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# Harold Martin School — Parent Flash

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March 25, 2011

Website:  
<http://www.hopkintonschools.org/haroldmartinschool/>

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## WELLNESS

Lately, I've been struggling with the rapid passage of time. I've always had a grateful view of growing older knowing that I've been blessed with a wonderful family and wife plus a rewarding job and colleagues that I truly appreciate. I also realize in this economy I may have to work much longer than my father did; retirement doesn't look the same as it used to. Short of winning the lottery or writing a number one song, I have to stay healthy in order to work longer. That realization has motivated me to think more of my personal wellness. More exercise, healthier eating habits, and managing stress has been a greater priority for me in the last year.

Yesterday afternoon the Hopkinton School District sponsored a **Wellness Fair** for our faculty at the High School Auditorium. **Thanks to the Hopkinton School District's nurses,** Kathy Schaefer, (Middle and High Schools) Jeanne Gearing (Maple Street School) and our very own

School Nurse Sheila Conley, more than six companies presented their wares, all centered on wellness.

Why be well? Aside from the obvious factors of a longer life and a higher quality of living, we need to model *wellness* to our children. In addition to *not* modeling bad habits, our children should see us exercising, taking long walks, or trying out a new activity like cross-country skiing or aerobics. Maybe we pick the salad once in a while at a restaurant and try out a new relaxation technique.


We live in a stressful world with the toughest economy most of us have seen in our lifetimes. For those who are unemployed, underemployed, or working more than one job, *wellness* may be cast aside. I would argue that in these tough times, we can not afford to abandon *wellness* habits. It's the right thing for us and our children.

You know what's coming up in a week? The beginning of the baseball season. Now that makes me feel well.

Have a great weekend everyone.

Bill Carozza, Principal

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Just a reminder, salads are available again on Tuesday and Thursday again so feel free to order.



## ***HMS Fun Fair Book Nook***

***The Fun Fair committee is looking for donations of new or “gently” used books to sell at the Fun Fair Book Nook on May 14th, 2011.***

***Books for “ALL” ages will be accepted.***

***Please help make this event a success by sending your donated books in to the HMS, MSS or HMHS offices. The books will be collected weekly and made ready for sale at the Fun Fair.***

***Please send in your book donations from now until Friday, April 22nd.***

***All proceeds from the sale of the books will go to help the PTA in their continual support of our schools. Any left over books from the sale will be donated to the Friends of the Hopkinton Town Library.***

***If you have a large number of books for donation, contact Yoly Rinden ([rinden@comcast.net](mailto:rinden@comcast.net)) or Stephanie Lesko ([lesko@mcttelecom.com](mailto:lesko@mcttelecom.com)) to arrange a pickup.***

***Thank you for your generous support!***





### HOME MADE TREATS

Parents: we have continued to have a fair amount of a stomach virus among staff and students. We will continue to ask for pre-packaged or store bought items to be shared. It has been difficult when a parent sends in treats that are home made ( we also include sliced fruit) because we do not want to disappoint a child for his/her birthday. We are continuing to follow recommendations from the NH Public Health Department regarding the spread of gastrointestinal viruses. Along with this topic, parents are asked to contact the classroom teacher before a treat is sent in due to allergy and other health matters in our classrooms.

Thanks,  
Sheila Conley, School Nurse

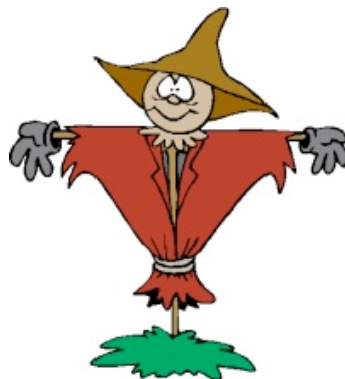
### NEXT WEEK AT 'TWEEN SCHOOL 'N HOME

MARCH THEME: *LET YOUR LIGHT  
SHINE*

March 28 – April 1, 2011

- Mon: Brownies! Brownies!  
Brownies!
- Tues: Mac 'n Cheese
- Wed: Apple Crisp
- Thurs: Parent Appreciation  
Dinner  
Taekwondo
- Fri: April Fool's!  
Piano Lessons

If you are interested in registering your child for a fun-filled afternoon at TSNH, contact Linda Ottery at [tsnh@twenschoolnhome.com](mailto:tsnh@twenschoolnhome.com) or call 529-2186.



### **Organic Gardening Presentations - Levels I and II Sponsored by Greener Hopkinton**

Level I: Saturday, March 26  
at 10:30 am

Level II: Sunday, April 3  
at 3:30 pm

Both events at the Hopkinton  
Town Library's  
Conference Room.

#### **Level I - Organic Gardening Basics**

Amy Ouellette, of the New Hampshire Cooperative Extension will discuss composting, why organic matters and how to employ organic gardening techniques at home.

#### **Level II -- Improving Your Organic Gardening Skills**

Jim Ramanek will share his knowledge, expertise and techniques on small plot organic gardening and soil management. Jim is co-owner of Warner River Organics, a USDA certified organic farm operation in Webster and a Northeast Organic Farming Association of New Hampshire Board member. Jim has been growing crops as a business for 7 years and as a gardener for 20+ years. There will be something for everyone in this presentation, beginner, intermediate and hard core organic gardeners.

