

PARENT FLASH

October 21, 2011

Keeping Healthy

**Harold Martin
School**

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Through the last decade our district has debated issues of wellness. We have a district Wellness Committee reviewing topics from our district lunch program to classroom parties and their impact on our children's nutrition. Of course, parents do not always agree on these issues but everyone wants our children to grow up as healthy as possible.

One of the specific Harold Martin School issues we have struggled with is the inordinate amount of food that enters our building over the course of the school year. While the Wellness Committee is bound to arrive at a district decision sometime this year, we have developed a new HMS policy which I believe is balanced and reasonable and reflects our thinking around nutrition for our students:

1. We are asking that food not be brought in for student birthday celebrations. Teachers will still celebrate birthdays in ways that do not involve food.

2. Food may be brought in to celebrate specific events that align with our curriculum such as observing the end of units or other celebrations. Teachers will inform parents of these events.

I know not everyone will agree with these new policies but I hope you understand the spirit in which they are intended. Please call or email me if you have questions or concerns.

Have a great weekend.

Bill Carozza, Principal

From the Art Room

From the Art Room-
Thank you to all the parents who came in to help with our photography unit! The third graders enjoyed using the digital cameras while finding patterns and points of emphasis both in nature and indoors.

The photographs are BEAUTIFUL! Check them out at: <http://www.flickr.com/photos/hawkart03229>

"Tween School 'n Home

OCTOBER THEME: Autumn Wonder

Week of October 24-28



GRAND OPENING T-Mart

Monday:	Trick or Treat Bags
Tuesday:	Let's Eat Spiders!
Wednesday:	Friendly Ghosts
Thursday:	Pumpkin People
Friday:	Carve Away

Blood Drive

Appointments are recommended. Please call 1-800-RED CROSS. Walk-ins are welcome.

AT: St. Andrew's Church
354 Main St., Hopkinton

ON: Wed., November 16th
2:00 pm ~ 7:00 pm

*Co-Sponsored by: St.
Andrew's Episcopal Church &
First Congregational Church
of Hopkinton*

Child care provided between
4-6pm

Nordic Skiing

SEEKING VOLUNTEER TO CO-CHAIR BKL NORDIC SKI PROGRAM: Blackwater Nordic, a Hopkinton nonprofit that offers nordic skiing for students in grades 1-6 through our Bill Koch League (BKL) ski program (<http://www.blackwater Nordic.org/bkl.html>), is seeking a volunteer to help coordinate a 7 week, Friday afternoon (Jan./Feb) program that takes place at Gould Hill.

Duties, to be shared with an existing volunteer, include organizing a November sign-up night, registering youth, coordinating volunteers who make/serve hot cocoa and fill a "fairy box" each Friday, and planning optional special events. The Hopkinton High School Nordic coach and team take care of the daily instruction. For more info, please contact Laura Marron, 745-3029 or lauram@tds.net.



*Seeking a
Volunteer co-chair*

Hopkinton Town Library

****Moose Tracks Story Walk**
Begins October 22 and will continue through the winter. Karma Wilson's story of a silly moose will be set along the path by the playground. Have fun reading the story and enjoying the trail!

****Halloween Craft**
Friday, October 28 3:15-4 PM
Come listen to a Halloween story and make your own paper patchwork pumpkin. Ages 5-8.

****Love Books? Thank a Tree!**
November 7-13
Celebrate National recycling week by looking for books in trees! Details to follow.

Read With Ben
November 17 4:30-5:30 PM
Sign up for 10 minutes of reading to Ben, the friendly and gentle Shetland Sheepdog.