

Ellis School Newsletter

432 Main St. Fremont, NH 03044

www.sau83.org

FIFTH AND SIXTH GRADE ADVENTURE MAY AND JUNE 2009 WILL YOU SURVIVE?????

Starting after vacation the Fifth and Sixth Graders will be exploring a unit on Adventure and Survival! The Fifth and Sixth Grade teachers along with the Unified Arts Team has spent weeks putting together a thematic unit with which to end the year! The following is a brief introduction to the planned activities!

Fifth Graders will be reading books by various authors including Gary Paulsen. They will discuss:

- person vs. nature
 - person vs. self
 - challenges facing main characters
 - traits that enable characters to overcome challenges
- how they see themselves in comparison to or contrasting with the main characters
They will build an acrostic poem reflecting on the book they have read.
They will participate in simulated survival situations.

Sixth Graders will be reading adventure novels by author Gordon Korman. (Dive, Everest, On the Run, and Kidnapped.)

They will be working together to write an adventure story. They will work in groups to write the beginning of the story, split into a smaller group to continue the story, split again and finally individually write the ending to the story. The class ends up with an adventure story with multiple endings.

They will complete an author study.

They will design an adventure newsletter with cartoons, crossword puzzles, interviews, movie reviews, etc. They will hold a mock trial- reenacting the Gordon Korman books to find the guilty character.

- In Social Studies the fifth and sixth graders will be applying spatial concepts of geography, as well as concepts of location direction and movement.
- In Math students will be working on angles.
- In Science students will be studying plants and animals indigenous to NH.
- In Art the students will be producing stamps to use for their adventure books.
- Media and Computer have joined together and will have students create survival guides using podcasts, public service announcements and brochures"?
- In Physical Education the students will be learning map and compass reading (orienteering) as well as the use of a GPS. Students will learn how to set coordinates and find their way about!

We have many special activities planned.

- May 8th – Dr. Jeff Donatello will speak to the students about his adventures climbing Mt. Kilimanjaro
- May 29th – all students will be working for the morning to build a boat/raft from recyclables that actually floats. We will be holding a boat regatta right in our gym!
- June 3 and 4 – Carol Foley, our Gifted and Talented Teacher will be working on identifying plants and trees indigenous to New Hampshire.
- June 16th we will be traveling to Squam Lakes Science Center to attend their presentation on wildlife in the New Hampshire Woods. We also will have a chance to explore their facility and hike through the woods.
- June 19th we will be spending the entire day up at the recreation fields for our Adventure/Survival day...students will be participating in numerous small group activities associated with adventure and survival! Will they make it?????
- June 23rd and 24th- we are currently putting the finishing touches on another all day field trip to Pawtuckaway State Park. This day will include Rock Climbing, Canoeing, Hiking and Orienteering, and team-building all put on by Champions, a national group that does outdoor adventure activities. More information about this program can be found at their website: <http://www.championsusa.com/about/mission-history.php>

Because of group size, fifth grade will be going on one day, and sixth grade on the other.

April 24, 2009

Upcoming Events:

- April 24– Middle School Dance**
Grades 6-8 only 7–9 pm
- April 27-May 1**
School Vacation
- May 4– Spring Concert**
At Sanborn Regional High School
- May 16 Father Daughter Dance**
6-9 pm

The yearbook staff needs your help! Do you have any great candid photos of Ellis students on field trips, at Ellis school events or even in the classroom? We would love to include them in the 2008-2009 yearbook. Kindly email your photograph to Mrs. Antoine at jan-toine@sau83.org or Mrs. Kenney at kenney@sau83.org. Thank you for helping us to make this a great yearbook for all of our students.

Attention 8th grade parents:

Please send in a baby photo of your 8th grader for a special "Guess Who" page in the yearbook. Photos can be sent into the main office with your child's name on the back. Your photographs will be returned. Thank you.



"5-2-1-0 Healthy NH" is a statewide public education campaign to bring awareness to the daily guidelines for nutrition and physical activity. Its message is simple and clear and represents some of the most important steps families can take to prevent childhood obesity:

- 5 Fruits and vegetables...more matters! Eat at least 5 servings a day. Limit 100% fruit juice.
- 2 Cut screen time to 2 hours or less a day.
- 1 Participate in at least one hour of moderate to vigorous physical activity every day.
- 0 Restrict soda and sugar-sweetened sports and fruit drinks. Instead, drink water and 3-4 servings/day of fat-free/skim or 1% milk.

Notes from the Nurse April

You will be hearing more about **5210** in the future. I send the above information with all health screenings. April is also turn off the TV month and turn on a healthier life. There is national concern for the state of our nation's health regarding obesity and heart disease and diabetes. One of the biggest causes of this failed health is the increased drinking of sugar sweetened drinks and soda. Even 100% fruit juice should be limited because they are empty calories. The sweetness in the drinks almost causes an addiction and so people drink more sweet drinks than water or milk. Salt is another added condiment that can affect heart health. It is in many of the sweet drinks as well. It is a very hard habit to break but it is worth trying to substitute water and limit sweet drinks daily. This goes for adults as well as kids. So think about the 0 and start working on healthier choices. Also avoid foods and drinks containing High Fructose Corn Syrup (HFCS) which is a cheaper form of sugar discovered in the 70's and has added to our nations weight gain. It can increase appetite and sweet cravings. We will be encouraging drinking water and milk at school over the next few months. I do not think the flavored powders you add to water are a healthy choice with artificial sugar.

Regarding 2-screen time includes TV and computer use. The increase in screen time has caused a decrease in physical activity and thus increased weight or poor muscle tone. Remember if you don't use it you loose it! The following information is from the KID POWER NEWS LETTER:TV Turn Off Week is held in April each year to encourage families to watch less TV during school vacation and to remind parents that most families watch too much TV. Studies have found that children often watch more than the recommended 2 hours or less of TV per day. If you add computer and video games use, most school-age children are in front of a TV or computer for 5 hours per day! On average, adults watch about 4 hours of TV per day. Depending on their job, adults may sit all day at a computer. This is a lot of time sitting and not moving!

Parents that reduce TV watching in their homes report:

- More meaningful conversations with their children
- Children ask less for brand name or popular toys
- Children learn to entertain themselves
- Children play for longer amounts of time
- Less fighting between brothers and sisters

Other studies found that the more TV a child watches the more likely the child is to be overweight. It is believed that TV watching increases the risk of overweight because while watching TV:

- Children may burn less calories
- Children may be less active because they are taking time away from play and activity
- Children are exposed to a lot of food ads and may be eating higher calorie foods in response to the advertising
- Children often snack on unhealthy foods

Many parents don't want to limit their children's TV time because they would have to set a good example and limit their own TV time. Since adults watch more TV than children it can be challenging for parents to make a change that works for the whole family. Children will be more likely to reduce TV time if they see their parents cutting back on TV too. One way to help manage how much TV children watch is to use parental controls through the TV, cable, or satellite TV provider.

For more information go to:

<http://www.thetvboss>

I am asking the Ellis School Community to take a look at how they can change their behavior in order to improve their health. We need to take care of ourselves and our children. The rate our nation is going the expected life span of an individual will be cut dramatically and the cost of healthcare will increase dramatically due to the increased diabetes and heart disease related to poor nutrition habits.



ELLIS SCHOOL

May 2009

Farm Fresh Focus
 This month we are
Featuring:
Fresh Salsa Made with
Local Hydroponic Tomatoes
School Tasting: May 5th

				Friday 5/1/09
Daily Options Served with two Nutritious Sides and Milk	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.			Fresh Picks Pizza Cheese or Pepperoni Side Salad Fresh Fruit
Monday 5/4/09	Tuesday 5/5/09	Wednesday 5/6/09	Thursday 5/7/09	Friday 5/8/09
Chicken Lickin Good Chicken Nuggets Dip- ping Sauce Oven Fries Veggie Sticks Mixed Fruit	 Fiesta twin taco Seasoned Rice Fiesta Corn Pineapple tidbits	It's Pastable Spaghetti and Meatballs Side Caesar Salad Greenbeans Fresh Mac Apple	Brunch for lunch French Toast w/syrup Ham Chunks Hash Brown Apple Sauce	Fresh Picks Pizza Cheese or Pepperoni Fresh Veggies w/ Dip Fresh Fruit
Monday 5/11/09	Tuesday 5/12/09	Wednesday 5/13/09	Thursday 5/14/09	Friday 5/15/09
Mexican Monday Chicken Fajita Corn Bread Fiesta Rice Mexicali Corn Fruit Cocktail	Southern Hospitality Brown Sugar Ham Whipped Potatos Sweet Peas Fresh Dinner Roll Hoodsie Cup	The American Way Mac-N-Cheese Green Beans Fresh dinner Roll Orange Smiles	Hot Diggity Dog Hot Dog Veggie Baked Beans Oven Baked Fries Applesauce	Fresh Picks Pizza Cheese or Chef's Topping Casear's Salad Pears
Monday 5/18/09	Tuesday 5/19/09	Wednesday 5/20/09	Thursday 5/21/09	Friday 5/22/09
Chester Burger Day Cheese Burger Oven Roasted Potatoes Carrot Coins Fresh Fruit	Turkey Talk Hot Turkey dinner Sweet Potatoes Sweet Peas Fresh dinner Roll Apple Sauce	That's Italian Pasta and Meat- sauce Caesar's salad Green Beans Pears	All American Homemade Shepherds Pie Dinner Roll Fruit Cocktail Choc Chip Cookie	Fresh Picks Pizza Cheese or Pepperoni Side Salad Fresh Mac Apple
Monday 5/25/09	Tuesday 5/26/09	Wednesday 5/27/09	Thursday 5/28/09	Friday 5/29/09
<i>No School</i> 	The Chicken Coop Crispy Chicken Tenders w/ Dipping Sauces Oven Roasted Potatoes Steamed Broccoli Pears	North End Favorite Spaghetti with Mammias Meat Sauce Caesar Salad Italian Garlic Bread Peaches	Cuck Wagon Round Up Sloppy Joes on a Bun Oven Fries Corn Nibblets Apple Sauce	Fresh Picks Pizza Cheese or Pepperoni Garden salad Fresh Fruit



Fresh made deli sandwiches served with two nutritious sides and Milk.

Monday: Tuna Salad Roll
Tuesday: Ham & Cheese
Wednesday: Deli Turkey
Thursday: Bologna & Cheese
Friday: Fruit & Yogurt Parfait



Entrée salads prepared fresh daily served with fresh baked bread or Greek Pita and milk

Three cheese salad offered daily

1 May- Buffalo Chicken Salad
 4 May- Turkey Club Salad
 5 May- Chicken Caesar Salad
 6 May-Chef's Salad
 7 May - Crispy Chicken salad
 8 May-- Ham and Cheese Salad
 11 May- Buffalo Chicken Salad
 12 May -Turkey Club Salad
 13 May - Chicken Caesar Salad
 14 May- Chef's Salad
 15 May - Crispy Chicken Salad
 18 May-Ham and Cheese Salad
 19 May- Buffalo Chicken Salad
 20 May-Turkey Club
 21 May- Chicken Caesar Salad
 22 May- Chef's Salad
 25 May-Crispy chicken Salad
 26 May - Ham and Cheese
 27 May- Buffalo Chicken Salad
 28 May- Chicken Caesar Salad
 29 May- Crispy Chicken Salad



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

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

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, Barkers Farm, Zacks Farm, Picnic Rock Farm





Congratulations to **Bridget Abney & Lauren Lanseigne!**

They both entered the Reading Rainbow Writing Contest and were selected as Honorable Mention winners in the 2nd grade & 3rd grade category.

Bridget wrote a heartfelt story called The Rose Garden, while Lauren wrote an exciting mystery called Keesha and the Missing Medallion.

You can view their wonderful stories at www.nhptv.org/rrcont
Their stories will be posted soon.

Peppermint Ponies 4H Club and Summer Camp

Does your child love horses? Girls and boys ages 5 to 18 years are welcome to attend Peppermint Ponies 4H club meetings every 2nd and 4th Wednesday of each month from 6 – 7:30 pm at North Road Farm, 370 North Road, Fremont as guests to learn more about equines, 4H and Summer Camp. Meeting dates: 4/22, 5/13, 5/27, 6/10, 6/24. No experience or horse ownership is necessary. Questions? Contact Jan Brubacher, Leader at [679-3367](tel:679-3367), j.brubacher@comcast.net, www.peppermintponies4h.org, www.northroadfarm.com or stop by to visit. Scholarships available.

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