



Fairview K-8 Charter School Family Bulletin



November 24, 2009

We are a school where staff and students excel; parents and community care

Upcoming...

Nov 25 - 27	Fairview Thanksgiving Break
Nov 30	PTA Craft Night (6-7:15)
Dec 3	PTA (5 pm Library)
Dec 4	Banking Day Rescheduled School Will Be in Session
Dec 11	PTA Holiday Gift Shop & Spaghetti Dinner (Grades K-4 through 5 th)
Dec 16	Governance Council (6-7:30 Library)
Dec 17	Gr 1 – 8 Winter Holiday Program (8:30 am and 12:30 pm)
Dec 18	K4 - K5 Winter Holiday Program (1 pm)
Dec 23-Jan 1	Winter Recess
Jan 4	Classes Resume
Jan 13	Game Night & Prospective Fairview Families Info Night
Jan 18	Dr. King Birthday – No School
Jan 20	Solar Panels Reception
Jan 22	Records Day – No School
Jan 25	Banking Time Day – No School

Mark your calendar now!



Kindergarten Holiday Program

The 4 year old and 5 year old kindergarten classes will have perform on Friday, December 18 at 1:00p.m.



Grades 1 – 8 Holiday Programs

The 1st through 8th grade will perform on Thursday, December 17. We will have two performances to accommodate the large number of audience members. The first program will begin at 8:30a.m. and the second program will begin at 12:30p.m. The 7th grade and 8th grade band and choir students will also be performing.

Come and enjoy the sights and sounds of the holiday season at Fairview!

PTA Craft Night

November 30th from 6:00-7:15pm. Join us for fun filled night of Christmas Crafts.



A Night of Dinner & Shopping

Please join us for a night of Dinner & Shopping. Friday, December 11th at 6:30pm the PTA will be hosting Mama Mia's Spaghetti Dinner & Holiday Gift shop where kids (K4 - 5th grade) will be able to purchase and wrap inexpensive gifts for their family.

Thank You!!!

Your support and involvement are critical to the success of our great school. If you have questions, ideas or concerns, I can be reached by telephone at (414) 546-7700 or email at cohnra@milwaukee.k12.wi.us.

Richard Cohn, Principal



Happy Thanksgiving from Nurse Peggy

Don't Blame the Turkey!

The turkey is often cited as the culprit in after dinner lethargy, but the truth is that you could omit the bird altogether and still feel the effects of the feast. Turkey does contain L-Tryptophan, an amino acid that does induce sleep. However, tryptophan needs to be taken on an empty stomach and without any other amino acids or protein in order to make you drowsy.

It is worth noting that other foods contain as much or more tryptophan than turkey, including chicken, pork, and cheese. As with turkey, other amino acids are present in these foods besides tryptophan, so they don't make you sleepy.

It takes a great deal of energy to digest a large meal. When your stomach is full, blood is directed away from other organ systems. The result? You will feel the need to snooze after any big meal, particularly if it is high in fats and carbohydrates.

So, why are you sleepy after a big turkey dinner? It's a combination of the type of food, amount of food, and celebratory atmosphere.

Healthy tips for the big day:

- Choose either sweet potatoes, white potatoes, OR stuffing, not all three.
- Leave the crust behind, if you eat pie
- Fill up on the white turkey meat, its lower in fat than the dark meat
- Have your gravy on the side rather than spread over your whole plate
- If salad is on the menu, start with that first, with low fat dressing on the side
- Experiment with seasonings other than salt
- Eat until you are satisfied, only the turkey should be stuffed!
- Before kickoff, go for a walk around the neighborhood
- Remember all there is for which we are thankful
- Remember that First Thanksgiving and the indigenous Americans without whom the Pilgrims may not have survived.

SAVE FOR AMERICA

A "Save For America" volunteer will be outside of the school office to accept deposits from current Guardian Credit Union accountholders on Friday, December 4. (All deposits should be sent to school in a sealed envelope with your child's name on it.) Please refer to the list of "Save for America" days below and plan on saving for the future now! (Withdrawals cannot be made at Fairview School. Withdrawals can be made at any one of GCU's five offices.) Mrs. LaCroix (546 - 7700) Mrs. Sue Ramsdell (543 - 0947)

"Save For America" at Fairview School

Friday, December 4

Friday, January 8	Thursday, January 21
Friday, February 5	Friday, February 19
Friday, March 5	Friday, March 19
Friday, April 2	Friday, April 16
Thursday, May 6	Friday, May 21