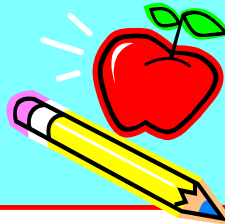


WEBSTER WEEKLY



Daniel Webster
Magnet School
PTA Newsletter
February 12, 2010
Issue 15



Healthy Habits

(A section dedicated to the well-being of the Webster student)



SNACKS, SNACKS, SNACKS

Snacks can keep younger children from getting so hungry that they become cranky, and they can keep older kids from overeating at larger meals. And for picky eaters of all ages, snacks can be added insurance that they're getting the necessary nutrients. **The best snacks are nutritious — low in sugar, fat, and salt. Fresh fruits and vegetables and foods that contain whole grains and protein are good choices.**

School-age kids are capable of understanding why it's important to eat healthy, but more than ever they look to the people they love as role models. Make healthy snacking a family affair and your kids will take it to heart.

Here are some snacks that school-age kids might enjoy:

- low-sugar, whole-grain breakfast cereal with low-fat milk
- low-fat string cheese
- fruit smoothies made with low-fat milk or yogurt or 100% juice
- nuts and raisins
- whole-wheat pita slices, cut-up veggies, and hummus
- whole-grain pretzels or crackers
- fruit slices dipped in low-fat flavored yogurt
- fresh fruit skewers



TREATS, TREATS, TREATS

Cookies, Cake, Candy, Potato Chips, Doritos, etc. are treats! These items should be given to children **in small amounts** in addition to their regular meals and snacks. It is important to distinguish treats from snacks. Snacks should be healthy and nutritious. Treats are not part of a well-balanced diet. Please consider sending your child to school with healthy snacks.

Get active, stay active.



Eat right, sleep tight.

WEBSTER WEEKLY STUDENT REPORTER

Celebrating Valentine's Day

By Alexander M.



Every year on February 14th, many of us will exchange cards and candy to celebrate this day. But what are some facts about this fun holiday?

There are many stories about St. Valentine, a saint who lived in Rome sometime in the third century. He was a priest who lived during a time when young men were not allowed to get married (without a family to care for, they could make better soldiers). St. Valentine thought that the law of Emperor Claudius II was “unfair” and decided to disobey it by secretly performing marriages of young people in love. Eventually, he was caught and put to death.

Here is some more **trivia** about this holiday that you could share with your friends and family: *(answers below)*

1. *Where is the oldest Valentine Day card found?*
2. *By whom and when was the first U.S. Valentine Day card printed?*
3. *How many Valentine's Day cards are sent each year?*
4. *Who buys the most Valentine's Day cards each year?* (source: History Channel website)

I did my own little research and asked my classmates the following questions:

QUESTION	ANSWER
What do you like best about Valentine's Day?	Most of my classmates answered that they like to give cards to friends and family and like “love.”
What is the best gift someone can get you on that day?	A few said teddy bears, while Sela and others mentioned chocolate. Dev and Sean both added “love.”
What is the best present you can give someone else?	Most said chocolate, and Ronan said he would like to give his sister a doll.

For my classmate Monique in particular, the day of February 14th is special in more than one way; she celebrates her Birthday on Valentine's Day!! **Happy Birthday Monique!**

For the rest of you, **have a wonderful and loving holiday.**

Acknowledgements: I would like to thank all my classmates who took the time to answer my questionnaire.

Valentine's Day Puzzle

Can you unscramble each word and find the hidden word using all the circled letters? *(See last page for answers)*

a c d r _____

e f l o r s w _____

d e r _____

f g i t _____

a c c e h l o o t _____

a c d n y _____

i k n p _____

a e h r t _____

e l v o _____

HIDDEN WORD _____

(solve the circled letters)



TRIVIA ANSWERS

1. In England, written in 1415 by the Duke of Orleans.
2. It was printed by Esther A. Howard in the 1840's.
3. More than 2 billion cards!
4. 85 percent are women.

Please submit your Yearbook Pre-Sale orders, ads and boosters on the form below.

2010 YEARBOOK PRE-SALE ORDERS

This year the yearbook will ONLY be available for sale by PRE-ORDERS.

You can order yours today!!!



The cost of the Daniel Webster 2010 yearbook is: **\$25**

There will not be any books available for sale after the April 1st cutoff date.

Don't wait, order today!!!

DEADLINE FOR ORDERS – APRIL 2, 2010

2010 Yearbook order Form PRE-SALES ONLY DEADLINE APRIL 2, 2010
(5th Graders do not need to order a yearbook)

NAME: _____ CHILD'S CLASS: _____

AMOUNT \$ INCLUDED: _____ check cash money order

Please make checks payable to Daniel Webster PTA

YEARBOOK ADS AND BOOSTERS



BOOSTER: **\$3 per line.** (No more than 60 characters)

- 1/4 page AD: \$20 • 1/2 page AD: \$ 40 • Full page AD: \$75

BOOSTER AND AD DEADLINE MARCH 15, 2010

YEARBOOK ADS AND BOOSTERS **Deadline MARCH 15, 2010**

BOOSTERS: \$3 each. 60 characters max (use back of form or additional sheets if needed)

1. _____

2. _____

3. _____

Number of ADS: 1/4 PAGE at \$20= _____ Number of ADS: 1/2 PAGE at \$40= _____

Number of ADS: FULL PAGE at \$75= _____

Enclose photo(s), wording for ads and payment. Send to the school labeled Yearbook ads by **3/15/2010**

NAME _____ CHILD'S CLASS _____

TOTAL \$ ENCLOSED _____

Please make checks payable to Daniel Webster PTA

Save the Date(s)...

Literature Festival



New Rochelle
READS
2010
Literature
Festival

- **February 26** – In celebration of Black History Month, Webster will host two afternoon assemblies featuring The Ebony Hillbillies – an American folk music group based in our local area.
- **March 1-** Our district literature festival continues with two exciting assembly presentations – “China Patterns” presented by dancers from the New York Chinese Cultural Center. (details to follow)
- **March 18** – Our literature festival culminates with “Journey to the West” – presentations by Diane Wolkstein. www.monkeykingepic.com (details to follow)

Studio Arts ...Coming Soon!



Spring studio arts dates for grades 1-5 are:

Grades 1, 2, 3 are Thursdays; Grades 4-5 are Fridays

March 4-5, 11-12, 18-19, 25-26

April 8-9, 15-16, 22-23 (festival), **29-30** (snow dates)

Kindergarten studios take place on the following Mondays:

March 8, 15, 22 (*Please Note Date Change, No March 1st*) **April 5, 12, 19**-(festival) Snow date is **April 26**

Studio Arts note: We are having only 7 sessions this spring, due to mid-year budget needs.

Valentine's Day Puzzle Answers

Card	Candy
Flowers	Pink
Red	Heart
Gift	Love
Chocolate	<i>HIDDEN WORD: valentine</i>

Webster PTA Website:

www.ptawebster.org

Go to the website for news/information

Important Dates:

February

2/15-2/19- Schools Closed

March

3/5- Family Night Bingo, 7PM

3/10- Half Day – All Schools

3/29-4/2- Schools Closed



Webster Weekly Submissions:

If you would like to submit news /current events, please e-mail your piece to

websterweekly@yahoo.com

Articles must be received by **6 PM, Monday evening** of each week for inclusion in the upcoming newsletter.

*Please be advised that due to safety regulations, children **MUST** be accompanied by an adult when attending PTA events.*