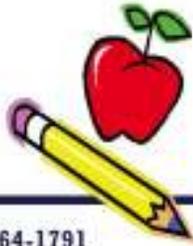


FRIDAY



FLASH



299 Main St, Burlington, VT 05401 • 864-1791

March 26, 2015

From the Principal's Desk

How's everyone doing? That may seem like an odd way to start this column, but seriously, how are you? We've seen a real ramping up of behavior, children being stressed, overreacting to each other, and excessive energy in the cafeteria. The word "bonkers" comes to mind.

I don't know about you, but I am really tired of winter - or at least the cold. I couldn't believe that we had to keep students inside on March 23 because the wind chill was below 0. Two years ago on the same date, it was 81°! I think sometimes we don't want to admit that weather has an impact on us- that we as humans are somehow superior to the impact from an aspect of Mother Nature. Having lived north of the Arctic Circle, I know how I pretty much refused to think that the constant darkness during the deepest part of winter didn't bother me. It wasn't until daylight became significantly longer and it warmed above freezing that I realized how much better I felt. Interestingly, the length of the day also impacted me in that I lived in a tent all summer long and had to force myself to go to sleep in broad daylight. The sun literally circled above never setting for 38 days. By early April, it never got dark at night. You'd think I would have gotten tired from not sleeping much, but I wasn't - until I flew to a place where darkness occurred, or it was a dark cloudy day. Darkness equated to tired and sleeping.

I was a bit humbled by the fact that my body was just as much a part of nature as any other mammal. As such, the weather had a strong impact on my outlook, and my wellbeing, regardless of whether I wanted to acknowledge it.

I'm guessing that with the bitter cold we've had recently, a lot of our students have not been outside much on the weekends for a while. I'd like to encourage everyone to take time outside this weekend. If you can, kick the kids outdoors to play - for hours! Get out the bikes, get a jump rope, a hula hoop, bats, balls, soccer balls, lacrosse sticks - whatever, but go outside and be outside in the sun and fresh air. We all need the magical cure that comes with light, and clean air. So, do what my mother always told us to do on the weekend.

Go outside and play!

Up Coming Events

- Mar. 27 No students today
- Apr. 9 PTO Meeting
- Apr. 10 Skate Night - Leddy Park
- Apr. 16 Arts Night - Art Show and Concerts
- Apr. 18 Spring Break Begins
- Apr. 27 Return from Spring Break

Whole School Assembly
Wednesday, Apr. 1
Trash on the Lawn Day with the Green Team

FROM THE PTO

TUESDAY, APRIL 7: VERMONT COFFEE ORDERS DUE

EES makes \$6/bag! Orders will be delivered that Friday. Order forms at Front Office and EES PTO website (<http://eespto.org/fundraisers/Vermont-coffee-fundraiser/>). Checks payable to EES PTO, OR Pay via PayPal; Please note in PayPal "Purpose Box" number of bags and coffee choice. Contact Pam Moreau (802.999.4590 | pmoreaulawvt@gmail.com) with questions.

PTO MEETING THURSDAY APRIL 9, 6:30-7:30PM

All are welcome and childcare will be provided. Please join us on the third floor library/resource room. Looking for 1-2 people to help serve as co-leaders next year. Contact Marni Slavik (pto@eespto.org) with questions.

SKATE NIGHT FRIDAY APRIL 10 FROM 6-8PM AT LEDDY ARENA

Join us for pizza and ice skating! Please let Annie Howell know if you can help pass out food, set up, or clean up (annebhowell@gmail.com).

LOOKING FOR VSO PETTING ZOO VOLUNTEER

The Vermont Symphony Orchestra has a great program in which they bring instruments for Kindergarten and first grade students to try. Our previous volunteer coordinator, Carolyn Hanson, would like to train a new volunteer in coordinating this event. If you are interested in this opportunity, please contact Carolyn (carolynhanson21@gmail.com) or Marni (pto@eespto.org).

LOOKING FOR VOLUNTEER FOOD COORDINATOR FOR MAYFAIR ON MAY 15

Mayfair is our end-of-the-year carnival with food and games for the entire EES community. We are looking for a volunteer to coordinate the food. Please contact Leigh Fisher (leigh.r.fisher@gmail.com) if you can help.

PTO EMAIL UPDATES

The PTO sends out weekly email updates. If you would like to be added to the PTO email list, please contact Marni Slavik at EES PTO (pto@eespto.org). For more information about PTO events visit: <http://eespto.org/> or <https://www.facebook.com/eespto>.

FROM THE COMMUNITY

The dissemination of this material is intended to be of community service. BSD does not endorse or sponsor this organization.

BASEBALL

"Spring is just around the corner! Or maybe up the street, hang a left, straight through 2 stoplights and around THAT corner. Either way, baseball season is back! Head over to <http://www.burlingtonamerican.com/site> and register your child(ren) today. Burlington American Little League offers our kids a great way to learn about baseball from t-ball to the Majors and every level in between. All students 12 and under who reside South of Main Street are eligible to register, and if you register by March 29, you will be entered in a drawing to win a \$25 credit at the Little League Snack Shack. Let's go Spring and let's play ball!!!!"

RunVermont's Ready, Set, Run

While enrolled in Ready, Set, Run, children will learn about and practice fitness, good nutrition, citizenship, and goal setting all while having fun and being safe. The children meet weekly with their volunteer Ready, Set, Run leader. Trained leaders give children an organized way to get motivated, educated and help keep track of their progress

- RunVermont provides a "Leader Manual" with lessons and fun activities. Groups meet weekly (or twice a week) for an hour at a location to be determined by the Leader(s).
 - RunVermont provides Mileage Tracker for each participant to map their healthy foods and "helping hands", record their program goals and log their fitness miles.
 - In addition to mileage incentives, a t-shirt, medal and finisher's certificate, participants receive monthly newsletters filled with activity ideas, citizenship challenges and tasty recipes.
 - Spring participants are encouraged to participate in our spring fun runs: Champ on Church, May 9 and the Festival of Fun, June 1
- Ready, Set, Run Spring Program: April, 2015 - June, 2015 Groups begin the first week of April. Specific dates determined by Group Leaders at each location.