

Fun Fact: Since January is the doorway to the new year, it is named after the Roman god of doorways and beginnings — Janus.

JANUARY

The Sandy Hook School

January 8, 2009

Connection

ALL
CHILDREN
CAN AND
WILL
LEARN
WELL

School Phone 426-7657 Voicemail 270-4644 SHSConnection@yahoo.com

Calendar

January 8 - 9
PTA Geography
Tests



January 19
Martin Luther
King Jr. Day
Schools Closed



January 23
Bingo Night
6 - 8 p.m.
RIS

February 16 - 20
Winter Recess
Schools Closed



www.newtown.k12.ct.us/shs/

President's Pen

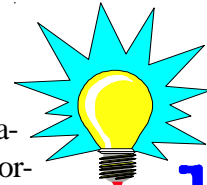
Dear SHS Parents and Guardians,

Welcome back. I hope everyone had a relaxing holiday vacation. At the November PTA meeting, several members came forward asking the SHS PTA to consider hosting an adults only event, such as a dinner and/or an evening auction. Since that meeting, several others have come forward indicating their interest in researching the feasibility of such an event.

I would like to thank the originators of this idea and invite anyone interested in serving on a preliminary committee to contact me at 426-8012 (doylesj@charter.net). The event would most likely be held in spring 2010.

Thanks again for continuing to bring forward new ideas and for offering feedback on current initiatives. It is this kind of communication that supports the efforts of the SHS PTA and contributes to its success.

Best wishes for a happy 2009,
Stacie Doyle — SHS PTA President



idea

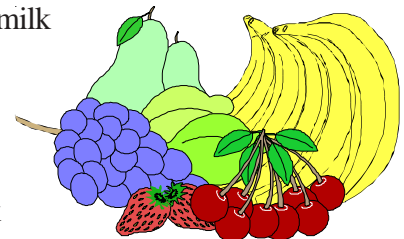
Enjoy
Good Health

Start Your Day With a Healthy Breakfast!

Eating breakfast every morning is very important for academic success. According to Dan Glickman, the former U.S. secretary of agriculture, "The link between good nutrition and good education is clearly demonstrated by higher test scores, better attendance and fewer behavior problems in school." Children can concentrate better and improve their attention spans by eating a healthy breakfast.

When building a healthy breakfast, try to include foods from three different food groups for long-lasting energy. There are many quick and easy breakfast options that are healthy and provide fuel for learning. Here are a few simple ideas:

- Toasted English muffin, peanut butter, glass of milk
- Cold cereal, banana, glass of milk
- Crackers and cheese, orange wedges
- Yogurt, apple, whole-wheat toast
- Ham and cheese sandwich, glass of milk
- Instant oatmeal, canned peaches, glass of milk
- Bagel, yogurt, fruit
- Pancakes or waffles topped with fresh fruit, glass of milk



There are several steps you can take to make sure your child eats breakfast before heading to school in the morning. Keep breakfast foods on hand in the house in easy-to-grab spots. Encourage your child to take breakfast to go if time is limited. If your child is in high school, encourage them to eat breakfast at school in the morning. Parents can be great role models by setting an example and eating a healthy breakfast themselves!

Jill Patterson, RD — Resident Dietitian

A graphic with the word "HELPER!" in large, bold, yellow letters with a blue outline, set against a blue oval background.

Campbell's Labels for Education Program

So far for this school year, SHS has collected 3,115 label points for the Campbell's Labels for Education program. The goal is to collect 12,000 label points this year to get more free school supplies and equipment for SHS. Simply save the proofs of purchase from participating products. Eligible products are: Campbell's soups, beans, gravies, canned pasta, tomato juice and food service products; Franco American SpaghettiOs pasta; Pepperidge Farm breads, crackers, frozen products and Goldfish crackers; Swanson broths and canned poultry; Prego spaghetti sauces; and V8 and V8 Fusion drinks. The following product labels are worth five points each: 26 varieties of Campbell's condensed soups in specially marked cans, Campbell's Chunky microwaveable soups and chili, Campbell's Soup at Hand microwaveable soups, Campbell's Select Harvest soups, Campbell's SpaghettiOs pasta in specially marked cans, Supper Bakes meal kits and V8 soups.

As a reminder, please save the UPC labels (caps for V8 products) and not the front-label panels or the Campbell's kid logos.

Tyson Project A+ Program

So far, 52 labels have been collected toward SHS's next check from the Tyson Project A+ program. Please continue to save the Project A+ labels that can be found on the box ends or bag tops of all Tyson chicken products. Each label is worth 24 cents, and that can really add up quickly!

Collection bins for both programs are located under the Box Tops for Education display in the front lobby. Please contact Christine Calabrese at 364-1289 (tuppercat@aol.com) with questions regarding either program.

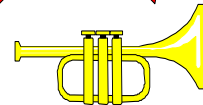
A New Year, A New Way

In an effort to improve lunch service time, SHS has adopted a new payment system. Most students who buy lunch regularly are already using the debit card to pay for their lunches. These cards are funded through an online account at Café Prepay or by submitting a check to the cafeteria. Students who do not have money on their cards must present both the card (for identification) and cash at the time of service.

Effective January 5, 2009, students who are making any purchases at lunch time are asked to submit money (cash or check) to the cafeteria in the morning so that the funds can be added to their account. When submitting cash or a check, please put it in a sealed envelope with the child's full name and teacher's name on the front. One check may be submitted for multiple siblings, but please note the children's names in the memo section. The check will be divided evenly between accounts. These envelopes can be brought in by the child before going to class or sent down with the daily lunch count.

Reminder: A brief note can be placed on each child's account (for example, allergies, no snack, cash only snack). If a parent does not want their child to purchase snacks, they should send a note to the café and their child's account will be noted. If the request is for a "cash only" snack (not purchased on a debit card), the student must continue to bring snack money at the time of service.

This new procedure will eliminate the need for both the children and the cashier to handle money during service time, and will allow the children to pass through the serving line more quickly. If you have any questions, please call Lorna at 426-7659.



SHS Connection Submissions

Next Issue: January 15

Deadline: January 9

E-mail: SHSConnection@yahoo.com

Contact Lisa Sheridan at 270-3677 with any questions.