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Dawn M. Lewis  
Elementary School Principal

John Safina  
Middle School Principal

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**October 1, 2009**

**NO SCHOOL FRIDAY, OCTOBER 2, 2009**

**Water Bottles**

Students are allowed to drink water in the classroom. This has been a long standing rule which was implemented as a result of findings in Brain Research:

**The average learner is often dehydrated. This dehydration leads to poor performance. Students drinking a glass of water before each lesson or having water bottles in class also have improved behavior. Brain specialists recommend 8-15 glasses of pure water a day depending on your size, weather and activity level. Athletes have learnt to boost water consumption for peak performances.**

**Students who are bored, listless, and drowsy or who lack concentration may in fact be dehydrated.**  
*Learning to Learn. Ward and Daley.*

Many students have been bringing different drinks to class, some with high levels of sugar. Students have been told that only water is allowed in classrooms. Containers that are not transparent are not allowed as well.

**Parent Forum**

The Parent forum will meet monthly with the principal. The purpose of the forum is for parents to be able to dialogue with the middle school principal at Ellis on issues and concerns that will lead to improved student learning. The purpose of the forum is to provide input on decisions, provide feedback on programs, and make recommendations for improvements to the principal and to work with the staff on making those improvements happen. **Our next meeting will be held on Tuesday, October 13 from 5:00-6:00 pm.**

**Progress Reports/Report Cards**

According to the calendar, Progress Reports should be going home on October 9. The new progress report has not been approved by the school board yet. It will be presented to the school board on October 13. Therefore, we will be sending progress reports home on **October 16.**

There will be a "Report Card Night" to explain the new report card on **Wednesday, October 21 at 6:00 PM at ELLIS SCHOOL.**



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**Sunny D - REMINDER - Program ends November 13, 2009**

Scholastic and Sunny D are working together to bring twenty (20) free, grade appropriate books into elementary classrooms this fall. If your family drinks the valid products indicated below, please have your child bring the entire label or outer wrapper to school and put in the Sunny D collection container on the bookshelf in the lobby. Please be sure to indicate your child's classroom on the back of the label, wrapper or cardboard UPC. For more information about this program please go to <http://www.sunnyd.com/bookspre/why.html>

Valid Products:

Bottle labels from: 128 oz., 96 oz., 64 oz., 48 oz., 20 oz., and 16 oz.

Liter bottle labels from: 1, 2, and 3 liters

6 or 24 pack outer wraps from: 11.3 oz. and 6.75 oz.

8 pack outer wraps from: 6.75 oz.

Cardboard UPC from cases of: 12 pack 6.75 oz. bottles, 12 or 24 pack 12 oz. cans

**NECAP Testing**

The fall NECAP tests in reading, mathematics, and writing were designed to measure your child's progress in meeting New Hampshire's Grade Level Expectations, or GLEs. The GLEs define the knowledge and skills a student should have mastered by the end of each school year. The reading test includes short and long reading passages with related multiple choice and constructed response questions. The mathematics test includes multiple choice, short answer, and constructed response questions. The writing test includes multiple choice and constructed response questions, and a single extended writing prompt. A constructed response question requires students to show their work and/or explain their reasoning. Test results in reading, mathematics, and writing will be available at the end of January 2009.

The New England Common Assessment Program is one of the important tools available to parents and educators to determine how well our schools are helping students meet standards and grade level expectations. In every assessment, scores are only as meaningful as the effort students put into the tests. Encourage your child to take the tests seriously and to give his or her best effort. You can best help your child prepare for the assessment by making sure that she or he is rested on the days the tests will be given. And, as with every day, it is critical that students have a good breakfast before heading off to school. Thank you for supporting your child and our school during the testing period.

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