



THE  
**HAPPY HOLLOW**  
**HOLLER**

HAPPY HOLLOW SCHOOL & PTO NEWSLETTER

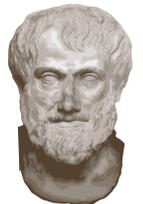
November 10, 2011

*“If you don’t like the way the world is, you change it. You have an obligation to change it. You just do it one step at a time.”*

*~ Marian Wright Edelman  
Children’s Defense Fund*

Dear Friends,

Aristotle once said, “Educating the mind without educating the heart is no education at all.” ~ Although he lived a very long time ago (384 BC- 322 BC) ~ times were not all that easy for him. Despite many pressures from his aristocratic society and even some unrest after Plato’s death ~ ones that some say are the reasons he moved on from the place at which he most loved to teach and learn ~ he continued to think, study and work toward what was good and moral. With that combination, his studies and thinking became some of the most powerful of all change agents in the history of human beings.



Aristotle wrote and thought about many subjects creating the foundation for understanding concepts in physics, metaphysics, poetry, theater, music, logic, rhetoric, linguistics, politics, government, ethics, biology, and zoology. Together with Plato ~ who was his teacher, and Socrates ~ who was Plato’s teacher, Aristotle is one of the many founding figures in creating what we all know as Western Philosophy. He was concerned with morality, aesthetics, logic and science, politics and metaphysics. (Internet Encyclopedia of Philosophy) ~ Imagine if we put all of those studies into our common core curriculum in time for the MCAS!

So why do I bring him up? Why start like I am going to give you a lesson on Western Philosophy? The truth is, despite the fact that we live in a busy society that struggles around the economy ~ that struggles to maintain sanity in a fast paced world wherein our paperless ways operate almost as fast as the speed of light ~ none of our struggles are all completely new or original to the human condition. They are just different... Yes, we have new electronics and new things about which to learn, new sources of energy to harness, explain and use for the common good. However, our mission has not changed much since the time of the amazing first Western philosophers. We are still learning about our world. We are still seeking to find new ways, to understand and to grow. We still solve problems ~ We still develop advanced studies in all fields; and we still concern ourselves with a mission of passing along a better world to our children. ~



This means, just as Aristotle was concerned and dedicated to instructing all, both young and mature, in matters of caring, kindness, ethics and that which enhances the common good, we too are changed with that endeavor as learning that educates people in a manner that fosters healthy relationships is not always



easy to measure, easy to grade and easy to predict a timely outcome for assessment around its procedures. All we can do is observe and often the ties cannot be seen until years have passed.

One way to ensure that this happens is through service learning and community service projects. Service learning builds in time for students to engage in meaningful community-based projects that tie to their classroom learning ~ and ensures that they understand the degree to which they can impact positive change. ~ Hence, they form healthy relationships that work toward building a world that values learning and the common good. It is learning that combines service to the community with all classroom content and endeavors that cross curricular areas. And there is time to reflect and define the impact ~ time to celebrate the successes.



Community service is service to the community that does not necessarily connect to the learning in the classroom. It is for the common good and teaches core values and also works toward building healthy relationships. This is what most schools across the country use as the foundation for teaching social competency. In Aristotle's world, it should tie to our formal studies and this is why I like the idea of service learning.

So, on these many mornings when the teachers are meeting for their Professional Learning Groups related to our Response to Intervention model that I described to you in earlier pieces, Jennifer Steel (a parent, educator and former School Council member) and I meet with your children for short focus lessons.



We have been studying community service and service learning. I am encouraging both to happen and at the year's start, Jennifer created grade level identities for the work. She did it with our School Council so that we could be sure that they would tie to the appropriate content and curriculum for a given grade. This was why we had children design ideas about service that related to their grade appropriate curriculum as a start ~ our yellow sticky lesson. Some of you heard about it and some did not. Ask about it!

From there we looked at models of community service and service learning through clips from the Internet. Next, we had some students who had done some of both types of learning share their experiences. Finally, we have allowed students to begin some projects.



The process invites them to form groups around a project about which they are passionate. Then they are to research that subject, find an adult and others to guide them, create a plan and ultimately do the project.

I am also tying all of this learning to our core values and our social competency curriculum, Open Circle. We have just begun and it is all very new and exciting. If your child comes home charged up about a project, guide him/her to an adult you know can help him/her begin to investigate and to affect change in an age-appropriate way.

Call me if I can be of assistance to you as you guide on your end, or if you can serve as a guide for me on mine. Feel free to begin and work on projects during out-of-school hours. I will update you on completed projects as we go along and we will award student groups at our assemblies, keeping track of all projects on a wall of kindness in my office. Hopefully, it will have to move to a larger space as the year progresses. Stay tuned for much more to come!

As always, I wish you all peace. Happy Thanksgiving too!

All best,  
Jim Lee

**This and that from the principal's office:**

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**Service Projects that have been completed to date ~**

**Service Learning Projects:**

**Sean Lorenc, Andrew Macklin, Jacob Levine and Matt Cerrato have completed a service learning project that began when Sean visited Puerto Rico and found that there were many abandoned dogs. He researched the problem and held a lemon aid stand fundraiser over the summer. He involved his friends, parents and then brought it to school, completed his team and they raised more money at the school ~ all of which will continue to save the dogs. As ambassadors ~ they are tying their learning to their grade appropriate identity.**



**Community Service Projects:**

**The following fifth grade girls worked with Ms. Davis and got Happy Hollow excited about the Stop and Shop Stuff a Truck Drive that collected food for those in need: Emma DiIanni, Vivian Chau, Samantha Neuman, Ally Goldin, Madison Lehr, Daniella Timperio, Abby Obar, Sarah Zhang, Rachel Chau and Pearl Madnick. ~ Pearl and Samantha came up with the idea and involved their friends so they could get an adult sponsor and bring the project to life. They collected so many items they filled a trunk! Thank you so much, girls and Mrs. Davis!**



**Ryan and Jamie Nolan have worked with their Mom and Dad and their Mom's high school Girl Scout group ~ who refurbished our courtyard garden for their Girl Scouts Silver Award. This required hours of research regarding the memorial items and ones relating to the school and local history. It required hours of digging, building a trellis and so much more!**

**There are many in the works! Ask your child if he/she has a project about which he/she is passionate and on which he/she would like to embark!**

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As always, remember to visit the Happy Hollow and District Calendars for upcoming events.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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		<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
<u>6</u>	<u>7</u>  <b>09:00AM</b> <b>WHS - Band</b> <b>Recruitment Tour</b>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>  <b>Veterans' Day - No School</b>	<u>12</u>
<u>13</u>	<u>14</u>  <b>09:00AM</b> <b>Principal - Parent</b> <b>Coffee</b>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>
<u>20</u>	<u>21</u>	<u>22</u>  <b>08:50AM</b> <b>IMAX:Born to Be</b> <b>Wild</b>	<u>23</u>	<u>24</u>  <b>Thanksgiving</b> <b>Recess</b>	<u>25</u>  <b>Thanksgiving</b> <b>Recess</b>	<u>26</u>
<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>  <b>09:00AM</b> <b>JLM -4th grade</b>			

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Please remember that on Wednesday, November 23, we will dismiss all students at Noon. If your child does not take a bus, he/she will have to be picked up at 12:00 p.m.

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A special thanks to our PTO for a fantastic Movie Night! The movie was terrific and it was great to see so many people making our gym into a very cozy movie theater! Thank you Amy Sullivan and crew for lots of family fun... and delicious popcorn too!

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Congratulations to Elizabeth Nolan and her Girl Scout leaders for achieving their Silver Badge Award! The project of restoring our courtyard will live as a lasting memorial to your excellent work, fine research, great learning around gardening and outstanding community work! Thank you so very much!

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Thank you to Kaat Vander Straeten, Molly Faulkner and Andrea Case for working with our staff to build our raised garden beds. They are beautiful and getting set for some winter sleeping. Thank you to Ms. Niles, Ms. Akers, Ms. Brenneman, Mr. O'Connor and Ms. Bergeron for really moving things along.

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Also, thanks to Kaat Vander Straeten and Andrea Case for helping us to do deep recycling at Happy Hollow School. They visited all lunches and instructed students on how to recycle items that we were throwing in the trash. Their lesson and example are both invaluable. Also, the photo signs that Kaat created and made into posters are not only a way to make trash look like art, they will help us to remember all that we have learned so that we are all citizens in action! Thanks again!

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## CURRICULUM CORNER

### November General Musical Notes from Ms. Calkins at Happy Hollow School



#### General Music—Grade 1

First graders will continue working on rhythmic literacy, and vocal skills. We will explore rhythmic and melodic concepts adding movement and instruments with fun pieces such as "A Mouse in the House" and other fall-themed songs. We will listen to stories and musical pieces and engage in a variety of activities designed to foster analytical response and the use of musical concepts and descriptive language.

#### General Music—Grade 2

Second graders will continue develop rhythmic literacy skills by analyzing and performing fall-themed poetry and songs. They will create original patterns and insert them into a rhythmic poetry performance of "Crispy Leaves" while using paper bag 'instruments.' We will also explore melodic shapes as we sing and play pitched percussion instruments.

Please feel free to contact me with any questions or concerns at:  
<susan\_calkins@wayland.k12.ma.us>

**Please be sure to check out our NEW school website. You will a host of information there from school handbooks to past newsletters. Find classroom information, discover resources and even fun links for your children to enjoy. The more you peruse the site, the more treasures you will uncover, as well as lots of helpful and pertinent information!**



[http://www.wayland.k12.ma.us/happy\\_hollow/index.html](http://www.wayland.k12.ma.us/happy_hollow/index.html)

# HEALTHY HOLLER

## News From The Health Room November 2011

### Reminders:

- Please make sure that your cell phone is checked periodically throughout the day as there are times that contact must be made to a parent if your child is sick and/or injured.
- The school nurse may only leave a message on your home number informing you of your child's visit to the health room if they have been able to return to class.
- Please be sure that your child is appropriately clothed with the colder days ahead (coats, hats, mittens, etc)
- Children in the lower grade levels should have a change of clothes available, placed in their backpacks in the event that clothes get wet during the school day.



### 4<sup>th</sup> Grade Parent(s) :

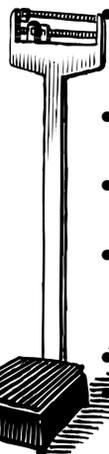
- Students require an up to date physical within the school year as required by the MA Department of Public Health. If your child has had their annual physical done, please send it into the school nurse ASAP.



### 1<sup>st</sup> and 4<sup>th</sup> Grade Parent(s)

The state's BMI Screening mandate (M.G.L. c.71 s.57) requires that all schools collect height and weight measurements of students in grades 1 and 4 at the Elementary Schools. Children in 1<sup>st</sup> and 4<sup>th</sup> grade will be measured by the school nurse at the beginning of December.

- These measurements will be used to calculate BMI and the results will be reported to students' parents or guardians and to the Massachusetts Department of Public Health.
- BMI is a "weight for height for age" index that can be a useful tool in early identification of possible health risk factors among children and youth.
- The results of the BMI screening will be kept confidential in each student's school health record and will be mailed or directly communicated in writing to the parents or guardians; not sent home with the student. These letters will be sent sometime in the Spring.
- The school nurse will do these required heights and weights.
- Parents must send in a note, dated and signed, to exempt their student from this requirement.



### When should you keep your child home:

A child should stay home for at least 24 hours to rest if the following symptoms are present the morning of school or the previous night:

- Vomiting and/or diarrhea
- Fever of 100.4 degrees
- Itchy or reddened eyes with drainage
- An unusual rash
- A poor night's sleep due to illness, cough, etc.



Have a Wonderful Thanksgiving Holiday

Jeanne MacDonald RN [Jeanne\\_MacDonald@wayland.k12.ma.us](mailto:Jeanne_MacDonald@wayland.k12.ma.us)

## Important Information Regarding the Flu

### Colds versus Flu: How to Tell the Difference

Are you coming down with a cold? Do you have the flu?

<b>Differences Between Colds and the Flu</b>	
<b>WITH A COLD:</b>	<b>WITH THE FLU:</b>
Symptoms are usually <b>less severe</b> than flu symptoms	Symptoms are usually <b>more severe</b> than cold symptoms
Symptoms develop <b>gradually</b> over a few days.	Symptoms come on <b>quickly</b> and severely.
You rarely have a fever.	You almost always have a <b>fever</b> .
You feel sick mostly in your head and nose.	Your <b>entire body</b> feels sick.
Body aches, headaches and pain are usually mild if you have them.	<b>Body aches, headaches and pain are common</b> and can be severe.
You may or may not feel tired and weak.	<b>Tiredness and weakness are common.</b>
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.
<b>Similarities Between Colds and the Flu</b>	
<b>WITH A COLD:</b>	<b>WITH THE FLU:</b>
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.

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## **Green Team Tips and Announcements**

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### **ANNOUNCEMENTS:**

**The Wayland Schools Green Team now meets every first Monday of the month at Happy Hollow. Anyone is welcome to join us. On Monday, November 7th, we will meet from 4:00-5:30pm.**

### **TIPS:**

Research shows that from Thanksgiving to New Years Day, household waste typically increases by about 25%. Here are some ways to have a greener holiday season.

1. Decorate with items grown locally or found in your own yard. Squashes, pumpkins and apples along with berry-laden branches can make a nice centerpiece. Dried leaves make great place cards. Encourage the kids to create pinecone turkeys or leaf-rubbed placemats. Make your own cornucopia.
2. Use real dishes, silverware and cloth napkins. Reduce or eliminate one-time use paper, plastic or styrene items.
3. Minimize food waste. Have a plan for food leftovers. Compost scraps. Carefully store items for future meals. Encourage your guests to take leftovers home, perhaps in food packaging you'd otherwise throw away. Recycle all your beverage and food containers.
4. Where possible, choose local, organic and fair trade foods. Support farmers' markets and community farms.
5. When it comes to buying presents, you might consider going for less plastic, less packaging, and quality over quantity.

Thank you for supporting environmental stewardship in our schools and in our town.

**-Wayland Schools Green Team**

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## 2011-2012 PTO Events: Happy Hollow Save the Date

*Together We Can Make It Happen!*

Dates subject to change

EVENT	DATE/TIME	CONTACT
Gift Your Child: Part 1	August – December 1	<a href="#">Amy Simmons</a>
Cultural Enrichment	Ongoing	<a href="#">Alexia Obar and Seta Abrahamian</a>
Just Like Me	Throughout the year	<a href="#">Jennifer Bonner and Susan Green</a>
PTO Board Meeting (starting in Oct.)	1 <sup>st</sup> Friday of the month 9:15 am at Loker library	<a href="#">Stephanie Leong</a>
Coffee with Mr. Lee	Nov. 14 (M) at 9:00 am HH Café	<a href="#">Andrea O'Brien</a>
Holiday Teacher & Staff Appreciation	Mid-December	<a href="#">Loconzolo/Thompkins</a>
Toy Drive	December	<a href="#">Alexia Obar</a>
Fitness Challenge	January	<a href="#">Jeanne Brown</a>
Lice Checks	Jan. 3 (T) at 8:45 am	<a href="#">Elizabeth Curtin</a>
Town-wide PTO Meeting	TBD	<a href="#">Stephanie Leong</a>
Gift Your Child: Part 2, Backpack Auction	January 2012	<a href="#">Amy Simmons</a>
Lice Checks	Feb. 28 (T) at 8:45 am	<a href="#">Elizabeth Curtin</a>
Talent Show	Mar. 2 (F)	<a href="#">Karen Wuerfl</a>
Town-wide Bingo at WMS cafeteria	Mar. 16 (F) at 6:00 pm	<a href="#">Alexia Obar</a>
World Fair at Loker	Mar. 31 (Sa) 1:00 – 4:00 pm	<a href="#">Amy Simmons</a>
Lice Checks	Apr. 24 (T) at 8:45 am	<a href="#">Elizabeth Curtin</a>
Earth Day Events	Apr. 28 & 29 (Sa & Su)	<a href="#">Christina Veal and Katrien Vander Staeten</a>
Book Fair	Jun. 6 & 7 (W & Th)	<a href="#">Lynne Cribben and Val Erdekian</a>
End of Year Picnic	Jun. 6 (W) at 5:30 pm Rain Date: Jun. 11 (M)	<a href="#">Nancy Funkhouser</a>
Annual PTO Meeting & Thank you Breakfast	Jun. 8 (F) at 9:15 am HH Cafeteria	<a href="#">Stephanie Leong</a>
Teacher & Staff Appreciation Event	Jun. 15 (F)	<a href="#">Loconzolo/Thompkins</a>



## COFFEE WITH MR. LEE, Topic: Lunchtime at Happy Hollow

Monday, November 14, at 9:00 am

HH Cafeteria

Don't miss this informal opportunity to chat with Mr. Lee. You are invited to come by just to say hi or with a specific question. We will start off with an open discussion and then address the topic of lunchtime at Happy Hollow. Little ones in tow are always welcome!



Last month's topic for Mr. Lee's coffee was Cyber Safety. Paul Dennis, a Happy Hollow dad, RSA Security volunteer, and EMC employee who's worked on security applications for more than five years, led a parent discussion on ways to increase your child's safety on the internet. He provided numerous helpful links which can be found on our [website](#).

Mr. Dennis also developed a curriculum for our students, which was piloted with the 3rd graders in Ms. Brenneman and Ms. Cohen's classes in October. It was well-received by the faculty and students. If you have a child in one of those classes, be sure to ask what he or she learned about being safe on the internet.

## PTO BOARD MEETING – All are welcome!

Friday, December 2, at 9:30 am

**\*\*Location Change – for details please contact [Stephanie Leong](#) \*\***

The Happy Hollow/Loker Board meets monthly. These meetings are open to the entire membership and everyone is encouraged to attend with any questions, ideas or suggestions.

## PTO Volunteer Needs



### WEB SAVVY? Looking for a way to get involved from home?

The Happy Hollow/Loker PTO is looking for someone who is interested in helping to manage the [PTO website](#). No special technical experience is necessary; just be comfortable on the internet. You would shadow our current Website Manager. The great thing about this opportunity is that it is that it can be done from home, at any hour of the day. Interested in getting involved? Contact Stephanie Leong at

[happyhollowpto@gmail.com](mailto:happyhollowpto@gmail.com).



### JUST LIKE ME- VOLUNTEERS NEEDED

Just Like Me is a program for 3rd and 4th graders teaching children to understand what it's like to live with a disability. We are looking for volunteers for the second 4th grade unit, Intellectual Limitations. Volunteers are needed on November 30th from 9:00 to 10:30 am in Ms. Morrison's class and 10:45 to 12:15 pm in Mr. Moynihan's class, and on December 1st from 9 to 10:30 am in Ms. Devlin's class and 10:45 to 12:15 pm in Ms. Chan's class. Volunteering is fun and a great way to be with your child. The training for the program is on November 28th from 7 to 8 pm at Claypit Hill School.

Please sign up to volunteer through our [webpage](#). For more information, [click here](#) or email Susan Green at [susanegreen@hotmail.com](mailto:susanegreen@hotmail.com). Thank you

Do You Know...  
Where the PTO spends your **Gift Your Child** donations?



**\*\*Halloween Movie Night\*\* New Playground Equipment  
\*\*Talent Show\*\* Recorder Concert\*\*Plimoth Plantation Field Trip  
\*\*Fifth Grade Memory Book\*\* Author Michael Tougias\*\*Ball in the House\*\* Boston  
Opera\*\*Fifth Grade Play\*\*Museum of Science\*\***

The PTO has provided this much (and more!) for Happy Hollow using **Gift Your Child** donations.

Curious? [Click Here](#) to learn more about these and other wonderful PTO contributions.

We can't make it happen without your help! This year's fundraising has not matched last year's at this point. Making a direct contribution is the most efficient way to fund our programs – no sharing profits from the sales of cookie dough, gift wrap, light bulbs, etc.

Please donate on our secure [website](#), or send in a check (download an extra pledge card [here](#)). All donations are greatly appreciated! Please contact [Amy Simmons](#) with any questions!



### ATTENTION 5<sup>TH</sup> GRADE PARENTS!

This is a reminder to send in your 5th Grade Activities Fees (the box is located on table outside of the office) and sign up to help with all the fun events!

Any questions, please contact Karin Duusault ([kdussault@verizon.net](mailto:kdussault@verizon.net)) or Jen Apazidis ([jenifer.apazidis@gmail.com](mailto:jenifer.apazidis@gmail.com)).

- **MEMORY BOOK:** The 2012 Happy Hollow Memory Book is being created. In order for it to be the most memorable book ever, we need your help. Please submit an *individual* kindergarten photograph of your child to the email below, OR give to Carla Stafford or MaryBeth Hagen or to your 5th grade teacher. If you do not have the individual shot taken by the school, then please submit a headshot taken around the age of 5. We need these photos as soon as possible.

- **Former Loker School students (2005-2007 class years):** We also need your kindergarten AND 1<sup>st</sup> grade *class* photos (2005-2007 class years). If you have photos from class field trips, school performances, field day, concerts, playground, presentations and assemblies from the Loker School, we'd like to include them.

Please clearly label all photographs with student's name, year taken and event. We will be sure to return all photographs submitted. Remember: This MemoryBook is only as great as the pictures submitted...

**NOTE:** The Yearbook Staff will review all photos and determine final yearbook content. We cannot guarantee that all submissions can be used in the book.

Contact Carla Stafford & MaryBeth Hagen ([hhmemorybook@gmail.com](mailto:hhmemorybook@gmail.com)) for more information.

## HOLIDAY GIFT DRIVE FOR CHILDREN IN FOSTER CARE

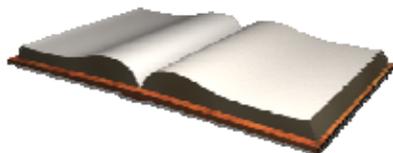


For the fourth year, Happy Hollow School will collect gifts to support the Massachusetts Department of Children & Families (formerly DSS). The gifts collected will go to children living in foster care in Metrowest.

You will receive an envelope with specific information about the foster child you've been matched with. Children in foster care are among the Commonwealth's most at-risk children. They have suffered more losses and hardships in their young lives than most adults. Our support can significantly build their feelings of self-worth and bring a ray of sunshine into their lives at the holidays. In many cases, the gift we give will be the only gift a child receives.

This is a great opportunity to share the gift of giving with your own kids, or partner with another family to sponsor a child. Your participation will allow these children to personally experience the special love and caring that the holiday season is all about.

More info will follow in the next few weeks. Any questions please call Alexia Obar at 508-647-0881.



## WAYLAND SCHOOL DIRECTORIES

The Happy Hollow PTO still has a limited number of the Wayland Public Schools Directory available for purchase. We are selling these on a first-come, first-served basis, and you can purchase one [on-line](#) (be sure to choose the Happy Hollow option—this is how we know where to deliver your directory to you) or by contacting

[Amy Simmons](#) to make alternate arrangements. Once payment is confirmed, directories are returned to you via your child's backpack within approximately one week.

## BOOK FAIR UPDATE

Thanks to everyone who visited the Fall Book Fair! We hope you found books for pleasure and holiday gift giving. The fair profits were \$6,604.99, of which \$1,650.00 will go to directly support the Wayland PTO. The Scholastic Book Fair will return to Happy Hollow in June, 2012.

# Fit Tips

## WHAT'S FOR BREAKFAST??

This month's article proved to be an education for us. We set out to provide you with an easy Top 10 list of mainstream cereals. After compiling the list, we found that 90 % of them contained BHT, a controversial preservative. Fortunately, we were able to replace of the leading brands with less known labels (Trader Joes, Barbara , do not use BHT). When this was not possible, we left the cereal on noting it contained BHT \*\*. So, here you go .... *Our Top Ten Cereals\**

**FAST FACT:** There is as much sugar in Apple Jacks as in an entire glazed donut from Dunkin Donuts.

some Kashi the list

TOP 10	BOTTOM OF THE HEAP
	
<p>Cheerios - GM Shredded Wheat- Trader Joes Grape Nuts - Post Wheaties-GM** Total -GM ** GOLEAN Cereal -Kashi Oatmeal w/ maple syrup Wheat Chex -GM Kix - GM Trader Joes or Full Circle Raisin Bran</p>	<p>Cocoa Puffs -GM Froot Loops -Kellogg's Smorz -Kellogg's Trix -General Mills Honey Smacks- Kellogg's Corn Pops -Kellogg's Reese's Puffs -GM Lucky Charms -GM Cocoa &amp; Fruity Pebbles -Post Cinnamon Toast Crunch Apple Jacks-Kellogg's Franken Berry - GM Eggo Cereal Maple Syrup - Kellogg's Basic 4 -GM Oreo O's - Post Count Chocula-GM Waffle Crisp - Post Golden Grahams (General Mills)</p>
RUNNERS-UP	
<p>(And your kids might eat these) Life - Quaker Oats** Trader Joes Frosted Mini Wheats Barbara's Shredded Spoonfuls Kashi Honey Sunshine Honey Bunches of Oats** Rice Krispies** Kashi Cinna Raisin Crunch Trader Joes or Full Circle Raisin Bran Honey Nut Cheerios - GM Kashi Go Lean Crunch</p>	
<p>**Contain BHT</p>	

**Smoothie**  
1 frozen banana  
1/4 cup berries  
1 cup orange juice  
3 TBS plain yogurt

**Wrap It Up**  
(Whole wheat tortilla)  
Cheese & salsa  
Scrambled eggs & turkey sausage  
Cream cheese & apple/ raisins

### Other Breakfast Ideas

Breakfast Parfait · Eggs and whole wheat toast· Whole wheat bagel with peanut butter or cream cheese· Quaker Quick Oats w/ cut up apples & cinnamon· Whole grain pancakes · Banana with peanut butter and raisins· Fruit Smoothie· Breakfast Burrito· Grilled Cheese with fruit· whole grain waffles· Apples & peanut butter

\*The cereals were rated based on content of trans-fat, sugar , fiber and protein. Bottom of the heap cereals contain > 10 grams of sugar (not from fruit) and/ or trans-fat with little or no nutritional value .

Information taken from the following websites:  
<http://www.livestrong.com/article/101223-top-healthiest-cereals/>

<http://www.consumerreports.org/health/healthy-living/diet-nutrition/healthy-foods/breakfast-cereals/ratings/breakfast-cereals-ratings.htm>

<http://www.raisehealthyeaters.com/2010/06/10-of-the-best-cereals-for-kids/>

[http:// www.acaloriecounter.com/breakfast-cereal.phphttp://healthland.time.com/2009/10/26/whats-in-your-bowl-the-top-10-least-nutritious-cereals/#ixzz1afMcCF00](http://www.acaloriecounter.com/breakfast-cereal.phphttp://healthland.time.com/2009/10/26/whats-in-your-bowl-the-top-10-least-nutritious-cereals/#ixzz1afMcCF00)

**Quick Whole Wheat Pancakes**  
1 cup ~~wxx~~ flour  
2 t baking powder  
1 egg  
1 cup milk (opt: squeeze of lemon)  
1 T canola oil

## Happy Hollow Hurrah!

Thanks to...

... **Amy Sullivan** for coordinating Halloween Movie Night with volunteers **Lee Moser, Robin Wilkinson, Sohie Lee, Melisa Poulos, Liz Price, Rama Ravi, Nancy Funkhouser**, and **Karen and Mark Hughes**, and for all their help making it a fun night in Rio! Special thanks to Happy Hollow grad **Jonah Camiel** for setting up our AV and **Jim Lee** for being our all-around problem solver. (The best part of Halloween Movie night this year is that it was fire truck-free!)

... **Lynne Cribben** and her crew of volunteers, **Pauline Ahearne, Jen Bonner, Jane Capasso, Lisa Clayton, Sharon Desmond, Gretchen Dresens, Helen Flagg, Kristen Fuller, Nancy Funkhouser, Susan Green, Ann Marie Hayes, Alexia Obar, Sandy O'Driscoll, Amy Simmons**, and **Jinglei Whitehouse**, for running a fabulous book fair.

...**Paul Dennis** for his informative Cyber Safety discussions with parents and third graders.

...**Russell's Garden Center** for the donation of perennials for the beautification of Happy Hollow School, and to **Debbie Bell** for kindly planting them.

If there's anyone who's helped out that you wish to acknowledge, please email: [juliesuratt@gmail.com](mailto:juliesuratt@gmail.com).

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