

# KENNETH A. BRETT SCHOOL

June 9, 2010



## Special points of interest!

- 6/11 All School Recognition 2:30 to 3:15
- 6/14 Band Concert/ Arts Evening 6:30pm
- 6/16 Get Wet Presentation 6 to 7pm
- 6/18 8th Grade Celebration 7pm

## Yearbooks

The yearbooks have arrived. Don't be left without one. The extra ones will be sold on a first come, first served basis. They are available in the office and the cost is \$10.00

**PTA Members** - Three for me celebration and pizza party on June 15th to thank all PTA Members who have volunteered at least three hours of their time throughout this school year.

## Nurse News - Kids and Energy Drinks=Dangerous Mix

Red Bull has the slogan "Improves performance ... increased concentration ... stimulates the metabolism." With words like that, how can it be bad? Wrong, the negative effects of energy drinks on the body are vast; it's surprising they are still on the shelf. These flashy 8.6 oz can drinks costing a minimum of 2 dollars contain as much caffeine as 10 cans of your common cola drink. Excessive caffeine intake for kids can lead to increased heart rate, anxiety, headaches and interrupted sleep patterns. United States Emergency Rooms have had numerous admissions of young kids suffering severe side effects from these energy drinks.

Caffeine is also a diuretic. This means that it increases the kidney's disposal of fluid from the body. Drinking a can of an energy drink thinking that it is getting you hydrated, you're actually getting dehydrated. Kids are growing and need things like proteins and calcium and vitamins to make their bodies strong and healthy. They should not be ingesting excess amount of caffeine and the high sugar contents in these. So please do not allow your kids to drink red bulls or other energy drinks such as monsters, or SoBe there are no benefits, and to be on the safe side you should stay away from consuming them yourself.

**Band Concert - Arts Evening** - Come enjoy the artwork of the Brett School students while listening to the Brett School Bands on Monday, June 14th at 6:30pm. Dinner for band students and their families begins at 5:30. Band members need to RSVP for dinner at 323-7271 or lferguson@tamworth.k12.nh.us

**Field Day** - Fun at the Beach Field Day will be held on June 21st in the morning. Please make sure that your child(ren) have proper footwear, sunscreen, and a bottle of water for this event. The students in grades K-7 will also be **performing** at the last school assembly at 2:30. Family and friends are encouraged to attend.

**National Junior Honor Society** - Congratulations to the following students who were recently inducted into the National Junior Honor Society. Eliza Burke, Thomas Chant, Robby Moody, Courtney O'Keefe, Courtney Perry, Vincent Testa, and Adam Wright.

**The Spring Sneaker Fling** - Hey everybody. Bring in your old sneakers and drop them in the box here at school by Friday morning, June 11th. They will be taken to Settlers' Green for an event on Saturday, June 12th. All the sneakers will be recycled and made into sports surfaces and underlayment AND BEST OF ALL they will be kept out of the landfill.

**8th Grade Celebration** - Join students and families in the celebration on Friday, June 18th at 7pm.

## Community Events

**Mount Washington Valley Soccer Club** - Direct Kick Field Player Academy - Kennett Middle School, Conway, NH, August 9th to 12th. 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](http://www.mwvsoccer.com)

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**Tennis Anyone?** - Did you enjoy the tennis lessons last summer? Do you take lessons now or wish you could? The MWVCTA and Cranmore are sponsoring a Junior Tennis League this summer for kids 12 and under. This will include 6 lessons and 6 matches around the valley. Contact the League Coordinator at 367-1043 for more information.

**ACT's Annual Art Show** - Calling all artists; time to register for ACT's Annual Art Show & Sale and Art in the Park. The deadline for registering is July 8th. For more information about this activity visit [www.artstamworth.org](http://www.artstamworth.org).

**Sign up for some tennis fun this summer. Monday, June 14<sup>th</sup> at the John Fuller School 6:00-8:00 pm.** Information about the summer program as well as a demonstration on 36 'and 60 ' courts that have just been made. Bring your friends. Tennis is a lifelong sport! Come get in the game, meet new people and participate in a sport you can play anywhere at any age!!!

**Thrift Store.** The Little Green Closet Thrift Store is open in North Conway. Located in the MWV Childrens Museum on rt 16 next to Stan and Dan Sports. Open Wed 10-1, Thu-Sat 10:30-4:45, Sun 9-1. Call 603-356-2992 (hrs subject to change). Donations of beautiful children's clothing accepted inside and outside the door. Thank you!

**MWV Childrens Museum.** The museum has a new exhibition opening this month . *The Tree of History* donated by Mark Stowbridge will be the focus of fantastic happenings. Stop in and play. Also there is a new "*Lets Pretend Drama Center*" that lets children dress up in costumes and pretend!! This interactive childrens museum has an extensive number of other permanent exhibits. Hours of fun for children 0-8 yrs! Wed 10-1, Thurs-Sat 10:30-4:45, Sun 9-1. Hrs subject to change. For more information check our website [www.mwvchildrensmuseum.org](http://www.mwvchildrensmuseum.org) or call 603-356-2992. Admission is \$5.00 per person age one and up.

**The Community School** - Will be hosting another series of summer camps for ages 4 to adult. If you would like more information please contact the school at 323-7000.

**Summer Drama Workshops** - Sifting Stories - with puppeteer/actor Will Cabell & storyteller Marion Posner. August 16 to 20th and performance August 21. Ages 5-7 and ages 8-13. For an application call 323-7477 or 968-7952 or email [mfposner@gmail.com](mailto:mfposner@gmail.com) or [willcabl@yahoo.com](mailto:willcabl@yahoo.com)