



Daniel Webster
Magnet School
PTA Newsletter
March 5, 2010
Issue 16

Don't forget to join us for Daniel Webster's Annual **BINGO** Family Night



March 5, 2010, 7 PM

\$5 per BINGO CARD

Concessions Available
Pizza, beverages, snacks and desserts

Bingo Meal Deal (2 slices of pizza, a drink & a dessert item \$5)



20 New Peer Mediators Graduate!!!



On Friday, February 12, 2010, 20 students who completed their training took a pledge and became Peer Mediators. Many parents, friends and other relatives attended the graduation ceremony and we appreciate your support in this program. Each student spoke of something they will always remember about Peer Mediation and each student was honored for their unique contribution to Peer Mediation.

Many family members were also able to attend the orientation before the graduation where we focused on listening and other skills of Peer Mediation, including a role-play of mediation as well as how to support your child as they take on this new role at Webster. For anyone who is interested in information that was handed out at the orientation, or if you have any questions, please contact Pat Ketcham at 576-4468 or Marjorie Sachs at 235-0631.

In March, the new Peer Mediators will begin to mediate at lunchtime-- pairing up with experienced mediators, a Mediation Advisor and/or their peer trainees. We also want to thank the experienced Peer Mediators who helped with our training: Dominique Wedlaw, Olivier Domond, Meghan Conroy and Michael Costa.

Our New Peer Mediators are:

4th Grade: Kayla Berry, Jesus Buenrostro, Bianca Rossignuolo, Yoshi Torres, Neville Ingram, Amen Hussain, Noah Berkowitz, Abigail Rogot, Mackenzie Bookchin, Hannah Zimmerman, and Ulric Hamlet.

3rd Grade: Jack Middlesworth, Alicia Cockett, Chloe Werner, Joey Almonte, Jake Teto, Lindsey Broder, John Bradbury, Theo Okamura, and Abby Wilder

CONGRATULATIONS TO ALL OF YOU!

APPLESEED ARCADE



AN AGELESS EVENT

FUN

FOOD

COME JOIN US FOR AN AFTERNOON OF
INTER-GENERATIONAL FUN AND
GAMES

SUNDAY , MARCH 14, 2010

2:00 – 4:00 PM

(REGISTRATION AT 1:30PM)

HUGH A. DOYLE SENIOR CENTER
94 DAVIS AVE (at end of Maple Avenue)

GAMES

THIS EVENT IS FREE BUT REQUIRES PRE-REGISTRATION

SPACE IS LIMITED SO REGISTER EARLY

TO REGISTER AND FOR MORE INFORMATION CONTACT:

Pat Ketchum 576-4460 or Amy Jackson 576-1429

This event is co-sponsored by New Rochelle Office for the Aging and the
PTA Council

(Parking available at municipal lot on Maple Avenue)

APPLESEED ARCADE



Un evento para todas edades

Vengan y participen en una tarde de
diversión y juegos intergeneracional

Domingo, 14 de Marzo 2010

2:00 – 4:00P

(Registro a la 1:30P)

HUGH A. DOYLE SENIOR CENTER

94 DAVIS AVE (al fin de la Avenida de Maple)

NEW ROCHELLE, NY

El evento es gratis pero hay que registrar antes

Espacio es limitado:

Regístrense temprano

Para inscribirse y para más información, contacte a:

Pat Ketchum 576-4460 Amy Jackson 576-1429

Este evento es patrocinado por: New Rochelle Office for the Aging and the PTA
Council

(Parqueo disponible en el lote municipal en la Avenida Maple)



Healthy Habits

(A section dedicated to the well being of the Webster students)

March is Nutrition Month and the week of March 15th is No Junk Food Week and Nutrition Week at Webster!! Please use the guide below to help understand and adopt a better way of fueling our families' bodies!

Processed and Junk Food

Processed food is made from real food that has been put through devitalizing chemical processes and is infused with chemicals and preservatives. Beef jerky, canned tea, jam, hot dogs, and low-fat yogurt with sugar or aspartame are a few examples of processed food.

Junk foods contain very little real food. They're made of devitalized processed food, hydrogenated fats, chemicals, and preservatives, and include anything made with refined white flour. Canned breakfast drinks, cold/sugary cereals, doughnuts, drive-through foods, and soda are examples of junk foods.

These items have one thing in common; it costs your body a great deal more to digest, absorb, and eliminate them than they offer your body in nutritional value – an extremely poor return on your investment that leaves your body sluggish and depleted.

A Healthier Lifestyle

Eradicating every guilty pleasure in life is not the end goal here, nor is it a particularly realistic approach to making changes...we all enjoy the occasional cheeseburger, order of fries, or bag of chips.

But if we understand the consequences of making what ought to be an occasional treat into the mainstay of our diet, we can begin to make wise choices about how many of these things we are willing to eat.

When it comes to avoiding many of the questionable – and possibly deadly – additives contained in processed foods, we're only human after all, so taking baby steps toward change is usually the best approach.

If you can accomplish just one of these 10 steps, you're moving in the right direction. Try implementing one change a month...

1. As a general rule, if you don't recognize – or can't pronounce – the words on a label, don't buy it, or eat it.
Opt instead for the real thing!

2. Avoid products containing

- Nitrates and nitrites (including sodium nitrite)
- Sulfites (including metabisulfites)
- Sulfur dioxide
- Benzoic acid (aka sodium benzoate)
- BHT (butylated hydroxytoluene)
- BHA (butylated hydroxyanisole)
- Coloring
- Coal tar
- Propylene glycol
- MSG (monosodium glutamate)
- Refined or bleached flour (i.e. whitened using chloride oxide)

3. Don't eat partially hydrogenated or hydrogenated trans fats

4. Don't eat products containing sugar substitutes such as saccharine and aspartame.

5. Avoid products with a long shelf life – the better they do on the shelf, the worse they are for your body.

6. Avoid products that have been enriched. They have been completely devitalized during processing.

7. Avoid food that has been genetically modified or engineered. Nearly all processed food contains GMOs.

8. Avoid products made with ingredients euphemistically described as "natural flavoring" or "natural coloring."

9. Avoid products with added sugar – watch for words with "-ose" endings such as glucose.

As you begin to eliminate processed food from your diet, and start to enjoy eating real food that has not been processed to death, you will be on your way to optimizing your health, making an investment in your body's future and, ultimately, feeling better.



*“Music for the Soul”
A Black History Month Celebration!
Thank you*

On behalf of the Black History Month Committee, we would like to thank the people who helped make “Music for the Soul” “A Black History Month Celebration a success.

Thanks goes out to: Camille Thomas, Donna Crisp, Jennifer Wilson, Doretha Anderson, Erica Alexander, Linda Johnson, Michelle Pottinger, Mark Alexander Sr., Lisa Martignetti, Dottie Casher, Mary McCormack, Angela Stenroos, Anne Nelson, Marie Kelly-Youh, Lizette Clausell, Kim Brothers, The Thomas kids, Andrew Johnson and Zharia Crisp.

As always we appreciate the kindness of our custodial staff. Thanks for all of your hard work.

Congratulations to the winners of the baking contest and thank you to the participants and the judges (Dave Bergamini, Kerri Ann Dodd, Mi and Sheila Banks).

A special thank you to: Brian Harris and John Harris for a great gospel performance and to Kevin Doc C. Crutchfield and the All Star Band. You guys “Rocked” the house.

Thank you to Bama’s Soul Food for a delicious southern dinner and to the parents and bakers who supplied the delicious homemade desserts. They were all fantastic!

The Black History Month Committee

REMEMBER...

Not just Black History...American History



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 CLASS _____

TOTAL \$ ENCLOSED _____

Please make checks payable to Daniel Webster PTA

Save the Date(s)...



New Rochelle
READS
2010
Literature
Festival

Literature Festival

- **March 18** – Our literature festival culminates with “Journey to the West” – presentations by Diane Wolkstein. www.monkeykingpic.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.

Afterschool Activities ...Coming Soon!

Spring is coming! So are afterschool activities!

Check out our new classes like Crazy Krafts and Kickball!

Look for the brochure and registration form in your child’s backpack.

Thank You,

Afterschool Activity Committee

Important Dates:

March

3/5- Family Night Bingo, 7PM

3/10- Half Day – All Schools

3/29-4/2- Schools Closed

Webster PTA Website:

www.ptawebster.org

Go to the website for news/information

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.