

DEERFIELD COMMUNITY SCHOOL - MARCH 12, 2010



www.sau53.org/dcs

603-463-7422

MARCH 15, 2010	MARCH 16, 2010	MARCH 17, 2010	MARCH 18, 2010	MARCH 19, 2010
Beef Taco apple Pie	American Chop Suey bread sticks green beans	Chicken nuggets mashed potatoes CARROT COINS Irish Soda Bread	Pancakes sausage sweet 'n spicy apples juice	French bread pizza Oranges
<p>MENU SUBJECT TO CHANGE WITHOUT NOTICE — PIZZA AND SALAD BAR AVAILABLE ON A DAILY BASIS UNLESS OTHERWISE NOTED</p> <p>Breakfast \$1.25 Snack/lunch milk.....\$.40 Lunch (includes milk)\$1.80</p> <p>IF YOUR CHILD IS TARDY, THEY SHOULD ORDER LUNCH ON THE COMPUTER IN THE CLASSROOM</p>				
<p>In accordance with Federal law and US Department. of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.</p>				

Jump Rope for Heart Event 2010



Submitted by Deb Campelia

On February 19, children in grades one through four participated in our annual Jump Rope for Heart (JRFH) Event. Besides increasing our jump rope skills and practicing a fun, healthy activity choice for a strong heart, we raised \$2,300 for the American Heart Association. The Event is a high-energy activity that is enjoyed by all. Students always enjoy jumping with the adults in the building who join in.

Children jumped in teams of 6 with combined grades of 1 and 3, and 2 and 4. They took turns jumping and turning ropes so that someone on their team was jumping at all times for the whole 45 minutes. As 1/2 of the team went onto the stage for quick refreshment, the others kept jumping. The older students of the teams enjoyed helping the younger ones, and new friends were made.

The children who opted to collect money for the American Heart Association will soon be receiving thank you gifts for their efforts. The school will receive a banner commemorating participation, and the Physical Education department will receive \$100 gift certificate for equipment.

DEERFIELD COMMUNITY SCHOOL DATEBOOK

- * April 2nd-Grandparents' Day
- * April 7th Kindergarten Registration
- * Tuesday, April 13th-Early Release

Sports Page

DCS Baseball/Softball/Track forms are due by Monday, March 22nd!

*An up-to-date (within 2 years) physical **MUST** be on file with the school nurse.

*Forms are available on the DCS website or on the lobby bulletin board.

**We are looking for a DCS Softball Coach!! Please contact Cindy Hanson @ chanson@sau53.org or 463-7422!

Grandparents Day at DCS

Grandparents Day takes place at the Deerfield Community School on Friday, April 2, from 10:30 a.m. to 1 p.m. You can sign up by contacting Sue Fifiel at smifif@aol.or filling out the form below and returning it by Monday, March 22nd to your child's classroom teacher. In addition, the PTO is looking for volunteers to help with check-in that day, beginning at 9:30 am or, if you would like to be an "adoptive grandparent," the PTO welcomes you to participate with students whose grandparents cannot attend.

Grandparents Day sign-up form

April 2, 2010 10:30 a.m. to 1 p.m.

Grandparent's Name

Child's Name/Classroom

Child's Name/Classroom

Child's Name/Classroom

I would like to be an "adoptive grandparent."

I do need a lunch.

I do not need a lunch.

Return by Monday, March 22, to: DCS, 66 North Road, Deerfield, NH

DEERFIELD COMMUNITY NEWS

"The Deerfield School District neither endorses nor sponsors the organization or activity represented in these documents. The distribution of this material is provided as a community service."

Deerfield Parks and Recreation

March 12th, 2010

We are now on Face book (Deerfield (NH) Parks and Recreation please become a fan and get all the updates

Deerfield Youth Baseball and Softball Registration Deadline was Tuesday March 9th. If you have not registered yet, but would still like to do so contact our office to see if space is still available.

A WOMAN'S GUIDE TO FIREARMS

Downstairs at George B. White Building, 7PM Thursday March 18, 2010. Admission is FREE.

A Video Presentation about the Fundamentals of Using Firearms.

Enjoy an informative 60 minute video and a question and answer period led by NRA Certified Firearms Instructor Don Gorman.

Although this film is primarily for the ladies, it can be of interest to all. We strongly urge couples, dads, and mature teenagers to attend. NO firearms or ammunition will be present in the class.

Some Important program changes Pre- School Play Hut on Wednesday mornings is finished for the year. Last night for Tuesday Adult pickup basketball is March 16th

Ballroom Dance Lessons with Lonnie Brinson of Tango etc. have moved from Monday nights to Sunday afternoons at 3pm Partners recommended, but not necessary. Learn basic steps and lead and follow techniques. Cost is \$75 per couple for eight weeks, or \$5 per person drop in. Held at the George B. White

Aerobics and Body Reshaping with Deerfield's own Nancy Johnson is held at the George B. White building on Wednesdays and Friday mornings at 9am. . \$60 per two day session/ \$30 per one day session, or \$5 per class. Bring a mat and light weights if you have them. Questions call the department or

Nancy at 494-1198.

Line Dancing with Jan Graves is held on Wednesday evenings.

More advanced dancers start at 6:00, and beginners start at 6:30.

The cost is \$4.00 per session. Beginners are welcome. No pre-registration necessary. Drop in and learn all your favorite line dances.

For more information, contact the Recreation Department or call Jan at 463-8078. **Remember first class is free. Held at the George B. White**

Tai Chi with certified instructor Lin Lin Choy is held on Sunday mornings at 8am-9:30 for beginners, and 9:30 -11am for more advanced students. Cost is \$40 for one hour class full 6 week session (\$10 drop in) or \$60 for 1.5 hour class full six week session. For more information please email Lin Lin at linlinchoy@gmail.com Held at the Georg B. White

Yoga with certified instructor Nancy Damboise is held on Tuesday and Thursday evenings from 6:30-7:30 PM. Cost is \$50.00 per six week session or \$10.00 to drop in.

Held at the Georg B. White Have your Birthday Party with Deerfield Parks and Rec. We provide the room, games and more. This is a fun and affordable way to host a birthday party.

Our next grades **6-8 dance** is Fri-

day March 19th from 7-9:30 in the DCS cafeteria. Cost of the dance is \$6 per person and is limited to Deerfield residents and one guest.

Appropriate school dress is required. No backpacks, food or drink, or electronics. Chaperones are always needed. Upcoming dance dates are March 19th, April 16th, and May 14th.

Boston Red sox trips are now on sale. Two separate trips. **Sunday May 30th** Vs the Kansas City Royals in section 93B and 94A of the right Field box seats, and **Wednesday August 25th** weekday afternoon game Vs the Seattle Mariners in the bleachers Section 36. Trips include game ticket and Coach Bus transportation from the George B. White Building. Cost is \$75 per person for the May 30th game, and \$55 per person for the August 25th game. Limit of four tickets per person.

For More Info on all programs please contact the Rec Department at 463-8811 Joe Manzi X305

Email
dfldparks@townofdeerfieldnh.com **Town Website**
www.townofdeerfieldnh.com

Date: _____ Class: _____ Student(s) name(s) _____ _____

LUNCH PAYMENT

CASH PAYMENTS MUST BE IN ENVELOPE MARKED WITH STUDENT/FAMILY'S NAME

All payments should include name & class of student to ensure proper credit

