

“Certain sounds in the English Language are real germ spreaders,
particularly F, P, T, D, and S.”

Noel Botham & The Useless Information Society

Grey Matters

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Last Friday afternoon we held our first 7th Grade Social. With over 300 students in attendance, it was extremely well attended and everyone had a good time. Thanks go to chaperones Mary Emmons, Kellie Carter, Gerri Atkins, Jon Duclos, Spencer Harvey, Maryfran Doiron, Nancy Perry, Becky Hadden, Christine Duncan, Peter Dunbar, Liza Levitsky, Audra Kaplan, and Debbie Ahl. I'd also like to thank parents Cathy Griffin, Huma Najam, Aga Dresser, Maura Campigny, Torri Horovitz, and Sarah Clabault for their time and support.

As we anticipate future social events after school, I am hoping you can assist us with a perennial issue. While the vast majority of parents and guardians pick up their children immediately after each dance, we regularly have several students waiting for rides long after the dance is over. Last Friday, after the 7th Grade Social ended, chaperones waited with students for over 45 minutes until the last ride came. This situation often causes significant anxiety on the part of the waiting students and disrupts family obligations for the waiting staff. Parents and guardians, please check the school calendar and daily announcements to confirm the end time of all such activities, and please make arrangements for your child's transportation at the conclusion of the event. Your cooperation is greatly appreciated.

As you may know, the Acton Public and Acton Boxborough Regional School nurses have been conducting annual hearing, vision, height, and weight screenings for students in grades K-6, 7, and 10 for many years. This year, because of a new State mandate (105CMR200.500) passed in April 2009, the school nurses will use these heights and weights to calculate Body Mass Index (BMI) for students in grades 1, 4, 7, and 10. The BMI is a “weight for height for age” index. BMI can be a useful tool in the early identification of possible health risk factors among developing youth.

BMI does not tell the whole story about your child's health status, and BMI does not distinguish between fat and muscle. For example, if a child is very athletic and has a lot of muscle, his or her BMI may be high even though he or she is not overweight. That is why we will encourage you to share the results with your child's health care provider. Your child's doctor or nurse is in the best position to evaluate his or her overall health and will be able to explain to you the results of the BMI screening.

Notification letters of BMI results and resources will be sent in a confidential manner to all parents/guardians of students in grades 1, 4, 7, and 10 who participate in the height and weight screening. Parents and guardians may waive their child's BMI screening by submitting a written request to the school nurse. Students' privacy will be respected at all times during the process of measuring height and weight, calculating BMI, and notifying parents/guardians of results. Please visit the APS/ABRHS website for more detailed information.

The Student Council is once again raising money for R .J. Grey through Box Tops for Education, a program offered to schools by General Mills. It's a simple way to raise needed funds for our school: clip the Box Tops coupons off of participating products and send them to school with your child to place in the collection box in the R. J. Grey front lobby. This year, the Student Council members have chosen to raise money for a smart board for teacher use. Our first deadline is December 2nd so please keep the boxtops coming!

We are excited about our annual "Dress Up Day", sponsored by the Student Council. This Friday, October 30th, students are able to dress up and express their creativity. Just a reminder that costumes containing inappropriate language, pictures, or symbols will not be allowed. Costumes that try to be funny at the expense of a person or group will also not be allowed. As always, face paint and hats are allowed, while masks and imitation weapons are not. Parents and guardians, in a climate of mutual respect, please review these expectations with your child before they leave for school.

Have a good week,

Craig