

# Briggs At Large

The Voice of the John R. Briggs Elementary School  
"Educating for Success, Now and in the Future"

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## OCTOBER

16 School Council  
26 PTA Family Skate  
31 Trick or Treat

## NOVEMBER

4 PD Day – No School  
5 Picture Retakes  
10-11 No School  
Veteran's Day  
11 PTA Meeting  
20 School Council

### PTA Fall Family Skate

Please join us at  
Cushing Academy's  
Iorio Arena on  
**Sunday, Oct. 26<sup>th</sup>**  
**from 2:00-4:00 pm**  
for an afternoon of  
skating and fun.

Skate rentals are  
available for \$3.00.  
costumes are  
optional. We hope  
to see you there!

### THANK YOU!!!

**The JRB Fall Family  
Festival was a  
great success. We  
all had a great  
time and  
appreciated you  
attending our  
Festival.**

## Nov. 4<sup>th</sup> – Election Day

### Meet Mrs. Heckley

My name is Alice Heckley and I am the new 5<sup>th</sup> grade teacher here at J. R. Briggs. I am very excited to have joined a team with Mrs. Robichaud and Mrs. Thomas. I am teaching 3 classes of mathematics and 1 class of ELA/Reading.

I received my bachelor's degree from Wheelock College in Math/Science and Elementary Education, and earned my master's degree in Early Childhood Education, also from Wheelock. I began my career as a long term substitute for North Middlesex Regional High School as an Earth Science teacher. I come here from the Groton-Dunstable Middle School, where I was a 5<sup>th</sup> grade teacher of Math /Science.

I have lived in Townsend for 12 years with my husband and 3 boys (13, 10, & 7). During our free time we enjoy boating on the Connecticut River, bowling, and taking care of our horse and other many animals.

### 4<sup>th</sup> Grade News

Have you ever heard of *phenology*? It is the science dealing with the influence of climate on the timing of such annual phenomena of animal and plant life as budding, leaf color change and leaf drop, and bird migrations. All of the fourth grade classes are participating in a phenology study, *Buds, Leaves, and Global Warming*, with the Harvard Forest in Petersham. Our student scientists are visiting "their tree" every week and taking data on the percent of color change on six leaves and on the tree as a whole, and when each leaf on their branch drops off. We are investigating maple, oak, birch, and beech trees. When the study is done we will send our data to the Harvard forest.

As part of this unit all students visited the Harvard Forest this week.

ecologist Dr. John O'Keefe, our contact scientist, who talked to the students about color change and leaf drop. We learned that the yellow color is always there and shows up when the green chlorophyll gets absorbed back into the tree. The reds on the other hand develop in the fall to protect the leaves. Then we went on a nature walk and learned all kinds of things about the forest and how it has changed over time. Finally, we looked at the awesome forest dioramas in the museum and did a scavenger hunt. We had to find tiny things like a woodpecker and a man in with a lunch box. Everyone had a great time and learned a lot!

For more information on the study and the Harvard Forest Schoolyard Ecology program please visit their website at ~ <http://harvardforest.fas.harvard.edu/museum/schoolyard.html>

### GFA Banking

In-school banking for students, K-5 will begin October 1<sup>st</sup>. Start saving early!

### J. R. Briggs Discount Cards

Have you ordered your Discount Card? Makes a great little gift - \$10. Good at Subway, McDonald's, Burger King, The Daily Grind, Lucky Dragon II, Colonial Hotel, Friendly's, Firestone, Family Hair Design, and many more establishments!

**MCAS Corner**  
Grades 3 – 5  
March 30 – Apr. 15  
May 11 – May 28

Try this one...

### Grade 3 ELA

Read the sentence in the box below.

The aroma of ripe fruit and meat filled the air.

In the sentence, what does the word **aroma** mean?

- A. A loud sound
- B. A bright color
- C. a pleasant smell
- D. a delicious taste

Answer to last issue's BAL MCAS question:

**D. They are all compound words.**

### JRB Telephone #s

Having trouble getting through to our office? Our roll-over is not working...try:  
978-827-1410  
978-827-1412  
978-827-1420

**Are you up to date with your child's cafeteria account? Contact Renee Roy, Cafeteria Manager.**

## MUSIC News

**Band has begun.** Band rehearsals are held on **Thursday afternoons** during the school day. **PLEASE** make sure your child has their instrument for rehearsals.

**Chorus....** Rehearsals; Tuesdays after school, students **MUST** have a signed permission form.

### COLDS -vs- FLU

It is that time of year, where we tend to see those cold/flu-like symptoms, but how do we know if we really have a cold or a flu? If we do get a cold or flu, what can we do?

Initially, the flu may seem like the common cold, with symptoms such as a runny nose, sneezing and sore throat. Colds usually develop slowly, while the flu tends to come on suddenly. Although a cold can be a nuisance, you usually feel much worse with the flu. For someone who gets a cold, unfortunately there is no real benefit to going to the doctor. A cold is a viral infection that is limited to the head and neck, and may include a cough. With a cold, the symptoms typically pass within about 7 days, although a mild cough and some congestion can tend to persist for a bit longer.

The Flu on the other hand is more of a total-body illness that is also caused by a virus. It tends to make a person feel completely wiped out and sick all over---in every muscle and in the head. A fever is also usually associated with the flu.

Common Signs & Symptoms of the Flu are: Fever over

101 F in adults, and often as high as 103 to 105 F in children, Chills and sweats, Headache, Dry Cough, Muscular aches and pains, especially in your back, arms and legs, Fatigue and weakness, Nasal Congestion, Loss of Appetite, Diarrhea and Vomiting in children.

Those most at risk are the elderly, children, and anyone who works directly with children.

Prevention is key:  
Get an Annual Flu Vaccine, the best time being in October/November; this allows the body time to develop antibodies to the flu virus before the peak flu season. Although it doesn't offer complete protection, it can reduce the risk and severity of illness. The more individuals vaccinated, the less likely to spread the flu. **WASH HANDS!!!** Eat right and Sleep tight...Poor diet and poor sleep lower your immunity and make you more susceptible to infections. Limit your Air Travel, and **EXERCISE REGULARLY...this BOOSTS your Immune System.**

So you've done all of those things to prevent getting the flu, and you still get it...Now What?? Lots of rest and plenty of fluids are

generally all you need to treat it. Over-the-Counter medications such as Acetaminophen can help the aches and pain, and antihistamines and decongestants can help with the other symptoms.

Occasionally complications can develop from colds and the flu. If after 5-7 days your cold/flu symptoms appear to be worsening instead of clearing up, a secondary infection may have developed. This is because bacteria can grow in the blockages caused by the congestion, if this happens it just might be a good idea to see your primary care doctor.

Stay Safe, Happy and Healthy this Flu season!!

### Lost and Found

Have you seen our collection in the lobby? Stop in...tons of clothing items are on display!

### Picture Retakes

If you missed picture day on Sept. 30<sup>th</sup>, have no fear...make up day is November 5, 2008