



The Hurlbutt Buzz

The Hurlbutt Elementary School Newsletter

January 22, 2015

(No. 19)

UPCOMING DATES AND EVENTS

Date	Event	Location
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
- Board of Education Review
- Lost & Found
- Nominating Committee
- Kindergarten Registration Continues
- HES Yearbook 2014-2015
- January Nutrition News
- PTO Marketplace - Your Amazon Purchases help!
- Class of 2017 Student Government Selling Zip Fleeces for a good cause
- WMS Short Wharf Presents "The Music Man Junior"
- Weston Little League: Free Baseball/Softball Clinic - 1/25

- Weston Lacrosse Registration is Open
- Norfield Grange is hosting a Barn Dance & Dinner - 1/31
- Weston Soccer Club Registration for Tots to Grade 2 Open
- Weston Basketball Clinics Ongoing
- Weston Public Library New Story Time Schedule
- Weston Parks & Rec Dept Winter Offerings
- Weston Cub Scouts

PTO & SCHOOL NEWS

PTO PRESIDENT'S MESSAGE

Hello there! Welcome to another weekly newsletter. I'm going to start off by saying that this letter was written a full week before the time you are actually reading this, so the usual caveats apply. Namely if something monumental happens between the time I'm writing this and the time you're reading this and I didn't mention it here that's the reason why and not because I don't know what's going on. Because nothing could be further from the truth...I'm a pretty happening guy. For example did you know that they just came out with something called social media that lets you take pictures of your breakfast and stuff like that and share it with everyone on the interwebs? Crazy, right? I'm definitely going to look into getting some accounts on those sites for sure.

Anyway, there are two businessy things that I wanted to talk to you about today. The first is the "State of the District" open forum being held tomorrow, January 23rd at 9:30 am in the Weston High School Auditorium. Open to parents from all four schools, this is a great opportunity to hear about Dr. Palmer's vision for the district as well as ask any questions you might have. It's also important to point out that the chairs in the auditorium are super comfortable to sit in, so that's a plus. Seriously, though, we are very fortunate to have this opportunity and I hope you make the most of it.

The second thing I want to remind you of is the updated outdoor recess policy. The school makes every effort possible to get the kids outside each day. That means that if it is 20 degrees or above, they are going out...even if it's snowing. A few weeks ago kids had recess in the snow and they absolutely loved it. So please make sure that your kids come to school each day with jackets, hats, gloves, scarves, mittens, earmuffs, etc. etc.

Thanks, and have a great week!

Yours,

Dan

BOARD OF EDUCATION REVIEW

By Tim Lawler

Weston Board of Education (BOE) Budget Proposal

The BOE has proposed a budget increase of 3.17% for the 2015-16 school year.

This is \$1,503,216 higher than the 2014-15 school budget.

Budget Workshop Meetings (open to the public) are currently being held at the Weston Middle School (WMS) on:

-Tuesday, January 13, 2015 @ 7:00 PM

-Tuesday, January 20, 2015 @ 7:00 PM

-Thursday, January 22, 2015 @ 7:00 PM

The evening meeting(s) discuss specific sections of the proposed budget in greater detail while providing Weston residents the opportunity to voice concerns and opinions.

Weston School Budget information can be found at:

<http://www.westonps.org/page.cfm?p=3242>

The main budget increases for 2015-16 are:

Salaries (contractual) + \$983,465

Benefits + \$283,043

Energy + \$ 90,171

Maintenance Projects + \$ 69,804

Software + \$ 67,892

Contracts + \$ 53,355

The BOE is predicting a (district wide) drop of 17 students next year.

-9 students in HES

-24 Students in WIS

-19 students in WMS

+34 students in WHS

The reduced staffing of teachers can only occur when student levels drop in a specific grade. For example see material in blue at this [link](#)

These are not the only topics being discussed during the Budget Workshop Meetings. Each workshop will explain different portions of the Proposed 2015-16 School Budget. Please attend if you are interested in learning more about the next year's proposed school budget, or if you have questions and comments.

Meetings are open to the public, broadcast live on channel 78, and recorded for on line viewing.

Schools and Space

The Weston Board of Selectmen (BOS) and Weston BOE have resumed discussions about the predicted decline in enrollment and the available classroom space in HES. This topic would normally be discussed during a Facilities Committee Meeting. The monthly Facilities Committee does not include all members of the BOE and are held on Monday afternoons. The Superintendent Palmer and BOE felt it necessary to move the meeting to the evening so it include the entire Board and increase public participation and viewing.

The meeting times are as follows:

- Tuesday, January 13, 2015 @ 6:00-7:00 PM
- Tuesday, January 20, 2015 @ 6:00-7:00 PM
- Thursday, January 22, 2015 @ 6:00-7:00 PM

Meetings are open to the public, broadcast live on channel 78, and recorded for on line viewing.

Superintendent Palmer began discussions by summarizing the history of the last two years and bringing us to the current situation. Please refer to material in blue at this [link](#).

The BOE has remained consistent with the intentions of North House and the possibility of continued enrollment decline. The 5 year Memorandum of Understanding (MOU) allows several years of 'actual' enrollment numbers to help determine the appropriate course of action. The BOE has and will continue to investigate *all* options during this time, while monitoring the actual enrollment numbers.

Several options currently being investigated are:

- moving the Senior Center to the first floor of North House
- South House would be re-claimed for student classrooms
- moving acceptable Central Office facilities to the second floor of North House
- town could claim office space in the vacated Central Office
- grade 2 would be relocated to WIS

If the predicted enrollment numbers are *correct*, and kindergarten enrollment drops by over 35% in the next two years (from 140 to 90), then the BOE will have had the opportunity to prepare appropriate plan of action and be able to act quickly.

If the predicted enrollment numbers are *incorrect*, and enrollment does not drop in the next few years, then the BOE will have had the opportunity to prepare an alternate plan of action and be able to act accordingly.

The BOE does not want to rush into a decision that gives away school space away, only to require it if enrollment predictions were incorrect. The BOE also does not want to waste time and money by sitting on unused school space when the town desperately needs it.

This conversation will continue before this Thursday's Budget Workshop Meetings and at the upcoming Tri-Board Meeting:

-Tuesday, January 27, 2015 @ 7:30 PM - Weston Middle School (LRC)

Please attend if you are interested in learning more about the School & Space situation that could deeply impact WIS and HES.

Upcoming Meetings

Budget Workshops

Tuesday, January 13, 2015 @ 7:00 PM - Weston Middle School (LRC)

Tuesday, January 20, 2015 @ 7:00 PM - Weston Middle School (LRC)

Thursday, January 22, 2015 @ 7:00 PM - Weston Middle School (LRC)

School & Space

Tuesday, January 20, 2015 @ 6:00 PM - Weston Middle School (LRC)

Thursday, January 22, 2015 @ 6:00 PM - Weston Middle School (LRC)

Joint PTO

Friday, January 23, 2015 @ 9:30 AM

Weston High School Auditorium

Agenda: 1. Overview of the State of the District and Budget for 2015-16

2. Questions/Comments From Public

Board of Education

January 26, 2015 @ 7:30 PM

Weston Middle School Library Resource Center

Agenda: Budget Vote

Tri-Board

January 27, 2015 @ 7:30 PM

Weston Middle School Library Resource Center

Agenda (TBD)

1. Schools & Space

2. State of the District

3. Budget 2015-16

LOST & FOUND

ATTENTION Parents – Hurlbutt’s Lost & Found has been generously filled with all sorts of goodies (i.e. jackets, scarves, gloves, water bottles, etc.). It would be greatly appreciated if you/your child could check this area (outside of the South House cafeteria) for any misplaced items. In an attempt to keep this area manageable, we will donate all gently used clothes to Schoola starting next month.

Thank you!

LaWanza Holder Lost & Found Chair

NOMINATING COMMITTEE

The HES PTO is starting the nominating process and we are looking for 3 PTO members to serve on this committee. If anyone is interested in serving on the committee, please contact Tammy Roberts (troberts@emailcorner.net).

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

CLASS OF 2017 STUDENT GOVERNMENT T



The Class of 2017 Student Government will begin selling ¼-zip fleeces with the Weston logo as a part of their annual community service project for \$30. A portion of the proceeds raised will go to benefit the S.A.N.E. project, a drive run by the Yale-New Haven Children's Hospital that collects new sweatshirts and sweatpants for teenagers, mainly college students, who are victims of sexual assault. Since their clothes are taken for use as evidence in the investigations conducted after the crimes, the victims are forced to wear hospital gowns upon returning to their schools. As you can imagine, for many of the victims this ultimately creates an awkward and embarrassing situation.

If you are interested in purchasing a fleece, or would simply like to make a donation, an order form is attached. The order forms and checks can be returned either to a bin in the main office or to a sophomore student government representative by January

19th

[CLICK HERE FOR FORM](#)

WMS Short Wharf

presents...

MEREDITH WILLSON'S THE MUSIC.MAN JUNIOR

Friday, January 30, 2015, 8pm
Saturday, January 31, 2015, 3pm
Sunday, February 1, 2015, 3 pm

****Weston High School Auditorium****

Tickets can be purchased on-line at:

Tickets also available at the door!

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 LITTLE LEAGUE: FREE BASEBALL AND SOFTBALL CLINIC - JAN 25th

When: January 25th, from 5pm to 7pm

Where: Batter's Box at 327 Main Avenue in Norwalk, CT

Who's eligible: Boys and Girls from Ages 5 - 10 who have never been enrolled in either Weston Baseball or Softball

Register or questions: Contact Anthony Kesselmark at akesselmark@gmail.com

WESTON LACROSSE - Play Lacrosse this Spring!!

The Weston Lacrosse Club's Spring Youth Program is now open for registration for all boys and girls! Please go to www.westonlax.com to register. All skill levels are welcome!

NORFIELD GRANGE

The Norfield Grange is hosting a Barn Dance & Dinner on Saturday, January 31st at 7:00 pm.

Please come out for a fun community event that's open to all! Headlining legendary dance caller Billy Fischer who will be joined by Bill Walach & Dave Howard a grand pair of merry musicians. Come to dance, watch, listen, & eat as we spice up the winter with an old-fashioned good time! No experience necessary - Bill will explain the steps as we go. Wondering what is a contra/barn dance? Click the link for an interview with Bill, a former medical doctor turned professional dance caller: <http://www.prx.org/pieces/87916-bill-fischer-the-dance-caller#descriptiond> Come early for chili & corn bread. It's a "giant potluck" - please bring an appetizer, side dish or dessert to share. Last year there were over 200 in attendance for this rockin' event so reserve your spot today. This event will be held at the Norfield Grange 12 Good Hill Road, Weston, CT. Tickets: \$10/person, \$25/family. To RSVP &/or Questions: NorfieldGrange@gmail.com
Proceeds go towards the Norfield Grange Scholarship Fund - for a WHS Senior and a campership for Camp Berger (operated by the CT State Grange) in Winchester Center, CT.

WESTON SOCCER CLUB

Spring registration for the Recreation programs (Tots through Kindergarten) and Junior Academy (Grades 1 and

2) is now open!

The spring season will begin the week of April 6th and end on June 6th.

Please see the program descriptions for each age group under the top tabs. More specific information including costs, late fees and program dates may be found on the Register Online page.

Regular registration runs through February 28, and late registration will continue on a space-available basis with a \$30 late fee included through March 20. However, only registrations completed during regular registration are guaranteed placement.

Click on Register Online at www.westonsoccer.com and scroll down to find the program that you need for your child.

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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.