

January 20, 2010



Special points of interest!

- 1/21 - Jr. High basketball game at home vs. Berlin 4pm
- 1/22 - Ski/Skate Program
- 1/23 - Jr. High Girls basketball Tournament at Bartlett
- 1/25 - School Board Public Forum 6pm
- 1/26 - Jr. High basketball game at Moultonborough 4pm
- 1/27 - Early Release dismissal at 12:30pm
- 1/28 - Jr. High basketball game at home vs. Kennett 4pm
- 1/28 - All school assembly at 2:15pm

Nurse Information Hug For Health: National Hug Day January 21, 2010

Did you know that hugging can improve your overall health? Its true- studies have shown that a simple hug can boost your body's production of endorphins (a chemical in the body that makes you feel good). This chemical not only strengthens your immune system but helps reduce stress, helps ease depression, promotes better sleep patterns, and gives the body more energy.

Hugging is especially beneficial for kids. Hugs help to build up self esteem and improve overall well being. It makes them feel more secure in their environment, relieves loneliness, frustration, anxiety and other negative emotions. Hugs open the door to those feelings that children may need to share-reducing the likelihood of acting-out behavior.

Other health benefits of hugging are lower blood pressure, pain relief, and hugs help in the reduction of nervous behaviors (nail biting, hair touching etc.).

The health benefits of hugging are tremendous! Tomorrow is national hug day in the United States. So celebrate hug day (and everyday) with a nice big hug! Grab a friend, family member, pet or loved one and give them a great big bear hug to not only show them how much you care, but also improve your own health!

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!

Winter After School Programs - The programs begin on Monday, January 25th. If your child is participating in a program, they should have brought home a slip stating which program they are in. If you have any questions, please call the school office.

Tamworth School District Public Forum - Please see the back of the newsletter for more information on this meeting being held on Monday, January 25th at 6pm.

Lost and Found - We are accumulating a lot of clothing items. Please have your child look in the cafeteria for any items they are missing. Parents are welcome to stop by anytime to look for items also.

Pennies for Peace Campaign - Please keep sending in those pennies to join other students around the country in working together to become members of a global family dedicated to peace.



Community Events

Arts Council of Tamworth - Sunday, January 31. ACT, TMCC, and the Mountain Storytellers Guild join forces to present an afternoon of New England stories told around the fire in Tin Mountain's Great Room, beginning at 3:30pm. Vermont storyteller, writer, and TV and radio personality Will Lange will headline, accompanied by Guild storytellers Olga Morrill, David Newfeld and Jo Radner. Optional snowshoe and story excursions at 1:00pm are included in the ticket price. For tickets and more information visit www.artstamworth.org or call 603-323-8104.

Tin Mountain - Black Bears of NH with Ben Kilham on Friday, January 29th at 7pm. Author Ben Kilham will share his insights and understanding of black bears gained observing bears in the wild and raising orphaned bear cubs on his property in Lyme, NH. Call 447-6991 for reservations or more information.

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.

School Board Public Forum - Tamworth community members. On behalf of the Tamworth School Board I would like to invite you to attend a public forum to discuss the proposed 2010-2011 school budget. This forum has been scheduled for (Monday) January 25, 2010 at 6pm in the KA Brett School cafeteria. The administration (i.e. our superintendent and principal) have made a number of recommendations for program changes and eliminations as part of budget cost reductions. The public forum is being hosted as a direct line of communication from our community to the school board about these proposed changes and is being held prior to the school board vote on the budget.

- Prior to the public forum the school board will distribute a current summary of the proposed changes along with information about cost impact and other data. Electronic copies of this information will also be available on the school website after Wednesday January 20th. We encourage everyone to review this information prior to attending the forum.

- During the forum the principal and superintendent will give a short presentation to highlight key information about the proposed changes.

- The remainder of the forum will be open for public comment and discussion. The school board will not deliberate during this forum, but instead will be available to listen to community members and gather feedback we hope will enable us to make well informed decisions about the final budget.

Information about this meeting is being sent home with KA Brett students, will be posted in the school, as well as posted in other locations throughout town. Please share this information with community members who may not receive the Tamworth Exchange messages and feel free to copy and distribute this email invitation. We look forward to meeting with you! Laura Pike, Tamworth School Board

MWV Children's Museum - Located at 2936 Wt. Mtn. Highway in North Conway. 356-2992 for information.
Saturday January 23 - Friday January 29

Saturday is Trashion Fashion Day - Come make something fashionable out of recycled items.

Sunday lets celebrate The Chinese New Year, come for a special story time and activity at 11am.

Wednesday is craft day - come make a different craft with us from 10am to 1 pm.

Thursday is Pampering Parents Day - Enjoy coffee & chocolates and learn relaxation techniques while the kids play.

Friday is Music Day - Come at 11am for a Sing-a-long with Mt. Top Music