

R.E.S.T.



Friday, Feb. 3, 2012 Volume IV Edition 22

RUSSELL ELEMENTARY SCHOOL TIMES

YEAH!! Our Website is back on-line – Check your homework, get the Feb. lunch menu, and the newsletter.

Important Events/Dates .

- Tue., Feb. 7th PTO Mtg. 6:00 pm
Play Tryouts 3-4 pm
- Wed., Feb. 8th **Deliberative Session 6:30 pm**
- Fri., Feb. 10th Hat Day
PTO Valentine Spaghetti Dinner & Bake Sale 5-7 pm
- Mon. Feb. 13th Faculty/Staff Volleyball—Gym 3-4 pm
Public Hearing on Town Budget 7-9
- Tue., Feb. 14th Play Rehearsal 3-4 pm
- Wed., Feb. 15th Play Rehearsal 3-4 pm
School Board Mtg.
5:30 PM Non-public; 6:00 PM Public
- Thurs., Feb. 16th Play Rehearsal 3-4 pm
- Fri., Feb. 17th Winter Carnival 12-2:30 pm
- Tue., Feb. 21st Play Rehearsal 3-4 pm
- Wed., Feb. 22nd Cultural Arts Rehearsal
- Thurs. Feb. 23rd Play Rehearsal 3-4 pm
- Fri., Feb. 24th Readers' Theater Gr. 3 & 4—8:30 am
Gr. 1 & 2 9:00 am
All School Assembly 2 pm
- Feb. 27—Mar. 2 **Winter Break—No School**

*Please Note: Activities may be changed or cancelled due to inclement weather or last minute conflicts.

Please be sure to contact the school with any changes/updates in phone or address. We need to have a working phone number to call in case of student sickness/delayed opening/school cancellations.

School Lunch Menu Feb. 6—Feb. 10, 2012

- Mon.** Nachos w/the works, seasoned rice, sweet corn, cinnamon apple sauce
- Tues.** Tomato soup, grilled cheese sandwich, mac apple
- Wed.** Spaghetti and meatballs, garlic wheat roll, garden salad, pears
- Thur.** Crispy chicken patty on a bun, oven roasted warm winter beets, orange wedges
- Fri.** Cheese pizza or chefs topping, veggie sticks/dip, orange wedges

Basketball Schedule:

- Mon., Jan. 30th 7/8. Girls practice 3:00-4:00
7/8 Boys practice 4:00-5:00
- Tue., Jan. 31st **GAME: WES@RES (7th & 8th)**
- Thurs., Feb. 2nd **All Star Game @ PRHS**
7/8 girls @ 6pm
7/8 boys @ 7pm

*Please Note: Practices/games may be changed or cancelled due to inclement weather or last minute conflicts.

Trey Strong Memorial wrist bands are for sale: \$5.00 per band, proceeds to go to the Trey Strong Memorial Fund. If you would like to purchase one please see Mrs. Weeks in the 5th grade room.



PTO VALENTINE SPAGHETTI DINNER & BAKE SALE

Friday, February 10, 2012
5:00 p.m. to 7:00 p.m.
Russell Elementary School
Adults \$5.00
Children 10 & under \$3.00

Sponsored by the Rumney PTO

DELIBERATIVE SESSION WED., FEB. 8TH 6:30 PM

Theater Tryouts for
"The Choice is yours..."
Grades 4-8
3-4pm in the Gymnasium on
Tuesday, February 7th.

From the nurse's Office

Due to the recent state outbreak of the Norovirus, the best course of action to help reduce the spread of the virus is to:

- ◆ to wash hands
- ◆ Drink water
- ◆ If you do not feel well, stay home
- ◆ Do not return until 24 hours after symptoms resolve

The disease is usually characterized by nausea, forceful vomiting, watery diarrhea, and abdominal pain, and in some cases, loss of taste. General lethargy, weakness, muscle aches, headache, coughs, and low-grade fever may occur.

Watching too Much TV

If you can't remember where you put your glasses – let alone your anniversary date - quick, turn off the TV! It might be making you forget things. According to Reuters news service, an online survey of 30-thousand people found that the amount of time they spent watching television had the biggest impact on their memory and recall.

Dr. Nancy Pachana is a psychologist from the University of Queensland in Australia. She says other factors are important for keeping your memory sharp –like diet and an active lifestyle - because memory is dependent on both good physical and mental health. But your TV habits also figure into the equation.

A survey called The National Memory Test quizzed people on various tasks - like remembering a shopping list, recalling names and faces, and spotting the differences between two photographs. The participants also filled in a survey on their lifestyle habits - how much alcohol they drank, how much TV they watched, and how much they read. The results showed no differences between men and women, but the impact of TV viewing was HUGE. The people who watched less than an hour a day did better at *every* memory task. Here are some other results from the survey:

- People who read fiction had better memories than those who didn't.
 - People who drank less than two alcoholic drinks a day performed better at all memory tasks. And doing crossword puzzles and eating fish at least once a week also improved memory.
- But Dr. Pachana says TV isn't ALL bad - some quiz shows and news programs can be good for the mind. But the main factor in keeping your memory sharp is having an **active** mind - and most TV is passive. That's why reading or some other mentally stimulating pursuit is better. But don't forget that other things factor in! Health issues like depression, lack of sleep, and being stressed can affect your memory. So make sure you take care of yourself. (Taken from Tesh.com)

