

Moose Mutterings

Moose Hill School PTA Newsletter

January 2011

Hello Moose Hill Families,

Welcome Back! I hope that you all enjoyed your time off. I know that we did. Winter is the time to get creative. I do not like to be out in the cold and snow, so I always like to find things to do indoors. What types of thing to you like to do with your kids indoors? I would love to hear some of your ideas.

I hope you were able to get out to the Parents Night Out in December. It was a success, and I want to thank everyone who helped make this event a success. I also want to give a big thank you to the staff at Tim Bachard's Professional Martial Arts Academy. They were wonderful through the process of planning and executing this fundraiser. They were great with the kids. This Parents Night Out raised \$295.00. The proceeds are going to the Kaiser and Fegan families. These families are very grateful for our help.

We are going to have another fundraiser this month for these families, in conjunction with Beach day. Look for details later in the month.

Here at Moose Hill school we have a jam packed 2011. We have the Reflections Town wide exhibit later in the month. I can't wait to see all the creative works of art that these very talented children made. We look forward to seeing you there. Look for details in this edition of the newsletter. Beach day is the other event held in January. The kindergarteners really enjoy letting loose and pretending that they are at the beach, relaxing. The PTA has already started planning some of the events that happen later in the year. We need your help. We still need someone to coordinate the Leep Carnival in May; the planning of this event needs to start soon. Please let me know if you are able to help plan this event.

I am very passionate about my position as PTA President. All these fundraisers are being used to help fund the enrichment programs and make this a memorable experience for your children. These extra enrichment programs would not be possible without the support of the PTA. I am truly grateful for this experience and hope that you and your children enjoy the events that we have planned this year.

I always look for new ways to better myself. If there is no room for improvement then there is no room for growth, so in saying that I would love to hear suggestions from you. If you have an idea that you think the PTA would benefit from please let me know.

Have a happy January. Our next PTA meeting is January 20th. I hope to see you there. Your life is your message to the world. Make it inspiring.

Lorin L. Lee

Chrissy Grabiec, PTA President

Nurse Notes

Whether winter brings severe storms, light dustings or just cold temperatures, the American Academy of Pediatrics (AAP) has some valuable tips on how to keep your children safe and warm.

What to Wear

- Dress infants and children warmly for outdoor activities. Several thin layers will keep them dry and warm. Don't forget warm boots, gloves or mittens, and a hat.
 - The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.
- Blankets, quilts, pillows, sheepskins and other loose bedding may contribute to Sudden Infant Death Syndrome (SIDS) and should be kept out of an infant's sleeping environment. Sleep clothing like one-piece sleepers is preferred.
 - If a blanket must be used to keep a sleeping infant warm, it should be tucked in around the crib mattress, reaching only as far as your baby's chest, so the infant's face is less likely to become covered by bedding materials.

Hypothermia

- Hypothermia develops when a child's temperature falls below normal due to exposure to colder temperatures. It often happens when a youngster is playing outdoors in extremely cold weather without wearing proper clothing or when clothes get wet. It can occur more quickly in children than in adults.
- As hypothermia sets in, the child may shiver and become lethargic and clumsy. Speech may become slurred and body temperature will decline in more severe cases.
- If you suspect your child is hypothermic, call 911 at once. Until help arrives, take the child indoors, remove any wet clothing, and wrap him in blankets or warm clothes.

Frostbite

- Frostbite happens when the skin and outer tissues become frozen. This condition tends to happen on extremities like the fingers, toes, ears and nose. They may become pale, gray and blistered. At the same time, the child may complain that his/her skin burns or has become numb.
 - If frostbite occurs, bring the child indoors and place the frostbitten parts of her body in warm (not hot) water. 104° Fahrenheit (about the temperature of most hot tubs) is recommended. Warm washcloths may be applied to frostbitten nose, ears and lips.
 - Do not rub the frozen areas.
- After a few minutes, dry and cover the child with clothing or blankets. Give him/her something warm to drink.
 - If the numbness continues for more than a few minutes, call your doctor.

Winter Health

- If your child suffers from winter nosebleeds, try using a cold air humidifier in the child's room at night. Saline nose drops or petrolatum may help keep tissues moist. If bleeding is severe or recurrent, consult your pediatrician.
- Many pediatricians feel that bathing two or three times a week is enough for an infant's first year. More frequent baths may dry out the skin, especially during the winter.
- Cold weather does not cause colds or flu. But the viruses that cause colds and flu tend to be more common in the winter, when children are in school and are in closer contact with each other. Frequent hand washing and teaching your child to sneeze or cough into the bend of her elbow may help reduce the spread of colds and flu.
- Children 6 months of age and up should get the influenza vaccine to reduce their risk of catching the flu.

Winter Sports and Activities

- Set reasonable time limits on outdoor play to prevent hypothermia and frostbite. Have children come inside periodically to warm up.

Ice Skating

- Allow children to skate only on approved surfaces. Check for signs posted by local police or recreation departments, or call your local police department to find out which areas have been approved.
 - Advise your child to:
 - Skate in the same direction as the crowd
 - Avoid darting across the ice
 - Never skate alone
 - Not chew gum or eat candy while skating.
 - Consider having your child wear a helmet while ice skating.

Sledding

- Keep sledders away from motor vehicles.
- Children should be supervised while sledding.
- Keep young children separated from older children.
- Sledding feet first or sitting up, instead of lying down head-first, may prevent head injuries.
 - Consider having your child wear a helmet while sledding.
 - Use steerable sleds, not snow disks or inner tubes.
- Sleds should be structurally sound and free of sharp edges and splinters, and the steering mechanism should be well lubricated.
- Sled slopes should be free of obstructions like trees or fences, be covered in snow not ice, not be too steep (slope of less than 30°), and end with a flat runoff.
 - Avoid sledding in crowded areas.

Snow Skiing and Snowboarding

- Children should be taught to ski or snowboard by a qualified instructor in a program designed for children.
 - Never ski or snowboard alone.
- Young children should always be supervised by an adult. Older children's need for adult supervision depends on their maturity and skill. If older children are not with an adult, they should always at least be accompanied by a friend.
 - Consider wearing a helmet.
- Equipment should fit the child. Skiers should wear safety bindings that are adjusted at least every year. Snowboarders should wear gloves with built-in wrist guards. Eye protection or goggles should also be used.
 - Slopes should fit the ability and experience of the skier or snowboarder. Avoid crowded slopes.
 - Avoid skiing in areas with trees and other obstacles.

Snowmobiling

- The AAP recommends that children under age 16 not operate snowmobiles and that children under age 6 never ride on snowmobiles.
 - Do not use a snowmobile to pull a sled or skiers.
- Wear goggles and a safety helmet approved for use on motorized vehicles like motorcycles.
 - Travel at safe speeds.
 - Never use alcohol or other drugs before or during snowmobiling.
 - Never snowmobile alone or at night.
- Stay on marked trails, away from roads, water, railroads and pedestrians.

Sun Protection

The sun's rays can still cause sunburn in the winter, especially when they reflect off snow. Make sure to cover your child's exposed skin with sunscreen.

Fire Protection

Winter is a time when household fires occur. It is a good time to remember to:

- Buy and install smoke alarms on every floor of your home
 - Test smoke alarms monthly
 - Practice fire drills with your children
- Install a carbon monoxide detector outside bedrooms

(c) 2010 American Academy of Pediatrics



PTA REFLECTIONS
40 Years of Achievement in the Arts

**Reflections Town Wide Exhibit
Londonderry Middle School
Saturday - January 15th, 2011
4:00 pm - 6:00 pm**

All of the artwork that the Moose Hill students created for the Reflections Art Program has been judged and will be on display at the town wide exhibit. Three pictures from the Visual Arts category, two from literature and two from the Photography category were selected to move on to the State Program. Five other students received Honorable Mention honors. The remaining students received participant ribbons.

The Exhibit will also showcase artwork created by students from Matthew Thornton and North School. In addition to artwork, there will be literary works, original music compositions, dance choreography and film productions on display. Refreshments will be served.

Reflections is a showcase for students to highlight their creative sides and many of the artists will be performing their original work. Any Moose Hill student who would like to perform at this year's exhibit can contact Kerin Brown for more information. In the past, students have read poems/stories that they had written, sang a song or performed a dance. All students are welcome to perform even if they did not participate in Reflections.

If you are able to volunteer an hour or two on Saturday to help set up and break down the artwork please contact Kerin Brown or Eileen Butler.

Please stop by on Saturday, January 15th to support all of the students who participated in the Reflections Program and to see all of their marvelous creations!

THANK YOU TO ALL OF THE STUDENTS WHO SUBMITTED ARTWORK AND TO ALL OF THE PARENTS WHO ASSISTED WITH THE ENTRY PROCESS!

Bridgette Root	Jeremy Butler	Ryan Pemberton	Roselyn Aika Chen	Paige Scanlon
Saffron Matzke	Kennedy Brown	Mia Stowell	Seth Grabiec	Sullivan Street
Alexa Viola	Matthew Brown	Ellie Varnum	Sean Clegg	

Parents' Night Out

The Parents' night out was a success. THANK YOU. The event raised \$295.00 dollars. I also wanted to give a BIG thank you to the Tim Barchard's Professional Martial Arts Academy. They were wonderful with the kids.

SNOW DAYS

This month brings with it the first day of winter, which in New England can mean snow days. For information on school delays and cancellations you can:

Logon to the Moose Hill website, www.londonderry.org/moose

Listen to WGIR AM 610, or

Tune into cable TV Channel 21 or WMUR-TV Channel 9





SANTA'S BREAKFAST

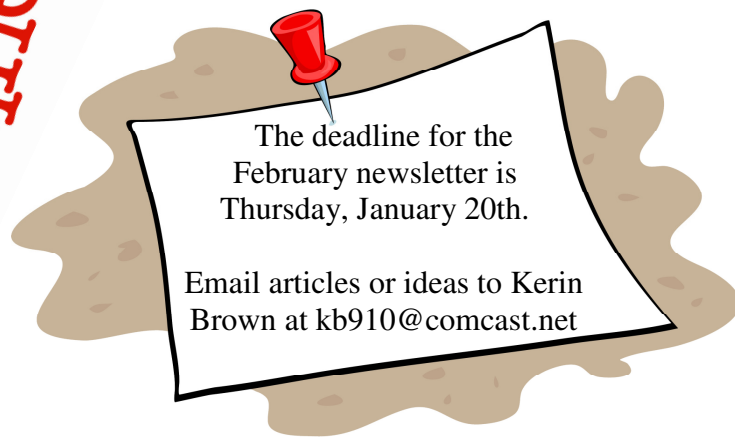
THANK YOU! THANK YOU! THANK YOU! THANK YOU! THANK YOU!

A big thank you goes out to all who donated their time, energy and delicious cookies, brownies and lollipops! The cookie walk would not have been successful without you.

The total amount that was raised for the Moose Hill PTA was over \$100.

THANK YOU! THANK YOU! THANK YOU! THANK YOU! THANK YOU!

NewsLetter
DEADLINE



The deadline for the
February newsletter is
Thursday, January 20th.

Email articles or ideas to Kerin
Brown at kb910@comcast.net

Birdseed Snow Angel

Kids can delight their feathered friends by decorating a snow angel with a mosaic made of birdseed.

Materials

- Various types of birdseed (like thistle, corn, and sunflower)
- Cups
- Pine boughs

Instructions

1. This angel is easiest made by a team: One partner lies down to make a snow angel while the other partner stands by to help the maker get up without messing up the imprint.
2. After the imprint is formed, pour cups of birdseed into the angel, filling the head and body with bands of variously colored seed.
3. For a finishing touch, add pine boughs for the angel's spreading wings.

If you have a suggestion for a craft or activity to do with preschoolers or kindergartners email it to Kb910@comcast.net



From www.familyfun.go.com

Spotlight Website

RECIPE KEY

www.recipekey.com

Having trouble planning what to make for dinner tonight? Find recipes based on the ingredients you had in your pantry! Simple add the ingredients you have at home and Recipe Key will search thousands of recipes. You can even filter based on allergies and cuisine type.

Do you have a favorite website? Email it to kb910@comcast.net

EARN MONEY FOR OUR SCHOOL



Did you know that each Tyson label that you submit to Moose Hill School is worth 24 cents?? Turn Tyson products, such as their chicken nuggets, Any'tizers or other frozen chicken items into big bucks for our school. For a complete list of participating products and how you can help earn more money for Moose Hill, visit www.tyson.com/projectaplus.



Cut out the PROOFS OF PURCHASE from Campbell's brand products, and you can help our school earn free merchandise such as art supplies, books, sports equipment and even electronics! Examples of Campbell's products include **Campbell's Soups, Spaghetti O's, Swanson broth, Pepperidge Farm Goldfish and Crackers**. For a complete list of participating products, and what items we can earn for Moose Hill, check out their website www.labelsforeducation.com.



A note from our Box Tops Coordinators

Thank you for sending in your Box Tops. We continue to have great success with the collection pages. Please feel free to have your child color the collection page.

Since November 2010 Moose Hill School has collected 1750 Box Tops which brings us to approximately \$750.00 dollars and very close to our annual goal of \$1000.00! Thank you for your support! Keep sending those Box Tops in. *(Updated numbers do not reflect any bonuses we receive throughout the year.)*

Please remember to check the website www.btfe.com for promotions.

Save with dollar day coupons

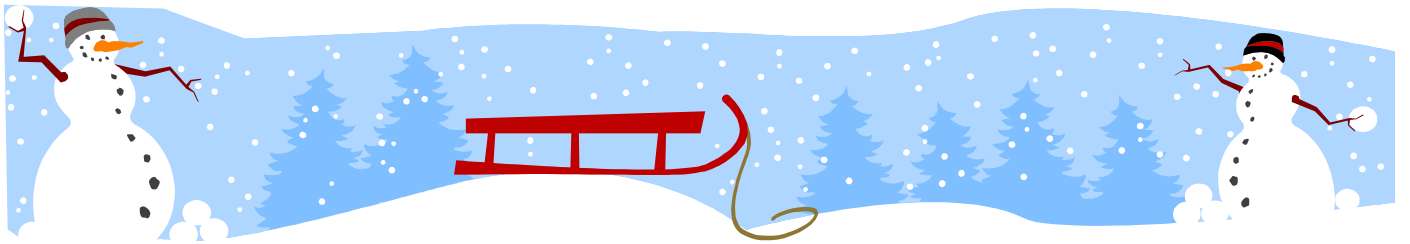
Marketplace winter deals

Shop for education week

Box Tops Submission Guidelines:

1. Expired Box Tops **may not** be submitted
2. Clip on or near the dotted lines
3. Ripped and torn Box Tops are ok as long as we can see the expiration date and the brand code (i.e. SPB, RBG, PUP) located in the top left or bottom left corner of the box top is visible.

Thank you for all your continued support,
Your Box tops Coordinators Danielle Peckham and Kim Laudani



JANUARY 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15 Reflections Townwide Exhibit LMS 4-6PM
16	17 NO SCHOOL	18	19	20 PTA Meeting 7:00 PM	21 BEACH DAY	22
23	24	25	26	27	28	29
30	31					

2010-2011 Moose Hill PTA Board and Chairpersons

Position	Name	Phone Number	Email
President	Chrissy Grabiec	216-5645	Pnut562000@yahoo.com
Vice-President	Katherine Allen	289-0884	katherineallen@stampsalot.net
Secretary	Heather Dormer	432-4932	dormerfamily@myfairpoint.net
Treasurer	Jackie Macaulay	434-6521	jlpgeneral@yahoo.com
Beach Day	Nancy Abbott Stacie Street	432-0843 425-7565	Nancy.abbott@comcast.net staciastreet@hotmail.com
Book Fair	Erin Murray Sarah Page Stacie Street	434-3563 434-9328 425-7565	Erinmurray19@hotmail.com Spage714@comcast.net staciastreet@hotmail.com
Box Tops	Danielle Peckham Kim Laudani	432-7367	daniellepeckham@comcast.net kjlaudani@myfairpoint.net
Bulletin Board	Stacie Street Robyn Fortier	425-7565 425-7694	staciastreet@hotmail.com thebearhut@aol.com
Campbell's Labels/ Hannaford Certificates	Karen Martin		Karen.martin@hotmail.com
Fall Fundraiser	Eileen Schmitt Kim Laudani	426-5245	Dande603@netzero.com kjlaudani@myfairpoint.net
Haunted Harvest	Nancy Abbott Andrea Bodkin	432-0843	Nancy.abbott@comcast.net kabodkin27@gmail.com
Holiday Basket Raffle	Eileen Schmitt	426-5245	Dande603@netzero.com
Hospitality	Danielle Mague	437-3073	maguesip@comcast.net
Kindergarten Carnival	Liz Spath Andrea Bodkin	617-276-6262	Elizabeth_spath@mercerc.com Kabodkin27@gmail.com
Kidz Night	Jessie D'urso		jmdurso@gmail.com
LEEP Carnival			
Membership	Jade MacDonnell	425-1822	jade@owenandolivia.com
Newsletter	Kerin Brown	434-1565	Kb910@comcast.net
Newsletter Highlights	Renee Williams	434-8024	gottwins@gmail.com
Parent/Teacher Conferences	Nancy Abbott Jessica Gallant	432-0843	Nancy.abbott@comcast.net
Reflections	Kerin Brown Eileen Butler Liz Spath	434-1565 617-276-6262	Kb910@comcast.net efbutler@comcast.net Elizabeth_spath@mercerc.com
Safety Day 2011	Karen Martin		Karen.martin@hotmail.com
Santa's Breakfast	Kerri Varnum	617-395-1351	Kerri_varnum@yahoo.com
School Spirit	Sarah Page	434-9328	Spage714@comcast.net
Spring Performance	Nancy Abbott	432-0843	Nancy.abbott@comcast.net
Staff Appreciation Week	Katherine Allen Rachael Doyle	289-0884 434-1350	katherineallen@stampsalot.net rachaeldoyle@comcast.net
Volunteer Coordinator	Sarah Ward	434-7742	tspward@gmail.com
Website	Michael Grenier Mari-Ann Thibodeau	490-4105 432-5553	mike@landscapersdepot.com mariann.thibodeau@verizon.com

Please email Kerin Brown if you see missing or incorrect information. Thank you.