



The Hurlbutt Buzz

The Hurlbutt Elementary School Newsletter

November 13, 2014

(No. 12)

UPCOMING DATES AND EVENTS

Date	Event	Location
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
Dec 10	Early Dismissal	Professional Development
Dec 10	Incoming K Registration Drop-off	2-3 pm or 6-7 pm
Dec 15	BOE Meeting	7:30 pm WMS LRC

TOPICS THIS WEEK

- PTO President's Message
- Photo Day and Retake Day Update
- Kindergarten Registration
- Nutrition News 2014
- PTO Marketplace
- Weston Middle School PTO B&N Book Fair & Shopping Day
- Cub Scouts Trees & Wreaths at the Onion Barn
- WHS Company's The Laramie Project starts tonight
- Weston Youth Services
- Weston Parks & Rec Dept Winter Offerings
- Weston Public Library
- Cub Scouts - Cake Auction
- Girl Scouts Help with Norwalk Hospital Toy Drive

PTO & SCHOOL NEWS

PTO PRESIDENT'S MESSAGE

This space currently under construction. Please check back next week for a super sized President's Newsletter. In the meantime, if you are looking for writing of a similar quality and substance, might I suggest the ingredient list of any of the food items in your pantry. We apologize for the inconvenience.

Editor's Note: The weather is getting colder. Mrs. Kaddis, our Principal, would like to remind parents to send students with their weather-appropriate clothing/gear for outdoor recess. Students will be sent outside only if dressed safety for the cold temperatures. If you have any concerns or queries, please contact the Main Office at 203-557-5900.

PHOTO RETAKE DAY – NEXT WEEK – 11/19/14

Photos were delivered via your child's backpack last week. In the event your child's photo needs to be retaken or if they were absent, Photo RETAKE DAY is scheduled for next Wednesday, November 19th. Please make sure to send your child in with the original set of photos for their retake. For any questions about Retake Day contact Christine Harris at criz@crizeliz.com For any questions regarding your photo package, please contact our account representative at Coffee

Pond: Lisa Parker, at lisa@coffeepond.com. *Editor's Note: Please see the detailed email sent by Ms. Dunne on behalf of Christine.*

KINDERGARTEN REGISTRATION

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 School's South House Cafeteria between 2:00 – 3:00 p.m., and 6:00 – 7:00 p.m. on Wednesday, December 10, 2014. If you are unable to submit your registration packet at either of these times, please contact Laurie Eagle at (203) 557-5983.

Prior to December 10th, 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 - 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

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.

WESTON MIDDLE SCHOOL PTO

ANNUAL BARNES & NOBLE HOLIDAY BOOK FAIR & SHOPPING DAY

Plan lunch with a friend or bring the family for some holiday shopping to support the WMS library on Wednesday November 19th from 9 am - 9 pm.

Share our school code 11479771 with out of town friends and family who can shop at any B&N or online or shop locally at the Westport B & N at 1076 Post Rd. East.

A portion of all purchases goes directly to WMS!

TREES & WREATHS at the ONION BARN

Weston Boy Scout Troop 788 will hold its annual holiday tree and wreath sale at the Onion Barn in Weston on 11/29, 11/30, 12/6, 12/7 from 9:00 am to 3:00 pm. They will have Fraser & Balsam fir trees ranging from 5' on up to 14', as well as wreathes in 12", 16", 20" & 30" sizes.

All trees are scheduled to be fresh cut here in northern CT on 11/24 and 11/25. These are some of the freshest trees you will find anywhere. Free Delivery and setup in stand for all trees above 8'. Free Delivery on all trees for seniors. Complimentary hand tied bow with all wreathes.

Don't miss Weston High School Company's

fascinating performance of

The Laramie Project

by Moises Kaufman and the Tectonic Theatre

This brilliantly crafted play is about the reaction of the townspeople of Laramie, Wyoming to the 1998 murder of Matthew Shepard, an openly gay student at the University of Wyoming. Shepard's death set off a nationwide debate about hate crimes and homophobia.

The material for this play is drawn from hundreds of interviews conducted by the Tectonic Theatre Company with the people of Laramie and is uniquely presented in a series of short scenes in which a group of 26 actors portray 68 characters. **THIS WEEKEND'S SHOWTIMES:** Friday, November 14th at 8 p.m. Saturday, November 15th at 8 p.m. Sunday, November 16th at 3 p.m.*** ***Sunday's matinee will be followed by a Q&A led by Andy Paris, one of the original cast members of The Laramie Project.

This play contains adult material and may not be appropriate for children under the age of 13.

WESTON YOUTH SERVICES

FOR KIDS:

Our WOW! winter program catalogs are coming soon! Check out some of our exciting new programs including NASA space explorers, bonjour mes Amis, superhero engineering with Legos, model building and digital storytelling, as well as some familiar favorites such as international cuisine, clay, and exploring science.

For budding babysitters, the second session of Sitter Safety begins on January 7th and registration is currently underway.

Please visit our website www.westonyouthservices.org for additional program information or contact Charlene Monn, Program Coordinator, at 203-222-2586 or cmonn@westonct.gov

FOR PARENTS:

November's Focus is *Brains, biology, and behavior*. We'll discuss the latest research on the developing brain and how biology and psychology influence (and sometimes interfere) with behavior.

The mind-body connection.

Thursday November 20th

12-1:30 pm

A light lunch will be provided!

Weston Town Hall Annex Conference Room (next to the Board of Education building)

Our thoughts and feelings impact the health and development of our brains and bodies, and how we use and treat our bodies also impacts our thoughts and feelings. Come learn about the mind-body connection and strategies for strengthening our physical and emotional health and well-being.

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

To RSVP to any of the upcoming sessions please visit <https://leagueathletics.com/UserForm.asp?RegID=85893&org=weston-youthservices.org> or call 203-222-2585.

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

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 4PM at Norfield Parish Hall to raise money for the Weston Food Pantry. Anyone can bid on or contribute a cake. Professionals: show off your delicious 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 guy3bos@gmail.com for more information.

TOY DRIVE: There is a collection bin at the front entrance. Thank you!

TOY DRIVE

PLEASE DONATE

to benefit

PLEASE
Donate TOYS

Donate
Toys



Pediatrics

To make our children's stay here more uplifting

Please donate *unused and unopened* games and toys for

PLEASE

TOY
DRIVE

Toy
Drive

PLEASE
DONATE
TOYS!

PLEASE
DONATE
Toys for Norwalk Hospital

ALL AGES

BABIES

Board Games

TODDLERS

Mobiles

Puzzles

PRESCHOOLERS

Toy Drive
Help children

Rattles

Coloring Kits

Trains

Pop-up Toys

Art Supplies

Dolls

Toy Drive

Craft Kits

Doctor Kits

Play dough

Matchbox Cars

TOY

Building Kits

Etc.

*No stuffed animals
please*

THANK YOU

THANKS

+ you will be a
BIG Help!

Love, Weston
girls scouts