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March 3, 2010



**Special points  
of interest!**

- 3/3 - Annual School District Meeting 7:30pm
- 3/3 - PTA Mtg. 6pm
- 3/3 - School Spirit Night 6:30pm
- 3/5 - Ski/Skate Program
- 3/10 - Freshman orientation at Kennett High at 6:30pm
- 3/13 - Energy Fair at the school gym 9-12
- 3/13 - PTA Winter Snow Fest 10-12

**Winter Preposition Poetry**

*Snowboard-* by Jessica Noyes

On top of a hill  
Around the people  
Off a jump  
Beside my friend  
On my toe edge and heel edge  
Toward the chairlift  
Zoom!!

*Skiing-* by Lydia

Blanchette  
Up the lift  
Down the mountain  
Past my dad  
Beside my mom  
Through the trails  
Over a jump  
In front of my brother  
I win the race!

# KENNETH A. BRETT SCHOOL

**Jump Rope for Heart-** This event will take place on the afternoon of March 18th. Packets need to be returned to Mrs. Brooks on March 17th. If you have any questions please contact Kerry Brooks at 323-7271 ext 303 or [kbrooks@tamworth.k12.nh.us](mailto:kbrooks@tamworth.k12.nh.us)

**PTA News** - 1st Annual Snow Fest on Saturday, March 13th from 10-12 at the K.A. Brett School. Free outdoor fun! Snow Bowling - Snowshoe Course - Snow Mini-Golf - Sack Races - Bird Treat Making - Face Painting.

**Energy Fair** - Saturday, March 13th from 9am till noon in the school gym. Come one, come all, to see what we have learned about energy! How can you save energy? The students will show you. Energy related prizes will be raffled off. Come....maybe there will be a solar car.

**8th Grade Students - Kennett High School Orientation** - On Wednesday, March 10th at 6:30pm in the Loynd Auditorium, there will be the annual incoming freshman parent/student evening orientation. The copy of the Program of Studies and their own course selection sheet will be handed out this night. If you have any questions, please contact Donna Ulitz at 323-7271.

**Second Quarter Honor Roll - Highest Honors:** Eliza Burke, Thomas Chant, Serenity Graves, Courtney O'Keefe. **High Honors:** Anthony Ferrara, David Harte, Grace Harte, Bengerman Jones, Michael Jones, Kiona Keewatincappo, Shana Lund, Robby Moody, Ashlyn Nolan, Ben Nordwick, Kyle Noyes, Courtney Perry, Christopher Plauche, Jacob Remick, Vincent Testa, Kayla Thorner, Raecene White, Adam Wright. **Honors:** Cody Drew, Frankie Drew, Mason Goodson, Carmen Maura, Lauren Mitchell, Ilisha Sherman. **Congratulations to everyone.**

**Nurse Information** - Happy National Nutrition Month: Healthy Food Shopping  
Step one in nutrition knows what foods to choose. Here are some simple tips to guide you on making those healthy choices on your weekly trip to the grocery store. 1. Make a list/ Follow a Path- When you have a list that you stick to- you are more likely to stick to a healthy selection. Next follow the "healthy path" in the grocery store. Start by shopping on the store's perimeters. The outer aisles contain the healthiest food. Next, move to the inner aisles, where you'll find other items but beware those inner aisles also contain more expensive and less healthy prepared foods and snacks. However, by visiting the inner aisles *later* in your shopping trip, you *reduce* the chances that you'll overdo it on snacks and processed foods. 2. What to Get: Focus on wholesome ingredients such as: fresh and frozen fruits and veggies, **Lean** meats and poultry, fresh fish, whole grains and **low fat/ non fat** dairy products. 3. Reading the Box  
Manufacturers often make claims about the healthfulness of a food on the front of a package. However, even if a food is low in fat, the food may not necessarily be low in calories or nutritious value. Even a low-fat food can be high in sugar. Grocery shopping has become more like a scavenger hunt to find things that are good for you-but the extra effort is worth the benefits. Good Luck In your future trips to the grocery store- and may healthy selections be with you!

**See the back of the newsletter for Community Events  
And  
Information on School Spirit Night - Tonight, March 3rd!**

### Community Events

**Tin Mountain** - Snowshoe Adventure in Kilkenny on Saturday, March 6th at 8am. Explore the mysteries of winter in the remote Kilkenny region of the White Mt. National Forest. Dress warm, bring a lunch and snowshoes (or borrow ours). Call 447-6991 for reservations.

**Cook Memorial Library** - Join us on Tuesday, March 16th from 4-5ish for a Graphic Novel Book Discussion. For more information contact Jenn at 323-8608 or [jenn@tamworthlibrary.org](mailto:jenn@tamworthlibrary.org).

**3rd Annual MWV Regional Science and Technology Fair** - All 7th through 12th grade students from the Mt. Washington Valley are invited to participate in the fair on Thursday, May 13th. For more information contact Julie Hoyt at [Julie.Hoyt@granite.edu](mailto:Julie.Hoyt@granite.edu) or visit [www.mwvsciencefair.com](http://www.mwvsciencefair.com). Applications are due by March 27th.

**WMV Youth Lacrosse** - For ages 7 to 14. Registration is due prior to the 1st meeting on March 6th at John Fuller School. Brochures are available in the school office or visit [www.mwvlax.com](http://www.mwvlax.com)

**Haiti Earthquake Relief Fundraiser** - Join Idol Hands and the Mountain Storytellers for an evening of music and stories. Suggested donation of \$7.00 per person or \$15.00 per family. Refreshments and other baked items will be available for purchase. Saturday, March 13th at 6:30pm at the Lutheran Church of the Nativity in Conway, NH.

**Arts Council of Tamworth** - On Saturday, March 20th you are invited to kick up your heels with Jonathan Sarty & his White Mountain Boys at the Brass Heart Inn in Chocorua, NH at 7:30pm. Shake off the mud season blues dancing to Jonathan's great vocals and the full country sound of this wildly popular five-piece band. For tickets and information visit [www.artstamworth.org](http://www.artstamworth.org) or call 603-323-8104.

**UNH- Cooperative Extension** - Design it/Explore it After school Science Curriculum training for those interested in science based programming for Out of School Time programs. This training is provided at no cost. Sign up deadline is by March 5th. For more information contact Claes Thelemarck at 447-3834.