

School News & Notes

BFP Parent Power Coming to Your Open House

Be on the look out for Beacon Falls/Prospect Parent Power we will be at all of the schools open houses this September. Parent Power is a newly formed group that will educate parents about the decisions being made at the town and region level concerning families and children. We were formed with the idea in mind that parents truly care about what decisions are being made in the interest of their children. The biggest obstacle that stops us from getting involved is that we as parents are time-starved. We want to attend the Board of Education meetings and Town Council meetings, but who has the time.

Well, BFP is here to help you. We have parents who are attending these meetings and reporting back to us the decisions that are being made. We then

compile the facts and give them out interested parents via email. That way, those who are interested can be informed and educated allowing you to make up your own mind on how you think decisions should be made that affect you and your family. Consider us an information network. If you would like to be informed, please email your address to mbdot2001@yahoo.com or come by our table at your child's open house. Any questions feel free to contact Trish Spofford BFP President tpspofford@aol.com



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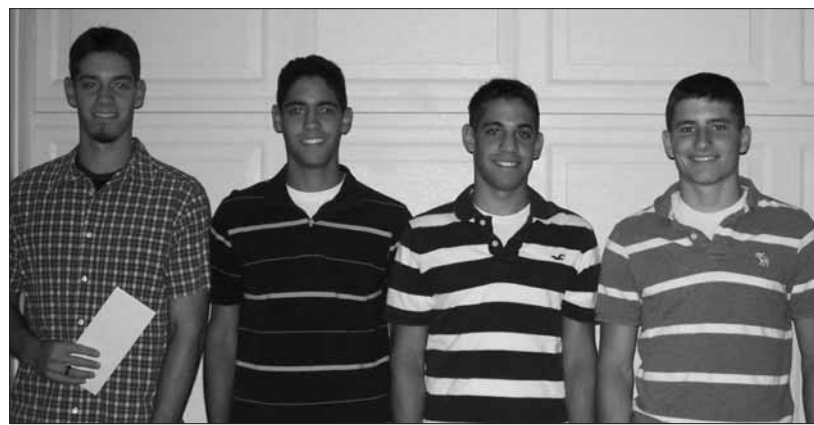
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Prospect Baseball Scholarships Awarded



Recipients of this year's Prospect Baseball Scholarships are, l. to r., Mike Commendatore (attending UConn), Joe Commendatore (attending Stonehill College),

Nick Commendatore (attending Bentley College), and Christopher Madormo (also attending UConn). All four young men graduated from Woodland Regional High School, where Madormo was the Valedictorian. All four recall fond memories of playing with Prospect Little League.

Region 16 Nutrition Guidelines in Place *By Evelyn Marshak*

Jay Leno has a joke about America's increasing obesity problem at least three nights a week. But the whole situation is not funny. More children are now being labeled as obese and more cases of Type II diabetes are being discovered in children. One answer to stem this trend is to offer a healthier school lunch program. Another is to encourage children to participate in physical education classes and be active during recess time.

The Regional School District No. 16 Board of Education adopted an extensive nutrition policy on April 12. Here are some of the new guidelines.

The focal point of the new guidelines is, "All competitive foods and beverages sold or served during the school instructional day will progressively meet the recommended nutrition standards established by the State Department of Education, Child Nutrition Program."

Section 10-215b-23CT Statute says that the district may not allow any group, such as the PTO, school store, or clubs to sell or distribute any food or beverage on the school premises from 30 minutes prior to the start of the lunch program and up to 30 minutes after the end of the last lunch wave.

There will be no machines vending candy on school grounds at any time.

There will be no machines

vending soda or artificially sweetened drinks on school grounds during the lunch waves, before the school day and throughout class time. But these drinks will be sold at the end of the school day at Long River and 30 minutes after the last lunch wave ends at Woodland High School.

Teachers have long used various kinds of rewards as incentives. Under the new policy, non-food items will be strongly encouraged. Building principals have final approval on food items being used as rewards for reading more books, perfect attendance, etc.

Organizations that operate concessions at school functions should strive to include at least some healthy food choice for sale. The policy encourages these groups to accept a lower profit margin on healthier selections to encourage student purchases.

Administrative approval is necessary for any fundraising event and policy guidelines recommended items such as books, wrapping paper, plants, candles and flowers and a limit on selling candy.

Eating right education will be offered in the classroom and the cafeteria. This can be done in many ways, including using posters, videos, and listing websites on nutrition topics.

The schools should strive for a lunchroom climate that is safe and comfortable. This will be done by providing adequate supervision

in the lunchroom and allowing at least 20 minutes for eating.

Region 16 has long provided weekly menus which are sent home with the students and published in area newspapers. Parents are encouraged to promote their child's participation in the school lunch program or provide the child with healthy snacks and/or meals.

The nutrition education curriculum will include homework that students can do with family members, such as cooking healthy recipes or interpreting food labels.

"It is strongly recommended that students shall not be denied recess period(s) as a form of punishment."

"It is recommended that the school district provide age-appropriate equipment to students for use during recess." There will be 10 to 15 minutes of recess prior to lunch. Parents will be encouraged to volunteer their time to monitor recess periods.

Victoria Biello, Director of Child Nutrition, emailed me a reminder that a law passed this May bans the sale of drinks containing sugar or artificial sweeteners to students. The new law also prohibits those drinks sold from vending machines, school stores or cafeterias at any time.

While acceptable drinks, those containing 100 percent fruit or vegetable or a combination of both, milk or milk-like products must not exceed 12 oz. portions.

Algonquin/Community School PTO News

School days are upon us and we hope everyone's transition to the school year was a happy one. The kindergarten tour was a great success and we thank Mrs. Patterson and all of the volunteers for helping the new students see their classrooms and help eliminate those first day jitters. Thank you, too, to all our greeters on the first week of school. The various volunteers kept all the children safe. They also made sure that each child went to the right classroom and got on the correct bus at the end of the day. And we thank the first grade lunch helpers for making

the first time in the cafeteria an easier one for the children.

There are many activities and programs planned throughout the year. Some dates to remember are:

Algonquin School Meet the Teacher - September 6, 7 p.m.
Meet the Teacher for Pre-K, kindergarten and 1st grade; September 7, 7 p.m.
Meet the Teacher for 2nd and 3rd grades. Community School Meet the Teacher - September 12, 7 p.m.
Meet the Teacher for grades 4 and 5. At Meet the Teacher night for both schools, you will be able to join the PTO and sign up to

help on a PTO event/committee that interests you. Choices include the annual fundraiser, Holiday Fair, Math Night (grade 2), Book Swap (February), Bag of Books (February), Book Fair (March), Family Reading Night (March), Field Day (K-4, June), Field (Grade 5), and Enrichment (ongoing).

The first PTO meeting will be in September. Watch for notices in your child's backpack for more information. If you have any questions and/or comments, please don't hesitate to contact Christine Sardinkas at 758-0852.