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December 2, 2009



Special points of interest!

- 12/2 - PTA Meeting 7pm
- 12/4 - Variety Show 6:30pm
- 12/9 - Ski/Snowboard Rental Fittings 9:15am
- 12/9 - School Board Mtg. 5:30pm



KENNETH A. BRETT SCHOOL

Variety ("Stage Night") Show - This Friday Night at 6:30 at the Brett School Gym. Watch our budding performers as they take to the stage! Bake sale sponsored by the PTA - Admission is Free.

Nurse Information - Snack for Success

School days are often long for children. So it is most important that they have the right energy amount to fuel not only their bodies but their brains. Here are some great snacks to munch on to keep the body and mind movin' and the stomach silent:

- Fresh veggies like carrots and celery sticks
- Snack-sized boxes of raisins
- Pretzels
- Low-fat yogurt
- Crackers — try graham crackers, animal crackers, or saltines
- Bagels
- Fig bars
- Fruit juice boxes (make sure you choose 100% pure fruit juice, or for an added boost, try orange juice with added calcium)
- Small packages of trail mix
- Fresh fruits such as bananas, oranges, grapes (try freezing your grapes for a new taste sensation!), and berries

REMINDER: Helmet orders are due **December 15th 2009**. Pick up an order form in the main office.

Basketball News - The Junior High basketball team will be starting games next week and with it a reminder that students staying to watch the games need to have adult supervision in order to stay.

Ski/Snowboard Rental Fittings - On Wednesday, December 9th at 9:15am, King Pine will be at the school to fit all students who need to rent equipment. Forms are being sent home this week with kids who signed up. The forms should be returned to the office by December 8th.

Book Give Away - The book give away has been changed to December 17th. On this day, any student who would like to choose a book to keep may do so. We are still accepting donations in the office if you have any books your child no longer uses. Thank you.

Original Art Work - Thank you to everyone who participated in this PTA fundraiser. If you have any questions or concerns about your order, please contact Heidi King at 323-7433 before this Friday so they can be resolved before the holidays.

H1N1 Update - See the back of the newsletter.

Student Council Dance - On Friday, December 11th from 7-9pm the student council will be hosting a dance for grades 6, 7, & 8. The cost will be \$5.00 per student.

H1N1 Update

In SAU 13 (Madison, Freedom, and Tamworth), we are working hard to prevent the spread of the illness by encouraging appropriate hand-washing and making sure all hard surfaces are thoroughly cleaned. Prevention is our greatest ally in containing the virus. In the last few weeks, we have seen the number of people with influenza-like illness rise in some schools and fall in others. We are likely to see the virus traveling in waves through our communities with some schools being hit at different times. H1N1 will continue to be around throughout the entire winter, so we need to continue to wash our hands and stay home when we are sick. The same rule applies as before: If you are out sick with a fever and influenza-like symptoms do not return to school until you have been without a fever (and without fever-reducing medicine) for at least 24 hours. Please check with your primary care doctor if you have further questions.

The H1N1 vaccine has been available in some areas and not in others. Please be on the lookout for more opportunities to receive the vaccine in the future if you haven't already done so. At this time, the government is only allowing the following people to be vaccinated:

- People who live with or care for children less than 6 months
- People ages 6 months to 24 years
- People ages 25 to 64 with chronic medical conditions

Pregnant women

For more information from the CDC regarding the vaccine, please visit the following site:

http://www.cdc.gov/h1n1flu/vaccination/public/vaccination_qa_pub.htm

The following link is a resource for students, parents, and teachers to better understand H1N1, how it is transmitted, and what we can do to prevent the spread.

<http://www.learninga-z.com/special/swineflu/>

For the more up-to-date information on H1N1, please see the CDC website:

<http://www.cdc.gov/h1n1flu/>

-Ali Janowicz, SAU 13 Public Information Officer, on behalf of Jay McIntire

Community Events

Arts Council of Tamworth - Saturday, December 5, 2009, 10:00AM to 12:00PM. ACT! For KIDS presents a Bread Dough Ornament Workshop for ages 5 & up with Peg Loughran at Sunnyfield Brick Oven Bakery in Wonalancet, NH. Materials fee of \$5. Space is limited: pre-register by emailing act@artstamworth.org or call 603-323-8104.

MWV Children's Museum - "Something Fun Everyday at the MWV Children's Museum This Week...Saturday December 5 - Friday December 11.

We hope you will join us for our Scholastic Book Fair now through December 13.

The theme is celebrating reading around the world. We have terrific activities planned everyday. This week they are....

Saturday is Reading Day - Come make a book mark and find a new favorite book!

Sunday is Music Day - Come sing a song and dance with us, and make a musical instrument.

Wednesday is Costume Day - Come wearing your favorite costume, and do some mask making with us!

Thursday is Weather Day - Come to our Show and Tell with Special Guest "The Mount Washington Observatory"

Friday is Movement Day - Come at 11am for a Sing-a-long with Mt. Top Music or at 1pm for a ZUMBA! Dance party.

Please call 356-2992 for more information.

Remick Museum and Farm - Celebrate a Victorian Christmas with the Remick Country Doctor Museum and Farm in Tamworth Village on December 12, 2009 from 11am to 3pm. For more information please call 323-7591 or visit us at www.remickmuseum.org.

Country Bluegrass Christmas Festival - Saturday, December 12, 2009 from 7pm to 10pm at The Brass Heart Inn. 3 great bands to benefit the K. A. Brett's 8th grade class trip. Tickets may be purchased at the K. A. Brett School, The Other Store & The Brass Heart Inn. Call 323-7766 for more information.

Holiday Pancake Breakfast - The Kennett High School Basketball program invites you to attend The Holiday Pancake Breakfast to benefit **Angels & Elves** on Saturday, December 12th from 8am to 11am. It will be held at the Mineral Springs Café at Kennett High School and is free to the public - donations greatly appreciated.

