



# McCarthy-Towne Bulletin

October 3, 2014  
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## Rolling Into October

by David Krane, McT Principal

Although we will soon be entering into October in a few days, I am writing this on what feels like a glorious summer weekend. The temperatures are high, the sky is cloudless and, out here in the western Massachusetts hill towns, the trees are beginning to turn. It's a funny kind of mix, at once autumn and deep summer. The nights are getting cooler, however, a real sign of weather changes soon to come!

We are all getting ready for our Back-to-School night. By the time that you read this, it will have already been held. It's a night that I always enjoy, with new families seeing what a day in the classroom looks like, meeting other families in the same classroom. For returning families it is an opportunity to reconnect and meet a different teacher. We have new teachers this year and a Reading Specialist new to our school. I hope you took a moment to stop in and say hello to all of our Special Educators, our Art, Music, and PE teachers, and take a look at their classrooms. It takes many people to make our school the success that it is, so stop in and introduce yourself! It's always a great evening.

With all of us so busy at this time of year, becoming used to new routines can be difficult. There is a lot that children are doing after school, much of it different from day

to day. Preparing your student for a schedule glitch can be helpful. Do your children know what to do if they come from school to an empty house or apartment? Would they know how to get in? How to contact you? Which neighbors to go to for help? Sometimes – despite parents' best planning—you will not get home in time to meet your children as they come home from school. The doctor's appointment could run longer than expected, the check-out line at the store could be slow, and there could be a traffic jam you can't get around. Please talk to your children about what to do if they are unexpectedly "home alone." If they are prepared, it can be a relatively easy situation to remedy.

I'd like to take a moment to encourage parents to come and speak to me about any concerns or questions, however small, that you might have about our school or really anything at all. I see my role as one of supporting students, teachers, and families as they navigate through the school year and even into the Junior High School! Please consider me a resource, as you would any educator in our school.

Thanks in advance for your continued enthusiastic support as we all look forward to a very successful year for all of the children at McCarthy-Towne!

## Limited Openings for Family Photo Weekend!

**Family Photo Weekend is THIS WEEKEND—Saturday, October 4 and Sunday, October 5!** Shelley Drouin Photography will be available to photograph you and your family for a McT fundraiser. The sitting fee is \$50. The best part is \$40 goes direct to McT!

For samples of Shelley's work, please visit [www.shelleydrouin.com](http://www.shelleydrouin.com) or on Facebook at [www.facebook.com/ShelleyDrouinPhotography](http://www.facebook.com/ShelleyDrouinPhotography). **There are just a few open slots on Saturday!** To schedule a sitting, please contact Shelley ([sd@shelleydrouin.com](mailto:sd@shelleydrouin.com) or 617-529-3629). The sitting fee will be due the day of the sitting.

## Mark Your Calendar

### OCTOBER

- 4&5, Saturday/Sunday**  
Family Photo Weekend
- 13, Monday**  
NO SCHOOL, Columbus Day
- 16, Thursday**  
Early Dismissal (1 PM)
- 17, Friday**  
Scrip Orders Due  
Box Tops Due
- 22, Wednesday**  
Early Dismissal (1 PM)  
Physical Education Back-to-School Night, 6:30 PM
- 28, Tuesday**  
Early Dismissal (1 PM)
- 29, Wednesday**  
School Picture Retake Day

### NOVEMBER

- 4, Tuesday**  
NO SCHOOL, Professional Development Day
- 5-7, Wednesday-Friday**  
Scholastic Book Fair
- 6, Thursday**  
Early Dismissal (1 PM)
- 7, Friday**  
Fall Social, 6-8 PM
- 11, Tuesday**  
NO SCHOOL, Veterans Day
- 20, Thursday**  
Early Dismissal (1 PM)
- 26, Wednesday**  
Early Dismissal (1 PM)
- 27-28, Thursday/Friday**  
NO SCHOOL, Thanksgiving



## from Shelley Cole and Julie Weir, PTSO co-chairs

One month in and the kids, and us, are getting into the full swing of school. I hope I'm not the only one to get my kids to the bus stop an hour early last month! I think we finally have a handle on our long mornings.

Now that the trees are changing it is time for Family Portraits. **Shelley will be photographing McT Families this weekend, October 4th and 5th.** There are a few open spots on Saturday. If you are interested please contact Shelley (sd@shelleydrouin.com or 617-529-3629).

The first of our Fall Fundraisers is coming to an end. Charleston Wrap, orders for gift wrap and other items are due today. Look in your Friday folders in a few weeks for our final Fall Fundraiser, our Annual Appeal. 100% of the money collected goes directly to our children. It is also tax deductible!

At the end of this month we have two of our most popular events—the **Scholastic Book Fair and the Fall Social**. The Book Fair rolls into school on November 5th and runs through November 7th. November 7th also happens to be the date of our Fall Social, which runs from 6-8 PM. Bring the whole family for pizza, baked goods, games, and other entertainment (plus you can shop the Book Fair while you catch up with friends).

And finally, please join us for our next **PTSO meeting on October 14, 9:30 AM** in the multipurpose room. It is located on the first floor of the school, across from the music room. Siblings are welcome to join their parent.

### Fall Social: Save the Date!

**McCarthy-Towne's Annual Fall Social will be held on Friday, November 7 from 6–8 PM at the school.**

The night holds a lot of fun with a gym full of games with prizes to be won, crafts, tattoos and face painting. This year's social will feature some new activities including a "cake walk" and use of the rock climbing wall in the gym. Also, the annual book fair will be taking place in the lobby.

There will be pizza for sale and complimentary refreshments. Additionally, this year's social will provide plenty of autumn fare, such as chili, corn and pumpkin bread, and apple cider.

This is a great opportunity for children to play with old friends and make new ones and for parents to get to know each other. This is not a drop-off event so please make arrangements to attend with your child(ren) or have them chaperoned. Mark your calendars and save the date for a fun night! Admission for adults is free and only \$5 per child.

The night cannot be a success without the support of volunteers like you. Help is needed with games, pizza sales, admission tickets, face painting and more. To volunteer, please contact Jen Nelson (jennifernelso@gmail.com).

If you have any general questions, please contact either Bridget Chamberas (bmchamberas@hotmail.com) or Jen Nelson (jennifernelso@gmail.com).

### Thank You, Thank You!

#### From the Office

Thank you to all of our intrepid office volunteers who helped us with so many projects during September: Jen Nelson, Shannon Callison, Mariah Straayer, Christine Kobelski, Kate Hoitt, Bridget Chamberas, Pam Hippensteele, Fiona Starr, Petra Charisse, Julie Weir, Lena Saetre-Grant, Bridget Matz, Kimberly Hurwitz, Alex Mojica, Janet Munson, Brenda Simpson, Julia Hanna, Susie White, and Jana Bull.

#### Activities Expo

Thank you to all the families who came out and helped to make our first Activities Expo a big success. Plans are already underway to make it even bigger for next year. If you know of any businesses who would want to be included, email Julie Weir (julieannweir@yahoo.com).

### ART for ALL and ALL for ART

*from Heidi Kupferman, Visual Arts Teacher*

Calling all artists! Come out, come out, wherever you are! Whether you are a full-time practicing artist or an artistic dabbler, I would like to invite you to share your creative skills with our students in the art studio. Instead of a "visiting artist program", I would like to propose a "visiting parent artist program". Your involvement in the art studio can take many forms, from a one-time demonstration, a presentation, or a series of hands-on workshops. The possibilities are endless, but to make it happen I need to know who's out there. So please email me (hkupferman@abschools.org) and let me know what you sculpt, what you paint, what you sew, or what you build! Look forward to hearing from you!

## School Picture Retake Day: Wednesday, October 29th

School picture retakes are scheduled for Wednesday, October 29. If your child was absent on September 12, they will have their picture taken on October 29. If you are not satisfied with the original picture, send the entire package back to school for a retake.

## Parent Volunteer Forms

Updated forms for volunteering at the school (office, classroom, library, art, etc.) and at any of our PTSSO events (fall social, auction, etc.) were sent home the first week of school. Forms are also available on the McT PTSSO website ([www.mctptso.org](http://www.mctptso.org)) and in the school office. We gladly welcome any and all volunteers for any amount of time you can give. There is something for everyone. If you have volunteered in the past and want to continue volunteering, don't forget to send in an updated form as our database gets cleared at the beginning of every year. Completed forms can be sent into the office. If you have any questions about volunteering, please contact Tracey Smith (978-264-3377 x3703 or [tsmith@abschools.org](mailto:tsmith@abschools.org))

## Morning Arrival

The school day begins at 9:20 AM. Students may begin entering the school building and going to their classrooms at 9:05 AM. Students that arrive before 9:05 AM are asked to wait outside the front entrance doors until the buses open their doors at 9:05. Other than band instrument teachers and enrichment class teachers, McCarthy-Towne staff are not available to supervise students in the building before 9:05 AM.

## McCarthy-Towne Auction 2015!

Mark your calendars and book your babysitters! **The Annual McT Auction is March 28th!** The doors will open at 5:30 and we will be returning to The Devens Common Center at the Springhill Suites.

What's this year's theme? Well, this year tuxes are optional and diamonds are forever. We may play a little baccarat and raise funds to support so many of the great things we are able to do at Towne... McCarthy-Towne.

**Save the date... because after all... You only live twice.**

**Have you figured out the theme yet for the auction this year?** If you have a guess, email Christine Russell ([qofhearts@gmail.com](mailto:qofhearts@gmail.com)). The first person to guess the correct theme wins a very exciting prize! We'll announce the winner in next month's bulletin.

If you are interested in helping out with the auction in any way, please contact either Auction Co-Chair—Christine Russell ([qofhearts@gmail.com](mailto:qofhearts@gmail.com)) or Samantha Valente-Phillips ([luvbgnamom@gmail.com](mailto:luvbgnamom@gmail.com)).

## SCRIP News

Watch your child's backpack for your SCRIP order form. You can order shopping cards to Roche Bros., as well as hundreds of national businesses such as iTunes, Land's End, Pottery Barn, Mobil, Hyatt, TJ Maxx and most any other store and restaurant you can think of. For each card purchase, you receive the full amount and SCRIP pays our school a percentage of your purchase. It's like free money for McT! **The next order due date is October Friday, 17.**

## ☆☆☆ BOOK FAIR 2014 ☆☆☆

**This year's McCarthy-Towne Scholastic Book Fair will be held Wednesday, November 5th through Friday November 7th**, in conjunction with the Fall Social. The Book Fair is great fun for the kids, a nice way to spend a couple of volunteer hours, and a wonderful fundraiser for the school.

Students visit the Book Fair with their classes at assigned half-hour slots, on Wednesday (11/5), Thursday (11/6), and Friday (11/7). The Book Fair will also be held Friday night during the Fall Social. Families are encouraged to buy books for their children, as gifts for others and as gifts to specific classrooms by purchasing books from the Teachers' Wish List. This is a terrific way to help the teachers build their classroom libraries.

Volunteers are needed to set-up the Book Fair on Monday afternoon, November 3rd, work the Fall Social on Friday evening, November 7th and break down on Monday afternoon, November 10th. Parents can also volunteer at times when their child's class attends the Book Fair (you will be notified of the time slot your students class will attend).

Be on the look out for more information via backpack mail soon. If you have any questions or would like to volunteer, please contact either Amy Stimac ([amybeltzstimac@hotmail.com](mailto:amybeltzstimac@hotmail.com)) or Julie Weir ([julieannweir@yahoo.com](mailto:julieannweir@yahoo.com)).

## FREE Money for McCarthy-Towne!

Did you know that there are a number of ways you can donate to McCarthy-Towne that cost you NOTHING? Here are some programs that return money to our school:

### Target Credit Card

Last year, McT received \$500 from the *Target Take Charge of Education* program. Do you have a Target credit card? McT receives 1% back on every purchase you make if you register your card on the Target website. Currently we have 17 families enrolled in the program.

Please visit [www-secure.target.com/redcard/tcoe/home](http://www-secure.target.com/redcard/tcoe/home) to register your Target credit card. There is no charge to you and will take just a minute of your time. You don't have to do anything else and McCarthy-Towne earns money whenever you use your Target credit card!

### Amazon.com School Rewards

Our school receives a percentage of what you spend at Amazon.com. We earned almost \$600 last year from Amazon! You can find the link on the McT PTSO website ([www.mctptso.org](http://www.mctptso.org)). Toward the bottom on the right-hand side, click the "School Rewards/amazon.com" button. You can click on this button whenever you make purchases through Amazon or bookmark the link for quicker access.

### Box Tops!

It's hard to believe that those little box tops can make a difference, but last year our school received over \$1000 from this program! Please continue to cut them out and send them into school.

### Ink Cartridges!

Bring in your used ink cartridges for recycling. Last year we earned more than \$100 with this recycling program!

## Box Tops for CA\$H for McT

Remember to send Box Tops to school with your child or drop-off in the large collection box in the office. **The next collection deadline is Friday, October 17.** Please label the collection with your child's name, grade and teacher. This information is used to track rewards for the classroom contest! Last year, David's fourth grade class won both contests and chose lots of fun supplies for their classroom. What will this year's winners choose?

You can also drop off Box Tops in the blue box labeled "McCarthy-Towne Box Tops" at Roche Bros. Please visit [www.btf.com](http://www.btf.com) for a list of participating products.

I'm going to put Box Top collection boxes in the two kitchens at my office. Let me know if you would like some help bringing Box Tops to your office or another business in town.

If you have any questions about the Box Top program, please contact Melissa ([mkmorse1@msn.com](mailto:mkmorse1@msn.com)).

## Trick-or-treating for UNICEF!

Be on the lookout for Unicef boxes which will come home in backpacks on October 24th. If your children choose to participate, please have them return their boxes to school by November 7th. And remind them that they can do BOTH: collect candy AND collect donations for UNICEF.

### Important Information for all Parents Regarding Medications

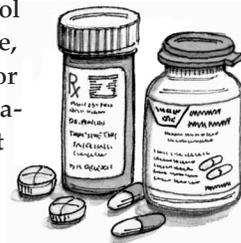
Medication administration is an important issue in schools. Some students require medications at school in order to survive. Others need medications in order to learn. Occasionally, students require antibiotics during the day following a bacterial infection.

The goal of your School Nurse is to administer only those medications that are absolutely necessary during the school day. All other medications should be given at home either before or after school.

State law requires a written order by a licensed prescriber and written parental permission before any medication can be administered to students, including over-the-counter medications. You can obtain forms for this purpose from the School Nurse, on the school website (see "Health & Nursing Services"), or from most Health Care Providers. All medication **MUST** be in the original labeled container and be labeled with the student's name. The School Nurse will not administer the following: expired medications, medications delivered in unlabeled containers, and medications in inappropriate containers such as zip-loc bags.

For the safety of all students, no medications are to be carried to school by students. The only exception to this rule is for Junior High and High School students who are allowed to carry inhalers or Epi-pens after certain requirements are met.

With your help, the School Nurse can provide a safe, supervised environment for students who require medications at school. Please contact the McT School Nurse, Betty Foster, at 978-264-3374 with any questions.



## McT School Council

Since only two parents were nominated for the two open School Council positions, there was no election held.

Thank you Tracey Estabrook and Deanna O'Donnell for volunteering to serve on the McCarthy-Towne School Council for the next two years.

### Stay in Touch!

Aside from this monthly printed newsletter, there are two other ways to stay in touch with what's going on in the PTSO and around McT—the Howler and Facebook. The Howler is our weekly email newsletter. If you would like to join the list, the link to sign up is on the left-hand side of the McT PTSO home page ([www.mctptso.org](http://www.mctptso.org)). You can also join our McCarthy-Towne Facebook page. This is our favorite venue for posting last-minute reminders about events and deadlines, publicizing school activities, and sharing information. Search for "McCarthy-Towne School" on Facebook and ask to join.

## McT Mileage Club Update

Congrats to the 50 McT Milers who came to our first meeting a few weeks ago. They collectively logged 76 miles that first Friday! Thank you to our parent helpers as well as the staff members who have made appearances in our first few weeks.

It is never too late to add some fun and fitness to your Friday mornings. Come and join us for walking, jogging, running, skipping, galloping, or any other heart-pumping way to cover our exercise loop in the playground area. We meet every Friday (weather permitting) from 8:20–9:05 AM, and will continue through the fall as long as the weather is bearable. This is a FREE drop-in activity...come as often as you can, and no pressure if you miss a week or two.

Questions or thoughts? Please contact Chris Hanlon ([hanlonchristopher@hotmail.com](mailto:hanlonchristopher@hotmail.com)).

## Enter to Win an iPod® Shuffle PLUS \$500 in Free Groceries!



Remember to save your receipts from Donelan's Supermarkets! The *Register Tapes for Education Program* allows us to earn FREE school supplies just by doing our grocery shopping at Donelan's. Last year we earned almost \$1,000 in supplies! **Receipts dated September 1, 2014–March 31, 2015 are eligible.** Send receipts in with your child or drop them off at the McT office. Please do NOT cut your receipts. We must submit the entire receipt, showing the store name and location, as well as the items purchased.

Enter to win a \$500 grocery gift certificate PLUS an iPod Shuffle by filling out the entry form below and sending it into school with your receipts by **January 15, 2015**. You can enter as many times as you like as long as your entry is submitted with a Donelan's receipt and the entry form is not photocopied. If you want to make copies, copy the entry form first and then hand write your information on each form. They will NOT accept entry forms that have been filled out and then photocopied. Please leave the "school code" section of the entry form blank.

For complete contest rules, please visit [www.registertapesforeducation.com/shoppercontest](http://www.registertapesforeducation.com/shoppercontest). If you have any questions about the program, contact Sarah Burianek ([sarahburianek@msn.com](mailto:sarahburianek@msn.com)).



### Register Tapes Entry Form

Please enter me for a chance to win a \$500 grocery gift certificate plus an iPod Shuffle®.

\_\_\_\_\_  
Name School Code

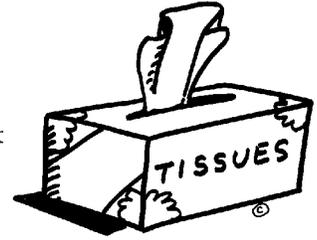
\_\_\_\_\_  
Address City State Zip

Phone Number (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Please return to your school by January 15, 2015.

# Attendance at School: Should I Keep My Child Home with this Illness?

from Betty Foster, McT School Nurse



## Fever

Fevers are generally a sign of illness/infection. Your child should stay home if his/her **TEMPERATURE is 100° F or above**. He/she should not return to school until their temperature has been normal (97–99 F) for at least 24 hours.

## Cold, Cough, Sore Throat

Most children can attend school with cold symptoms as long as they do not have a fever. If your child has a **cold with a fever over 100° F**, he/she should be kept at home and your healthcare provider should be consulted. Your child should also **stay home if they have greenish nasal discharge or cough production. A sore throat with a fever, swollen glands, headache, stomachache, or rash may indicate strep**. You should consult your child's doctor for evaluation. If strep is confirmed, your child may return to school after 24 hours of antibiotics, if they feel better.

## Stomachache, Vomiting, Diarrhea

A child with **vomiting and/or diarrhea should be kept at home until symptoms have resolved for at least 12 hours**. Your child also needs to be able to eat and drink normally before returning. Consult your doctor if you suspect dehydration.

## Red Eyes

**Your child should stay home if he/she has red eyes that itch and/or have a crusty discharge**. Consult your doctor for evaluation of possible conjunctivitis. Your child may return to school after 24 hours of antibiotic treatment.

## Pain

**Earache:** Consult your doctor if your child complains of ear pain.

**Toothache:** Consult your dentist.

**Headache:** If headaches are frequent you should consult your doctor. Dehydration, stress, and fatigue can cause a headache.

## Rash

A rash is usually a sign of a viral illness. It also may be a reaction to medication, plants, or chemicals such as soaps or detergents. If your child has **an unusual rash or it is associated with a fever, contact your doctor**.

## Tips to Stay Healthy

- The best way to prevent the spread of infection is good hand washing.
- Give your child a separate towel and washcloth.
- Change your child's toothbrush after an illness and every 3 months.
- Have your child examined annually by her/his health care provider.
- School age children require at least 8–10 hours of sleep each night.
- A healthy diet is important in creating a healthy student.
- Please call the school nurse, Betty Foster, if you have any questions or concerns (978-264-3374).