



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.

March 5, 2010

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Game Night

Friday, March 5th - 5:00 p.m. to 8:00 p.m.

Greenwood gymnasium - \$3.00 per person

Bring your family & friends. The Theme is 80's Video Arcade.

There will be Video games, board games, Bingo, Karaoke,
a Café, raffles, and great door prizes.

Friday, March 12th is a teacher planning day.
There is **no school for students.**



Parents, your 2010-2011 contracts

were sent out last Friday and are due by
Friday, March 19th in order to retain a spot for
your student for the next school year.

**If you are applying for a Greenwood Scholarship,
your application and documentation**

MUST be submitted by Friday, March 19th.

SAT testing

for grades 5 - 10 will begin on Tuesday, March 23rd
and continue through Wednesday, March 31st.

**Please do not plan appointments or trips for
your students during this time.**

The High School Prom

is just around the corner. It's time for girls to
start planning for that special dress and guys to
start planning for that suit or tux. The Prom will
be on **Saturday, May 1st from 7:00 to 9:30 p.m.**
aboard the Lady St. John Riverboat. Tickets are
now on sale for \$25.00 each from Mrs. Murray.

Important Dates

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, March 26
2:15 p.m.
Third Quarter Awards Ceremony
National Honor Society Induction
Junior National Honor Society Induction

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

Greenwood School Spring Walk-A-thon

Saturday, March 20, 2010

9:00 a.m. start time at

Greenwood School

We will be walking in the community
to raise funds and have fun with
our friends and family.

The Greenwood student who collects the
most in pledges will win a laptop computer!!!

All pledge money must be turned in by Tuesday,
March 30, 2010 to qualify.

Greenwood students can have their clubs,
sports teams or Organizations walk with
them to help raise funds and go toward
their pledges to win the laptop. This is a
great team building and community
service project for teams and groups.

We will have fun and refreshments at the
finish line at Greenwood School.



School will be closed from Friday, April 2nd
through Friday April, 9th for Spring Break.
School will be back in session on Monday, April 12th.

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.

Acts of Kindness

Once again, many of our
students were caught
performing an act of kindness
toward others. We are very
proud of these students:

Breeanna Allen
Ian Campbell
Logan Coleman
Rebecca Estner
Cody Florida
Savannah Geisler
Blair Gordon
Bennett Harris
Matthew Johnson
Katie Kajenski
William Marcum
Cody Mitchell
Kyle Nelson
Patrick Parsons
Gage Poudrier
Jordan Sloan
Travis Titus
Jessica Wiles

Awards Ceremony

The Third Quarter
Awards Ceremony
will be held on
Friday, March 26th
at 2:15 p.m.

Come out and support
our students while
they receive their
academic awards.

The National Honor Society
and Junior National Honor
Society Induction
Ceremony will follow.



Show your Greenwood Spirit!

School Logo items are available at the front office

Bumper Stickers \$2.00 - Window Stickers \$4.00 - Magnets \$5.00

The ADHD Diet:

What to Eat, What to Avoid (part 5)

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

Foods to Avoid

⇒ **High-Sugar Foods and Snacks.** Several studies suggest that some ADHD kids are "turned on" by copious amounts of sugar. One study concluded that the more sugar hyperactive children consumed, the more destructive and restless they became.

A study conducted at Yale University indicates that high-sugar diets increase inattention in some kids. Some common items to avoid include fruit "drinks" or "cocktails," both of which are higher in sugar than 100 percent fruit juice. Read food labels carefully, looking for the following ingredients (code words for sugar):

high-fructose corn sweetener, dehydrated cane juice; dextrin; dextrose; maltodextrin; sucrose; molasses; and malt syrup.

⇒ **Artificial Dyes and Preservatives.** Studies published in *The Lancet*, *Pediatrics*, and *The Journal of Pediatrics* suggest that some children with ADHD are adversely affected by food additives. A recent study indicates that artificial food coloring and flavors, as well as the preservative sodium benzoate, make some non-ADHD kids hyperactive. Avoid colorful cereals, like Fruit Loops and Lucky Charms. Cheerios are better, and lower in sugar. Substitute 100 percent fruit juice for soft drinks and fruit punches, most of which are artificially colored and flavored. If your child wants a treat, offer him Pepperidge Farm Chessmen cookies, which are free of dyes and low in sugar.

⇒ **Foods That Cause Allergies.** According to studies, gluten, wheat, corn, and soy cause some children to lose focus and become more hyperactive.

Vincent Monastra, Ph.D., author of *Parenting Children with ADHD*, suggests that all children be screened for food allergies before being prescribed medication for ADHD.

Talk with your doctor about testing for allergies.

More on ADHD, Diet, and Nutrition:

[Your ADHD Diet: The Truth About Sugar, Protein, and Feingold](#)

[Smart, Healthy Snacks for the ADHD Brain](#)

[Healthy Desserts for ADHD Children](#)