

November 12, 2009

## FROM THE DIRECTOR

### Inclement Weather

Please be sure to keep your information about how to find out when school is delayed or cancelled due to inclement weather. We have been lulled into a comfort zone with the warm temperatures we have been experiencing. Last year, by Thanksgiving, we had two weather days!

### Weather Day And Vacation Child Care Program

Several people have expressed interest in working on a committee to explore the possibility of a weather and vacation day program for child care. If you are interested in this committee, please let me know by Thanksgiving break. The committee will convene shortly after that time.

### Coffee Talk

Our Coffee Talk meeting was held on Tuesday and we had a productive time. It was a casual environment to talk about the school. Some discussion about the time and frequency of meetings did come up. I had thought that 3-4 meetings during the year around report card time, with staggered meeting times to accommodate various work schedules might work. Others mentioned mornings at 8:00 AM with early drop off to before school child care being available might work. There was also some talk about monthly meetings. I will attach a quick survey to the newsletter for you to fill out and return so I can get a sense of your preferences. Thanks to Teiko for suggesting the location at Blue Ridge Electric and thanks to BREMCO for allowing us to use their conference room for our meeting.

### Volunteer Hours

We will be developing a form to send home for you to keep track of your volunteer hours. As you know, it is part of our school expectations that each family volunteer either 2 or 4 hours each month depending on their circumstances. These hours can be given in a variety of ways by helping in classrooms or the office, chaperoning at field trips, or in many other ways. In the past, this form was a regular practice and it seems to have gotten lost in the many changes at the school. We will be returning to the practice right after Thanksgiving Break. This information will allow us to recognize the hours our families contribute to the success of Two Rivers Community School.

~ June Gilch

## BRAIN GYM- HOW MUCH SLEEP DO YOUNG PEOPLE NEED?

Sleepy Head, a National Geographic for Kids article says, “Kids need about ten hours of sleep a night. Each of those ten hours is equally important. Parts of your brain rest at different times of the sleep cycle. You need to complete the whole ten hours so each section gets its chance to rest.” Memory, communication skills, focus and the immune system can be affected by the amount of sleep a person gets.

When a student has trouble getting to sleep, the Brain Gym move Hook-ups can help the body to relax and settle down. During this season of time change, holidays and flu, let's all be sure to get enough rest for optimal performance!!!

Rest well!

~ Ms. Cyndi

## FOURTH GRADE NEWS

Last week Dr. Vachel Miller (TRCS parent) came to talk with our class about his experiences teaching in the mountains of Pakistan. It was wonderful to be able to hear from and ask questions to a person who was actually in Pakistan! The students enjoyed trying on clothing and seeing pictures from Pakistan. We have the opportunity of having a graduate student at ASU who is from Pakistan come to talk with our class about cultural differences and similarities; however, he does not have a car. If you would be willing to provide transportation for him on a Thursday or Friday morning, please let me know. These authentic experiences make expeditions so much stronger!

## BATTERIES NEEDED

Do you have any defunct battery operated toys or gadgets (e.g., flashlights, CD players, etc.)? If so please send them to the fourth grade! We will be studying electricity and we'd like to have some things to take apart. They need not work as we will be looking at the circuitry only.

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## FIFTH GRADE NEWS

The fifth grade is moving right along. We just found out we won a grant from North Carolina Zoo for their Keepers in the Classroom program. They will come to the school to teach us a lesson in March. We are sharing this experience with Kindergarten and Fourth grade. We will also be reimbursed \$300 for an environmental project will be do in the Spring. We feel very blessed to have this learning experience given to us.

### In other news

Our final **Pennies for Peace** collection will be this Friday, November 13th. A huge thank you goes out to everyone for such a successful fundraiser.

~ Sandi Priest

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## PICTURE RETAKE DAY IS MONDAY, NOVEMBER 23

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## LOST AND FOUND

There are many items in the office that have been turned in to the Lost and Found. Please check the clothing items and take what belongs to your child. Anything remaining on November 24 will be donated to a charity.

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## THERE WILL BE NO COOKING CLASS HELD ON MONDAY, NOVEMBER 23

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*The main part of intellectual education is not the acquisition of facts but learning how to make facts live.*

*~ Oliver Wendell Holmes Jr.*

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