

December 1, 2017

Dear Parents and Guardians,

There are many exciting events happening this month at Merrymount School. Before you get caught up in the hustle and bustle of the holiday season, let me share some of the highlights of Merrymount School's very busy December calendar.

- ❖ **Monthly Character Value:** Our character value for the month of December is *Caring*. Caring is doing kind acts, sharing, being helpful, saying only kind words, thinking of others' needs and feelings, and not leaving others out. This is the perfect time of year to be thinking of others!
- ❖ **"Tis the Season...Symphony and Song":** This delightful program will take place on Thursday, December 11<sup>th</sup> at the Lloyd Hill Performing Arts Center at Quincy High School. Celebrate the sounds of the season with the Quincy Symphony Orchestra, Quincy Public Schools Combined High School Choral Group, and the John Adams Orchestra. Tickets are on sale for \$20 each for adults, and children will be covered by the generous donation of the Callahan Construction. Tickets can be purchased at Merrymount School or at QHS the evening of the concert. Transportation is free of charge. A bus will depart from the front of Merrymount School at 6:30 p.m. and return to the school after the concert. Flyers with all the details have been sent home.
- ❖ **Winter Concert:** Everyone is invited to attend our annual Winter Concert on Monday, December 11<sup>th</sup> at 8:30 a.m. in the gym. The children's smiles and voices will surely help us get into the holiday spirit. Please join in the fun!
- ❖ **Space Camp Graduation:** Lorie Hammerstrom's Space Camp Graduation will take place on Monday, December 4<sup>th</sup> at 6:00-7:00 p.m. The participating 3<sup>rd</sup> and 4<sup>th</sup> grade students will share their exciting experiences learned in this science enrichment after-school activity. Everyone is welcome to attend.
- ❖ **Thank You!** The Food Drive for the Germantown Neighborhood Center Food Pantry was a huge success. Thank you to everyone for your generous donations!
- ❖ **Holiday Bazaar:** Our Merrymount 5<sup>th</sup> graders will be sponsoring a Holiday Bazaar on Friday, December 15<sup>th</sup>. At the Holiday Bazaar, all Merrymount students will have an opportunity to shop for family members at a specified time during the day. A variety of merchandise will be for sale, with all items priced \$5 and under. 5<sup>th</sup> graders will be visiting classrooms during the week of December 4<sup>th</sup> to showcase the items for sale. Happy Shopping!
- ❖ **International Night: Celebrate Diversity:** We would like to thank Paige Reilly, Jen and Lionel Andre, Caitlin Corcoran and all the volunteer parents for their hard work, organization and enthusiasm for making Merrymount's 5<sup>th</sup> Annual International Night such a community building and enriching experience for everyone who attended. Twenty-seven families shared their culture with clothing, traditions, maps, and food. It was a wonderful evening. As one parent commented, **"Diversity is what makes this glorious country unique and strong. This is the true USA."**
- ❖ **Parent Conferences:** All report card conferences will be held on Tuesday, December 12<sup>th</sup>. Afternoon conferences will be scheduled between 12:00-2:00 and evening conferences will be scheduled between 4:45-6:45. Forms have been sent home to inform you of your conference time. Please let your child's teacher know of any schedule conflicts as soon as possible so that we can make adjustments.
- ❖ **Nurse Slocum's Healthful Hints:** It's time to talk about good lunches. What should you put in your child's lunch to give him/her what they need to complete their day in school? If you take guidance from the USDA and follow My Plate suggestions, you should include a vegetable, a fruit, a protein food, a grain and a dairy food. You might want to cut up vegetables and fruit and put them in baggies the night before. The protein food can be any meat, fish, egg, bean or nut (allowed in cafeteria). You could combine the protein and grain in a peanut butter or hummus sandwich on whole wheat bread. Dairy could be either milk or yogurt. The whole lunch can be prepared and packed the night before and ready to go in the morning. The following website may give you some ideas for preparing healthy lunches for your child. [www.healthiergeneration.org/live\\_healthier/eat\\_healthier](http://www.healthiergeneration.org/live_healthier/eat_healthier)
- ❖ **Lost and Found:** Is your child missing any clothing items? Please check the Lost and Found in the first floor lobby when you come for conferences. **\*It would be very helpful to write your child's name in jackets, gloves, etc.** Thank you!
- ❖ **Dismissal/Arrival Parking:** Our neighbors on Assabet Road have requested that parents do not park on the dead end of Assabet Road. They thank you for your consideration in this issue.

*Sincerely,*  
Ann Pegg, Principal