



Updates From Upham

September 18, 2009



Thanks Mary Mullen for a GREAT ice cream social!!!! Thanks also go to Maria Chase, Margaret McNeill, Marie Palmier, Brooke Atallah, Ann Tuomey, Sandi Roth, Kelli Morrow, Bettina Eikeboom, Amy Madden, Betsy Reale, Ms Hernandez and Ms Mara

Mark Your Calendar

September 21-

Picture Day

September 23-

Tball (1) and Kickball(2)

September 24-

Back to School Night,

6:30-7:10pm ILC, 3, 4,5 7:15-7:55pm PLC K, 1, 2

September 25-

-Green Team Assembly (All School),8:45

-Gift Wrap Sale Ends

-Class Dinner-Kindergarten

September 28-

No School (Yom Kippur)

September 29-

K and 1 trip to Honey Pot (apple picking)

September 30-

Walk-A-Thon

October 3-

Sports Carnival

For Your Planning Purposes- Here are the 2009-2010 MCAS dates.

March 22nd-April 9th

Grades 3, 4 and 5 ELA

May 11-27th

Grades 3, 4 and 5- Math and Science/Technology

Food Celebrations

We want everyone at our school to feel included and safe, and that means children with food allergies. In an effort to show respect and sensitivity to the needs of others, we ask that when food is served at a school celebration that all students be able to eat that food (i.e., NOT one kind of treat for children with allergies and a different treat for the children without allergies).

For celebrations that include the serving of food in the classroom, the Nurse will provide the Room Parents with the names of the parents of the children in the classroom who have food allergies. It is then the responsibility of the Room Parents to contact the parents of children with food allergies to jointly determine acceptable foods to serve at the celebration. We are not providing a list of allergens because we have found that the specifics of these allergies can vary and change depending on the child.

In an effort to cultivate this same sensitivity among our students, we stress the importance of (1) hand-washing before and after eating, (2) no sharing of daily snacks / lunches among children in classroom / lunchroom, and (3) keeping allergens away from students who have food allergies.

Please contact the Nurse if you have any questions.
Ann Warmington, RN 781-446-6285 Ext. 702

Wrapping Paper Sale

Gift Wrap Sale Going on Now

Everyone's talking . . .
Did you see the pretty gift wrap?
How about those magazine subscriptions? . . . a great gift idea!

There's still ONE MORE WEEK to sell!
Please reach out to friends and family this weekend.

Want more details [click here](#)
Questions? contact Lisbeth Burns
by [clicking here](#)

Toy Drive

LAST CALL- Dust off those toys and make a real difference to a child! Just one toy from each family could make for a lot of happiness!
Thanks!

The Sports Carnival Needs YOU!

VOLUNTEERS, GET READY TO SIGN-UP
New Sports Carnival Online Sign-up Tool Coming Soon!

You will soon be receiving, via separate email, a link to a new online sign-up tool. Please follow the instructions enclosed with the email to sign-up to help with the Walk-a-thon (9/30) and the Sports Carnival (10/3). Using this tool you will be able to sign-up for specific shifts on a "first come, first served" basis.

We need participation from EVERY Upham family to make this year's Sports Carnival a success.

Any questions please contact our Sports Carnival Volunteer Coordinators: Kate Sample by [clicking here](#) or Gina Francis by [clicking here](#)

Thank you in advance for your support. We can't do it without YOU.

Sponsorship Program

THANK YOU to all of those who have already participated in this new and exciting program. We are well on our way to meeting our fundraising goal!!

Did you know that many employers will match your contribution? Check with your HR Department for more information.

While we are on our way, we're not there yet. So if you'd like to participate, there is still time. If you've misplaced your form, just [click here](#) for another copy.

Thanks for your consideration.

Sports Raffle

Raffle flyers will be sent out this week via backpacks. You can buy tickets for a chance to win... great prizes, such as: a tour of Fenway, tickets to a Red Sox/Yankees game, a Trek bicycle, a Sports Party for 16 at Boston Sports Club and more! Tickets are \$5 each, 5 for \$25 or 25 for \$100. Simply fill out the form and return to the school office. Winners will be announced the day of the Sports Carnival! You can also find the form by [clicking here](#)

Walk a Thon

Kick off the Sports Carnival with Upham's first annual Walk-a-thon.
Wednesday, September 30th!
Start collecting your pledges now!

1:00pm - 1:30pm Kindergarten through 2nd Grade*

1:45pm - 2:15pm 3rd Grade through 5th Grade*

More details [click here](#) or pledge sheets [click here](#)

Cake Walk

BAKERS STILL NEEDED!!

We need more fabulous cakes for this year's Sports Carnival Cake Walk. We need single layer, 8 or 9 inch cakes decorated with a sports theme to be dropped off on Friday, October 2nd.

Please email Alison Monaghan by [clicking here](#) and let her know how many cakes you will be baking.

Thanks

Green Team

The Green Team is Off and Running and We Need Your Help!

As you've probably heard, reduce, re-use and recycle are major buzzwords around Upham these days. We've begun a more aggressive recycling program throughout the school as well as at school-related events. We've got a lot planned for Upham students including:

Our **kickoff assembly** on Friday, September 25th. Come and hear what your children are learning about caring for our planet.

WE NEED YOUR CHILD'S HELP designing a "**green team**" logo. It can say anything, but should have Upham in it somewhere. The deadline for designs is Tuesday, October 13th.

First **"Trash Free Lunch Day"** will be Friday, October 16th. Please pack lunches entirely in re-usable containers! Don't have any? Please contact Jessica Stanton at jess-mike @comcast.net. The Green Team has contracted with greenschools to sell re-usable items as an Upham fundraiser (look for a table with such items at the Sports Carnival in October.)

Our first of many **"Walk Your Child to School Days"** will be October 7th. Get some exercise AND do something wonderful for our planet. Date coming soon!

Stop by outside the office and see our wonderful "green" bulletin board, designed by Alexis Swan.

Ghana School Supply Drive

Got school supplies to share?

Let Boston Children's Hospital Hearts and Minds team take them to Ghana schools.

We are collecting new or gently-used school supplies next week to send to Ghanaian schools. A cardiac team from Children's Hospital will travel to Ghana in October to perform surgery on local patients and to deliver school supplies to Ghana school children.

There will be a collection box for supplies outside the front office on September 21-25

Contact Patricia Isley with questions [by clicking here](#) or calling 781.235.3341

BECOME A NATURE WALK VOLUNTEER!

Are you looking for ways to be involved in your child's classroom experience? Do you enjoy the outdoors? If so, please join us as a Nature Walk volunteer for your child's class. Lead small groups on +45 minute walks in the fall and spring. No experience needed -- we're more interested in the children's questions, and enjoyment of the discovery. A one hour training session will be provided at Upham on Friday, September 25th after morning drop-off. Other training options are available to accommodate your schedule.

Look for volunteer sign-up opportunities and walk dates through your room parent. Feel free to contact us with any questions.

Ruthie Klinck to email [click here](#)

Lori Wadja to email [click here](#)

Environmental Science Coordinators

Open Circle Curriculum Parent Group

Thursday, October 8 - November 5

9:00-10:30 a.m.

Upham School Music Room

The Parent Group is designed for parents and caregivers whose children are participating in Open Circle in their classrooms. The program will familiarize parents with the skills their children are learning and practicing in the classroom so that they can support the use of these skills at home and adapt and extend them into techniques for effective parenting.

The Parent Group will comprise five weekly meetings, each 90 minutes long. During these meetings, parents will learn about the following skills and learn effective ways to implement these skills at home:

- * good listening
- * giving and receiving compliments
- * positive self-talk
- * "double-d" behaviors
- * calming down
- * mutual problem solving

Please reserve these dates and come join us!

Parent Group Meeting Dates: 10/8, 10/15, 10/22, 10/29, 11/5

Groups will be limited to 15 people.

Please RSVP by [clicking here](#) and printing the form, emailing Nancy by [clicking here](#), or calling ext. 720

Nancy Harrison

THANKS READING BREAKFAST VOLUNTEERS!

Thank you to the great team of volunteers who helped make the Reading Breakfast a huge success: Sue Logan, Maria Chase, Lori Wadja, Kim Hyland, Jordan O'Neil, Andrea Wallace, Ruthie Klinck, Ellen Vaream, Stephanie Morcken and Sarah Paglione. Thanks also to the Wellesley Booksmith for donating two gift certificates.

Update on Environmental Education Experience for 5th Graders

Last spring the decision was made to discontinue the 5th grade Thompson Island program. In July, Bella Wong, Superintendent and Becky McFall, Director of Curriculum and Instruction met with a group of parents to discuss this decision and how to move forward. As a result of that meeting, a working group consisting of Becky McFall and parent representatives, Katie Smith Milway and Patti Bishop began to examine information about programs in the area that might better meet our current needs. We are in the process of reviewing proposals. To learn more about the proposals and procedure [click here](#).

Committee 21 Update

Welcome back! It's going to be another challenging year for Wellesley's Public Schools, as we face serious classroom capacity issues at the Middle School and fight to maintain level services funding for the school budget. Committee 21 urges you to stay informed by subscribing to the Committee 21 newsletter - available at www.committee21.org . We also urge you to subscribe to the School Building Committee newsletter by [clicking here](#) for information about the new High School Project.

For new parents, Committee 21 (aka "Committee for Education in the 21st Century") is Wellesley's volunteer-run, non-partisan, citizen's organization that advocates and lobbies to actively support the goals of the Wellesley Public Schools and ensure resources to achieve these goals. Upham's Committee 21 representative is Nicola Pugliese. If you are interested in getting more involved with Committee 21, please contact Nicola or Betsy Reale.

Nicola Pugliese
Cell: 617 504 6124
Home: 781 772 1291

Cub Scouts

Cub Scout Pack 195
Pack Meeting & Registration Night
Date: September 23rd
Time: 7:05 PM
Place: Upham Gym
For Additional Information: Cubmaster Paul Sullivan
Email by [clicking here](#).

Girl Scouts-

Sign-Up Event

September 29th at 7pm
Wellesley Community Center

219 Washington St.

Kid's Trail Days

Sunday - September 20

1:30 to 3:00

Join us in celebrating the fall colors by getting kids out into the woods to have fun and explore nature. Sponsored by Wellesley Trails Committee, for more details [click here](#)

Wellesley Mother's Forum Carnival

Saturday, September 26th

10am - NOON

Wellesley Town Green

For more information [click here](#)

[Lunch Menu](#)

[Wellesley Public School Website](#)

Note to Upham families: We would like to include photographs of Upham students and staff in future issues of the Update. As noted in last year's Reporter these photographs are sourced from those on display in the hallway outside the gym. If any parent and/or caregiver has any concerns or questions don't hesitate to contact Tracey Mara. Thank you