

Ellis School Newsletter

432 Main St. Fremont, NH 03044

www.sau83.org



News from the Nurse

Greetings! Below is an invitation to join a list serve provided by the State Department of Education regarding the link between academics and health!

Friends of School Health Mailing List: The State Department of Education invites "The Ellis School" Community Members including PTO members, teachers, parents, students and interested others to join their new list serve. This List will provide information and resources that generally relate to the strong link between academics and health. There will be approximately 2 postings a week to start. Here is a link describing the new list, showing archived postings for this month, and offering automated sign up: <http://maillist2.nh.gov/mailman/listinfo/nhsn-friends> The Go Green Go Healthy Wellness Fair is coming Saturday February 7, 2009. This is open to the entire community. Please come and support our school and learn many great things regarding health, wellness, and thinking green!

January 23, 2009

Upcoming Events:

- February 7– Go Green Go Healthy Wellness Fair
- February 23-27 No School
February Break

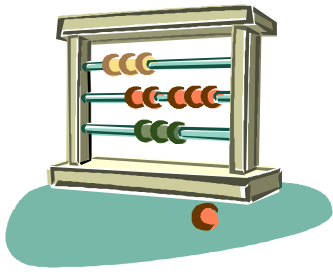


Save the Trees Challenge Starts Monday

Tired of junk mail? Join the Ellis Save the Trees Challenge starting Monday, January 26th! Families are asked to cancel any UNWANTED catalogs they receive at home or work. Canceling is quick and simple – it may be done by calling the 800 number on the cover or by emailing customer service from the website and asking to be taken off the mailing list. Sometimes it may take a month or two for the change to take effect. Once the company has been contacted, students should bring the cancelled catalog to school with their grade written on the cover. The catalogs can be deposited in the collection bins that will be set up around the school.

Each year 100 million trees are sacrificed for the creation of junk mail in the U.S., creating greenhouse gas emissions equivalent to 3.7 million cars. Through the challenge, we can make a difference! The Park School in Brookline MA originated the challenge in 2007 and was successful in stopping over 4000 catalogs in just one month! Let's show them what Ellis can do!

First Grade News



Counting school days in our classes isn't because we can't wait until summer. First grade excitement is mounting as we are rapidly approaching the 100th day. This day is such a big deal that we are going to celebrate it all week long!! Mark your calendars!! On Monday, February 16th kids will be working in groups to make a one hundred link paper chain. On Tuesday, February 17th all first graders will need to bring in 100 small objects (less than 1 inch) that can be glued to a blank number grid. Beads, stickers, macaroni, and cereal are items that work well, but be creative. On February 18th (THE 100TH DAY!!!) kids will need to bring 100 pennies to school do some fun activities and trade for a dollar with their teacher. Kids will also be stamping 100 fingerprints and they'll draw themselves at the ripe old age of 100! Other fun activities will include 100 minutes of math activities, getting 100 autographs, and a 100 book swap!

Did you know that all of the 1st grade sight words are on our website? These are the words we hang on our Word Walls. We call them trick words because they can't be sounded out – everyone needs to memorize them. Sight words, or high frequency words, are some of the most frequently used words in the English Language. We practice them regularly at school – practice at home could really help our young readers to become more fluent. Scroll down the first grade webpage to the curriculum section and find the trick words under Language Arts.

Please practice Word Wall Words with your child. Here are some fun ways to practice:

- Write the words using a different color crayon or marker for each letter in the word.
- Write the words in a tray of salt, cornmeal, sand or shaving cream.
- Put a piece of sandpaper or a window screen under your paper. Write the words with crayon on top of it.
- Write the words on paper with watercolors.
- Write the words using a snake of Play Dough.
- Make a deck of alphabet cards and use them to spell the words.
- Record your child spelling the words on tape.
- Have your child write the words on your back with his/her finger. See if you can guess the word. Then trade places.
- Have your child read and spell the words out loud.

You might also plan a visit to the Fremont Public Library to stock up on some good books to read. You'll find Word Wall words on every page!!!



Library With Ms. Antoine



Students in grades K-6 who complete 6 hours of recreational reading are eligible to earn a free ticket to 6 Flags Theme Park. The program begins immediately. Tracking forms for time spent reading are due to Ms. Antoine in the library by 2-20-2009. (The Friday before February vacation)
Reading is the ticket!


By: Jamie Francis



Ellis School February 2009



Farm Fresh Focus
This month we are
Featuring:
Turnip
School Tasting
February 5th

Monday 2/2/09	Tuesday 2/3/09	Wednesday 2/4/09	Thursday 2/5/09	Friday 2/6/09
Ground Hog Day! Puxatawney Phil's Cheeseburger on a Bun Krinkle Kut Fries Sweet Green Peas Fresh Mac Apple	Chinese New Year Celebration Chicken Nugget Chunks w/ Sweet & Sour Sauce Seasoned Rice Oriental Veggies Pineapple Tidbits	That's Italian Spaghetti with Meat Balls Garlic Bread Green Beans Fresh Orange Wedges	The Chicken Coop Chicken Tenders Buttered Noodles Sweet Corn Niblets Mashed Turnip Cornbread	Fresh Pies Pizza Cheese or Pepperoni Pizza Fresh Garden Salad Pears
Monday 2/9/09	Tuesday 2/10/09	Wednesday 2/11/09	Thursday 2/12/09	Friday 2/13/09
BRUNCH FOR LUNCH Pancakes w/ syrup Sausage Patty Golden Hash Brown Orange Smiles	Hot Diggity Dog! Hot Dog in a Bun Oven Fries Green Peas Pears	A Taste of New England Homemade Creamy Macaroni and Cheese Fresh Dinner Roll Crisp Garden Salad Mixed Fruit	Abraham Lincoln's Birth Day Presidential Pork Roast Sweet Mashed Potatoes Green Beans Dinner Roll Abe's Special Warm Chunky Apple Sauce	Valentines Lunch Pizza Be My Valentine Cheese or Pepperoni Pizza Cupid's Carrot Spears Fruit Cocktail
Monday 2/16/09	Tuesday 2/17/09	Wednesday 2/18/09	Thursday 2/19/09	Friday 2/20/09
Mama Mia! Hamburger Sub w/ Cheese Potato Wedges Garden Salad Fresh Mac Apple	Mardi Gras/Carnival Fat Tuesday! Dixie Chicken Strips w/ Dipping Sauce Louisiana Rice Green Beans Bayou Pears	Italian Street Fest Luigi's Pasta Bowl Rotini & Meat Sauce Garlic Bread Heart Healthy Salad Peaches	All American Oven Baked BBQ Chicken Country Mashed Potatoes Sweet Corn Choc Pudding	Fresh Pies Pizza Cheese or Pepperoni Pizza Garden Salad Fresh Apple
Monday 2/23/09	Tuesday 2/24/09	Wednesday 2/25/09	Thursday 2/26/09	Friday 2/27/09
VACATION	VACATION	VACATION	VACATION	VACATION
				In accordance with Federal law and U.S. Dept. of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

Deli

Fresh made deli sandwiches
served with two nutritious sides
and
Farm Fresh Milk.
Monday: Tuna Sandwich
Tuesday: Ham & Cheese
Wednesday: Egg Salad
Thursday: Turkey and cheese

Market Fresh

Entree salads prepared fresh daily
served with fresh baked bread
or Greek Pita and
Farm Fresh milk
Three cheese salad offered daily

- 2 Feb- Buffalo Chicken Salad
- 3 Feb- Ranch Turkey Salad
- 4 Feb- Chicken Caesar Salad
- 5 Feb- Ham and Cheese Salad
- 6 Feb- Chef's Salad
- 9 Feb- Crispy Chicken Salad
- 10 Feb- BLCT Salad
- 11 Feb- Ranch Turkey Salad
- 12 Feb- Chef's Salad
- 13 Feb- Buffalo Chicken Salad
- 16 Feb- Chef's Salad
- 17 Feb- Crispy Chicken Salad
- 18 Feb- Ham and Cheese
- 19 Feb- Chicken Caesar Salad
- 20 Feb- BLCT Salad
- 23 Feb Vacation
- 24 Feb Vacation
- 25 Feb Vacation
- 26 Feb Vacation
- 27 Feb Vacation

Fresh Fruit and Bread Offered Daily Farm Fresh
Milk is Served with all Meals

Café Services is a Proud Sponsor of the
NH Farm to School Project. We Buy
Local First. These are just some of the farm
partners we would like to thank:
Giles Farm, Brookdale Farm, Heron Pond Farm,
Barbers Farm, Zacks Farm,
Picnic Rock Farm

Any questions or comments, Please contact your
Food Service Director
Janet Maguire 895-2511 ext 427



CAFESERVICES
186.2005.10001

Technology Fun Night

Friday, February 13, 2009

6:00 PM – 8:30PM

Place: Seacoast School of Technology
Who: Grade 5 – 9 boys and girls

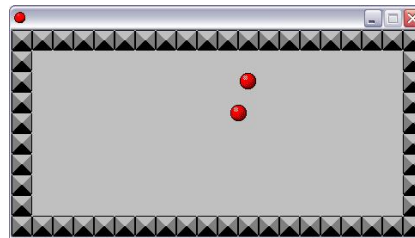
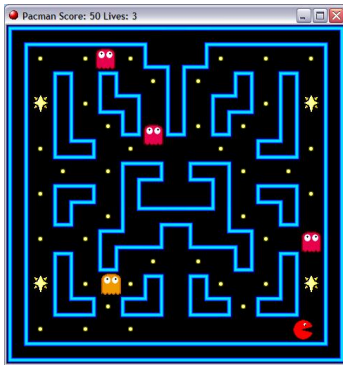
Cost: Voluntary donation of 3 cans of food for local food bank per person. If you would like to bring more cans, all donations will gladly be accepted.

Why: This school year, the Seacoast School of Technology is offering a series of events for students to show just how much fun learning about technology can be.

How to sign up: Call SST (775.8461) during business hours to register. Registration deadline is February 12, 2009. Limited to 40 students on a first come first served basis.

Last month we played other peoples games. In this session we will be learning about making your own games. Create games that are limited only by your imagination. This is your opportunity to have fun as well as develop some new skills. There will be door prizes.

Any questions, contact Mr. Messa at nmessa@sau16.org or 775.8623



Come join in the fun!!!!

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.

Telephone Extensions

Nurse—dial—8

Absent & Tardy Line—dial 7

Middle School Hours—7:50—2:20

Elementary Hours—8:35—3:05

