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www.brettschool.net

January 13, 2010



### Special points of interest!

- 1/13 - School Board meeting 5:30pm
- 1/14 H1N1 vaccine clinic 9-11am
- 1/15 - Ski/Skate Program
- 1/18 - No School Civil Rights Day
- 1/19 - Jr. High basketball game at home vs. Wakefield 4pm

### Jr. High Ski Team

Come for pizza night on Thursday, January 14th at Flatbreads in North Conway from 4pm to closing time to help support the Tamworth Ski Team.

### Pennies for Peace Campaign

Please see the separate flyer regarding this campaign on global peace.

# KENNETH A. BRETT SCHOOL

**Nurse Information** - Get Your Fruit and Veggie On - See the back of the newsletter for more information.

**Reminder:** H1N1 Second dose vaccine clinic is being held at the Brett School on Thursday Jan 14<sup>th</sup> 9:00am-11:00am. You can still send in your consent forms. Contact the school nurse with any questions.

**8th Grade Challenge** - In science class the 8th graders will be doing the New England Carbon Challenge as a way to recognize their own and their families' carbon footprints. In order to complete this, they will need information such as, annual electrical usage, whether large appliances are Energy Star rated, the MPG of the cars in the household. Please help your child gather this data so that we are all more aware of our energy usage and to put Tamworth further ahead in the state. Thank you. Check out the website at: <http://necarbonchallenge.org/index.jsp>

**Winter Concert** - Wednesday, February 10th at 6:30pm. We are presenting an early American music review within a play. This event involves Grade K - 6 with more than a little help from our Jr. High Students. Students have already begun rehearsing their songs and dances and have given a lot of thought to costuming, choreography, and dramatization of their performances. More information will be forthcoming about costuming needs but we will try to keep them simple. Costume information will be coming home on a separate notice - be on the lookout!

**School Buses** - Just a reminder that large items, such as skateboards, skis, poles, and snowboards are not allowed to come with students on the buses. They must be brought to school in private vehicles.

**Winter After School Programs** - Permission forms for the winter session of the After School Program are being sent home today with students in grades 1-8. Please return the permission forms as soon as possible if your child is interested in participating in any of the programs. The programs begin on Monday, January 25th.

**2-1-1** - is an easy to remember telephone number that connects callers to information about critical health and human services available in their community. This service is available 24 hours/365 days per year free of charge and is confidential as well as multi-lingual. Not sure where to turn? Finding help is a phone call away by dialing 211! If you have any questions regarding this service, please contact Donna Ullitz, Guidance Counselor at ext. 304.



United Ways of New Hampshire-Lead State Partner

Your link to resources.

**Get Help, Give Help, Discover Options.**  
**Just dial 2-1-1. [www.211nh.org](http://www.211nh.org)**

## Get Your Fruit and Veggie On

Fruits and vegetable are an important part of a well balanced diet. They not only help you maintain a healthy weight but are packed with important nutrients that are essential to the human body. It can be challenging in these cold winter months to consume the proper servings of fruit and vegetables -simply because there is less of a variety of things that are in season. And often things that are available to us in the grocery store, are flown in from warmer climates-resulting in a higher price. However, there are still many fruits and vegetables that are in-season in the winter time.

In-Season Veggies: Acorn Squash, Bell Pepper, Bok Choy, Broccoli, Brussels Sprouts, Butternut Squash, Cabbage Carrots, Cauliflower, Celery, Kale, Lettuce, Mushroom, Parsnip, Peas, Sweet Potato, Turnip, and Yam.

In Season Fruit: Apple, Avocado, Banana, Grapefruit, Kiwi, Orange, Pear, Pineapple, and Tangerine.

Also there are less expensive yet just as nutritious options like frozen or canned fruits and veggies (caution with canned fruits-they often are in heavy syrup containing high contents of sugar).

So, there are plenty of options available in order to maintain your adequate amount of fruits and vegetables throughout the winter season.

## **Community Events**

**Adult Volleyball** - Wednesday, January 20th at 7pm will be the first night for adult volleyball. Come to the Brett School Gym for some exercise and fun in a relaxed atmosphere. All ability levels welcome. Proper indoor gym shoes must be worn. For more information call 323-7582.

**Squeaky Sneakers** - Squeaky Sneakers is returning to the Tamworth Town House. Thursday morning January 14th from 9:30 to 10:30. The ten week schedule will include arts and crafts, singing and dancing, for your 2 and 3 year old. An opportunity for you and your child to meet new friends. For more details call 323-7582.

**Short Sports** - A play group similar to Squeaky Sneakers for your 4 and 5 year old will also be held at the Tamworth Town House starting Thursday, January 14th from 11am to noon. Call 323-7582 for more information.

**Arts Council of Tamworth** - Presents a Movement Exploration and Modern Dance workshop for kids ages 7 to 10, led by Jeanne Limmer, on Saturday, January 16th from 9:30 to 11am at the Tamworth Town House. For more information and to pre-register call 323-8104.

**MWV Ski Team** - On Saturday, January 16th at the Grand Summit Hotel in Bartlett, the MWV Ski Team is presenting a comedy night with Bucky Lewis along with a dinner, auctions, raffle, door prizes, fun, and more. To reserve your tickets, and for more information, call 356-7627 or contact [mwvskiteam.com](http://mwvskiteam.com)

**Tin Mountain** - Star Wizard - Join Matt Krug, on a tour of the winter sky and constellations. Program will be held clear or cloudy skies on Friday, January 15th at 7pm at the Nature Learning Center in Albany. Call 447-6991 for reservations.

Snowshoe Exploration of Tin Mountain Timberlands on Saturday, January 16th from 10am to 3pm. Winter is a great time to be out in the forest. Call 447-6991 for more information or registration.

**Granite State College** - Who are you, where are you headed and how can higher education help? Come to a free workshop on Wednesday, January 27th from 3:30 to 5pm at Tri-County CAP Resource Center in Tamworth, NH. This fun, interactive workshop is for anyone unsure of their future direction and how to get there! Participants will learn how to identify their specific strengths, skills and interests; and set realistic career goals and objectives. Together we will explore higher educational opportunities to achieve needed skills. Learn about non-traditional paths of learning and set strategies to move ahead. For more information call Betsy Gemmecke at 447-3970.