



JMMES Gingerbread Express

Friday, March 5, 2010
Issue #22

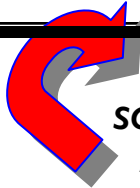
"When we seek to discover the best in others, we somehow bring out the best in ourselves."

William Arthur Ward

Message from the Principal, Mrs. Jennifer Tabet

No matter how long the winter, spring is sure to come. After winter, spring seems like nature's way of saying "Let's Party". It's called spring fever! I start thinking about my garden and what I can plant this year. The perpetual nature of life astonishes me, I stare out the window and wait for spring to happen.

Springtime for parents is a time to think about safety and health issues like sun safety, allergies, poison ivy and bike riding. In a few weeks, we will have a visit from the "Power Panther". Mrs. Reale, the middle school health teacher, will accompany the panther and some middle school students for a presentation about nutrition and healthy eating. As we all know, proper nutrition in childhood can reinforce life-long eating habits that contribute to your child's overall well being and help them reach their full potential.



IMPORTANT NOTICE:

SCHOOL CLOSED FOR SPRING RECESS

Monday, March 29th - Friday, April 2nd

School resumes for students on Monday, April 5, 2010.

PARENTS... We discourage students from bringing electronic devices, such as "I Touch", to school.

Please leave them at home. Thank you!

**From the Office of Barbara Boylan,
School Social Worker...**

In the next few weeks, some gently used furniture will become available. Please call me at 329-4139 if you are interested.

Thank you!!!

St. Jude's Math-a-thon
workbooks & money are due next Friday,
March 12th.

Please make checks payable to St. Jude.

Thanks for your support,
Mrs. Schuster and Mrs. Tutino

Nurse's Note...

The Importance of Sleep

As you are aware, spring is a very busy time of year for families and students with testing, spring sports and holiday events. Sleep gives your body a rest and allows it to prepare for the next day. Healthy sleep habits can be conducive to academic success and physical achievement.

Sleep and School-Aged Children (5-12 years)

Children aged five to 12 need 10-11 hours of sleep. At the same time, there is an increasing demand on their time from school (e.g. homework), sports and other extracurricular and social activities. In addition, school aged children become more interested in TV, computers, the media and internet as well as caffeine products – all of which can lead to difficulty falling asleep, nightmares and disruptions to their sleep. In particular, watching TV close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep and sleeping fewer hours.

Sleep problems and disorders are prevalent at this age. Poor or inadequate sleep can lead to mood swings, behavioral problems such as hyperactivity and cognitive problems that impact on their ability to learn in school.

Some Tips for School-Aged children:

- Teach school-aged children about healthy sleep habits.
- Continue to emphasize need for regular and consistent sleep schedule and bedtime routine.
- Make child's bedroom conducive to sleep-dark, cool and quiet. Keep TV and computers out of the bedroom.
- Avoid caffeine.

Kindergarten Registration

Wednesday, March 17, 2010

from: 9:00a.m. - 2:00p.m.

Thursday, March 18, 2010

From: 1:00p.m. - 6:00p.m.

Your child must be 5 years old on or before
December 1, 2010.

What you need to bring with you:

1. Proof of Child's Age

- Birth Certificate or
 - Passport

2. Proof of Residency

(must list street address)

- Deed / Lease or
- Contract of Sale or
 - Tax Bill

3. Complete Immunization Record



FOOD SUPPLIES are running low at the local food pantry. When you are shopping, please keep our collection box, located in the main hall at the JMMES & Middle School in mind. Basic staples are needed.

Suggestions for donations are: macaroni & cheese, pasta & sauce, canned fruit, canned tuna, canned soups, peanut butter & jelly but anything is welcomed!

Thank you so much for your continued help and support!

Sincerely,

Molly Wirth and Margaux Eckert.



Caught You Reading:

Sebastian Betancurt— 1st gr.

Liam Leach— 2nd gr.

Damien Metz—2nd gr.

Russell Miller— 5th gr.



East Hampton Day Care Center is **OPEN ALL YEAR, Space Available**

The Center offers Early Childhood Education programs for children 18 months to 5 years old.

Please call 324-5560 for more information.



ATTENTION Gr. 3rd, 4th & 5th Biddy Basketball resumes tomorrow, Saturday, March 6th.



Menu for the week of March 8, 2010



- Monday:** Tuna Salad on a Bed of Greens / or Whole Grain Chicken Nuggets with Brown Rice.
- Tuesday:** Grilled Chicken Caesar Salad w/ Breadstick / or Beef Burrito on a Whole Wheat Bun.
- Wednesday:** Chef's Salad with a Breadstick / or Whole Grain Spaghetti & Meatballs with Bread Basket.
- Thursday:** Taco Salad / or Nachos Grande with Meat, Cheese Lettuce and Tomato.
- Friday:** Chicken Salad on a Whole Wheat Wrap / or Whole Wheat Cheese Bagel.

PTA NEWS...

The 3rd grade PTA Bowling Night is **tonight, March 5th from 6:30 - 8:00 p.m.** @ E.H. Bowl, and fourth grade bowling will be Friday, March 19th.

Remember a parent or guardian must accompany their child.



We are looking for volunteers on Fridays, March 12th & 19th and Thursday, March 25th from 8:30-9:30 a.m. to help tally up the children's PARP reading lists. If you can help please contact Luisa Kane at: luisakane@gmail.com or call (516)449-9019

Yearbook News... We will also be accepting 3rd & 4th grade bowling night pictures. (March 5th & 19th). The deadline for emailing your bowling pictures is March 21st.

After Sunday, March 21st the book will be complete and we will have met our two deadlines to our publisher and will not need any more pictures.

IMPORTANT: Last chance to participate in the wall tile fundraiser.
Please return your order form and your child's art work by Wednesday, March 10th

Thank you for your cooperation.