

The Scribbler

February 15, 2006

INTERESTED IN GETTING INVOLVED WITH GRANDPARENTS DAY???

Come and hear about the fun plans for this year's Grandparents Day, just around the corner on April 28. There will be plenty of volunteer opportunities to make sure the event--at both campuses--is a huge success! Come to the first volunteer meeting:

February 15th, 6:30pm
at the Davies' Communications Office
808 State Street

The entrance is just inside El Paseo, at the end of the beautiful Bryant & Sons windows. Light hors d'oeuvres will be served...a perfect start to a date night since you're in the middle of downtown and right next to Intermezzo and Wine Cask. **RSVP Brandon and Michele Edwards 692-0041**

DID YOU KNOW THAT OUR JR HIGH PROGRAM INCLUDES:

.....The opportunity to participate in athletics through the CAL (Christian Athletic League)? Our Jr High students join with other schools to make up a team that practices together and competes with schools such as Santa Barbara Christian, Crane, Laguna and others. We have had students participate in Volleyball, Soccer and Basketball so far this year. Ask JT, Spencer and Parker about their Basketball games.

HEALTH CONCERNS

Along with other schools in the Santa Barbara area, Elmo has been hard hit by the flu this week. We are doing everything possible to keep our classrooms disinfected and encourage the children to wash their hands throughout the day. You can help us as well. If your child is sick with this particular strain of flu (nausea, vomiting, fever of 101-103) they may be contagious 48-72 hours AFTER their last symptom (vomiting or fever) disappears. Please consider keeping your child home longer than our normal 24 hour fever/vomit-free health policy. We are hoping to break this exposure cycle and get our kids healthy again. Thanks!



LAST CHANCE TO HOST FOR EVENT BOOK

Do you have a great idea for an event but haven't talked to Dana or Melissa yet? Do it sooooooon! Our graphics guru Lori Haden will be laying out the book for printing and needs those events finalized. That includes times, dates, and places. Melissa can be reached at 682-4929 or Dana at 560-8099.

PRESCHOOL PARENTS.....

SIGN IN & OUT IS VERY IMPORTANT!!!

Monday morning we had a fire drill at the Montecito Campus. If this had been a REAL emergency, and if any of the teachers had been incapacitated or unavailable to count their classes, *we would not have known if everyone was safely out of the building.* WHY? Because some preschoolers were NOT signed in for school that day. They were HERE, but not signed in on the class list. This is important for your child's safety. Our teachers are so close to the students in their classes, and normally there would never be a child left behind in an emergency drill. But our teachers do take breaks and sometimes have a substitute and in a true emergency, we need back-up information. PLEASE be diligent and ALWAYS sign in and out EVERY time your child is dropped off or picked up at school.

WELCOME NEW STUDENTS

We welcome Noah Siebert to our First Grade and his sister, Sierra to Room 3A. Please add the following information to your directory:

Marilyn & Ben Siebert
201 Selrose Lane
Santa Barbara, CA 93109
home phone: 730-1699

(Our health-guru, Marianne Bartholomew passes on this article for our consideration)

THE JUICE DRINKS WITH MORE SUGAR THAN COCA-COLA

By Jennifer Sym

(taken from Manchester Online daily internet newspaper)

SOME popular children's juice drinks contain more sugar than Coca-Cola. A study of products from top brands and leading supermarkets found some packaging was misleading.

The research, by diet and fitness website DailyDietTracker.co.uk, revealed Sainsbury's Blue Parrot Café Apple and Blackcurrant juice drink had 14.4 grams of sugar per 100 millilitres, compared to 10.7 g per 100ml.

The Blue Parrot Café ranged is promoted as being a "healthier range designed for kids". Ribena was found to contain 12.1g of sugar per 100ml, while nutritional information on Five Alive's website found it had 11.6g per 100 ml.

They discovered Waitrose Food Explorers Apple Juice, at 8.5g of sugar per 100ml, fell in the "moderately high" sugar bracket, according to Food Standards Agency guidelines.

DailyDietTracker dietician Jacqueline Hewitt said of Sainsbury's Blue Parrot Café juice drink: "By calling it itself a jice drink it is suggestive of being the juice from a fruit, leading the parent to believe they are purchasing a healthy alternative to fizzy drinks such as Coke, but in fact it only contains 10 per cent juice concentrate. This is far too much sugar in one serving. Consumption of sugare in these proportions contributes towards tooth decay and increases the likelihood of children becoming overweight as their bodies get used to and begin to crave these sugar highs."

Investigators found that Asda and Tesco only offer no-added-sugar juice drinks at 1g and 0.9g per 100ml respectively.

And Ribena offer a "light" version which contains 0.5g of sugar per 100ml.

Other popular juice drink brands such as Calypso and UmBongo had 1 and 1.1g of sugar per 100ml respectively.

But they said Capri Sun – which had no sugar content on the packaging – failed to divulge the amount on their website.

DIRECTORY UPDATES

Please update your directory with the new address and home phone for the Brymer family:
2101 Summerland Heights Lane
Santa Barbara, CA 93108
home phone: 969-9513

KEY DATES for 2006:

- February 15** 6:30 pm at Davies Communications, Grandparents Day Committee meeting
- February 20-24** President Holidays and Winter Break
NO SCHOOL
- March 2** Science Fair judging for Elmo projects
- March 2** Parent Assoc. evening mtg. 7pm
- March 9** Science Fair Open House at SBChristian
- March 22** No preschool classes, conferences
- March 25-26** (Sat and Sun) 6th Grade Endeavor Camp
- March 27-29** (Mon-Wed) Regular classes for K-7th
- March 30-31** (Thurs-Fri) NO classes for 7th grade, YES for 6th
- March 31-April 9** 7th Grade History trip
- April 3-7** Spring Break, K-6th
- April 10-14** 7th Grade Spring Break
- April 10-11** (Mon-Tues) NO classes for 6th Grade
- April 12-14** (Wed-Fri) 6th Grade Science Camp at Forest Home
- April 14** Good Friday, Minimum day
- April 17** (Mon) all classes in session
SAT testing begins for grades 2-5
- April 18** (Tues) SAT testing begins for grades 6-7
- April 28** Grandparents Day
- May 29** Holiday
- June 16** Last day of school (minimum day)

You can keep track of calendar changes by visiting our website calendar which is updated regularly

www.elmoschool.com

SCHOLARSHIP APPLICATIONS

If you are interested in applying for a scholarship for next year (2006-07) you must get your application in to TADS by April 15th, 2006. Mailed-in applications should be sent by April 7th. Your yearly tax information is necessary for that application, so this is incentive to get that done early! There is a \$35 application fee for each application. You can apply on-line or with a paper packet. (If you apply on-line, it is a good idea to have the paper packet also so you will have the information you need for school ID number and other submission information. Packets are available at either campus office.