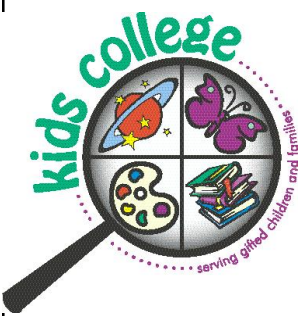


Ellis School Newsletter

432 Main St. Fremont, NH 03044

www.sau83.org



FIRE AND ICE

This family event is sure to delight and please spectators of all ages. Join our special presentation of *Fire and Ice*. In this program you'll see Sparkling, Energetic, Explosive Chemistry Demonstrations! Joy Erickson, from the University of Connecticut will have you sitting on the edge of your seats. Come watch the thrill of science ignite! Hands-on experiments, raffles, and treats will also be available. Come enjoy a night of spectacular science.

Date: Friday, June 5, 2009

Time: 7:00 – 8:30 PM

Location: Horse Pond Fish and Game Club – Horse Pond Ave. Nashua, NH

Cost: \$5/ person members \$7/person non-members

TICKETS AVAILABLE AT THE DOOR – but please RSVP

Bring a new family and be entered to win a \$50 coupon to Think Camp 2009

(Must be present to win)

Info: 603-537-9458

RSVP: kidscollege@juno.com that you are coming and you will be entered to win a raffle basket and hold your seat. We want to know you'll be there!

www.kidscollegenh.org
(Check out our new web site!)

May 22, 2009

Upcoming Events:

- **May 25- Memorial Day**

No School



- **June 12- Field Day**



Reminder:

Please help us to earn money for Ellis School by recycling your juice pouches!

All juice pouches are accepted.

Field Day Volunteers Needed!

Ellis School Field Day will be Friday, June 12th at the Joe Bonis Memorial Fields. If you would like to volunteer please contact:

Susan Breton

642-7442 (H)

490-3632(C)

skibumps@comcast.net

Please consider volunteering. It is a great event for our students.

Notes from the Nurse

H1N1 Influenza (Swine Flu) is not over yet! We as a community must remain on guard and promote good hand washing, covering coughs and sneezes, and staying home when sick to keep from spreading germs. Parents and staff should notify the school nurse of any one with suspicious symptoms such as quick onset, high fever, respiratory symptoms, and GI upset. If we can be responsible and follow these simple guidelines, then in the fall when the true flu season starts, we will have a good healthy baseline for protection from flu.

5210 The PBIS and Wellness Committees have initiated the 5210 Philosophy. Parents can go to www.healthynh.com for more information regarding the support of 5 fruits and vegetables daily, limit to 2 hours of screen time, one hour of physical activity daily, and 0 sugar drinks.

As a parent I am guilty of supplying my own children with sweet drinks such as 100% fruit juice, or sports drinks rather than limiting to water or low fat milk. I recently announced I will no longer be buying the sweetened drinks at my home. I know one of my 3 children has gained weight as a result of drinking those empty calories and I feel guilty that I continued to buy the products thinking they needed them. So we are cutting back!!!!

REMINDER: There are new Immunization Requirements for the 2009-1010 which affect incoming kindergarten, first grade, and grade 6. Please send in any new health forms and updated Immunization records as soon as you have them!

5-2-1-0 Goes to School! Avoid Soda & Sugar-Sweetened Drinks

The problem:

Soda is high in sugar and has no nutritional value. One 12 oz. can of soda has 150 calories and drinking just one a day will increase a child's risk of obesity by 60%. Many sodas also contain caffeine, which gives kids the jitters, increases their heart rate and blood pressure, and causes difficulty in concentration. Lastly, soda usually replaces more healthy options and kids who drink too much soda usually don't get enough other nutrients, especially calcium.

The Solution:

You don't have to ban soda, but let your kids know that it is something that they should only have once in a while. Help them find alternatives to soda such as water and low-fat/non-fat regular or flavored milk.

Did you know?

A study done by Children's Hospital in Boston and the Harvard School of Public Health examined the impact of soda and sugar-sweetened beverage consumption on children's body weight. The results show that "for each additional daily serving of a sugar-sweetened soft drink, the incidence of obesity was significantly increased."¹

Helpful tips to make it easier:

Cut back slowly.

Don't replace soda with other sugar-sweetened beverages, including juice.

Make low-fat milk & water the drink of choice.

Remember, water is the best thirst quencher.

Additional information:

- Team Nutrition: www.fns.usda.gov/tn
- 5-2-1-0 posters, handouts, and other resources: www.healthynh.com
- Kids Health: www.kidshealth.org

Adapted from "5210 Goes to School," The Barbara Bush Children's Hospital at Maine Medical Center

¹ Ludwig, D.S., Peterson, K.E., Gortmaker, S.L. (2001). Relation between consumption of sugar-sweetened drinks and childhood obesity: a prospective, observational analysis. *Lancet* 357(9255) 505-508.

Middle School Homework Helpline

Parents or students call the school number of [895-2511](tel:895-2511) after school hours and dial one of the following extensions:

175 - 5th grade	176 - 6th grade
177 - 7th grade	178 - 8th grade.

Middle School Hours—7:50—2:20

Elementary Hours—8:35—3:05

Telephone Extensions

Nurse—dial—8

Absent & Tardy Line—dial 7