



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 5, 2010

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Volume 7 Issue 2 4

Medicine Reminder

Parents, please do NOT send medicine to school with your student. If your student needs to take medicine at school, it should be brought to the front office by the parent. Whether it is prescription or over the counter, it must be in the original container. Parents will complete an "Administration of Medication" form with detailed instructions on the dosage and the frequency of dispensing the medicine.

Also, if the medicine your student takes at home has changed, please stop by the office and complete an updated medication form. If an emergency were to occur, current medication information would be important.

Important Dates

Friday, February 5
Greenwood School's 3rd
Annual Friendraiser
6:30 p.m.

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

Parents, please return the
"Intent to Return"
questionnaire

as soon as possible.

It is time for Greenwood to start planning for the 2010-2011 school year and this information helps us plan for classrooms, staff, supplies, equipment, etc.

Yearbooks
on sale now



\$37.00 each or \$40.00
with name engraved.
Extra order forms are
available in the front office.

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.

Attention:
High School Parents

Student folders will now go home on Tuesdays instead of Mondays.



It's Not Too Late!!

There is still space available in the yearbook to congratulate your student or advertise your business. Ad order forms are available in the front office.

The ADHD Diet:

What to Eat, What to Avoid (part 1)

From ADDitude Magazine

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

Poor eating habits don't cause attention deficit disorder, but research suggests a strong relationship between ADHD and the food you consume. Find out what foods and supplements make a diet ADD-friendly -- and what may make ADHD symptoms worse.

Deficiencies in certain types of foods can worsen ADHD symptoms in children and adults. Getting adequate levels of the right foods optimizes brain function.

- ⇒ **Protein.** Foods rich in protein -- lean beef, pork, poultry, fish, eggs, beans, nuts, soy, and low-fat dairy products -- can have beneficial effects on ADD symptoms. Protein-rich foods are used by the body to make neurotransmitters, the chemicals released by brain cells to communicate with each other. Protein can prevent surges in blood sugar, which increase hyperactivity "Because the body makes brain-awakening neurotransmitters when you eat protein, start your day with a breakfast that includes it," says Laura Stevens, M.S., a nutritionist at Purdue University and author of *12 Effective Ways to Help Your ADD/ADHD Child*. "Don't stop there. Look for ways to slip in lean protein during the day, as well."

Try: thinkThin protein bars, Larabars, Raw Revolution bars, or Soy Blendz fruit smoothies.

- ⇒ **Balanced Meals.** Faye Berger Mitchell, a registered dietician from Bethesda, Maryland, has a nine-year-old daughter who received an ADHD diagnosis two years ago. While her daughter takes stimulants to control her ADHD symptoms, Mitchell concluded that a pill is not enough. She finds that when her daughter eats a well-balanced diet, including vegetables, complex carbohydrates, fruits, and plenty of protein, her behavior tends to be more consistently under control.

Ned Hallowell, M.D., founder of the Hallowell Center for Cognitive and Emotional Health, in Sudbury, Massachusetts, and New York City, advises all of his ADHD patients to think about their plates when preparing a meal. Half of the plate, he recommends, should be filled with fruits or vegetables, one-fourth with a protein, and one-fourth with carbohydrates.

Hallowell also advocates eating several servings of whole grains, which are rich in fiber, each day to prevent blood sugar levels from spiking and then plummeting.

(see next week's newsletter for part 2 of this article)



Monday,
February 15th
School is closed

Advance Notice!

Stanford 10 testing for grades 5 - 10 will take place from Tuesday, March 23rd to Wednesday, March 31st.

Please do not make appointments or plan trips for your student during this time.

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 or call (904) 771-6707

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

Lice has been found in some students in the school.

Parents, please check your student's head thoroughly with a bright light.

From website www.headlice.org, this is a description of head lice:

A Nit (Louse Egg) is a smooth, oval shaped structure which is attached to the side of the hair shaft ranging in color from off-white to brown and is slightly smaller than a sesame seed. Nits are always the same shape; they are never irregular, fuzzy, or encircling the hair (although the glue that the louse produces may be seen to encircle tightly around the hair shaft).

If lice or nits are found in your student's head, you must treat the head with a special lice shampoo, wash all bedding with hot water and bleach if possible. Jackets and caps should be washed and furniture should be sprayed with a special lice spray. The shampoo and spray are available at most pharmacies and some grocery stores.

Parent Conference Day

Friday, February 12th - No school for students

(Please note that some forms that were sent home indicated that there were 2 parent conference days and that students were in school during the morning. Please disregard these times. There will be only one conference day as above).

Looking for something to do next weekend?

Go to the Battle of Olustee;

an annual re-enactment of a Civil War Battle between the North and the South. Hundreds of re-enactors come from miles around to participate in this historical event. Savannah Dobbs' father is one of the Confederate re-enactors.

The Battle of Olustee is being reenacted on Saturday and Sunday, February 13th and 14th at the Olustee Battlefield State Park on US90, thirteen miles east of Lake City. The Battle will be re-enacted on Sunday at 1:30 p.m., but there will be plenty of other activities on both Saturday and Sunday.

Beginning at 9:00 a.m. on Saturday, there will be an Arts & Crafts Festival with entertainment, food, collectibles, authentic village displays, and a children's area, and at 10:30 a.m. there will be a Civil War Parade.

For a complete list of activities and driving directions, go to www.olusteefestival.com.

Way to Go!

These students
were caught
showing an act
of kindness
during the month
of January:

Brian Adkison
Michael Asandei
Zion Bishop
Taylor Curtin
Tyler Curtis
Ale Dill
Jacob Fitzwater
Calvin Keen
Alex Kleffman
Nicholas Patino
Zach Roche
Zane Skinner
Jordan Slone
Isaiah Tomory

Transitions 2010: College Options for Students with Learning Differences

A one-day conference on finding the right college "fit" for special needs high school students, helping high school students with learning differences make a successful transition to college and identifying legal issues surrounding special education.

Friday, April 9th - 7:45 a.m. - 4:00 p.m.

Lynn University | 3601 N. Military Trail | Boca Raton, FL 33431

Cost: Individual: \$40 | Groups of 3 or more: \$35 each | Students are free.

Registration - Register online at www.lynn.edu/tickets. Program schedule, accommodations and driving directions www.lynn.edu/transitions.