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Main Office -- 781-455-0461

Hillside News February 2, 2018



IMPORTANT DATES



- | | |
|----|---------------------------------------|
| 02 | Candy Bar Bingo 6:30 pm to 8:00 pm |
| 13 | Early Release/Dismissal at 12:15 p.m. |
| 19 | February Recess |
| 26 | Classes Resume |



PTC Hillside Hornet Buzz

Tonight is Candy Bar Bingo Night (Friday, February 2nd at 6:30 p.m.)!! Join us for this beloved annual event. We hope to see many of you there!!! We are still in need of volunteers for this event – sign-up to volunteer at <http://www.signupgenius.com/go/20f0c4cacad22a5fa7-candy1>. Please see flyer attached to this newsletter for additional details and contact Julie Lanza at julielancelanza@gmail.com for more information.

BOX TOPS BLIZZARD Contest starts this Monday, **February 5th and ends on February 16th.** The class that submits the most unexpired Box Tops will win a popsicle party 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.

Recruiting for the Hillside School Council: The Hillside School Council is seeking one parent to join the committee that sets educational goals for Hillside in accordance with statewide policies and standards. Led by Michael Kascak, the Hillside School Council is comprised of the principal, teachers, three parents and one community member. The Council meets monthly at Hillside after school hours. Parent council members serve for three years. Every school in Massachusetts is required by law to have a School Council. If you are interested in joining the Council, please contact Erin Apstein @ eringapstein@gmail.com . **Deadline to submit a biography for this position is March 15th.** If more than two parents are interested, we will hold an open election.

Deadline to Register to Play in the Hillside v. Eliot “Hoops in the Heights” Basketball Game (Friday, March 16th) is February 16th! To register, complete the registration form @ <https://goo.gl/forms/qnwKuJ0AZUQ6FBs11>. Contact Betsy

Alperstein (balperstein@gmail.com) or Erin Apstein (eringapstein@gmail.com) for more information!!!!

In need of new sneakers or sporting goods? Use the coupon attached to this newsletter for 15% off your entire purchase at **Modell's!** Hillside will also receive 5% back from your purchases from **Feb 16th - March 15th.** Be sure to show the coupon at checkout.

Our next **PTC meeting is Tuesday, March 6, 2018 at 7:15 p.m.** Please join us!! In this special meeting, we will hear from Mr. K and Ms. DeCicco on technology and Hillside's “kindness” campaign. More details to follow. We really hope to see you there!!

CALLING ALL PHOTOGRAPHERS: The Yearbook Committee is in desperate need of MORE pictures for the yearbook. The Yearbook Committee needs them for all future and past events including First Day of School, Hillside Back-to-School Picnic, and Family Fun Night. Please follow the instructions below and start submitting your photographs TODAY!!! Any questions, please contact Sam Shapiro @ samshap333@hotmail.com.

HILLSIDE CARES would like to help local families in need! Hillside Cares is collecting children's socks and underwear (**all new!**) to donate to Circle of Hope in Needham. They will then distribute the items to families in need in the Boston area. Please have your child bring donations to the donation box in the lobby by February 28th. Thank you in advance for your generosity!!

Upcoming Events

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.

Used Book Sale in Hillside Lobby on March 6th and 7th.

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).

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. Contact Betsy Alperstein (balperstein@gmail.com) or Erin Apstein (eringapstein@gmail.com) for more information!!!!

Committee Messages:

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

MESSAGES FROM SEPAC:

Out of District Parent Coffee on Wednesday, February 7th, 9:00 - 10:30am, Panera Bread, 120 Highland Avenue, Needham. Come connect with other parents of Out of District Students for coffee and and casual conversation. Hosted by SEPAC OOD parent liaisons Hilary Bruel, Liz Neustaedter and Meredith Fried.

"A Guide to Special Education" - This presentation will teach families the basics of special education, with information that will help you:

- Understand your child's **eligibility** for special education
- Know **your rights** under state and federal law
- Plan and monitor your child's **progress**
- Be an **effective partner** with your child's school

Wednesday, February 28
Refreshments: 7:00pm
Program: 7:30 – 9:00pm

Broadmeadow School Media Center
120 Broad Meadow Road, Needham

Presenter Michelle Moor is an attorney whose practice is devoted entirely to helping children with special needs access appropriate educational services. Prior to starting her own practice, she worked in the disability and special education law group at Kotin, Crabtree & Strong, LLP.

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 18th** 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



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_cournoyer@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



The Carter Nursery School, 800 Highland Ave., Needham, will host a carnival and silent auction from 11 a.m. to 1 p.m. Saturday, March 3. The event will include circus-themed games and crafts, a bounce house and face painting for ages 2-7. For details, please visit our website, <http://www.carternurseryschool.com/>



Tickets for the middle school musical "Annie" are for sale in the Pollard Main Office. The show is taking place Friday, Feb. 2 and Saturday, Feb. 3, at 7 p.m., and Sunday, Feb. 4, at 2 p.m.

in the Pollard Auditorium. Tickets cost \$10. Please pay by check made out to "Needham Public Schools" or by cash as the Main Office is unable to make change

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>

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.



Announcing: Candy Bar Bingo!

Sponsored by the Hillside PTC

Come play Bingo with your Hillside school friends on

Friday night, February 2nd

6:30PM to 8:00PM

The cost is \$3 per person

Pay at the door

All those who participate will receive a candy bar!

Prizes galore!



If you have any questions, please contact:

Julie Lanza at julielanelanza@gmail.com

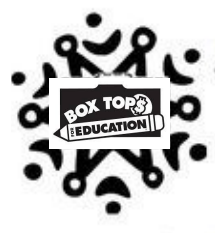
or Marybeth Toran at mtoran@partners.org

We hope to see you there!



Hillside PTC Box Tops Contest February 5 - 16, 2018

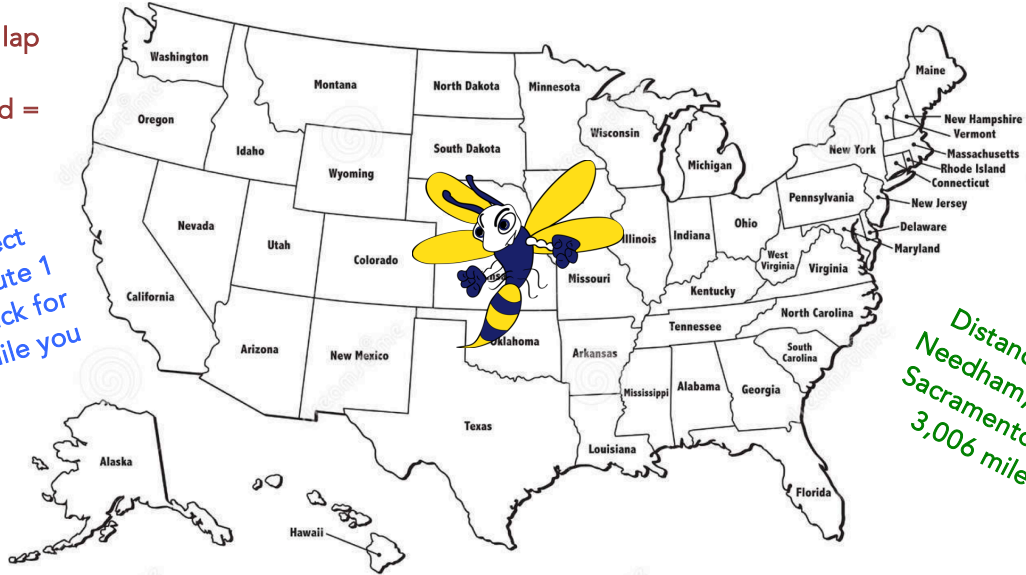
The contest starts February 5. The class that submits the most unexpired Box Tops will win a popsicle party! Contest ends February 16, so **START CLIPPING!**



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 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: _____

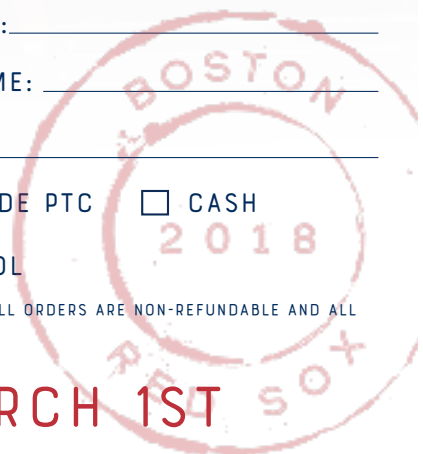
EMAIL ADDRESS: _____

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



Hillside Elementary PTC

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Valid From: 2/16/2018 1 3/15/2018

