

May 12, 2010



Special points of interest!

- 5/12-14 8th Grade class trip to Washington, DC
- 5/15 PTA Sponsored Golf Tournament
- 5/18 Jr. High Baseball/Softball Game at Bartlett 4pm

Honor Roll 3rd Qtr. 2010

Highest Honors

Serenity Graves
Thomas Chant

High Honors

Eliza Burke
Cody Drew
David Harte
Grace Harte
Bengermin Jones
Michael Jones
Robert Moody
Ashlyn Nolan
Ben Nordwick
Kyle Noyes
Courtney O'Keefe
Courtney Perry
Jacob Remick
Vincent Testa
Raecene White
Adam Wright

Honors

Anthony Ferrara
Carmen Maura
Kayla Thorner

KENNETH A. BRETT SCHOOL

PTA News - Do you want to be a winner??? Help support the K.A. Brett School After School Program and Enrichment Activities by purchasing raffle tickets for a chance to win some great prizes. The raffle tickets are part of the Golf Tournament that will be held at the Indian Mound Golf Course on Saturday, May 15th. Golfers are still welcome...call the school for details or check out the website at www.brettschool.net.

Items include gift certificates, homemade items, and products from the following sponsors:

Indian Mound Hardware, Holland Hill Studio, Portland Sea Dogs, Home Depot, Chequers Restaurant, Brooks Brothers, Barnstormers Theater, Zeb's, White Birch Books, Pizza Barn, Ossipee Auto Parts, The Met, The Blueberry Muffin, Northway Bank, The Common Man, Storyland, Hairitage House, Linda's Flowers, Northern Tire, Pirates Cove, White Lake Pizza, Flatbread Pizza, May Kelly's, Jenn Mashiak Massage Therapy, Newall Interiors, Wal-Mart, Swift River Wood Products, Sammy's Fitness Ctr., The Crunchy Western Boys CD, Valuland Food Stores, Funspot, and the list goes on.....

Ticket Prices: \$2 each or 3 for \$5. Thank you for your support. Stop by the school office to purchase your tickets, or come to the golf course on May 15th to bid on some wonderful silent auction items.

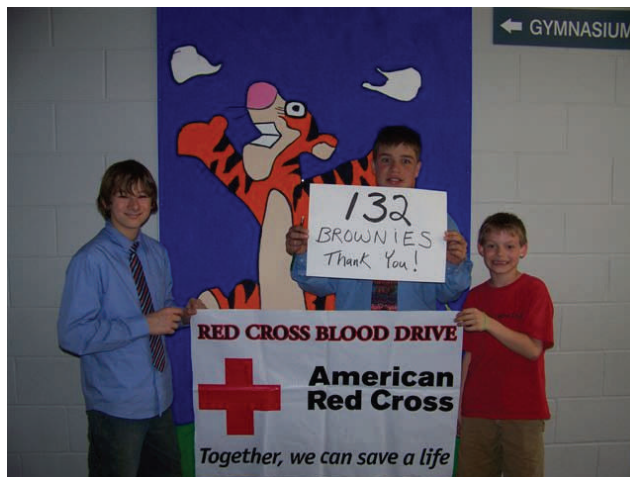
Nurse Information Protein: An Essential Part of your Diet

Protein is a very important part of everyone's diet. Your body is responsible for making its own protein but there are still some proteins that are essential to your health that can only come from stuff you eat.

The best sources of protein are: beef, poultry, fish, eggs, dairy products, nuts, seeds, and legumes (black beans and lentils). When you ingest foods rich in protein-your body uses that protein for many important jobs. Your organs, muscles and immune system are made up of mostly protein and without eating protein these systems do not operate at their optimal potential. So feel free to chow down on some protein-rich foods. Adults require about 60 grams per day, while kids need 0.5 grams per every pound of their rapidly growing bodies.

Helmet Orders—Due Friday, May 14th. Pick up an order form in the main office at school and call the school nurse with any questions, or sizing concerns

Alternative Education Classes - Thanks to the students who helped baked 132 brownies for blood donors of a recent Blood Drive at the Unitarian Church in Tamworth. The Alternative Education Program thanks everyone who donated brownie mixes and eggs for the cause.



See the back page for Community Events

Community Events

Summertime is Fresh Air time for thousands of New York City children growing up in disadvantaged communities. Through The Fund's Friendly Town program, close to 5,000 children visit volunteer host families each summer in rural and suburban communities. Fresh Air children stay for two weeks or more in 300 Friendly Towns across 13 Northeastern states from Virginia to Maine and Canada. Since 1877, more than 1.7 million inner-city children, living in New York City's toughest neighborhoods, have experienced the joys of Fresh Air experiences. The Fresh Air Fund is primarily supported by the generosity of thousands of contributors. **Registration for host families is now open for summer 2010!**

For more information contact www.freshair.org or Mr. Krug at the school.

Remick Country Doctor Museum and Farm - The Annual Children's Fishing Derby will be held on Sunday, May 16th from 10am to 12pm. The derby is for children up to ages 16 with an adult! Bring your own bait, tackle and pail to carry your fish home. Sponsored by: The Bearcamp Valley Sportsmen's Club & The NH Division of Fish and Game.

The Tamworth Caregivers - Please join us for tea at the Chocorua Library on May 23rd. Hear how you can become part of our organization. Neighbor Helping Neighbor. Oasis Tutoring Program at Brett. Transportation Assistance for Neighbors.

Mount Washington Valley Soccer Club - Direct Kick Field Player Academy - Kennett Middle School, Conway, NH, August 16th to 20th. Directed by Giovanni Pacini, a noted expert in the area of player development with international experience brings his unmatched expertise to the Valley. As an NSCAA Master Coach and credentials that include working with some of the finest coaches in the world, players who attend Direct Kick will be exposed to the very latest techniques in training players. For more information visit www.mwvsoccer.com

Variety Night at the Barnstormers - Saturday, May 15th at 7pm. Join emcee George Cleveland and an assortment of performers in a benefit for the theatre, both summer plays and making the building energy-efficient so it can again be used year round by local groups. Tickets are \$10 adults, \$5 kids 12 and under. Available at The Other Store in Tamworth, Mocha Rizing in Sandwich, and at the door. Open seating.