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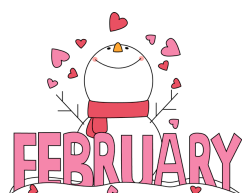
Hillside News January 26, 2018



IMPORTANT DATES



31 Early Release/Dismissal at 12:15 p.m.



01 Polar Bear Prowl - Walk/Bike to School
13 Early Release/Dismissal at 12:15 p.m.
19 February Recess
26 Classes Resume

PTC Hillside Hornet Buzz

Happy Friday Hillsideers! We've had a busy week of fun activities and more great ones coming up - read below for more details!

The Parent Social on Saturday, January 20th was a TREMENDOUS success!! Thank you to everyone who came out to make it such a fun event!!! A big CONGRATS to all our auction and raffle winners!! We have many people to thank for helping make the **HILLSIDE HOEDOWN PARENT SOCIAL** such a wonderful night. A big thank you to: Dina Holland Interiors, Caitrin Dunphy Photography, Volante Farms, The Families of Birch Street, Sweet Basil, Vinodevino, Reveler Beverage Company, Needham Flag Football, and the Storer Family. Thank you also to our auction donors: Michael Kascak, Chanit List, Lori Donovan, Maria DiCicco, Sena Hsu, Peggy Strakosch, Evan Cohen, Rob Tatro, Pat Marra, George Goneconto, Hallie Riley, Liz Hitron, Laura Katz, Erin Vacaro, Margaret Petrovich, Kara Shea, Donna DeMaria, Laura Miller, Raylene Roberts, Mark Franks, and Geoff Watts. And lastly, a BIG thank you to the Social Committee who planned a fabulous event.

And thank you to Julie Lanza for organizing all of our skaters at the **Meet up and Skate** event on Sunday, January 21st. We hope everyone had a great time whizzing around the ice!

It was great to see so many Hillsideers at Hillside Night at Bertucci's on Wednesday. Thanks to Chris Fisichella for organizing this event.

Upcoming Events

Candy Bar Bingo Night is Friday, February 2nd at 6:30 p.m.!! Join us for this beloved annual event. We are in need of volunteers for this event – sign-up to volunteer at <http://www.signupgenius.com/go/20f0c4cacad22a5fa7-candy1>. Please contact Julie Lanza at julielanelanza@gmail.com for more information.

START SAVING BOX TOPS for our next BOX TOPS CONTEST the BOX TOPS BLIZZARD which will be held from **February 5th through February 16th**. The class that submits the most unexpired Box Tops will win a popsicle party! Contest ends, February 16th so start clipping and ask friends and neighbors to start clipping as well!!! See flyer at the end of the newsletter for additional details. Please contact Joyce McCafferty @ sjsong77@yahoo.com with any questions.

SAVE THE DATE for HILLSIDE NIGHT AT THE RED SOX! Join fellow Hillside families at Fenway Park for the Red Sox/Blue Jays game on May 29th at 7:10pm - this is always a fun evening and sells out! We have a limited number of bleacher seats available for \$20 which will be sold on a first come-first serve basis. Tickets must be purchased by March 1. See the attached order form for more details.

The Hillside v. Eliot "Hoops in the Heights" Basketball Game is Friday, March 16th at Needham High School –

Gym A. Doors open at 5:30 p.m. and **tip-off is at 6:00 p.m.** Pizza and other concessions sales will start at 5:30 p.m. so come have pizza for dinner and get great seats for the game! More details to follow as the game gets closer. **For now, the game needs PARENT PLAYERS!** To register to play, please use the following link to **complete the registration form no later than FEBRUARY 16th**: : <https://goo.gl/forms/qnwKuJ0AzUQ6FBsl1>. Contact Betsy Alperstein (balperstein@gmail.com) or Erin Apstein (eringapstein@gmail.com) for more information!!!!

Committee Messages:

Message from the Used Book Sale Committee: USED BOOK SALE IS COMING! It's time to start planning for our annual Used Book Sale! With the cold keeping us indoors, this is the perfect time to look through your attics, bookcases and basements for adult and children's books that you are ready to pass along! The "mission" of this sale is simply to promote and support literacy at Hillside School, and all donations support this mission. Some of your donated books are put directly into circulation in our Media Center and classrooms; others are sold at the sale, with all proceeds returned to the Media Center for the purchase of new materials. All teachers bring their classes to visit the sale, and parents are encouraged to shop any time – and prices are very low so that everyone can find a treasure. We will be collecting books for the next few weeks in the lobby, so please consider donating your used books to benefit Hillside! If you have any questions please contact Sharon Ayres (soayres@gmail.com) or Joanie Daly (jdayadaly@gmail.com).

Message from the Yearbook: If you've got great photos of school and community events or you and your friends just having fun, we'd like to see them. Our photographers can't be everywhere. Help us get as many photos as possible to create a terrific book everyone will want to have. Here is how you can submit photos online:

- Go to: <https://images.memoryebooks.com/login>
- If it does not automatically log you into the site, enter username: 409683606
- Browse to select the photo(s) you wish to upload.
- Enter information about the photo and provide contact information in case the staff needs additional information.
- Click "Save Details".

It's that easy! Submit your photos today! Any questions, please contact Sam Shapiro @ samshap333@hotmail.com.

Community

Calling All Spellers: Rally a Team for the NEF Bee!

Represent Hillside and support enrichment! Rally a team for the 2018 Needham Education Foundation (NEF) Spelling Bee on **Sunday, March 18** at 3 p.m. in the Needham High School gymnasium.

As the NEF's largest fundraiser, the Bee draws spellers of all ages from Needham schools, businesses, and the community. Your registration fee will help to fund innovative, educational, and enriching programs for Needham Public School students in grades K-12. Register [here](#) if you are interested in forming a team.

Other PTC Fundraisers

Amazon Smile: When you shop Amazon, be sure to shop via the Amazon Smile link and designate the Hillside Parent Teacher Council Trust as your charity of choice. Amazon will donate a portion of their proceeds back to the PTC every time you purchase eligible items. It takes very little effort, but the pay-off for the PTC is great!

Seeking Volunteers

The PTC depends very heavily on parent volunteerism. We are fortunate to have many very dedicated parents who step up each year to run committees, but we are always looking for more help! Below are some great volunteer opportunities we hope you will consider:

Seeking parent volunteers to help on Fridays at Morning Mingle for the **Buzz Across America** initiative. This initiative will continue until we make it across the country to California. As a reminder, each student can contribute miles to the journey by earning popsicle sticks one of two ways: (i) run laps around the Hillside field on Friday mornings at Morning Mingle and earn 1 popsicle stick for each lap; and/or (ii) walk/bike to school any day and earn 2 popsicle sticks. **To volunteer, please sign up at** <http://www.signupgenius.com/go/20f0c4cacad22a5fa7-hornets>. Any questions, please contact Seema Meloni @ seema.meloni@gmail.com.

Seeking 1st Grade Cafeteria Volunteers: Parent volunteers help the students get through the lunch line more quickly so that they have ample time to eat and help the 1st graders learn to clean up before the next lunch shift comes in. You can sign-up for as many or as few days as you can offer. To sign up, either contact **Erin Ellis** at erinellis03@gmail.com or go to the Sign up Genius link: <http://www.signupgenius.com/go/8050d4badaa22a31-first1>

To ensure you get all our future updates, please **LIKE us on Facebook (Hillside Elementary School PTC, follow us on Twitter at @hillsideptc and register your information through our website www.HillsidePTC.org** so that you will receive our email blast.

PTC Co-Presidents

Erin Apstein, eringapstein@gmail.com

Meg Rosenbaum, megrosenbaum11@gmail.com
www.HillsidePTC.org

More Hillside Buzz...



It's time to start getting your acts ready for this year's Hillside Talent Show, which will be held on Friday, April 6th! Be on the lookout for audition dates, and aim to keep your act under 2 minutes. We will also need tons of parent volunteers. Contact hillsideptctalentshow@gmail.com with any questions or to sign up to volunteer!



A Message from Mrs. Greiff...

With all the illnesses going around, please refer to the attached chart, which outlines the differences and similarities between the common cold and the flu. Also attached is a letter to all parents from Barbara Singer, Director of Health Services for NPS regarding the flu. If you have any questions, please feel free to call Debbie Greiff at 781-455-0461 x228.



2018 Carol Virginio Memorial Jump Rope for Heart

Attention parents: Next week, information packets about our 14th annual Carol Virginio Memorial Jump Rope for Heart will go home with all of our students. For more information about Carol and Jump Rope for Heart in general, please visit our Hillside Physical Education website at <http://hillsidepe.weebly.com/jump-rope-for-heart.html>

Last year, Hillside School contributed just over \$23,500 to the American Heart Association bringing our 12 year total to a whopping \$170,000. Raising money for the AHA is optional for our students and is something that should be intrinsically motivating. Of course, the reward prizes that the AHA share with students who raise money sometimes make this lesson difficult and is something we spend a great deal of time discussing with students. Feel free to supplement these discussions at home and just as an FYI, there is a checkbox on the packet that students can check if they wish not to receive prizes.

Over the next several weeks, each time your children come to P.E., we'll spend some time learning about jumping patterns, short rope skills, partner short rope skills, long ropes skills, and even learn how to jump double dutch based on grade level. Feel free to encourage students to continue to practice at home and we look forward to honoring loved ones who have been affected by heart disease, heart attacks, and/or stroke on February 16th during our day-long Jump Rope for Heart celebration.

If you have any questions, feel free to email us at rob_tatro@needham.k12.ma.us or catherine_bove_cournoye_r@needham.k12.ma.us

Robert S. Tatro M.Ed
Elementary Physical Education and Wellness Teacher
Hillside School

Follow me and our classes on Twitter - [@MrTatro_PE](https://twitter.com/MrTatro_PE)

Colds versus Flu: How to Tell the Difference

Are you coming down with a cold? Do you have the flu?
The table below shows some differences and similarities between colds and flu.

| Differences Between Colds and the Flu | |
|---|---|
| WITH A COLD: | WITH THE FLU: |
| Symptoms are usually less severe than flu symptoms | Symptoms are usually more severe than cold symptoms |
| Symptoms develop gradually over a few days. | Symptoms come on quickly and severely. |
| You rarely have a fever. | You almost always have a fever . |
| You feel sick mostly in your head and nose. | Your entire body feels sick. |
| Body aches, headaches and pain are usually mild if you have them. | Body aches, headaches and pain are common and can be severe. |
| You may or may not feel tired and weak. | Tiredness and weakness are common. |
| There is no vaccine to protect you. | You can get vaccine (a shot or the nasal spray) to protect yourself. |
| There are no prescription medicines to treat colds. | There are prescription medicines to treat the flu. |
| Similarities Between Colds and the Flu | |
| WITH A COLD: | WITH THE FLU: |
| Caused by a virus. | Caused by a virus. |
| Affects the body's breathing system (nose, throat, windpipe and lungs). | Affects the body's breathing system (nose, throat, windpipe and lungs). |
| Usually goes away on its own. | Usually goes away on its own. |
| You should contact your doctor if symptoms change or get worse. | You should contact your doctor if symptoms change or get worse. |

Dear Families,

Happy New Year! I thought I would provide you with some information regarding influenza (the flu), as we are in “flu season”, and according to the Centers for Disease and Prevention (CDC), influenza activity has increased. Flu season peaks between December and February but the flu can occur between October and May.

Influenza is a respiratory viral illness that is contagious and can be spread from up to 6 feet away. Influenza is spread through “droplets” which occur when infected people cough, sneeze or talk.

Prevention-As influenza is contagious, it is important to take the following measures to prevent the spread of the flu:

- Get vaccinated annually with the injectable flu vaccine
- Avoid close contact with people who are ill
- Stay home until you are fever free for 24 hours off of all fever reducing medications
- Cover your nose/mouth with a tissue when coughing/sneezing
- Don’t touch your nose/mouth/eyes
- Proper handwashing (washing with warm, soapy water for at least 20 seconds)
- Use a disinfectant cleaner to wipe down common items such as doorknobs, computers, phones, etc.

Symptoms of flu include: fever/chills, cough, sore throat, runny nose or nasal congestion, muscle or body aches, headaches, and fatigue.

Treatment includes: rest, hydration, analgesics/fever reducing medication such as Acetaminophen and/or Ibuprofen, and antiviral medications (as prescribed by your healthcare provider.) If you have symptoms of the flu, check with your healthcare provider promptly. Antiviral medications may be an option and when taken within 48 hours of symptoms, these medications may lessen the duration and severity of the flu. In addition, antivirals that are taken after 48 hours may still be effective.

Most people recover in a few days to a week. For more information, visit the following websites:

<https://www.mass.gov/influenza> <https://www.cdc.gov/flu/about/index.html>

Stay well!

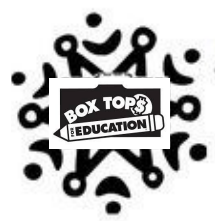
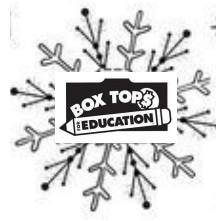
Barbara Singer MSN, RN, NCSN

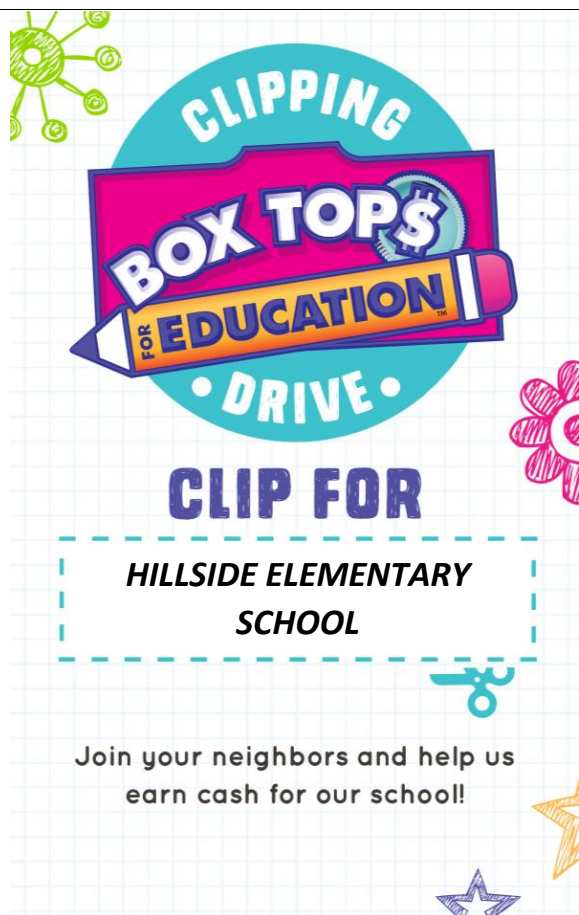
Reference Centers for Disease Control and Prevention (2018). Influenza (Flu). Retrieved from <https://www.cdc.gov/flu/about/index.html>



Hillside PTC Box Tops Contest February 5 - 16, 2018

The contest starts February 5. The class that submits the most unexpired Box Tops will win a popsicle party! Contest ends February 16, so **START CLIPPING!**





Dear Neighbor,

Will you consider clipping Box Tops for Hillside Elementary School? Every single Box Top is worth 10 cents!

How to participate:

1. Purchase or check your home for products with Box Tops on them.
2. Clip Box Tops and put them in the attached envelope.
3. Drop off the envelope containing Box Tops (see address below).

Thank you for your help!

Sincerely,

(NAME) _____

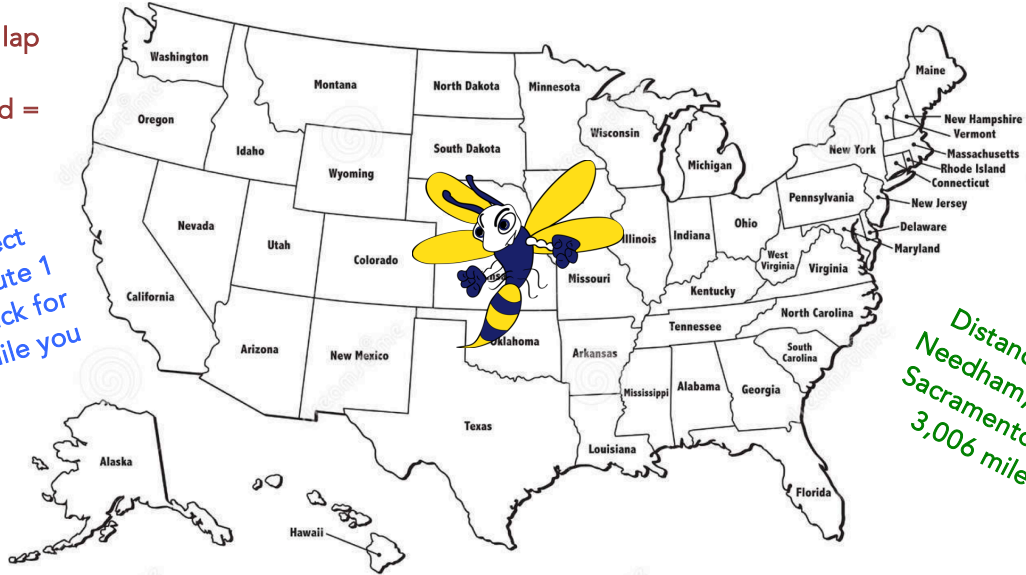
(GRADE) _____

(ADDRESS) _____

Hornets Buzz Across America

1 complete lap
around the
Hillside Field =
¼ mile

You can collect
and contribute 1
popsicle stick for
every ¼ mile you
run/walk.



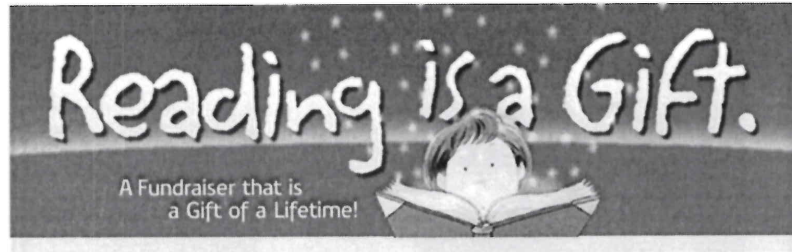
Distance from
Needham, MA to
Sacramento, CA:
3,006 miles!

This year, the Hillside Hornets are going to work together to buzz our way across America!!! We will watch the Hillside Hornet travel across the map that's in the Hillside lobby.

Contribute miles by earning popsicle sticks!!!

How to Participate:

- **Morning Mingle:** Run a lap around the Hillside field on Monday and Friday mornings at Morning Mingle. For every proper ¼ mile lap you complete, you can collect 1 popsicle stick and put it into the collection bucket.
- **Walk/Bike to School:** Earn 2 popsicle sticks for walking/biking to school. Add your popsicle sticks to the collection bucket in the front lobby.
- **BONUS STICKS:** If you participate in the Hillside Trick or Trot on October 29th, you can earn bonus sticks! You will get **10 popsicle sticks** for participation in the Monster Fun Run and **50 popsicle sticks** for participating in the 5K.



Hillside Gift Book Program

Ever wonder about those nameplates in books your child brings home from the media center? Interested in dedicating a book to your child or someone you really cherish? It's so easy to do!

Complete the form below and send in a payment of \$15. When the donation is received, a bookplate will be put inside the cover of a special book to acknowledge the donor and honoree.

All proceeds directly benefit the Hillside Media Center!

In celebration of _____

OR

In honor of _____

Child's or Family's Name _____

Please complete 1 form per book and include \$15 cash or check (payable to "Hillside PTC") per book with this form.

Parent's Name (please print)

Date

HILLSIDE ELEMENTARY

SCHOOL NIGHT AT FENWAY PARK

JOIN YOUR CLASSMATES, FAMILY AND FRIENDS FOR A NIGHT OF FUN
AT FENWAY PARK!

TUESDAY, MAY 29TH
7:10PM



VS



TICKET PRICE
UPPER BLEACHER 42
\$20 PER TICKET

QUESTIONS? CONTACT SEEMA MELONI AT SEEMA.MELONI@GMAIL.COM

TUESDAY, MAY 29
7:10 PM

BLUE JAYS VS.
RED SOX

TICKETS:
OF TIX ____ \$20

TOTAL AMOUNT:
\$ ____

STUDENT NAME: _____ PARENT NAME: _____

PHONE: _____ TEACHER NAME: _____

EMAIL ADDRESS: _____

METHOD OF PAYMENT: ☐ CHECK- MADE PAYABLE TO: HILLSIDE PTC ☐ CASH

RETURN ORDER FORM AND PAYMENT IN ENVELOPE TO SCHOOL

ALL ORDERS ARE SUBJECT TO AVAILABILITY AND FILLED ON A FIRST COME FIRST-SERVE BASIS. ALL ORDERS ARE NON-REFUNDABLE AND ALL
GAME TIMES ARE SUBJECT TO CHANGE

DEADLINE TO ORDER: MARCH 1ST

