



Enfield Station School

January 25, 2013

PRINCIPAL'S NOTES

As we near the end of January, I want to take the time to thank everyone for working with us to make sure students are getting safely on and off the bus. I know with the weather it is a cold walk into the building from the parking lot but keeping the bus lane clear makes it safer for our students to get into the building.

With this latest cold snap it has been so good to see all the kids dressed for the weather. Making sure that they come with snow pants, coats, gloves, mittens, and hats is a big help to the school when we finally get outside to play. If you are missing any cold weather gear make sure to check the lost and found because we are gathering quite the collection. Hopefully, the weather will get a little warmer soon so we can get back to sledding.

Finally, I would like to thank all of the families who came out for family bingo night last week. We had such a good time sharing a meal and playing bingo with you all. It was great to see all the excited faces of the winners and I hope you are enjoying the new books and games that were given out that night. We are already planning our next night in the spring.

~ Mrs. Weiss

SUGAR-OUT DAY

February 1, 2013

Dear Parents,

The Enfield Station School along with the Maine Oral Health Program has declared **February 1, 2013** as "Sugar-Out Day."

Enfield Station School has many activities planned. Your child's school lunch program will not be serving sugary foods on **Sugar-Out Day**. Teachers will be talking about nutrition and dental health. We are asking you to help by being sure that your child brings a non-sugary snack and lunch to school on "Sugar-Out Day." Why not join your child in observing Sugar-Out Day by giving up sugary foods too!

Dental disease is a costly health problem in Maine. Tooth decay is preventable. One step in breaking the chain of decay is to cut down on the amount of sugary foods and drinks your family eats. Sugar mixes with the germs in your mouth to form an acid. The acid eats away your teeth. If "acid-attacks" happen too often, the teeth are weakened and cavities start.

There are many foods we eat daily that have "hidden" sugars. These sugars include honey, molasses, corn syrup, dextrose, fructose, and sucrose. It may be hard to change your eating habits by choosing foods and drinks without sugar. But, you can read food labels and replace sweet, sticky, starchy snacks such as candy, raisins, potato chips and soda with fresh and canned fruits (without heavy, sugary syrup), vegetables, popcorn, cheese and yogurt. Most children like these foods and they make great low sugar snacks to take to school too!

Thank you for your help and support for a brighter, healthier smile for life!!

Sincerely,

Jeanne Reed, R.N.
School Nurse/Dental Health Program Director

MUSIC NOTES

Peter Pan rehearsals have begun during recess time. If your child has a part, encourage them to start MEMORIZING. After school rehearsals will begin in March. If you can help sew a costume please contact Mr. Drinkwater.

Band and Chorus have a contest to motivate them to practice. All students who get three weeks of practice, perform assigned music, and bring their materials to lessons will be able to perform at the Cummings Healthcare on February 8th at 9:45. There will also be a special celebration for those who get a 4th week of practice and bring materials/play their assigned piece.

 When asked "Did a whale walk on land?", all the 4th graders in Mrs. Crosby's reading group said no! They know differently now! "A Blue Whale can really be 100 feet or longer?"; that is a question posed last week from one of these students as we read from the "Soar to Success" WHALES book. The children are enthralled with this unit on non-fiction. We've combined our math skills with our reading, and taken the foot ruler along with the yard stick and figured out how to measure 100 feet in the hallway upstairs. When the children were asked to walk the hallway and stop where they thought 14 - 20 feet was (the size of a baby whale at birth) then to walk where they thought 100 feet was (the size a Blue Whale can grow over its life) they were SHOCKED at this enormous creature. Just one student was anywhere near! We'll be wrapping up this unit with one group in the next week or so with the students doing a quick research of one whale. They'll gather specific details to answer the questions and write a summary of what they learned. The other group is just beginning the same unit. It's always fun to do this unit with the students because they have a lot of knowledge about whales, but they gain so much more knowledge while we study! They also discover that reading CAN be fun!

ART NEWS

A big THANK YOU to all who participated in the art fundraiser, it was a great success. ~ Ms. Bladen

SOUP LABELS AND BOX TOPS

As always, we are taking your Campbell's Soup Labels and Box Tops. Please send them to school with your child and they can drop them in the office.

Sweetheart Dance (a/k/a Father/Daughter Dance)
Friday, Feb. 8th 6-8pm
@ Enfield Station School!

We are bringing the Father/Daughter Dance back
 "in house"!

Girls and Dads/Step-Dads
 Grandfathers/Uncles/Special Guys....
 join us for a night just for you!
 We'll have dancing, games, face-painting,
 manicures, flowers, snacks, and PRIZES!!

Admission \$10/couple

Picture packages will be available.



FEBRUARY

monday	tuesday	wednesday	thursday	friday
				1
4	5	6 In-Service day – NO SCHOOL	7	8 Band/Chorus to Nursing Home ----- Father/daugh dance - ESS
11	12 Lincoln Father/daugh Dance – Region III	13	14 Valentine's Day	15
18	19	20	21	22
FEBRUARY BREAK – NO SCHOOL				
25	26	27	28 5 th grade snow shoeing	