



## *The Wellington News*

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**January 9, 2017**

### *Important Dates:*

- **January 17:** PTO Winter ASE Courses Begin
- **January 20:** Moira Gavin Bingo Night (BHS Cafeteria)
- **January 31:** Informances for Third and Fourth Graders; **9-9:30AM Fourth Grade** and **10-10:30AM Third Grade**
- **Feb 3:** Gwen Irish Cradles to Crayons Comfy Cozy Day
- **Feb 6:** PTO General Meeting, Community Room, 8:45AM
- **Feb 10:** PTO Multicultural Night

### *Dear Wellington Families,*

Welcome back to school! We sure hope that everyone had a fun weekend! We know how much our children love playing in the snow. Just a reminder, that we are still building stamina in returning to routines due to the holiday break. To help your child adjust we recommend:

- Reestablish a consistent sleep schedule
- Normalize the feelings of “wanting to stay home”; encourage your children with the transition back by building excitement about what new things may be happening at school
- Understand that a transition back can take a few days; this is a very natural process especially since children have spent so much time with family

And, how are the children? Well, very well indeed. Please let us know how we can best serve your family.

Amy and Sarah

### *Electronic Report Cards Are Coming!*

Our January elementary school report card will be shared with families via a link to PlusPortals and no longer sent home in hard copy! Those of you with students at the Chenery or BHS are already familiar with this portal. All elementary schools will be using

the same portal with the January release of our report cards. In the coming weeks each Wellington family will receive an email from [messenger@plusportals.com](mailto:messenger@plusportals.com). When these emails have been released, we will notify you so you can be on the lookout for them. If you have any questions or concerns about access, be sure to let us know. Anyone who cannot access the portal for any reason will still be provided with a hard copy of the report cards. Thank you!

### *Nurse's Notes #1: STREP THROAT season is here*

Please monitor your children for sore throat (in the absence of stuffy nose), fever and swollen neck glands. The strep bacterium may be to blame. This infection will require a visit to the doctor for culture and antibiotics. Your child must stay home until a FULL 24 HOURS of medication have been given at appropriate intervals. Please let me know if your child has strep throat so that I can keep track of the cases occurring here. Feel free to call me with questions at 617-993-5606. Terry Grimm RN

### *Nurse's Notes #2: (Cold Weather Woes)*

This time of year many students (and adults) are impacted by the cold air outside and dry air inside by having chapped lips, dry skin, even runny noses and scratchy throats not related to a cold. It helps to combat this dryness by having a **water bottle** handy for frequent sips, and a **Chapstick-type product** for frequent application to dry lips. Use of **skin lotion** regularly also helps. For those who suffer from nosebleeds, **Vaseline** applied daily with a cotton swab to the inside of the nostrils, and/or use of over-the-counter nasal spray, works well to keep that surface moist. Also make sure students **dress in layers** and come to school with a **warm jacket, (plus hat and mittens as the season gets colder)** since the temperature can be so variable this time of year. Feel free to call me with questions. Terry Grimm RN

### *PTO News:*

A full calendar of PTO events can be found online

<http://www.belmont.k12.ma.us/wellington/pto/index.asp?pageID=1>.

Please use the following address to access the Wellington and Belmont School Events calendar from other applications. You can copy and paste this into any calendar product that supports the iCal format. Notifications can be individually tailored from your calendar or device.

<https://calendar.google.com/calendar/ical/0e3o095rv2hl8b4m561sjgmm7k%40group.calendar.google.com/public/basic.ics>

### **EVENT HELP NEEDED!**

***Moira Gavin BINGO Night - Prizes Needed!*** Bingo Night is coming soon, and will be held in the Belmont High School Cafeteria this year! Join us for Bingo, Pizza, Prizes & Fun! Admission is \$4 per person/\$15 Max. per family, and includes Bingo, Pizza, and water. All funds raised at Bingo Night help support Wellington's Fine Arts Programs.

***We need your help to make Bingo Night a success.*** PRIZE DONATIONS NEEDED NOW! Every child is a winner at Bingo night, so we need fun prizes! Suggestions include **NEW and UNUSED**: trading/sports cards, arts & crafts supplies, toys, balls, coloring books, games, marbles, you name it!

**Drop off your Donations: Large Box in the Wellington Main Office, or 121 Lewis Road (Bin on Porch).** If you are interested in volunteering, or have questions, please contact Stella Loven: [Stella.Loven@me.com](mailto:Stella.Loven@me.com) or Jill Babcock at [Jill.Babcock@verizon.com](mailto:Jill.Babcock@verizon.com)

***THANK YOUS: Thank you Kim Whalen and Jill Babcock for cool time at Tudisco Skate Night!*** Thank you once again to Kim and Jill and their volunteer team for putting on a warm and welcoming winter skate night! We hope that you had a great time skating with your Wellington friends, and enjoyed some tasty treats!



***IMPORTANT NEWS/REMINDERS:***

***Registration for Winter ASE Classes continues!*** Are you looking for things to engage your child during the cold winter months? Look no further than the Winter ASE Course offerings! Registration for winter courses will be open until January 11th. Spots are still available in many classes, including: BOKS, After School Sports - Girls Rule!, After School

Sports, American Girl History, Creative Crafts, Yoga Adventurers and Lego Engineering Challenge. Register now at: <http://wellington.recdesk.com/recdeskportal/>

### **OTHER WAYS TO SUPPORT WELLINGTON**

- **Amazon Smile** - *Are you an Amazon shopper?* If so, **sign up to use Amazon Smile and designate 0.5% of your purchase price to support your favorite charitable organization, like the Wellington PTO, Inc.** You use your existing amazon account, so it's simple! Go to <http://smile.amazon.com/about> for more details.
- **Mighty Nest** - **Want to be green AND help Wellington while you shop?** Join Mighty Nest to shop for healthy, everyday items - and they will donate **15% of your purchases back to Wellington.** Mighty Nest carries products for active, healthy families including kitchen items, lunch gear, toys, baby products, cleaning supplies and personal care products. For more info or to sign up, go to: <http://schools.mightynest.com/schools/ma/belmont/roger-e-wellington>
- ***It's not too early to start collecting those BoxTops!*** Collecting box tops is a fun and easy way to earn cash for our school! *Last year, we raised over \$850 for the Wellington PTO, with items you already buy – let's try for even more this year!!* The money raised is used for field trips, in-school enrichment, classroom supplies, equipment and more. We'll hold a contest in the Spring for which class can bring in the MOST BoxTops, so start collecting now!!

**As always, our thanks to all Wellington families for your continued support of the PTO - we couldn't do it without you!**

*Melissa & Lynne*

## ***Community News:***

### ***Green Corner:***

Did your family receive new clothes or stuffed animals for the holidays and now you want to get rid of your old ones? Please do not throw them in the trash! As long as textiles are clean and dry they can be donated and/or recycled. For recycling purposes don't worry if they are worn, torn, permanently stained or missing a button or zipper. Some examples of textiles are: clothing, shoes, handbags, sheets, towels and draperies.

**Here is a list of textiles that can be recycled:**

[http://www.smartasn.org/consumers/SMARTList\\_textiles\\_that\\_can\\_be\\_recycled.pdf](http://www.smartasn.org/consumers/SMARTList_textiles_that_can_be_recycled.pdf)

**Below are some ways to recycle textiles:**

- Drop off at DPW Recycle Days, held in May and October.

- Call for a pick-up at your home from your favorite local charity.

- ✓ **Use textiles boxes located around**

**town:**

St. Vincent

de Paul boxes behind St. Joseph's Church via Orchard

St.

Planet Aid boxes are located on Lexington St. at

Thayer Rd. or Mill St. at Concord Ave.

Any questions or suggestions, please contact Mary Beth Calnan/Belmont Recycling Coordinator at [mcalnan@belmont-ma.gov](mailto:mcalnan@belmont-ma.gov) or 617-993-2689.