what you're thinking. It's hard to get out of the house for a single board meeting. Two boards, maybe, but still not likely. But three boards at one time? Sign me up. In all seriousness, this is going to be an important discussion as members of the Boards of Selectmen, Education and Finance sit together to talk about the future of Weston and how they can work together to achieve a shared vision for the town. Specifically as it pertains to Hurlbutt, there will be some candid discussion about the future use of space in North House and other parts of the building. If you have any questions or concerns about the use of space in the schools now and in the future, this is a good meeting to attend.

June 18, 2015 (well actually every June 18th) My birthday. This is the only time I'm going to mention it and I'm not on Facebook where I hear they give you reminders about such things, so you might want to mark it in your calendars now. Now I'm not telling you that you have to buy me presents, but I'm not saying that you shouldn't either...if you get my drift.

Anyway, all in all I think I did a pretty good job. If you managed to get through all of this without skipping to the end, you did a fantastic job. If you simply skipped the middle part just to read the end, I don't blame you, but unfortunately this newsletter doesn't follow the traditional 95% nonsense 5% information format that you're used to. Sorry, but if you read my opening then you would know that I'm rusty. I'll try to do better next week.

As always, thanks for reading and I hope to see you somewhere soon. Have a great rest of your week.

Yours,
Dan

KINDERGARTEN REGISTRATION CONTINUES

Preparations for the kindergarten class of 2015-2016 are already underway – a sure sign that the year is flying by! Children who will turn five years of age on or before January 1, 2016 are eligible to begin kindergarten next fall.

Opportunities to drop-off completed kindergarten registration packets will take place in Hurlbutt Elementary in the Main Office at any time during office hours (8:30-4:15). Please contact Laurie Eagle at (203) 557-5983 for

more information.

To facilitate a smooth drop-off, please complete and print the Infosnap forms from the Hurlbutt website. The link to the Hurlbutt “New Student Registration” is <http://www.westonps.org/page.cfm?p=5592>. Copy/paste the link into your internet browser for instructions to begin the registration process.

Materials and documents to bring to registration:

- Completed and printed Infosnap forms
- Proof of residency:
 - Warranty deed, and
 - Utility bill – telephone, gas or electric
- Copy of your child’s birth certificate

Without all of these, your child cannot be registered.

An informational meeting will be held on Tuesday, April 21, 2015 from 9:30 – 10:30 a.m. in the South House Cafeteria. This will give you the opportunity to meet the administration, and to learn more about our kindergarten program.

Although it seems early for kindergarten registration, the information we collect will help us to budget accordingly and plan for the next school year. Should you have any questions, please call (203) 557-5983.

NUTRITION NEWS - JANUARY NUTRITION NEWS

“How to Lose Weight”

January is often a time for New Year’s Resolutions and people setting goals to lose weight, eat healthier or get in shape. Here are some tips to achieving a healthy weight.

- Instead of focusing on dieting, make it a lifestyle approach that the whole family can be included on.
- **Strive for five!** Try to consume at least five vegetables and fruits per day. Vegetables and fruits are low in calories, give you energy, and contain fluid and fiber, which helps fill you up. Half a cup of cooked or raw vegetables or cut up fruit is one serving. One cup of leafy greens like romaine or spinach is one serving. One-fourth cup of dried fruit like raisins is one serving.
- **Water, Water, Water!** Thirst can sometimes be mistaken for hunger, so

be sure to stay hydrated. Be sure to drink plenty of calorie-free beverages like water, flavor-infused water (add your own lemon, lime, or orange slice to a glass of water), flavored seltzer water, and green tea or herbal tea. Watch out for calorie-filled beverages like “coffee concoctions”, sweetened teas, juices and soda. Oftentimes people don’t realize how many calories they are consuming when drinking these beverages.

- **Fill up with fiber!** Fiber can help keep you feeling full longer, so be sure to include plenty of vegetables, fruits and whole grains. Make sure the bread you are selecting is indeed whole grain. The first ingredient on the ingredient label should say, “Whole wheat” or “whole grain.” If it says “wheat” or “multi-grain” as the first ingredient, it is not whole grain. Brown rice, oatmeal and popcorn are also whole grains.
- **Protein Power!** Protein helps quell the appetite, so it’s a good idea to include protein-rich foods at each meal. Choose lean varieties, which will provide the most protein and nutrients for the least amount of calories. Examples include chicken, turkey, fish, lean cuts of beef, such as sirloin and round and when choosing ground beef or turkey, choose 90% lean or higher.
- **Be Mindful!** Pay attention to your body’s hunger cues. On a scale of 1 to 10, identify how hungry you are with 1 being famished and 10 being stuffed. You always want to be between 3 and 7. Never let yourself get so hungry or so full. This comes with awareness and practice.

Jill Patterson, RD
Resident Dietitian

January 2015

Food Focus of the Month:

Herbs & Spices:

Basil, Parsley, Cinnamon, Cilantro, Garlic, Chili, Ginger, Rosemary, Cumin, Oregano, Savory, Curry

- Experiment with different herbs and spices to see which ones you like
- Use herbs and spices to make food flavorful without adding fat, salt, or sugar
- Pair these spices with sweet foods – cinnamon, allspice, and ginger – when added to sweet foods they can make the food taste sweeter, not to mention flavorful!
- Herbs are easy to grow both indoors and out, and are a great way to add flavor to all kinds of foods, from pizza, to pasta, to salad

Encourage your student to try herbs & spices in the school cafeteria this month!

PTO MARKETPLACE

1. **Stop & Shop:** 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 ;)
2. **BoxTops:** Keep clipping those BoxTops and save them for our next contest in the spring!
3. **SCHOOLA:** 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!
4. **Amazon:** Use the link at www.westonpspto.org for all your Amazon purchases. A percentage of the sales using this link will be donated back to the Weston Schools. Must use the link and not the app.

AROUND TOWN

WESTON BASKETBALL

More basketball from Coach Mike! Beginning on Friday December 5th, join Coach Mike Garrity and Derek Sellers, who played at Norwalk High School and went on to coach at Brien McMahon, the FCBL and AAU at the Weston Intermediate School for a great basketball program. No limit on the number of kids who can attend (Weston residents only)!

- December (5, 12, 19); January (9,16,23,30); February (6,20,27); March 6 (make up date, if needed)
- Time: 4:30-6:00pm
- Costs: \$200 for the program or \$25 for walk-in
- Grades: 1 thru 4

Go to www.westonbasketball.com and click on REGISTER TODAY. Look for "Coach Mike Clinics" in the drop down menu!

- Fun and instructive environment for learning the fundamentals.
- Program will emphasize ball-handling, dribbling, shooting, defending, and scoring.

Bring your own ball and water to each session.

WESTON PUBLIC LIBRARY

Happy New Year! Here are the programs at the Weston Public Library in January. All programs are free and open to the public.

Art Exhibit- Eric Chiang: A Solo Show

Opening reception - Sunday, January 4 1 PM to 3 PM

There is an opening reception sponsored by the artist on Sunday, January 4 from 1 PM to 3 PM. The exhibit will continue in the Community Room until January 31. www.westonpubliclibrary.org

Thursday Morning Book Club – The Patrick Melrose Novels by Edward

St. Aubyn

Thursday, January 8th at 10:30 AM

This volume introduces American readers to the first four Melrose novels—Never Mind, Bad News, Some Hope, and Mother’s Milk—published in Great Britain from 1992 to 2006. (The fifth book, At Last, is available as a separate volume.) In Never Mind, Patrick is five years old, living in Provence with his incredibly rich American mother, Eleanor, and his sadistic, abusive English father, David. In Bad News, Patrick, now 22, goes to New York to collect David’s ashes, and there he feeds his addiction to various drugs in a spectacular fashion, spending over \$10,000 in the course of a single day. If Bad News calls to mind Bright Lights, Big City, Some Hope is more like Wodehouse, with Patrick, now sober, attending a country-house party at which Princess Margaret is also a guest. Mother’s Milk returns to Provence, where Patrick is vacationing with his wife and sons in the house that Eleanor has turned into a New Age wellness center. Mother’s Milk was a Man Booker finalist, making this volume especially welcome for readers who savor literary British fiction. –From Booklist/Mary Ellen Quinn

Minecraft Meet up and Lego Workshop

Sunday, January 11th 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.

**Probate Judge Lisa Wexler:
Question & Answer Session**
Thursday, January 15th 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 a Q&A session on a variety of topics

**Wednesday Evening Book Club –
The Storied Life of A.J. Fikry by
Gabrielle Zevin**
Wednesday, January 21st at 7:30 PM

A. J. Fikry's life is not at all what he expected it to be. He lives alone, his bookstore is experiencing the worst sales in its history, and now his prized possession, a rare collection of Poe poems, has been stolen. But when a mysterious package appears at the bookstore, its unexpected arrival gives Fikry the chance to make his life over--and see everything anew. - Amazon

Movie Night Feature Film – Gone Girl (R)

Wednesday, January 21st at 7 PM

With his wife's disappearance having become the focus of an intense media circus, a man sees the spotlight turned on him when it's suspected that he may not be innocent.

Starring Ben Affleck, Rosamund Pike, Neil Patrick Harris. Sponsored by the Friends of the Weston Public Library.

SCORE: Marketing to Mobile Devices

Thursday, January 22nd at 6 PM

The Weston Public Library is pleased to announce a partnership with SCORE. SCORE is a nonprofit association dedicated to helping small businesses get off the ground, grow and achieve their goals through education and mentorship.

Join presenter Kate Berg, CEO of MRW for this informative program. A highly interactive session exploring how mobile devices are changing consumer behavior, this workshop provides practical information on how to build a relationship with your customers using mobile devices.

New Story Time Schedule!

Join Miss Joy for stories, crafts, movies and more!

Tuesdays at 2 PM for 3 and 4 year olds

Wednesdays at 10 AM for 2 year olds

Note that the New Yorker Roundtable is not meeting in January.

DISPOSE OF YOUR CHRISTMAS TREE AND SUPPORT THE WESTON WARM-UP FUND!

Emmanuel Church, the Weston Warm Up Fund and the Weston Volunteer Fire

Department will be having their annual Epiphany Tree Burning on Saturday,

January 10, 2015. It's a great way to dispose of your Christmas tree and support the Weston Warm Up Fund.

Tree Drop off will be on 1/10 at Emmanuel Church for \$25

Or you can schedule a pick up for \$35, by contacting office@emmanuelweston.org

ALL PROCEEDS GO TO THE WESTON WARM UP FUND. Please help keep your neighbors warm this winter.

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, Youth Saturday Basketball – grades 1 – 8, Youth Wrestling grs. 2 - 8, Ski Trip, gr. 5 (1 day only) and M.S. ski trips, grades 6 – 8, pool permits and aquatic lessons (swimming, diving, lifeguard training courses and private swim 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.

WESTON CUB SCOUTS

Pinewood Derby, fire station visit, arts and crafts, camping—there's still a lot going on with Weston Cub Scouts this year! If your 1st to 5th grade boy is interested in joining, it's not too late. For more information, contact Gai Bos: guy3bos@gmail.com.

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.