



Husky News

Harvard Elementary School

Jan. 15, 2010

Mary Beth Banios
Principal
978-456-4145

Koralia Franklin
PTO President
978-772-9928

News from the Nurse

I hope everyone had a wonderful holiday season and a restful winter break. Now that all of the celebrating is over we need to gear-up for the long, cold, New England winter. Staying healthy in this climate requires dressing properly, as well as eating right and getting plenty of sleep. Whether winter brings severe storms, light dustings, or just cold temperatures, the American Academy of Pediatrics has some valuable tips on how to keep your children safe and warm?.

WHAT TO WEAR:

-The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.

HYPOTHERMIA:

-Hypothermia develops when a child's temperature fall below normal due to exposure to cold. It often happens when a child is playing outdoors in extremely cold weather without wearing proper clothing.

FROSTBITE:

-Frostbite happens when the skin and outer tissues become frozen. This condition tends to happen on extremities like the fingers, toes, ears, and nose. They may become

pale, gray, and blistered. At the same time, the child may complain that his/her skin burns or has become numb.

-If frostbite occurs, bring the child indoors and place the frostbitten parts of his/her body in warm (not hot) water. 104°F is recommended. Warm washcloths may be applied to frostbitten nose, ears, and lips. **DO NOT RUB THE FROZEN AREAS.**

WINTER HEALTH:

-If your child suffers from nose-bleeds, try using a cold air humidifier in the child's room at night. Saline nose drops may help to keep the tissues in the nose moist.

-Cold weather does not cause colds or flu. But the viruses that cause cold and flu tend to be more common in the winter, when children are in school and are in closer contact with each other. Frequent hand washing and using proper sneezing techniques may help reduce the spread of colds and flu.

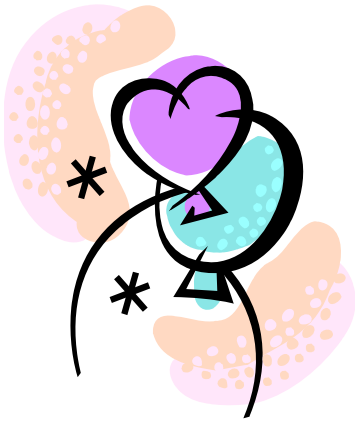
-Vaccinating your children against flu may be the most helpful way to keep your healthy. We seem to be having a break from the flu, but the CDC has warned us that H1N1 is going to come around again and the seasonal flu has yet to arrive!

On another note, parents of 1st and 4th graders will soon be receiving a letter explaining BMI screening. This screening is state mandated. The results of this screening will be kept in your child's private health record and will only be shared with the child's parent or legal guardian.

I am still trying to collect updated physicals and immunization records on all 4th grade students! According to state law, these were due on the first day of school. Three notes have been sent home as reminders. Those of you who recently received a reminder in the mail, please send the required material ASAP for the safety and well being of the entire school community.

Stay Warm! Mrs. Veno





Celebration 2010

Join the fun and be in on the secret! Last year Bromfield Juniors and Seniors were whisked away with Harry Potter to Hogwarts School and this year's destination is even more exciting. Celebration 2010, the post prom substance-free event, will be held at The Bromfield School on May 7th. Could this be the year for you to begin experiencing and sharing in the creation of Celebration? No matter how old your child is now, one day he/she will be attending Celebration, and this is a fun and exciting way for you to share in that experience with them. Volunteer now so that when the day comes, you will already be involved and experienced. You will not be asked to head any of the subcommittees as we already have very able and organized co-chairs for this year's event.

The sub-committees listed below are still looking for volunteers:

- **Decorations:** The school is divided into small areas with a decorations sub-group assigned to each. Join a sub-group or gather a group of friends to plan and decorate a specific area.
- **Food:** Help solicit food and drink donations from an already established list of businesses and families, and/or help with the preparing and serving of food the night of Celebration.
- **Set-Up:** This group organizes items borrowed from townspeople that are dropped off the night of the event, and then works alongside other committee heads to coordinate the actual set-up of the event at The Bromfield School.
- **Tear –Down:** Arrive at the school the morning after Celebration to dismantle the decorations and help return items to appropriate places and owners.

Please choose an area that interests you and contact Jennifer R. Dexter at jrdexter@charter.net to join the fun! Thank you for your support!

HAA Youth Lacrosse registration is now open for boys and girls!

The lacrosse season is right around the corner, and it's time to get the players registered and the teams set. Go to our website to register or find additional information: <http://www.harvardlax.org/>. **The final registration deadline is January 31, 2010.** Please register by then to ensure placement on a team. The program is open to all 1st thru 8th grade boys and girls in Harvard and surrounding towns. No experience is necessary. Please go to the website to register, call Joe Gatto 978-456-2360 or e-mail JPGatto@aol.com if your son or daughter is interested. HAA Lacrosse news, registration forms, the HAA Lacrosse Fact Sheet and other materials are available on our website. If you are interested in volunteering to coach, help with scheduling, help with fundraising, etc., please contact Joe.

Harvard Athletic Association Baseball/Softball Registration for 2010

HAA Baseball registration is open! Go to www.harvardbaseball.org to register and click on "Register Online."

There are a variety of programs for different age levels and skill sets from introductory T-ball to softball to instructional Rookie ball to Little League Majors and Minors.

We need to determine the number of teams and coaches well in advance of Opening Day, so we need you to register by January 31st, 2010.

Registration fees will increase after January 31st and placement on a team is **not** guaranteed after this date.

If you have any registration questions, feel free to contact Jayne Cadman 978-772-5384 or email jayne.cadman@charter.net

HES Media Center News

Seeking Library Volunteers

The HES Library could use some extra hands! If you are interested in volunteering in the school library, either on a regular or an occasional basis, please send an email to pharvey@psharvard.org. There are many tasks that volunteers can perform, most notably helping to shelve books and maintain order of the library shelves.

Internet Safety

According to recent research by Symantec Corporation, the top 100 search terms used by children in 2009 is a reminder of how easily children can access information that is not always age appropriate. YouTube, Google, and Facebook topped the list as the most often used search terms. For boys, the top 25 search terms focused on social-networking sites, shopping sites, and certain adult terms. Girls seemed to favor subjects related to music, TV shows and movies, and celebrities. Both boys and girls used search terms that could expose them to unsuitable information and images. You can read more about the research results at http://onlinefamilyinfo.norton.com/articles/kidsearches_2009.php

For parents and guardians concerned about protecting children from inappropriate Internet access, there are some good options. I like *K9 Web Protection*, a free download that is easy to use, and in my experience, very reliable.

<http://www1.k9webprotection.com/>

There are also other family-friendly filters available for purchase. Ten of the most popular are reviewed here: <http://internet-filter-review.toptenreviews.com/>

If you have any questions about this topic, please don't hesitate to contact me at

pharvey@psharvard.org

Peggy Harvey



Festival of Cultures 2010

****SAVE THE DATE****

The Harvard PTO is sponsoring our 3rd annual Festival of Cultures
on Friday, March 12th from 6:00-8:30.

Any questions please call or email: Deb Barton 978-456-8755 or

NEW YEAR'S RESOLUTION SOLUTION!

Dr. Susan Downing will be hosting an informative presentation on Executive Functioning on January 26th. Parents of all children can benefit from strategies that will include how to help your child plan, become more organized, complete homework and reach their goals. The presentation will be held at the Bromfield Library at 6pm. We hope to see you there!



Earth Day Fair 2010

Calling all volunteers! The Earth Day Fair committee would like to invite you to our EDF Kick-Off Meeting scheduled for **Thursday, February 4th at 10:15am** at the Harvard Public Library. We will discuss volunteering opportunities, brainstorming ideas, and our schedule of events. Volunteers are needed to help out with the following areas:

Facilities Management: This person/group orders the tables, coordinates the fair layout, and communicates with teachers regarding needs and visit times.

- **PR:** Write up and submit blurbs and reminders about the Earth Day Fair to HES newsletter, Husky News, local papers, emails, etc.
- **Challenge Ideas:** Help out with any "challenges" the Earth Day Fair sponsors, such as Lights Out and/or Walk to School.
- **Project Ideas:** Compile project ideas from other EDF members to submit to teachers and students.
- **Set-Up/Tear Down:** Many volunteers are needed to help set up and clean up the HES gym both before and after the actual fair.
- **Miscellaneous:** Other areas include helping with student take-home gifts, appreciation gifts, logo design, copying, idea sharing, etc.
-

If you think you want to help but cannot make this first meeting, no problem... just email Karen Johnson-Taylor at kjohnson-taylor@charter.net or Kim Manning at themanningclan@yahoo.com to find out how you can help.

Dates to Remember

- *Mon. Jan. 18- Martin Luther King Day - No School*
- *Wed. Jan. 27- Early Release*
- *Wed. Feb 10- Early Release*
- *Feb 15-19 Winter Break NO SCHOOL*

Harvard PTO Website:

<http://www.harvardpto.org/>

Email your submissions for the Husky News to
heshuskynews@yahoo.com

School Website: www.psharvard.org