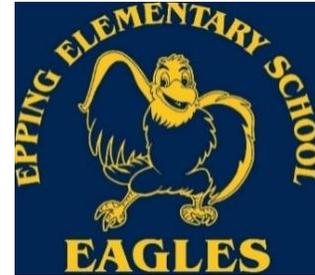


January 11, 2019

COOL NEWS

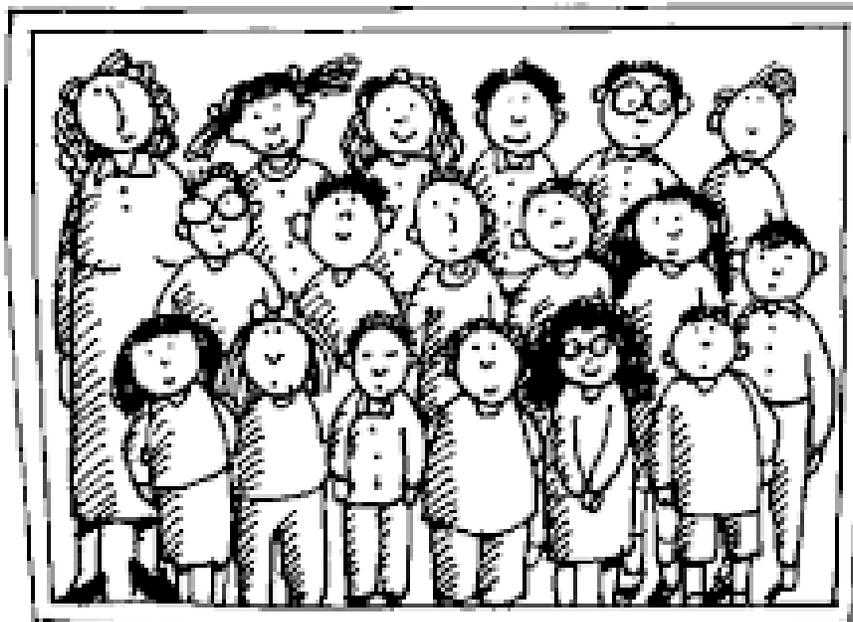


IMPORTANT DATES AHEAD

Wednesday	1/16	Early Release Day
Monday	1/21	No School



WEDNESDAY - JANUARY 23



CLASS PICTURE DAY IS
COMING SOON!



School Nurse

Did you know? Meditative practices have the potential to actually change the structure and function of the brain. Meditating can help kids manage anxiety, stress and improve focus.

Check out this article in the New York Times: <https://well.blogs.nytimes.com/2016/05/10/the-mindful-child/>

Healthy snacks help children learn better.

Check out the health office website for some interesting articles and helpful information: <https://sites.google.com/eppingsd.org/healthservices/pk-elementary-school/health-snack-suggestions?authuser=0>

Please check with your child's teacher before sending in snacks or treats for the class in case there are classmates with allergies.

Epping Elementary School Healthy Snack & School Celebration Suggestions

Cheese Sticks	Veggies with dips like hummus, cheese dips	Wheat thin crackers with cream cheese
Cheese and crackers	Mini muffins	Yogurt Parfaits
Fruit	Mini bagels with cream cheese	Frozen yogurt bars
Fruit slices with yogurt dip	Popcorn	Smoothies
Fruit salad or chunks	Pretzels	Strawberries or pretzels dipped in dark chocolate
Fruit kabobs	Trail mix	Deli meat and cheese roll ups
Raisins and other dried fruits	Whole wheat goldfish	Pinwheel sandwiches
Snack size baggies with berries	Whole grain tortilla chips and salsa	
Individual applesauce or fruit cups	Pita chips with hummus dip	
Fruit bars		

Always read food labels to make sure you are choosing snacks that are nutrient dense, so your child has the fuel to stay focused and succeed to their highest potential.

Please check with your child's teacher before sending in snacks or treats for the class in case there are classmates with allergies.



**Epping Elementary will be participating in National Wear Red Day®
Friday, February 1, 2019**

How can you and your child participate in National Wear Red Day at EES?

- Have them **wear red clothes** on Friday February 1, 2019.
- Have your child **buy a snack from the snack cart**. The PTO will be donating all snack cart proceeds from Friday 2/1/19 to the Go Red for Women Campaign.
- You can also make a personal donation (if you choose) to the Wear Red Day campaign online at: <https://donatenow.heart.org/goredforwomen/>

The fact is: Heart disease is the No. 1 killer of women, causing 1 in 3 deaths each year. That's approximately one woman every minute!

But it doesn't affect all women alike, and the warning signs for women aren't the same in men.

The good news is that 80 percent of cardiac events may be prevented with education and lifestyle changes.

There are several misconceptions about heart disease in women, and they could be putting you at risk. The American Heart Association's Go Red For Women movement advocates for more research and swifter action for women's heart health for this very reason.

Why Go Red? By doing so you help support educational programs to increase women's awareness and critical research to discover scientific knowledge about cardiovascular health.

Go Red For Women is a movement that starts with you. Lead by example and make the time to "Know Your Numbers." It's knowledge that could save your life. Five numbers, that all women should know to take control of their heart health are: Total Cholesterol, HDL (good) Cholesterol, Blood Pressure, Blood Sugar and Body Mass Index (BMI). Knowing these numbers can help women and their healthcare provider determine their risk for developing cardiovascular diseases. It's time for all women to learn the most critical numbers in their life — their hearts depend on it.

We couldn't make positive changes without the support and donations by individuals like you.

Check out the website for more detailed information!
EES will be forwarding the full schedule of classes to you
in a separate email.

ECT - PreK-12 Theater Classes -Spring Schedule
www.eppingtheater.org
Adult classes coming soon, let us know your interest!!!

ECT is proud to bring you this fall's line up of K-12 theater classes. We have many well trained instructors that come with tons of experience in a variety theater styles and are excited to share them with you. Middle and high school level classes will be offered based on interest

Classes:

All ECT classes are open for all experience levels. Teachers will differentiate their curriculum to challenge each students personal ability. Class sizes range from 6-15 students and will have an assistant instructor to help meet the needs of each student. The classes will max out at 15 (16 for high school scene work classes) so **sign up soon so you don't miss out!**

All the classes listed here, except for Puppetry, are 12 week classes starting the week of 1/28/19 - 5/3/19 with a mid-day recital on Saturday 5/4/19. There will be no classes held during school vacation weeks.

Puppetry will be run as two 6 week sessions, students may decide to take just one or both sessions.

Session 1 - 1/28 - 3/15

Session 2 - 3/18 - 5/3

Performance:

All classes at all age levels will work on a presentation piece and will end with a final matinee performance at the Epping Playhouse on Saturday 5/4/19.

Cost:

12 class session (1 hr per class) = \$180

6 class session (1 hr per class) = \$90

3 day intensive (3 hrs per Sat) = \$125

One on One Training

One on one classes in Voice, Monologue Prep, Auditioning, Movement For the Stage, Acting Technique, and Music Theater are all available for all age levels. Please let us know your interest and we will pair you up with a qualified instructor. Costs vary- \$60 - \$80 per hour.

Refunds and Credit:

If for some reason a student is unable to attend a class they are signed up for, they will receive a full refund as long as the cancelation is up to one week prior to the beginning of class. For cancellations made during the week prior to the start of class, a 50% class credit will be applied to the students account. Once the class begins there will be no refunds or credits available.

Where:

Epping Playhouse, 38 Ladds Ln, Epping, NH 03042

Special Note:

If you are looking for a specific class and don't see it offered (or offered in your age category) or would like to take a class but the time doesn't fit, don't hesitate to drop us a line via email eppingtheater@gmail.com or our Facebook page titled "Epping Community Theater." We will continue to grow our offerings based on the community needs. **Keep a look-out** as we will be offering adult classes and a variety of 1-3 day workshops in the near future. All will be posted on our website and Facebook page so make sure you "**like us**"!!!



Epping Community Theater Class Registration Form

You may mail in this form and check or drop off in person at Watson Academy or the Epping Town Hall (make sure you label the envelope "ECT Class Registration".) Remember, Priority for classes is based on registration with 50% deposit payment due with registration. You will be contacted once your registration and deposit is received to confirm your place in class.

Billing and Contact

Name: _____ Date _____ Email: _____

Phone# _____ Alt Phone# _____

Emergency phone #'s and contact name (include at least one contact different from above)

Mailing Address: Street/box# _____

Town: _____ Zip: _____

Student Name(s) and Classes (please print clearly)

If more space is needed include all info on a separate page

Name of Student: _____ Age: _____ Grade: _____

Class Name (include I,II,III) where appropriate:

Class 1: _____

Class 2: _____

Class 3: _____

Age and Grade of Student

Total of Classes signed up for: _____ Deposit Amt enclosed(50% class fee) _____

Class Costs: 12 Week Classes: \$180 each 6 Week Classes: \$90 3 Day Intensive: \$125

Refunds are only give prior to 1 week before classes start OR 50% credit if cancelled during week prior to classes starting.

All classes are held at: Epping Playhouse, 38 Ladds Ln., Epping, NH

Make Check Payable To: Town of Epping

***REMEMBER, the remainder payment for class is due on the day of the first class.**