

KENNETH A. BRETT SCHOOL

March 10, 2010



Special points of interest!

- 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
- 3/16 - All day snow day events
- 3/17 - Early Release dismissal at 12:30
- 3/17 - School Board Meeting 5:30pm

Winter Preposition Poetry

Skating-by Marie Cannone
With my mom
Between my dad
On the ice
Under the roof at the Hamm Marina
With my family!

Snowmobiles-by Jeffrey Playdon
Above the snow
Across the field
Between trees
Near my house
Underneath the sky
Toward a snow banking
I ZOOM to my house!

Skiing- by Eric St. Jean
On top of the hill
In front of Mrs. Furnbach
I ski!

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

AfterSchool Program Make-Up Day - There will be an additional afterschool program day scheduled for Monday, March 15th. The programs that will be held that day include: Catch Kids, Ms. McKenna's Dilemmas, Listen & Imagine, Yarn Crafts, and Tiger Tutors. The bus will run as usual to satellite stops. If you have any questions, please call Mrs. Ulitz at 323-7271 ext. 304. The Spring sessions will begin sometime in April.

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.

School Board Meeting - The meeting has been rescheduled to Wednesday, March 17th at 5:30pm. There will be free child care offered for school aged children by the TEA at this school board meeting.

Nurse Information Salt: Dangers beyond the Salt Shaker

We need dietary salt to regulate body fluids and blood pressure, keep muscles from cramping and nerves running smoothly. However, too much salt can be detrimental to your health. US hospitals are seeing a dramatic increase in health problems related to sodium intake in children. The Children's Hospital of Philadelphia now treats five children a week for kidney stones, compared to 10 a year in 2005. Kidney stones in children are most commonly related to a high salt diet.

The frightening part about salt is that it's hidden in foods. 80% of the salt in kid's diets comes from processed and fast food. Foods that don't sound particularly salty can have very high sodium content. Did you know that a bowl of cornflakes has the same amount of sodium as a small bag of potato chips? It's important to limit your child's intake of salt as well as your own. Here are simple ways to lower the amount of sodium: 1. Eat less salty foods like chips, pretzels, crisps, salted nuts, salty cheeses, soy sauce, pickles, ham, bacon, chicken broth, processed meat and fish, frozen meals 2. Buy fresh, (plain) frozen or canned vegetables without added salt. Rinse canned vegetables to eliminate some of the added salt. 3. Use mayonnaise and ketchup, and salad dressing in moderation 4. Keep in mind that labels list sodium per serving as a percentage of the upper tolerable limit for adults, not the required amount for children. 5 Kick the habit of adding salt to children's food. 6. When cooking, add salt toward the end to maximize flavor. 7. Remove the salt shaker from your kitchen table.

See the back of the newsletter for Community Events

Remember to turn your clocks ahead one hour this Sunday for daylight savings time.



Community Events

Tin Mountain - Felted Animals - Saturday, March 20th 10am - 12pm at the Nature Learning Center in Albany. Theresa Beckett will help us create an array of felted spring animals. Brighten up your spring baskets with felted sheep, bunnies, and bears. For adults and children ages 9 and above. 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.

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 or visit www.mwvsciencefair.com. Applications are due by March 27th.

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 Friday, March 19th vocalist and songwriter Linda Waterfall, accompanied by Peg Loughran, Lisa Ferguson, Belle Stafford, Seth Austen and Beverly Woods visit the Tamworth Congregational Church in Tamworth at 7:30pm. Come immerse yourself in moving lyrics and layers and layers of harmony. For tickets and information visit www.artstamworth.org or call 323-8104.

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 or call 603-323-8104.

Madison PTO - Haircut Fundraiser \$10.00 hair cuts at Combing Attractions on Main Street in Conway on Sunday, March 21st from 10am to 2pm. The money raised will go towards a new sound system.

Asthma Care for Kids Workshop - Monday, March 22nd from 6 to 7:30pm at the Madison Elementary School. The goal of this important workshop is to give child care providers, teachers, and parents the tools and knowledge they need to help children with asthma breathe easier and to create a healthier indoor environment. No Cost. Register by calling 367-9800 or 1-866-261-7555 or email crr@whitemountainhealth.org

Mountain Top Music - On Saturday, March 13th at the Chocorua Library at 10am, join storyteller Matt Krug for some entertaining stories.