

MT.VERNON ELEMENTARY SCHOOL

"A CARING SCHOOL COMMUNITY DEDICATED TO EXCELLENCE"



Principal's Pen Michelle Hood



I wanted to take a moment to recognize and acknowledge Tyler Spaulding for his outstanding work in persuasive writing. Tyler demonstrated maturity and cohesiveness in his essay which he confidently presented to me. His public speaking skills were commendable, and the points he raised will be brought forward to a future PTC meeting. Tyler's contribution is truly valuable, and I appreciate his dedication to effective communication. Thank you to Carolyn Watkins for supporting and fostering such talent within our school.

Have you ever played soccer with no soccer lines or soccer goals? I think it is pretty hard to play soccer without soccer lines or soccer goals. I think we should have soccer lines and goals at Mt. Vernon Elementary School.

One reason why I think there should be soccer lines and soccer goals at Mt. Vernon Elementary School is it would make it easier to play soccer. We would not have to pretend where the lines or goals are. We would not have to run after the ball when the other team got a goal.

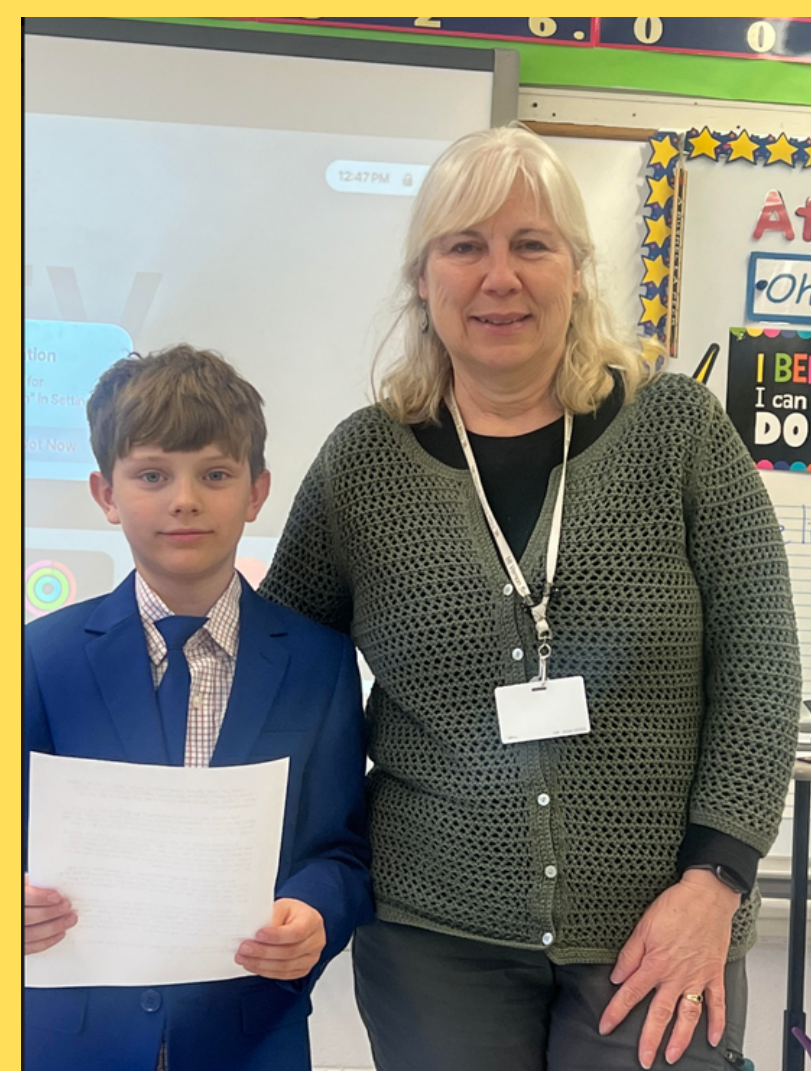
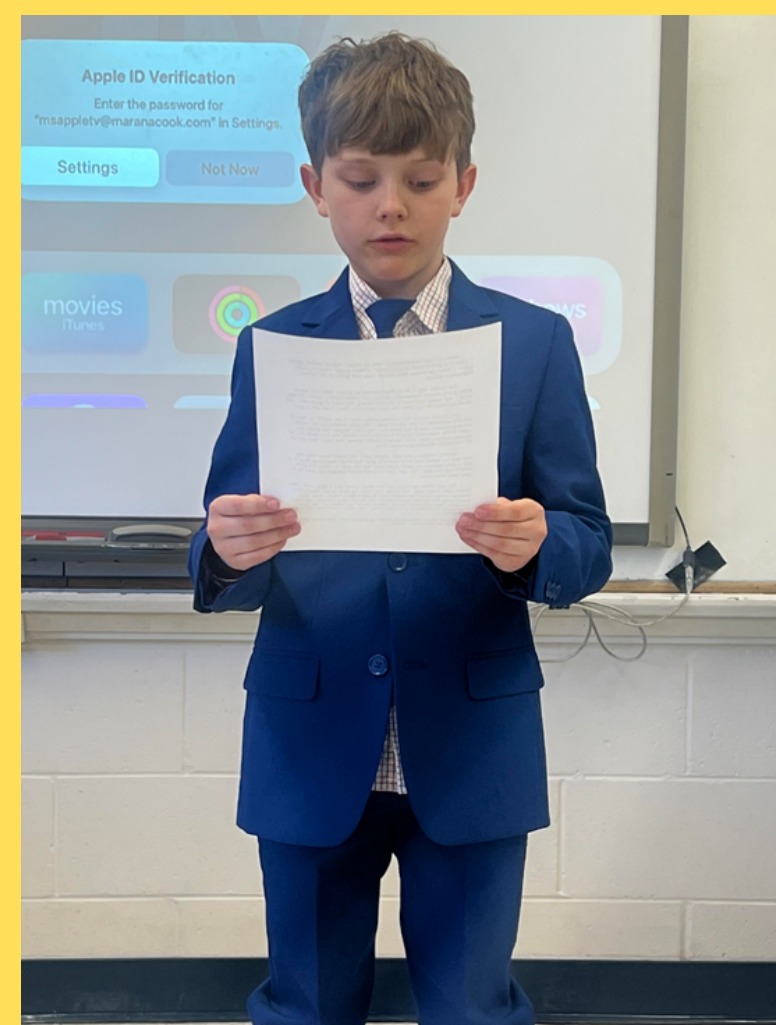
My second reason for wanting soccer lines is we would be able to see the perimeter of the soccer field. Everyone playing soccer would not argue about where the lines are. We have to stop the game and argue if the team that doesn't have the ball thinks the ball went out of bounds and the team with the ball doesn't agree. We could play soccer for the whole recess with soccer lines.

My last reason is the goal would help. We would know how big the goal is. When one team scores a goal the other team says that it is not a goal because we don't agree how big the goal is. Also, the goal would stop the ball. The ball goes into the Pre-K playground area or it goes past their area.

You may think we could just put down cones, but I don't think that would work really well. We would not really be able to put down cones because every recess we would have to place down cones. Also, both goals would not be the same length. You would need a measuring tape and ruler. And we would not be able to mark the center of the field because we would knock the cones over. The wind would also knock the cones over.

This is why I think there should be soccer lines and soccer goals at Mt. Vernon Elementary School.

TYLER



MT.VERNON ELEMENTARY SCHOOL

"A CARING SCHOOL COMMUNITY DEDICATED TO EXCELLENCE"

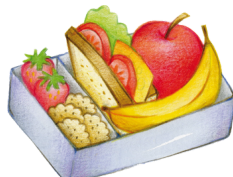
Lunch Menu for week 3/11-15

Monday: Poppin' Pepperoni Sticks w/ Marinara

Tuesday: Sloppy Joes on a bun

Wednesday: Creamy Macaroni & Cheese

Thursday: Fish Sticks of the Sea w/ Sweet Potato Fries



Thank you For attending Conferences!



Thank you to all our families who attended Parent / Teacher Conferences. When you show up for your kids, they notice. We had great Parent/Guardian attendance! If you could not attend please reschedule or call the school office if you need assistance.

Important Dates to Remember

March 21: Parent/Teacher Conference

March 18-22 Scholastic Book Fair

April 3: 5th Grade goes to the Gulf of Maine

April 8: Total Eclipse of the Sun

April 9: Lifetouch Spring Pictures

April 15-19: Spring Vacation

April 25: 4th grade field trip to MCHS

School Board Meeting Dates

March 20: Business Meeting

March 27: Budget Workshop
(4th Wednesday)

April 3: Business Meeting

April 9: Lifetouch Spring Pictures

April 10: Vote on Budget; Workshop (2nd
Wednesday)

May 1: Business Meeting

May 8: RSU #38 Annual budget Meeting, MCMS
Cafeteria 7:00 pm.

All meetings begin at 6:30 pm unless otherwise noted


Embrace Effort and Persistence

With a growth mindset, you know that effort and perseverance are the keys to achieving your goals. Stay determined, work hard, and celebrate the progress you make along the way!

MT.VERNON ELEMENTARY SCHOOL

"A CARING SCHOOL COMMUNITY DEDICATED TO EXCELLENCE"

Nurse News

We love water! 

Keep It Handy, Keep It Cold:

- Keep bottled water or a water bottle on hand.
- Fill a pitcher of water and keep it in the fridge.

Live It Up, Make It Fruity:

- Add fresh lemon, lime, or orange wedges to water for some natural flavor. • Try mixing seltzer with a splash of juice.

Be a Role Model:

- Drink water when you're thirsty.
- Replace soda with water, instead of other sugar-sweetened beverages, such as juice or sports drinks.

Water is fuel for your body:

- Between 70-80% of our body is made up of water. • When you exercise, you sweat, and when you sweat, you LOSE water—it is important to replace the water you lose when you sweat. • Water is the #1 thirst quencher!

WHEN IS SICK TOO SICK FOR SCHOOL?

Send me to school if...	Keep me at home if...	Call the doctor if...
 I have a runny nose or just a little cough, but no other symptoms. I haven't taken any fever reducing medicine for 24 hours, and I haven't had a fever during that time. I haven't thrown up or had any diarrhea for 24 hours.	 I have a temperature higher than 100 degrees even after taking medicine. I'm throwing up or have diarrhea. My eyes are pink and crusty.	 I have a temperature higher than 100 degrees for more than two days. I've been throwing up or have diarrhea for more than two days. I've had the sniffles for more than a week, and they aren't getting better. I still have asthma symptoms after using

EAT A RAINBOW For Health!

Facebook.com/livelovefruit

RED	ORANGE	YELLOW
 To improve heart & blood health & support joints	 To prevent cancer & promote collagen growth	 Helps your heart, vision, digestion & immune system
GREEN	BLUE/PURPLE	WHITE
 Powerful detoxifiers, fight free radicals, improve immune system	 Improve mineral absorption, powerful antioxidants	 Activate our natural killer cells & reduce cancer risk

Scholastic Book Fair

Scholastic Book Fair will be the week of March 18-22. The Scholastic Book Flyers will come home today, be sure to check your students' backpack. Start shopping!

Mistakes are an opportunity to grow

Mistakes are valuable learning opportunities, not something to be ashamed of. With a growth mindset, you see mistakes as stepping stones to success. When you make a mistake, take a deep breath, learn from it, and try again.

Believe in Your Potential

With a growth mindset, you understand that intelligence and talents can be developed over time. Keep pushing yourself, stay positive, and believe in your ability to achieve anything you set your mind to. You have unlimited potential.

Embrace Effort and Persistence

With a growth mindset, you know that effort and perseverance are the keys to achieving your goals. Stay determined, work hard, and celebrate the progress you make along the way!



Are Your Kids Hungry or Just Bored?

Children (as well as adults) often use food for reasons other than to satisfy hunger. Children often eat in response to their emotions and feelings. If your child seems hungry all the time, use the following tips to get a better idea of what is really going on.

What Triggers Hunger?

If your child is eating 3 well-balanced meals and 1 snack a day but still claims to be hungry, there may be other reasons beyond hunger that make him or her want to eat.

Ask yourself the following questions:

Does your child sometimes reach for food when experiencing any of the following?

Boredom Depression Stress
Frustration Insecurity Loneliness
Fatigue Resentment Anger Happiness



For more information click on the red hyperlinks

Healthy Alternatives

If you suspect your child is eating out of boredom, you may want to steer him or her toward other activities as a distraction.

What You Can Do:

Make sure your child is eating 3 well-balanced meals and 1 snack a day. This will prevent feelings of hunger between meals. Help your child choose other things to do instead of eating, such as:

Walking the dog Running through the sprinklers Playing badminton
Kicking a soccer ball. Painting a picture Dancing
Going in-line skating. Planting a flower in the garden. Flying a kite.
Joining you for a walk through the mall (without stopping at the ice cream shop).

Offer healthy snack such as raw vegetables, fruit, light microwave popcorn, vegetable soup, sugar-free gelatin, and fruit snacks. Snacks such as chips and candy bars have empty calories that will not make your child feel full.

You pick the snack. When your children are allowed to pick their own snacks, they often make unhealthy choices. Talk to your child about why healthy snacks are important. Come up with a list of snacks that you can both agree on and have them on hand.

FOR MORE INFORMATION CLICK ON THE RED HYPERLINKS

What Can you Do

Does your Child eat at times other than regular mealtimes and snacks? Is your child munching at every opportunity?

Do you reward your child with food (does an A on a test sometimes lead to a trip to the ice cream shop)? This can inadvertently contribute to your child's obesity.

When your child is doing things right, do you tell him or her or her? Words of approval can boost a child's self-esteem. They can also help keep a child motivated to continue making the right decisions for health and weight.

How are you speaking to your child? Is it mostly negative? Is it often critical? It's hard for anyone, including children, to make changes in that kind of environment.

Remember

Your own relationship with food and weight, dating back to your childhood, can influence the way you parent your own child.

One of your biggest challenges is to determine whether your child is eating for the right reasons.

