



The Hurlbutt Buzz

The Hurlbutt Elementary School Newsletter

January 29, 2015

(No. 20)

UPCOMING DATES AND EVENTS

DATE	EVENT	LOCATION
Jan 29	BOE Meeting	6:30 PM WMC LRC
Jan 30	Early Dismissal at 12:35	Professional Development
Jan 31-Feb 1	Short Wharf Musical <i>Music Man Jr.</i>	3:00 PM WHS Auditorium
Feb 3 (rescheduled)	Tri-Board Meeting	7:30 pm WMS LRC
Feb 11	General PTO Meeting	9:15 am coffee; 9:30 meeting begins SH cafeteria
Feb 16, 17	No School	President's Day Weekend
Feb 24 (rescheduled)	BOE Meeting	7:30 PM WMS LRC

[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 Fleece 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

***GOT ART?
THE 2015 WESTON CALENDAR ART CONTEST HAS
BEGUN***

FOR: WESTON STUDENTS - Grades Pre-K thru 12

Students are encouraged to submit artwork, regardless of age, grade, or artistic ability. Fourteen winners will be selected to appear in the 2015/2016 Weston Schools Wall Calendar.

The student whose work is selected to appear on the cover will ***WIN A \$50 ITUNES GIFT CARD***

- Art should be produced on 8.5" x 11" white paper; Landscape layout only.
- Colorful art with less white space works best.
- Use non-smudge mediums including markers, crayons or colored pencils
- Label your artwork -- student's name, school, grade, telephone number on the BACK in light pencil.
- Art should be family-Calendar appropriate including but not limited to that depicting seasons, specific months and holidays – be creative!
- Art may be dropped off in the HES, WIS, WMS or WHS Main Office in the "Calendar Art" basket.
- Photographs & digital images of oil paintings, murals, etchings, etc. will be considered. Files should be emailed to Taract@optonline.net

SELECTION PROCESS:

- Students may submit up to five (5) pieces of art work, although only one submission per student may be selected to appear in the calendar.
- Winners will be notified before the last day of school
- Due to volume of submissions, art will NOT be returned.

SUBMISSION DEADLINE: Friday, March 20, 2015

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

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:

www.whscompany.com

Tickets also available at the door!

WESTON YOUTH SERVICES

Weston Youth Services

Tackling the Tough Stuff is back and better than ever, with new topics, tools, and tips! Each month we focus on a particular and pertinent theme and host several interactive workshops 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.

Workshops are open to all parents and caregivers and there is no fee to attend.

RSVP at

<https://leagueathletics.com/UserForm.asp?RegID=87790&org=westonyouthservices.org> or call [203-222-2585](tel:203-222-2585). Please visit www.westonyouthservices.org to learn more about our parenting programs and past topics in our Tackling the Tough Stuff series.

February's Focus: 🎵 Love Train-ing 🎵

February is supposed to be filled with love, but love can be hard to define, discuss, and deal with. Join us as we explore the lessons we learn and teach about love, beliefs about beauty, and our relationship role models.

🎵 Love the one you're with 🎵

Thursday February 5th

12-1:30 pm – A light lunch will be provided.

Weston Library Community Room

Self-respect, self-acceptance, self-esteem, self-love. It all sounds good, but many children (and adults!) struggle with

even liking themselves – especially how they look. Adolescents in particular experience high levels of anxiety about their appearance and often look to the media for models of beauty and perfection. Learn how to build your child’s self comfort and confidence, and boost your own as well.

WESTON PUBLIC LIBRARY

Lionheart Puppet Company to Highlight Take Your Child To The Library Day February 7

On Saturday, February 7th at 3:30pm, in recognition of Take Your Child to the Library Day, Weston Children’s Librarian Miss Joy will host a special puppet show performance of “The Reluctant Dragon” by Connecticut’s own Lionheart Puppet Company.

“The Reluctant Dragon,” based on the story by Kenneth Grahame, is about a young boy named Harold who discovers a dragon in the mountains. Can Harold convince the villagers that the dragon just wants to be friends? The program, which is recommended for ages 3 and up, is a great way to introduce children to literary adaptations, as well as loyalty and the arts.

Lionheart Puppet Company has provided quality puppet shows throughout the tri-state area and Massachusetts for over a decade. Puppeteer Matthew K. Leonard holds a BFA in Puppet Arts from the University of Connecticut and has worked for other puppet companies including, Purple Rock Productions, The Great Arizona Puppet Theater and the Paper Moon Marionettes.

Take Your Child to the Library Day celebrates the importance of taking your child to the library and exposing them to books, educational materials, programming, and the many other resources that a library offers. As a special treat, Miss Joy will also preview this year’s summer reading theme! This program is sponsored by the Weston Public Library and the Friends of the

Weston Library. No registration is required and admittance is free. For more information on this event and additional programs and services, visit www.westonpubliclibrary.org or call [203-222-2665](tel:203-222-2665).

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 The free clinic last week was a success. If you would like to register for the spring or if you have questions, please contact Anthony Kesselmark at akesselmark@gmail.com or visit www.westonll.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, 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.