

# Lowell Lowdown

February, 2009

**James Russell Lowell School is a community of learners.**

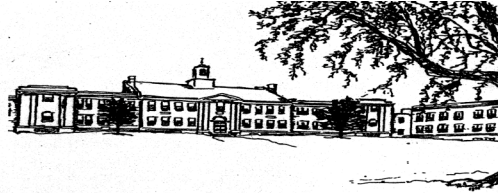
As a caring and responsible community:

We **care** about ourselves, others, and our learning environment,

We **share** our thoughts and feelings in kind and respectful ways,

We **dare** to try our best, be creative and explore new ideas.

We care, share, and dare.



## **Attention:**

### **Pre-K and Kindergarten Parents**

This year screening for incoming kindergarten children fall '09 will be conducted on June 1<sup>st</sup> and 2<sup>nd</sup>.

That means that there will be

**NO School for Kindergarten and Pre-K students on Monday and Tuesday, June 1<sup>st</sup> and 2<sup>nd</sup>.**

### **Parking Around the School**

Please do not park in any of the lots next to the school. The upper lot (off Lowell) and the lower lot (off George) are for staff only. Children and walking parents are often moving across those lots at arrival and dismissal and it is not safe for there to be a lot of moving vehicles at that time.

Parking is allowed on Lowell Ave in front of the field, and York and George Streets - one side only.

### **Nutrition News**

Just a reminder to send in your suggestions for our Nutrition News newsletter. We want to hear what nutrition/health related topics you would like to see as the focus for this year's newsletters. You can email Maria McDermott your suggestions at [mmcdermott1@watertown.k12.ma.us](mailto:mmcdermott1@watertown.k12.ma.us) or write your suggestions down and place in the PTO mailbox by the front office. Please submit ASAP. Let's work together to make the New Year a healthy one!

### **Breakfast & Lunch Price Increase**

Effective March 2, the cost of Elementary School costs are as follows:

Breakfast: \$1.25

Lunch: \$3.00

### **Winter Weather Recess**

Part of our healthy daily routine includes outdoor recess, whenever possible. The outdoor air, especially in the winter, is more humid and much fresher than indoor air, which tends to be drying to the mucous membranes. Remaining indoors increases the incidence of nosebleeds, impetigo, chapped lips, ear infections and colds.

Children are usually thrilled to go outside, even in winter. Parents, on the other hand, might dread the thought of cold weather and all that it implies. To ensure that children have a safe and fun winter at school, here are some recommendations:

- A winter jacket
- A warm hat
- Mittens or gloves
- Boots and snow pants, when needed
- Layered dressing to make adjustments easier

In addition, having a change of clothes at school will ensure that your child will be dry and comfortable after playing, should the need arise.

We monitor outside temperature and will not have children go outside if the thermometer drops below 20 degrees, (with or without the wind chill factor).

Children will not be excused from outdoor recess for a prolonged period of time without a written medical reason from a physician.

### Site Council

Each year, the Lowell School works on a "School Improvement Plan" based on school and district goals set the previous year. In order to implement our plan this year, we have created several subcommittees and are looking for both parent and teacher participation. The expected time commitment is minimal, e.g., participating in a few meetings – in person or via phone -- or doing some research. We would like to get the input from as many parents as possible.

If you are interested in helping out with any of the following subcommittees, please contact Ruth Fleischer at 617-924-7310 or [ruth\\_fleischer@hotmail.com](mailto:ruth_fleischer@hotmail.com) (please note underscore between first and last name) as soon as possible.

- **Lowell School Parent Web Site Design**  
(led by David Stokes, parent)  
Redesign the web site to be more helpful, inviting, and easy to use.
- **Communications Plan**  
(led by Ruth Fleischer, parent)  
Enhance communications between the school and parents.
- **Family Survey**  
(led by Jean Qualters, teacher, and David Stokes, parent)  
Develop this year's family survey, so parents can voice their opinions and priorities.
- **Annual Community Service Projects**  
(leader to be determined)  
Collaborate with teachers to plan the Community Service Projects for next year.
- **Awards & Recognition**  
(led by Dari Donovan, Principal)  
Create vehicles to recognize accomplishments of students, faculty, staff, and families.

### Parent Help

We LOVE parent support and assistance! If you anticipate ever wanting to help out in anyway, i.e. chaperoning a trip, assisting in the classroom, attending as class function, etc., please stop in at the front desk and complete a CORI form (Criminal Record Check required by law). We have found ourselves in an awkward predicament a few times, because this simple step was overlooked or not submitted early enough.

### A Message from Stop and Shop

**You didn't pay for the germs. Why pay for the antibiotics?**



***Free antibiotics\*As part of our health and wellness initiative we're offering you and your family this special service.***

Starting January 2, 2009, and continuing through March 21, 2009, our pharmacy is offering you up to a 14-day supply of select generic antibiotics for free. Simply bring in your valid prescription from your doctor.

Your good health is important to us. We want to do what we can to help keep you and your family feeling your best during the winter months.

At Stop & Shop, we're trying to make a difference every day... and we're just getting started!

## Clip Box Tops Coupons from Products You Use

Clip and collect Box Tops coupons from many of your favorite brands including Cheerios, Kleenex, and Ziploc (see [www.boxtops4education.com](http://www.boxtops4education.com) for a listing of more brands and coupons too!), and send them to school with your child for the February classroom contest, sponsored by the PTO. Also, start at the Marketplace section on the website whenever you shop online, and a portion of your purchase will go directly to our school.

## Calendar of Events

### February

Tuesday, 10 <sup>th</sup> 2:45pm and 7pm	PTO Meeting
Tuesday, 24 <sup>th</sup> 7pm	Site Council Meeting
Friday, 13 <sup>th</sup>	Spirit Day- Valentine's Spirit Day
Mon-Fri, 16 <sup>th</sup> -20 <sup>th</sup>	School Vacation
Friday, 27 <sup>th</sup>	No School

### March

Mon-Fri 2 <sup>rd</sup> -6 <sup>th</sup>	Kindergarten Registration Week- Tuesday-Thursday (see schedule on K packet cover sheet)
Fri-Fri, 6 <sup>th</sup> - 13 <sup>th</sup>	Parent Breakfasts (schedule to be announced)
Tuesday, 10 <sup>th</sup> 2:45pm and 7pm	PTO Meeting

## PTO Happenings

Spirit Days have come to the Lowell. Watch the backpacks for a different spirit day to be held each month.

February 13<sup>th</sup> is Valentine's Spirit Day. Wear red and bring in a decorated heart to hang in the school. We are also accepting donations to the American Heart Association. See flyer for complete details.

Box Tops- keep those box tops coming in. Which class can collect the most box tops? We raised over \$300 in the fall collecting box tops. Let see if we can beat it in the Spring. The deadline to turn in the box tops is 2/26.

Adult Fundraiser- March 13<sup>th</sup>, Donohue's. Stop by to see old friends and make some new ones. Light appetizers, raffles and silent auction. Let make this year's event even more successful than last year. If you are interested in assisting, drop by the cafeteria on Friday mornings at 8:15am.

Check out the new PTO bulletin board in the lobby for additional information on upcoming PTO events.