

OMS PTSO REQUESTS over the Summer be sure to:

To clip Box Tops, Campbell Soup Labels and save your Ink Cartridges

Volume 31

# ODMS-PTSO News

June 2005

# 8th Gr... Safe Travels as you head to D. C.

### FROM THE DESK OF MR. HESTER

We've had a great academic year here at OMS. MCAS testing went well and the students worked very hard during the administering of the exams. In May we welcomed the in-coming 5<sup>th</sup> graders, the Class of 2012, and their parents. We look forward to greeting them at our Open House scheduled for the end of August and in September.

Thank you to the OMS PTSO for their continued support; We appreciate all that they do for the students and staff.

Have a safe and enjoyable summer vacation. Watch Channel 6 over the summer to keep up with dates, as well as the website. Be sure to keep up your summer reading.

### JUNE EVENTS:

- 6/1 8<sup>th</sup> Grade Concert – FABULOUS JOB!!! Thank you to the entire Music Department
- 6/3 Band heads to Canobie Lake Park – Have a great time; *Returning by 8PM*
- 6/7 SIC at 3:30; ODMS PTSO Mtg. at 7pm – Welcome Officer Devine and the incoming 6<sup>th</sup> Grade
- 6/8 7<sup>th</sup> Grade Concert SHS Auditorium 7:30 PM
- 6/10 8<sup>th</sup> Grade Class heads to Washington DC – arrival home 6/13/05
- 6/13 6<sup>th</sup> Grade Concert SHS Auditorium 7:30 PM
- 6/23 **SHS PTSO** will be Welcoming the Class of 2009 to their final PTSO meeting of the year; **SHS Media Center 7PM**, please join the SHS PTSO
- 6/24 8<sup>th</sup> Gr. Class Day 9:45am at SHS Auditorium; Yearbooks will be distributed to all classes
- 6/29-8/31 Have a TERRIFIC & SAFE SUMMER VACATION
- 9/1 SCHOOL REOPENS – 2 hour delay!!!! STAY TUNED TO CHANNEL 6 FOR ANY CHANGES/UPDATES

**BOX TOPS - top 3 classes**

A JOB WELL DONE – ODMS PTSO thanks the families who *clipped* all year. Every little bit helps!!

1. Mr. Prudden 8<sup>th</sup> Gr. Room 220
2. Mrs. Killion 7<sup>th</sup> Gr. Room 223
3. Mr. O'Neil 6<sup>th</sup> Gr. Room 108

Go to [www.baseclasstech.com](http://www.baseclasstech.com) for School Supply lists over the summer, click on OMS.



*Ms. Moschella - Good Luck in Abington, We will miss you at OMS!!*





# 10 Tips Toward Good Nutrition

## By Pam DeNapoli, RN, School Nurse



Creating a nutritional home is a very important task, and often can be very challenging. In this day and age of very hectic schedules, working moms, and evening activities for kids, it is often difficult to even sit and eat as a family. Eating “on the run” often results in too much fast food and poor food choices. There are some ways, however, to at least start to help your family develop a positive relationship with healthy foods. Here are 10 tips toward good nutrition:

1. **Keep healthy foods at hand:** Kids will eat what’s readily available. Keep fruit on the counter, not buried in the crisper drawer of your fridge. Set a good example and choose an apple for your own snack. Kids learn by example.
2. **Praise healthy choices:** Give your child a big smile and tell them how smart they are when they choose a healthy snack.
3. **Don’t nag about unhealthy choices:** Try to redirect unhealthy choices by offering enticing alternatives. Try offering a child looking for candy perhaps strawberries dipped in chocolate. Try making your own potato sticks by baking a sliced potato in a small amount of olive oil, rather than French fries. Nagging about their choices will almost always back fire with rebellious teens!
4. **Never use food as a reward:** This could create weight problems later in life. Instead, reward your child with something physical and fun- like a bike ride or a quick game of catch.
5. **Try and sit to dinner as a family whenever possible:** Research shows that children of families that sit and eat at the table as a family have better nutrition and eating habits, (research shows they have better attitudes, too!). Try and start with once weekly, and work up to three of four times to build the habit.
6. **Plan for nutritional snacks when preparing your grocery list:** Kids love popcorn, (microwave light popcorn is healthiest); cheese and crackers, yogurt, granola bars, cereal bars, bagels and cream cheese, dried fruit. Healthy snacking can actually prevent over eating at mealtime, as well as give you a healthy mid day jump-start.
7. **Try and encourage breakfast:** If things are too hectic in your household in the morning, have healthy snacks like those listed above on hand. Your child can grab a granola bar and a banana and eat it on the way to school. 75% of the clinic visitors at OMS are HUNGRY and have stomachaches in the morning. Also, the kids that skip breakfast are pretty low by lunchtime, and usually tell the Nurse they don’t feel good, but end up fine after a good lunch.
8. **Do not restrict foods:** Although this might be tempting, keeping things off limits to teens often make them more interesting than necessary! Also, research shows that kids who have food restricted are at greater risk for developing eating disorders, such as bulimia or anorexia nervosa.
9. **Drink water, and remind your kids to drink water:** Although we all have heard how important it is to drink 7-8 glasses of water daily, it is a tough thing to follow-through on. Remind your children how important water is for their health! Many of us suffer from chronic dehydration. This makes us tired, and grouchy. Drinking water is simple; we just have to remember to do it!
10. **Consult your pediatrician:** Always talk to your child’s doctor before considering any type of diet for your child. Never diagnose your child as too heavy or too thin, yourself. Consult your child’s doctor with concerns.

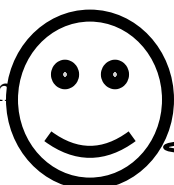
Have a safe, happy, healthy summer with lots of healthy food choices for you and your family!!!

## OMS PTSO Says...

Where has this year gone? Summer is almost here, although we'd never know it by looking outside these days.

On behalf of the new and current PTSO boards, and myself personally, I would like to thank Julie Harding for all that she's done for our school. I'd be happy if I had even half her energy. Thank you's also go to outgoing board members Vivi Lobrano, Charlene LaFerriere, and Carla Lewis, plus all of the committee chairs and volunteers who worked hard and helped the school through the PTSO. Extra thank you's go out to all of the parents who supported our fundraising efforts. We were able to raise over \$28,000! Next year we will be welcoming the new Class of 2012 and I look forward to working with both the 'old' and 'new' volunteers. See you in September!

Vicki Burgess  
OMS PTSO President



GOOD LUCK TO THE CLASS OF  
2009 AS YOU HEAD TO HIGH  
SCHOOL!