



EDMUNDS
ELEMENTARY SCHOOL

FRIDAY



FLASH

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

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From the Principal's Desk

I started playing hockey 14 years ago, well into adulthood. When I took it up, my life was pretty stressful. I was working full time, commuting 90 minutes a day, had four kids who were in various places middle and high school and college, and teaching a Master's degree course on the weekends at the International College in Brattleboro. You could say that life was a little nuts.

The first time I played, I came off the ice and felt like a wet noodle, but was surprisingly rejuvenated as if I'd just had a week long vacation. For the first time in a long time, I was really and truly relaxed. It seemed really illogical that I would feel so refreshed after doing something that I'd never done before. It was hard. It was exhausting. It let me know just how out of shape I was, and yet I still came off the ice feeling exhilarated. Practice was over by 8:30 on Saturday morning, so I was able to return home just as everyone else was getting up. Chores awaited but they were easier to do.

When you consider that I am a goalie, it may really seem odd for me to describe playing hockey as relaxing. Doing something totally different is, in fact, relaxing. Playing hockey requires that I focus all of my attention on the activity and be completely in the moment at all times. It allows me to let everything else go. In fact, it requires that I let everything else go or else people will be able to score on me at will.

As parents, we need time to rejuvenate. We spend so much time caring for our children, working, and keeping our homes and business in order, that little time is left for us. The result is that we are in a constant state of stress and that is something that our children can feel. They have amazing radar. When we relax, it's easier for them to relax. When we are tense, they pick up on it and it makes them more tense. When they're more tense, they're more likely to act up, increasing our tension, which in turn increases their tension which is shown in behavior and the cycle continues. Your ability to get some sort of true relaxation is important. It is not a guilty pleasure. It is a necessity and I hereby give you all permission!

Upcoming Events:

- Nov. 10 Picture retakes 9AM
- Nov. 12 Turkey Trot (and roll) and Food Drive
- Nov. 12 PTO Meeting - 7-8 pm
- Nov. 13 Dan's chocolates distribution day
- Nov. 21 Report Cards sent home
- Nov. 26 Thanksgiving Break Begins-No School
- Dec. 1 Back to school

Whole School Assembly
Wednesday, Nov. 12
8:10 - 8:30

THANK YOU

The faculty and staff want to let all the parents who have brought treats on Thursdays know how much it means to us all. Your generosity and kindness makes a big difference to all of us. The creativity of parents is wonderful and there are a lot of great cooks. Just knowing that you care about our work is fantastic.

HALLOWEEN PARADE FUN

Thanks everyone for joining the Halloween Parade!



FROM THE PTO**PTO MEETING AND COMMON CORE DISCUSSION
NOVEMBER 12 FROM 7-8 PM**

All are welcome and childcare will be provided. Will include a discussion of the Common Core curriculum with Dr. Ellen Baker, the director of teacher education at UVM.

**TURKEY TROT (AND ROLL) AND FOOD DRIVE ON
NOVEMBER 12**

Walk, roll, bus or carpool. Please bring a non-perishable food item for the Chittenden County Food Shelf. Let's see if we can break last year's food donation of 323 lbs! A box for donations will be in the front entryway. Please contact Rachel (rachskye@gmail.com) or Peggy (peggyov5@gmail.com) with questions.

**VOLUNTEERS NEEDED NOVEMBER 12 FROM 2-
4PM: DAN'S CHOCOLATES**

Need 8-10 volunteers to sort and bag chocolate orders. Meet outside art room; will work in healthy living room across hall. Contact Marni at pto@eespto.org if you can help.

**NOVEMBER 11: ORDERS DUE FOR VERMONT
COFFEE FUNDRAISER**

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. Next order will be Tuesday, Dec. 9 with deliveries that Friday.

THANK YOU: FOUR WINDS FUNDRAISER AT REV

Thank you to Laura Feters and Carolyn Hanson for teaming with the owners of Rev on a hugely successful fundraiser for Four Winds. Over \$2400 was raised to support the Four Winds program. Thank you to all who joined in spinning and helping to make this day a success. A special thanks to the REV Team for their support in organizing the event, opening their space, providing their time, leading such amazing and motivational rides and of course their incredible generosity in supporting Four Winds at EES.

SUPPORT FUND FOR SHELLEY SPINNER

Many people have asked how they can support Shelley Spinner and her family. In response, we have set up a support fund website. From the website: "We have struggled to find a way to show our love, support and dedication to her recovery. Donating to Shelley's fund is just one more way we can do this. Let's all inspire HER to recover, to heal and to beat this! Contributing to this fund will provide Shelley and her family with a bit of financial peace and will allow them to focus on what is most important: Shelley's recovery and family quality time." If you would like to donate, please go to the link below. <http://www.youcaring.com/medical-fundraiser/support-fund-for-shelley-spinner/247918>

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>