



McCarthy-Towne Bulletin

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November 2, 2007

Auction Update: In Search of a Few More Good People!

Mark your calendars for the 17th Annual McT Auction! It will be held on **Saturday evening March 1st** at the groovy and psychedelic Devens Common Center in Devens, MA. This date is the first Saturday after February Break. The auction committee is busy planning for this hip(pie) event. This is a fun evening and our school's largest fundraiser.

Thank you to all the people that have sent back volunteer forms. There is already a great group of folks willing to work on this year's auction but there are still a few committees that need more volunteers. This is a great opportunity to meet new people and help raise money for our school. Volunteering for the auction is fun and easy as we have many different positions with varying time commitments—even just one hour! Far out!



The following committees need a few more people: Business Donations, Back Room and Raffle Ticket Sellers. Business Donations requires visiting local businesses who have donated an item in the past and collecting the donation this year. All business will receive a letter requesting a donation soon. The visit is made in December or January. The Back Room folks work the night of the auction. Raffle Ticket Sellers work an hour time slot at a local grocery store on a February weekend. If you are still interested in volunteering or would like more information, please contact Carolyn Imperato, 978-264-9982, (carolynimperato@comcast.net) or Susan Lerner 978-263-0049 (sammyabe@aol.com).

Mark Your Calendar

- Nov. 2 - School Picture Retake Day
- Nov. 4 - Daylight Savings Time Ends
- Nov. 6 - No School - Professional Development Day
- Nov. 11 - PTSO Meeting at 7:00 pm
- Nov. 12 - No School - Veterans' Day Observed
- Nov. 21 - Half-Day - 12:15 PM Dismissal
- Nov. 22 & 23 - No School - Thanksgiving Break

MCAS Dates for Spring 2008

- Please note the MCAS test schedule for next spring. If you have children in grade 3 - 6, avoid scheduling appointments and travel during MCAS test periods.
- English Language Arts, grades 3, 4, 5, 6.....3/24 - 4/4
 - English Composition, grade 4..... 3/25
 - Math, grades 3, 4, 5, 6.....5/12-16
 - Science; History & Social Science, grade 5.....5/19 - 23



Check out these fundraising possibilities! More information on p.2 and at www.mctptso.org.





PTSO News

Thank you to:

- Everyone who contributed to the Cultural & Performing Arts Committee (CPAC) Fund! We achieved our goal of \$3000, and then some! (General donations to the McT PTSO are always welcome, and will primarily fund our classroom assistants. Checks may be written to McT PTSO and sent to the office. Thanks!)
- Tammy Sarnelli for organizing the Gift Wrap and Bulb Sales
- Maria Greene for designing our new website www.mctptso.org—check it out!
- Suzanne Kissane and Lisa Nivison for producing the new directory
- All of the directory advertisers (please use their services and thank them for supporting McT!)
- Rosemary Benson and Kate Murray for organizing the Fall Social
- Susan Lerner and Julie Jannke for organizing the Book Fair
- Guy Dushanek, custodian, for helping with the Fall Social (and the Yard Sale last spring).

Gift Opportunities

As the holidays approach, please consider doing one or more of these:

- Buy gift cards for teachers, relatives and others thru SCRIP.
- Buy Amazon products thru our school portal (we get up to 10%). Go to our website www.mctptso.org, click on the Fundraising tab, and click on the Amazon link.
- Through December 31, 2007, we'll earn 20% on Amazon MP3 referrals. Amazon MP3 was recently launched and offers 2 million DRM-free music downloads from more than 180,000 artists represented by over 20,000 major and independent labels. Just go to www.mctptso.org, click on Amazon on our home page or the Fundraising page, then search for MP3. Tell your teens (or whoever downloads music in your family)!
- Buy thru Schoolpop.com, host to Land's End, LL Bean, Nordstrom and many other stores. Whenever you buy online thru Schoolpop, our school will get a percentage. Go to our website www.mctptso.org, click on the Fundraising tab, and click on the Schoolpop link.



Every little bit helps!

—Suzi Yarin, PTSO Chair: (978) 263-6383 or ssyarin@verizon.net.

Learning Express Fundraiser

This one is perfectly timed for holiday shopping! On **Thursday, November 29**, from 9:30 am to 8 pm twenty percent of profits will be given to MCT. You must mention MCT at the checkout in order for us to get credit.

Hopscotch Fundraiser

McT parent Marietta Lees has opened a wonderful toy store called Hopscotch in West Acton. She is doing a fall fundraiser on **Thursday, November 8**, from 10 am to 7 pm with 20% of the proceeds going back to MCT.

O'Naturals Fundraiser

MCT is pleased to pair up with O'Naturals for a fundraiser during the entire month of December. MCT will be sending home a page of coupons that you give to the cashier at O'Naturals each time you eat there during December. O'Naturals will keep a tally of what is spent with "coupons" and give MCT a percentage of the total at the end of the month. Feel free to print more copies and keep them in your car and hand them out to your friends and family who may eat there as well. Copies of the coupon can also be printed from the MCT website. Watch for coupons to be sent home towards the end of November.

McTNews

Join McTNews and receive school and PTSSO reminders on-line. McTNews is a moderated Yahoo group, so only school and PTSSO-related information is sent to you. To join, simply send an email to MCTNews-subscribe@yahoogroups.com. Soon, we will have enough families on this email list to eliminate the need for all the back-pack reminders. Any questions, or if you are having trouble signing up, please contact Lynne at lynne.densen@verizon.net or at 978.266.2952.

PTSSO Website

Not sure when Box Tops are due? Not sure when the next elementary half day is? Can't find your Scrip order form? Can't find last month's bulletin that had the MCAS dates in it you need? All of this information and more is on our website and is updated daily! Bookmark the site: www.mctptso.org.

Professional Development Day

Professional Development Day is next Tuesday, November 6th. During this day, the staff attends a variety of meetings and we like to show our gratitude for all their hard work throughout the year by having a nice luncheon awaiting their return.

We are always looking for more volunteers, so if you had not gotten a chance to volunteer earlier to help with this luncheon, there is still time. Please contact Lynne Densen at lynne.densen@verizon.net or 978.266.2952 to see what help is still needed (baked good item, luncheon item, drinks, paper-goods and/or set-up or clean-up).

Lost & Found Fairs

The Lost & Found volunteers of McCarthy-Towne and Merriam go through found items in the Lost & Found bins once a week. Any items labeled with a student's name are brought to the respective school office, and a note sent to the student to pick it up. (First and last names work best—for instance, there are Changs, Clarks, Davis, Lis, Edwards, Sullivans, and Sweeneys at both school.)

All items without an identifying name are displayed outside the multi-purpose room on the ground floor of the Parker Damon Building the week before school vacations. Parents are welcome to check the fair anytime the building is open—school days from 7 AM until 9 PM. (Please sign in during school hours.) All items remaining unclaimed at the end of each fair are sorted and washed by the Lost & Found Committee and donated to local charities.

The first official Lost & Found fair is Monday, November 19 through noontime Wednesday, November 21 (the short week before the Thanksgiving Holiday break.)

Camp Crystal Lake Party

A frighteningly fun time was had by all the costumed campers who bravely attended Be There or Be Scared III: Camp Crystal Lake Halloween Party on Saturday, October 27th. The happy campers who **signed up at last year's auction** were treated to a night filled with eerie decorations, creative costumes, spooky cocktails and a rockin' good band—Busted Flat. The camp counselors (Laura and Matt Post, Melissa and Barry Grigsby, Lisa and Ted Nivison, Dave and Susan Trudeau and Anwen Hayes) were thrilled to have such a great group! Camp Crystal Lake would not have been the vibrant place that it was Saturday night without our wonderful campers. A big thank you for attending the party, dressing up in amazing costumes, being so much fun but most importantly for supporting our school. An extremely big thank you to the most rockin' camp band ever—Busted Flat. Thank you to Susan Miller and her bandmates (including special guest guitarist Paul Greenspan) for their awesome music. Will there be a Be There or Be Scared IV? You will have to wait until the auction booklet comes home in February to find out

Family Photo Day

Thanks to all who came out to the Arboretum on October 14 for our annual Family Photo Day fundraiser! It was a perfect fall day and the Arboretum was rich in fall colors! Thanks to your support we were able to raise \$1100 for the PTSSO. Special thanks go to Lola Farra of With Clarity Photography (and a McT parent) for helping us out this year. Lola stepped in for Dottie Hilbert who, as many of you know, has been seriously ill. Lola did an amazing job! Be sure to visit her website at www.withclarityphotography.com.

Parent Involvement Project

Acton PIP (Parent Involvement Project promoting K-12 science and math education) is pleased to announce that David McCormick will represent PIP at McCarthy-Towne this year. David will help keep everyone at McCarthy-Towne aware of the PIP activities, whether they are focused on our core elementary activities (the Star Party, Market Math, and Family Domino Math), activities for older kids (Solar Energy and Sci-Tech Fest), or opportunities for student community service volunteers.

The Acton PIP event dates are set:

- Fifth Grade Market Math.....February 12th
- Fourth Grade Star Party.....March 3rd
- Third Grade Market Math..... April 2nd

Details of PIP activities can be found on the PIP web site: www.actonpip.org. David will be soliciting your support to continue our successful PIP elementary programs. Please contact David at dsmccormick@gmail.com or call (978) 394-3939 (cell) or 978-263-5204 (home) to learn more about PIP.



Thank You

from Astrid Trostorff, Parent Involvement Coordinator

Thank you to all the members of our community who have contributed time and effort to help get the school year off to such a great start. There are too many of you to mention all by name, but the office staff would like to acknowledge the following:

- Bala Vembusubramanian and Jayanthi Sampathkumaran for helping many days in the office during the first weeks of school until the daily volunteer schedule was set.
- Maureen Ryan-Friend for calmly and ably assisting the photographers during a very long Picture Day.
- Jayanthi Sampathkumaran for producing and sorting the Behavior Contracts for distribution.
- Lena Saetre-Grant for processing the McT t-shirt orders and Eleanne Roosenburg for helping with the sorting and distribution of the t-shirts.
- Jila Asgary, Gail Gecawicz and Amy Miles for responding to the last minute Pinch Hitter request to label the School Directories for distribution.
- Cathy Griffin for facilitating and organizing the 3 day archaeological dig by the 6th grade.

Turn Your Holiday Cooking Into Art Supplies for McT!

With the upcoming holiday season, most of us will be spending a lot of time and money at the supermarket, buying the ingredients for delicious treats to share with our friends and family. With the Register Tapes for Education Program at Donelan's Supermarkets, those groceries can now also help our school! For every dollar spent, McCarthy-Towne will earn points redeemable for free educational equipment, including art supplies and books.

So every time you shop at Donelan's Supermarkets, save your receipts! Simply send your receipts in with your child or drop them in the collection box in the office. Receipts dated September 1, 2007 – March 31, 2008 are eligible.

Even if you aren't a regular shopper at Donelan's consider either shopping there during the promotional period or asking your friends and neighbors to give you their Donelan's receipts.

Remember . . . The more you spend, the more we earn!

Thank you for your support! If you have any questions, please contact Wendy Schaad at ws.schaad@gmail.com.

Tidbits from Tina

by Tina Morgan, McT School Counselor

I am continuing my support of Jane Nelsen's book, *Positive Discipline A-Z*.

Tool #4: Use Follow-Through

As parents we often get frustrated and jump into react mode rather than using our problem-solving skills. This simply teaches our children to do the same thing—react rather than think. By follow-through Jane Nelsen means using the following steps to improve a situation:

- Give the matter your full attention (Think about it ahead of time!)
- Recognize your child's feelings/ point of view, and acknowledge those feelings
- Tell your child what to do, rather than what NOT to do
- Explain your feelings and what you will do when the situation occurs
- Follow through on your plan



This approach teaches your child that you mean what you say; that you understand her point of view but that doesn't mean she will get her way; that it's good to address a problem ahead of time—anticipating what is coming.

Acton-Boxborough Special Education Parent Advisory Council Seeks Diverse Membership – You!

Is your child struggling in school? Are you and your family new to the world of special education? Would you like to connect with other Acton parents, but because you work, find it hard to do so? Or are you considering a career in special education? Perhaps, you've just found an educational resource you think could really help others and want to get the word out to other families. Then, consider joining the Acton-Boxborough Special Education Parent Advisory Council (AB SpEd PAC). Membership is free and open to anyone interested in special education, whether or not you have a child with special needs. Membership is only an email away. To join just email nsherburne@mindspring.com and request to be added to one of the organization's two email lists: 1) AB SpEd PAC General – for general announcements and community workshops/ events and 2) Parent2Parent – for access to an on-line parent support group where you can ask questions and advice of other parents in the district (note: this list also receives all general event announcements).

The Acton-Boxborough SpEd PAC is a tremendous networking resource for friends, parents, guardians, advocates and others interested in special education. We have regular meetings throughout the year. Our next meeting is scheduled for Nov. 14th at 7:00 PM in the R. J. Grey JHS Library. We also have an electronic forum for posting your questions, (the Parent2Parent email list), which provides the chance to quickly connect with dozens of people with valuable experience who are interested in helping no matter what your question or what hour of the day or night you ask it. The AB SpEd PAC also sponsors lectures and educational events throughout the year. Our next event is "Social Skills Development," presented by Bruce Sabian, Director of Academy MetroWest in Natick. This event will take place at 7:00 PM, Dec. 12th in the R. J. Grey JHS Library. Go to our website at www.abspedpac.org and check the Calendar section for more information regarding this and other upcoming events. All SpEd PAC workshops are free and open to the public.

For further information please contact AB SpEd PAC Co-Chair, Nancy Sherburne, at nsherburne@mindspring.com. We look forward to hearing from all of you as we strive to build the strongest, most diverse and effective community organization we can.

Language Based and Nonverbal Learning Disabilities Discussion

Come join us on November 27 at 7:30 p.m. at the R.J. Grey Library for a seminar led by Dr. Elaine LeClair who will be speaking about Language Based and Nonverbal Learning Disabilities. Dr. LeClair will present a developmental perspective of each of these disorders and discuss the challenges they pose both at school and at home from preschool through adolescence. Dr. LeClair will make suggestions to guide parents on how to help raise children with these disabilities and will work on some practical day to day situations. There will be a question and answer session at the end of her presentation.

Dr. LeClair is a Staff Psychologist at Children's Hospital and Director of the Pediatric Psychology Program in the Developmental Medicine Center. She specializes in Neurodevelopmental Disorders and Williams Syndrome. She is also an instructor at Harvard Medical School. Dr LeClair received her M.Ed in Special Education and her Ph.D in Counseling Psychology both from Boston College.

In addition to hosting this meeting, ABPCC—Acton Boxborough Support Group for Parents of Children with Challenges—will also have our monthly morning meeting at 9:30 a.m. on November 16th at ABRHS in room 217 east. We will discuss this topic in addition to our general open session. For further information on our group, contact Francesca Ricciardi at fmr08@verizon.net or Lynn Armstrong at lynn.armstrong2@verizon.net.

This Month's Healthy Snack...Sweet Potato Fries!



A veritable powerhouse of nutritional goodness, the sweet potato is only distantly related to the potato. And don't call it a yam—it's not even the same species! The sweet potato is a flowering perennial vine in the same family as morning glories, with delicious, starchy, tuberous roots. A 4-ounce serving of sweet potato (about 1/2 cup) provides 390% daily value (DV) of vitamin A, 40% DV of vitamin C, 18% DV of fiber and 13% DV of potassium, plus vitamin E, iron, magnesium and phytochemicals like beta carotene, lutein and zeaxanthin, prompting the Center for Science in the Public Interest to call it one of the most nutritious vegetables in the land.

This Month's Healthy Snack Recipe is from:

[Http://www.eatingwell.com/recipes/sweet_potato_fries.html](http://www.eatingwell.com/recipes/sweet_potato_fries.html)

Making oven fries out of sweet potatoes brings out their inherent sweetness.

Makes 2 servings

Active Time: 5 minutes

Total Time: 25 minutes Ease of preparation: Easy

1 large sweet potato, peeled and cut into wedges

2 teaspoons canola oil

1/4 teaspoon salt

Pinch of cayenne pepper

Preheat oven to 450°F. Toss sweet potato wedges with oil, salt and pepper. Spread the wedges out on a rimmed baking sheet. Bake until browned and tender, turning once, about 20 minutes total.

NUTRITION INFORMATION: Per serving: 122 calories; 5 g fat (0 g sat, 3 g mono); 0 mg cholesterol; 19 g carbohydrate; 2 g protein; 3 g fiber; 323 mg sodium; 429 mg potassium.

Nutrition bonus: Vitamin A (350% daily value), Vitamin C (30% dv).