



# The Hurlbutt Buzz

The Hurlbutt Elementary School Newsletter

December 4, 2014

(No. 14)

## UPCOMING DATES AND EVENTS

| Date           | Event                                    | Location   |
|----------------|--|--|
| Dec 10         | Early Dismissal at 12:35 for HES and WIS | 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                                  |
| Dec 24 – Jan 2 | No School                                | Winter Recess                                    |
| Jan 14         | General PTO Meeting                      | 9:15 am coffee; 9:30 meeting begins SH cafeteria |
| Jan 30         | Early Dismissal at 12:35                 | Professional Development                         |

[http://www.westonps.org/uploaded/documents/Calendars/2014-2015\\_Calendars/Weston\\_Public\\_Schools\\_Calendar\\_2014-2015.pdf](http://www.westonps.org/uploaded/documents/Calendars/2014-2015_Calendars/Weston_Public_Schools_Calendar_2014-2015.pdf)

## TOPICS THIS WEEK

- PTO President's Message
- HES Principal's Reminder
- Kindergarten Registration

- HES LRC
- December Nutrition News
- Healthy Holiday Store Tour
- PTO Marketplace
- Innisbrook Orders
- Cub Scouts Trees & Wreaths at the Onion Barn
- Weston Women's League Children's Gingerbread Breakfast
- Weston Youth Services - registration opens 12/9
- Weston Public Library - Holiday Musical 12/7
- Weston Historical Society - Meet Santa, Mrs. Claus, and Elf 12/21
- Weston Parks & Rec Dept Winter Offerings
- Cub Scouts - Cake Auction
- Girl Scouts Help with Norwalk Hospital Toy Drive thru 12/15

## **PTO & SCHOOL NEWS**

### **PTO PRESIDENT'S MESSAGE**

I like watching the Macy's Thanksgiving Day Parade. Sure, I know it's just one giant advertisement, but for some reason that doesn't bother me. I know that every musical number is a secret ploy to try to get me to buy tickets to a Broadway show and that every float is sponsored by some corporate giant that is fiercely competing for my discretionary spending dollars, but for some reason that doesn't bother me either. I'm pretty sure the marching bands don't have any ulterior motives, but even if they did, that wouldn't bother me. Normally I'd be against such a blatant display of commercialism and consumerism, but in the case of the Thanksgiving Day Parade I'm just not. And I think I know why. For me, the Thanksgiving Day Parade is one giant celebration of my favorite time of the year. A cross between Thanksgiving and Christmas, the overall good feeling and positivity surrounding the parade is a wonderful thing to behold. It is the kickoff to the holiday season and a perfect time to reflect on how fortunate I am to have such a wonderful family, friends and community. It also makes me think about how I can do something for others.

To that end, I have to tell you about something awesome that is happening at Hurlbutt over the next few weeks. Once again, if you're expecting any real details or information about how this thing that I'm going to tell you about is going to work then you're probably going to be disappointed. Fortunately, we have some very knowledgeable and capable people running this event that I have so far alluded to but have not yet actually identified, so when the time comes for information sharing, they will provide you with everything you need to know. I'm just here to whet your appetite so to speak. But enough about that. Earlier this week

more than 50 parent volunteers from Hurlbutt and WIS met in the South House cafeteria in order to learn how to help organize our holiday gift basket drive. In one of my favorite PTO events of the year, we will be working together with Weston Social Services to assemble and deliver holiday gift baskets to more than 50 Weston families who are in need of support during this joyous time. Information will be going home with your child later on this week (so make sure to check their backpacks) on exactly how you can participate in this wonderful event. As always, your participation is completely voluntary and if you choose not to participate that's ok. But if you do choose to participate, please know that your contributions are going to help provide a festive holiday season to a family right here in Weston.

So, seeing as how I've given you absolutely no actual information as to how you go about participating, might I again suggest that you be on the lookout for a flyer coming home in your child's backpack. That will have all the information you need. And once again, thank you in advance for your support of this important PTO sponsored event.

Yours,  
Dan

## **PRINCIPAL'S REMINDER**

Dear Families,

Our days are filled with learning and the smiling faces of your amazing children. As the days continue to fly by, it seems that our warm, sunny weather will no longer be with us. Outdoor recess is an important part of our day and weather permitting, our students play outside year round. We encourage hats, coats, long pants and gloves or mittens for outdoor play. In the rare occurrence that extreme weather prohibits outdoor play, our children enjoy the novelty of indoor recess with a variety of game choices.

Best,  
Laura Kaddis

## **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 10<sup>th</sup>, 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.

## **HES LRC, Sharon Rodko, Librarian**

This month we will begin sending overdue notices home via e-mail. For December, we will also send home a print copy. In January we will go green and only send notices by e-mail. Please call the LRC if you have any questions (203) 557-5929. Just a reminder that if students have an overdue book or have reached the maximum checkouts (K=4, 1<sup>st</sup>=6, 2<sup>nd</sup>=8) they will be asked to pick a book to put on hold. They can return the necessary books and pick up the book on hold any school day. Thanks for your help.

## **NUTRITION NEWS -**

**“How do you get motivated and make time for exercising and make it a daily habit?”**

### **December 2014**

Do you find yourself saying, “I should exercise, but...”

When you make a mindset shift from, “I should exercise...” to “I’m doing

this because it's fun and enjoyable," you'll notice that it's much easier to make time for exercise.

Start with 5 or 10 minutes of exercise a day. It's much more manageable to think about going for a 10 minute walk or calisthenics exercises for 5 minutes than to do an hour workout at a gym. Getting started is sometimes the most challenging part, so tell yourself that you're going to do 5 or 10 minutes. If you end up doing more, great! And if you end up doing 5 or 10 minutes, that's great too. Consistency is the key!

Also, it's important to build fitness levels gradually. If you haven't exercised in a while, the body needs to adapt, so starting out with 5 or 10 minutes per day and then each week, add more increments of time. This will allow the body to adapt and gain strength and cardiovascular endurance.

Make it fun! Double it up with another fun activity! Taking a walk outside gets you out in nature. Taking a walk with a family member or friend allows you to spend quality time together. Sign up for a group fitness class and meet some fitness friends. Another benefit of a group class is that you put it in your calendar it's time specifically set aside for you. Plan fun and active family events on the weekends, like walking the mall, hiking, walking at a beach, going to an indoor or outdoor pool for swimming, practicing favorite sports, trying out a new sport like tennis or tossing a ball in the back yard or at a park.

Jill Patterson, RD  
Resident Dietitian

## **HEALTHY HOLIDAY STORE TOUR**

*When:* December 10th, 4-5 pm

*Where:* Norwalk Grade A ShopRite  
360 Connecticut Avenue

- Learn to navigate the grocery store and plan healthy meals for your family!
- Discover how the school meal programs can help your family stay healthy throughout the season!

*With Whom:* Cora Ragiani, RDN Retail Dietitian at Grade A ShopRite and Jill Patterson, RDN Chartwells Dietitian for Weston Public Schools

## **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](http://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](http://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.

**PLEASE PICK UP INNISBROOK ORDERS** The Innisbrook orders have arrived, and the boxes have been placed in alphabetical order by last name on the stage of the South House Cafeteria. **Please pick them up before December 19th.** You can stop by any time Monday through Friday between 8:30 am and 4:15 pm. Just check in with the Security Staff and they'll direct you to your orders. Please note that the boxes are too big to send home with your students on the bus.

Should you have any questions or concerns about your order, please do not hesitate to contact Eliza Tabacchi ([elizatabacchi@yahoo.com](mailto:elizatabacchi@yahoo.com)) or Carol Clemens ([carol.clemens@yahoo.com](mailto:carol.clemens@yahoo.com)).

Thank you for your continuous support and cooperation!

**AROUND TOWN**

## **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.

## **WESTON WOMEN'S LEAGUE**

Children's Gingerbread Breakfast at Cobb's Mill Inn on Saturday, December 6, 2014 from 9 am to noon. Snow date 12/7. More information can be found at [www.westonwomensleague.org](http://www.westonwomensleague.org).

## **WESTON YOUTH SERVICES**

Check out some of our exciting new WOW! After School 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. Registration begins on **Tuesday, December 9<sup>th</sup> at 10:01 p.m.**

For budding babysitters, the second session of Sitter Safety begins on January 7<sup>th</sup> at Weston Middle School. Registration is currently underway.

And if your child is ready to get behind the wheel, All-Star Driver will be offering its winter session at Weston High School beginning January 13<sup>th</sup>. **For further information and to register online, please visit the All-Star Driver website at [www.all-stardriver.com](http://www.all-stardriver.com)**

For additional program information,, please visit our website at [www.westonyouthservices.org](http://www.westonyouthservices.org) or contact Charlene Monn, Program Coordinator, at 203-222-2586 or [cmonn@westonct.gov](mailto:cmonn@westonct.gov)

## **WESTON PUBLIC LIBRARY**

**WORLD PREMIER HOLIDAY MUSICAL FOR THE WHOLE FAMILY: Based on Weston Author Alan Katz's Bestselling Book "Where Did They Hide My Presents?" on Sunday, December 7th, at 1 pm.**

**There are lots of activities at the Weston Public Library in December! All programs are free and open to the public. [www.westonpubliclibrary.org](http://www.westonpubliclibrary.org)**

## **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](http://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 6<sup>th</sup> 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](mailto:guy3bos@gmail.com) for more information.

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

# TOY DRIVE

PLEASE DONATE

to benefit



## Pediatrics

To make our children's stay here more uplifting  
Please donate *unused and unopened* games and toys for

### ALL AGES

Board Games

Puzzles

Coloring Kits

Art Supplies

Craft Kits

Play dough

Building Kits

Etc.

*No stuffed animals  
please*

### TODDLERS

### PRESCHOOLERS

Trains

Dolls

Doctor Kits

Matchbox Cars

Donate  
Toys

PLEASE  
Donate TOYS

PLEASE

TOY  
DRIVE

TOY  
DRIVE

PLEASE  
DONATE  
TOYS!!

PLEASE  
DONATE  
TOYS

### BABIES

Mobiles

Rattles

Pop-up Toys

Toy Drive  
Help children

TOY

THANKS

THANK YOU

+ you will be a  
BIG Help! AA

Love, Weston  
girlscouts