



The Greenwood School Newsletter



The Greenwood School provides a challenging and supportive education for average to above-average elementary through high school students who have learning differences and/or ADHD.

February 12, 2010

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THANKS

to everyone who came out and enjoyed our "Friendraiser" last Friday.

A good time was had by all.

Thank You to all of you

(students, parents, teachers and friends)

who helped with planning, with the set-up, working tables or serving food at the event,

and cleaning up afterwards and to all of our contributors and those who donated food,

cakes and items for the silent auction.

And, a very special "Thank You" to Julie Blair for organizing the event and

coordinating all the work that went into it.

Thank You

to all the students, teachers, parents, and families who supported the Scholastic Book Fair and making Greenwood Library's Book Fair a resounding success. Proceeds from the Book Fair enabled the library to add 130 fiction books to the recreational reading collection. Again, thanks to all for supporting this worthy cause and a special thank you to Mrs. Patricia Harrell, Book Fair Chairperson, for all her hard work and dedication to the Greenwood School Library.

A book is like a garden carried in the pocket. ~ Chinese proverb ~



**Monday,
February 15th
School is closed**

Uniform Sale

The PTO is accepting donations of gently used student uniforms for the Uniform Sale to be held on **Saturday, February 27th**. Donated uniforms can be brought in to the front office.

Important Dates

Friday, February 12

Parent Conferences
No School for Students

Monday, February 15

Presidents' Day - School Closed

Tuesday, March 2

1:30 p.m. PTO Meeting
Greenwood School Conference Room

Thursday, March 11

End of Third Grading Period

Friday, March 12

Teacher Planning Day
No School for Students

Monday, March 15

Fourth Grading Period begins

Tuesday, March 23 -

Wednesday, March 31

Stanford 10 Testing
(through 10th grade)

Friday, April 2 - Friday, April 9

Spring Break - School Closed

Monday, April 12

Classes Resume

Tuesday, April 13

1:30 p.m. PTO Meeting
Greenwood School Conference Room

Tuesday, May 4

1:30 p.m. PTO Meeting
Greenwood School Conference Room

Wednesday, May 12 -

Friday, May 2

Final Exams

Show your Greenwood Spirit!!!

School Logo items are
available at the front office

Bumper Stickers \$2.00

Window Stickers \$4.00

Magnets \$5.00

Soccer

Mr. Tanner and Josh Heseltine are starting
a Spring Soccer Skills Camp for grades 5 - 8.

Permission forms are available from
Mr. Tanner and must be returned by
Thursday, February 18th.

Soccer practice will be on Fridays from
3:30 to 4:30 p.m. beginning on Friday, February 19th
and concluding on Friday, March 26th.

"Finders Keepers"

Children's Consignment Sale
Morocco Shrine Center Auditorium
3800 S. St. Johns Bluff Rd.

Thursday & Friday, February 25th - 26th 9:00 a.m. - 6:00 p.m.
Saturday (1/2 price day), February 27th 9:00 a.m. - 3:00 p.m.

Free Admission!! Free Parking!!

You can register to be a consignor at www.finderskeepersjax.com
and go to the Online Registration page.

You can sign up to volunteer and shop early before ANYONE ELSE!

Visit the Volunteer Registration page at www.finderskeepersjax.com for more info and to sign up.
You do not have to be a consignor to volunteer.

Rising Stars Baseball

Boys & Girls, ages 8 to 15 who are unable to "SHINE" in the traditional
Little League have an opportunity to have fun playing team baseball with the
Rising Star Baseball Division of Ponte Vedra Athletic Association.

By creating ability- specific levels and a high coach to child ratio, Rising Stars Baseball is able
to support a range of abilities; from mild coordination concerns to moderate gross motor planning
challenges. After two instructional practices the kids will be playing baseball in a "sandlot" format;
each level will be split into two teams from kids attending that week. Players will rotate positions by
inning, and length of game will be determined by time. Siblings and Friends are also encouraged to play.
Players/Families can choose to participate in as many weeks that work for them. To accommodate
families' busy schedules there will only be one practice or game per week, limited to 90 minutes.

After the initial two practices, six games will be played throughout the spring.

The cost to participate is free as a result of the generosity of our sponsors Microsoft, HEAL
(<http://www.healautismnow.org>) and the Greenwood School (www.greenwoodjax.org), and
numerous individual supporters. All sessions will be held at Cornerstone Park, located at the
southern end of Ponte Vedra just off A1A. Practices will begin in February and games in March.

To register or get more information, go to www.risingstarsbaseball.org or
you can contact Coach Bob at 904-859-9606 or bob_culliton@bellsouth.net.

The ADHD Diet:

What to Eat, What to Avoid (part 2)

From ADDitude Magazine

(<http://www.additudemag.com/adhd/article/6552.html>.)

Brain-Boosting Supplements

Many diets are deficient in key vitamins, minerals, and fats that may improve attention and alertness," says Richard Brown, M.D., author of *How to Use Herbs, Nutrients, and Yoga in Mental Health Care*. He suggests that children and adults who have been diagnosed with ADHD be tested for nutritional deficiencies.

"Supplements and diet can correct nutrient shortfalls that exacerbate ADHD symptoms," adds Brown **Zinc, Iron, and Magnesium**. Zinc regulates the neurotransmitter dopamine and may make methylphenidate more effective by improving the brain's response to dopamine. Low levels of this mineral correlate with inattention. Iron is also necessary for making dopamine. One small study showed ferritin levels (a measure of iron stores) to be low in 84 percent of ADHD children compared to 18 percent of the control group. Low iron levels correlate with cognitive deficits and severe ADHD. Like zinc, magnesium is used to make neurotransmitters involved in attention and concentration, and it has a calming effect on the brain.

All three minerals are found in lean meats, poultry, seafood, nuts, soy, and fortified cereals. While diet is the safest way to increase all three mineral levels, a multivitamin/multimineral with iron will ensure that you or your child gets the daily reference value (DRV) of these minerals.

⇒ **B Vitamins**. Studies suggest that giving children who have low levels of B vitamins a supplement improved some IQ scores (by 16 points) and reduced aggression and antisocial behavior. "Vitamin B-6 seems to increase the brain's levels of dopamine, which improves alertness," says Brown

- * **Try:** Bio-Strath, a Swiss formula, available in pill and liquid forms at vitacost.com, was used in many studies on vitamin B and ADD. Drugstore chains also offer inexpensive, high-quality, store-brand B-vitamin formulations.

⇒ **Multivitamin/Multimineral**. If your child is a picky eater, or if he eats lots of take-out food, chips, and soda, he probably isn't getting the daily recommended value of vitamins and minerals. A daily multivitamin/multimineral will ensure that he does, no matter how finicky he is.

- * **Try:** Hero Yummi Bears Multi-Vitamin + Minerals. They contain no artificial colors and flavors, which increase hyperactivity in some children with ADHD.

⇒ **Picamilon**. A combination of the B-vitamin niacin and gamma-aminobutyric acid (GABA), picamilon improves blood flow to the brain and has mild stimulative effects, improving alertness and attention. It can also reduce aggressive behavior. "Both adults and children derive benefits from this supplement," says Brown.

- * **Try:** Picamilon can be purchased at Smart Nutrition and IAS

(See next week's newsletter for part 3 of this article).