



# 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 19, 2010

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## School Assembly

**We are pleased to announce that Mr. Tony Vecchio, Director of the Jacksonville Zoo, will speak to our all school assembly on Monday, February 22<sup>nd</sup> at 9:25 a.m. He will be speaking on conservation and education, and the importance of the interconnection.**

***Parents are welcome to attend this assembly also!***

## Show your Greenwood Spirit!!!

School Logo items are available at the front office

**Bumper Stickers \$2.00**

**Window Stickers \$4.00**

**Magnets \$5.00**

## Spring break

**School will be closed from Friday, April 2<sup>nd</sup> through Friday, April 9<sup>th</sup> for Spring Break.**

## Class pictures

Homeroom class pictures are available for purchase at the front office. The cost is \$12.00 each for a 8 x 10 picture. Please stop by the front desk to view the proof of your student's homeroom picture.

## Important Dates

**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 10<sup>th</sup> 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 21**

Final Exams

**Tuesday, May 25**

Graduation

**Wednesday, May 26**

Last Day of School for Students  
Early Dismissal - No Extended Care  
End of Grading Period

# 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](http://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](http://www.risingstarsbaseball.org) or you can contact Coach Bob at 904-859-9606 or [bob\\_culliton@bellsouth.net](mailto:bob_culliton@bellsouth.net).

## Ride with Me For Autism 2010

March 6, 2010 - 7:30 a.m.

Camp Milton | Jacksonville-Baldwin Rail Trail

1175 Halsema Road South | Jacksonville, FL 32221

Enjoy this beautiful bike ride that traverses a diversity of natural habitats.

The trail crosses McGirts Creek near Camp Milton, a site rich in civil war history!

If you would like to join this very worthy cause to help people with Autism,

please contact: <http://www.ridewithmeforautism.org>

[bikeride4autism@gmail.com](mailto:bikeride4autism@gmail.com) or call (904) 771-6707

For Donation visit: <http://www.active.com/donate/ridewithme2010>

## "Finders Keepers"

Children's Consignment Sale

Morocco Shrine Center Auditorium

3800 S. St. Johns Bluff Rd.

Thursday & Friday, February 25<sup>th</sup> - 26<sup>th</sup> 9:00 a.m. - 6:00 p.m.

Saturday (1/2 price day), February 27<sup>th</sup> 9:00 a.m. - 3:00 p.m.

Free Admission!! Free Parking!!

You can register to be a consignor at [www.finderskeepersjax.com](http://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](http://www.finderskeepersjax.com) for more info and to sign up. You do not have to be a consignor to volunteer.

## Breakfast suggestions from Coach Parrish

Coach Parrish has been talking to our High School students about the importance of eating breakfast. Here are some suggestions of quick and easy foods that are nutritious and will give your metabolism the jumpstart you need:

- **Cinnamon Jam toast** - Toast a slice of **whole wheat** cinnamon-raisin bread and top with 1 tablespoon each mascarpone cheese (to stave off hunger) and blackberry jam (for quick digesting carbs).
- **Pumpkin Ricotta Waffle** - Mix and heat  $\frac{1}{4}$  cup pumpkin with 2 tablespoons ricotta cheese (it's a lower-fat cheese). Spread on a **whole-grain** waffle. Top with pumpkin pie spice and brown sugar.
- **Breakfast Sundae** - Slice a banana over 8 ounces fat-free vanilla yogurt. Mix with 2 tablespoons peanut butter and  $\frac{1}{4}$  cup high protein, high fiber cereal with at least 5 grams of protein and fiber per serving, such as **Kashi Go Lean Crisp**. Sprinkle with 2 tablespoons cinnamon.

## The ADHD Diet:

### What to Eat, What to Avoid (part 3)

*From ADDitude Magazine*

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

#### Fish Oil for Brain Function

⇒ **Omega-3 Fatty Acids.** Omega-3s are believed to be important in brain and nerve cell function. A new study, conducted at Göteborg University, in Sweden, concluded That daily doses of omega-3s -- found in cold-water, fatty fish, such as sardines, tuna, and salmon -- reduced ADHD symptoms by 50 percent. Dr. Sven Ostlund followed a group of ADHD children aged 8-18 who took [fish oil](#) daily. Within six months, there was a noticeable decrease in ADHD symptoms in 25 percent of the children.

Another study showed that omega-3s tend to break down more readily in the bodies of patients with ADHD than in those without the condition. "ADDers who have low blood levels of omega-3s will show the biggest improvement in mental focus and cognitive function," says Brown. "Sometimes the change is dramatic."

John Ratey, M.D., associate clinical professor of psychiatry at Harvard Medical School, recommends that you choose a supplement that contains more EPA (eicosapentaenoic acid) than DHA (docosahexaenoic acid).

⇒ **Try:** [OmegaBrite](#), [Omega Rx](#), [MorEPA](#), or [Nordic Naturals](#) pills; [Clicks Bar](#); or [Barlean's Omega Swirl](#) drink.

# HEADS UP!

## SPRING IS RIGHT AROUND THE CORNER! SHOWERS AND FLOWERS AND PTO ELECTIONS!

It is time for election of officers for The Greenwood School PTO. Elections will be held at the Tuesday, April 13<sup>th</sup> meeting. Members are eligible for office if they are PTO members in good standing before the nominating committee presents its slate on March 2<sup>nd</sup>. All officers must also complete and pass a fingerprint and background screening if you have not already done so. The terms of office are for one year with a two (2) consecutive term limit in the same office.

Each person elected shall hold only one office at a time. Nominations are being received for the following positions: President, Vice President, Secretary, and Treasurer.

**Nominations received thus far include Ruth Wade for President,  
Cathy Spencer for VP,  
and Kathy Breakiron for Secretary.**

**(Kay Carver serves as Treasurer for the current year and is up for re-election in 2010-2011.)**

The nominating committee will review all submissions and present the slate at the Tuesday, March 2<sup>nd</sup> meeting. Nominations may also be made from the floor at the March meeting.

You may submit your nomination(s) in writing, addressed to Michalyn Palmer, and leave it with a staff member in the front office of the school. Please remember to include your name and contact information. Alternatively, you may send it via email to [MichalynP@aol.com](mailto:MichalynP@aol.com). Again, please include your name. If you have any questions or would like further clarification regarding the election, you may call Michalyn Palmer at (904) 220-1576 or use the email address stated above.

### **A brief description of the duties of each office follows:**

- ⇒ **President.** The president presides over meetings, serves as the primary contact for the Head of School and Associate Head of School, represents the organization at meetings outside the organization, serves as ex-officio member of all committees, and coordinates the work of all the officers and committees.
- ⇒ **Vice President.** The vice president assists the president and carries out the president's duties in his/her absence or inability to serve.
- ⇒ **Secretary.** The secretary keeps all records of the organization, takes and records minutes, prepares the agenda, handles correspondence, sends notices of meetings to the membership, and is the keeper of minutes, bylaws, rules, membership list, and any other necessary supplies, and brings them to meetings.
- ⇒ **Treasurer.** The treasurer receives all funds of the organization, keeps an accurate record of the organization's finances, pays out funds in accordance with the approval of the executive board, presents a financial statement at meetings and when requested by the executive board, and presents a full report at the end of the school year.

Active membership in our PTO is growing! Your voice and vote are vital to the support of our students, faculty, and staff. Your dues and funds raised by the PTO have filled numerous requests for much needed items, some of which are state-of-the-art educational and evaluation tools. Jump on board and let's make the 2010-2011 year the best yet!

## 2010 City Scholastic Chess Championship

took place last Saturday at Jacksonville Country Day School. We are very proud of the following students who participated in the tournament.

..... And the winners are:

### 1<sup>st</sup> Place High School Team

*The Greenwood School*

Justin O'Dell, Avery Mercer,  
Logan Coleman

### 3<sup>rd</sup> Place High School Individual

Justin O'Dell

### 5<sup>th</sup> Place Grades 6-8 Individual

Brian Adkison

Congratulations to all of the Greenwood School competitors including:

Trevor Davis, Andrew McDonald, Sean Crabtree, Ian Campbell, Donald Reidel, and Jonathan Rine.



Mrs. Hall and Mrs. Singer were officials at the City Scholastic Championship.

The next tournament will be the 2010 Clay County Agricultural Scholastic Chess Tournament on Saturday, April 10<sup>th</sup>.

## Do you know anyone with a graduating senior who will be attending college in the fall???

If so, PLEASE share this invitation so their student will be totally prepared for college life. Project SOS is hosting our highly successful College Survive and Thrive Program for graduating seniors and their parents at UNF on February 27: 1-4, at the Stein Auditorium. Students who attend will learn how to stay out of credit card debt, deal with roommate issues, manage their time, avoid pitfalls and other topics not taught in High School.

For on line registration go to [www.projectsos.com](http://www.projectsos.com).

### What You Need to Know for College That They Don't Teach You in High School

**Cost:** \$30 Student / \$20 parents

**Who:** High School Junior & Seniors

**What:** Student College Readiness Program; parent transition program

**Where:** UNF Coggin College of Business, Stein Auditorium, Building 42, near the Library

**Why:** College Freshman tell us they need more information on roommate issues, time management, financial planning, and personal goal setting BEFORE entering college. Project SOS will give them the skills for total success in college and life and help parents transition into their new role. Every student will get a colorful manual to keep with them when entering college.

**To register,** call Tim Driscoll at Project SOS, 904-279-0870 ext. 610 or email [Tim@projectSOS.com](mailto:Tim@projectSOS.com).