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Neosho School Notes

FROM MR. SABOL

THURSDAY, DECEMBER 9, 2010

UPCOMING EVENTS:

- December 9:
Progress Re-
ports
- December 15:
Dress Re-
hearsal 1 pm
- December 16:
Holiday Con-
cert @ 2pm &
6:30pm
- December 23:
Early Release
@ Noon
- December 24-
December 31:
Winter Break
- January 3:
School
Resumes
- January 13:
Regular
School Board
meeting 6 pm
- January 24:
No School



Weather Related School Closing & Delays

To acquire up-to-date school closing information, please refer to the following resources:

- TV Station—WTMJ/Channel 4
- Radio Stations—WTKM AM 1540/ FM 104.9, WTMJ 620 AM and 94.5 Lake FM
- Web—www.huhs.org, www.todaystjm4.com, www.620wtmj.com, and www.945lakefm.com

Please make note that if the message reads "**HARTFORD AREA SCHOOLS**" this includes Neosho School. We hope to have any closing/delays posted online by 5:45 a.m. The media listed above are the only media chosen for accuracy and simplification.

Additional information regarding school closing and/or delays due to weather is available at www.neoshoschool.com under "*Incident Weather Letter 2010-2011*".

November Birthdays



Our third Birthday Table of the school year was Wednesday, November 24. Happy Birthday to Conner Neu, Mikael Duursma, Kayla Noll, Erin Popies, Emma Menigoz, Stephanie Dei, Katherine Wendorf, Tyler Christenson, Lexi Smith, Morgan Livermore, Samuel Solheim, Kyle Steger, Mr. Erickson, Mrs. White, and Mrs. Wilkins!



"Bring in Your Change" Fundraiser

The "Reading Saves the Day" fundraiser brought in \$382.92 to support field trips at Neosho School. Mrs. Quinn's 2nd grade class won three of the days while Mr. Pohland's 5th grade won two.

Individual student winners are: Kristopher Schultz (5K), Stephanie Dei (6), Alia Bartelt (7), Kayla Milliken (4K) and Sydney Harris(4K).

Congratulations to our winners and thank you so much to everyone for donating/ participating in the competition! Way to go Neosho School!

EXTRA EFFORT

When: Monday - Thursday (3:20-4:20)
Where: Neosho School Library
Why: Students needing help, a quiet place to work, any other great reason
Who: Mr. Pohland will be there to help

Students can be signed up for any or all days each week. Please turn in this form to your teacher.

Parents: Please be prompt in picking up your child at 4:20 P.M.! I look forward to working with many of our children this year.

_____ Monday, December 13
_____ Tuesday, December 14
_____ Wednesday, December 15
~~_____~~ Thursday, December 16 - NO EXTRA EFFORT TODAY

Students Name _____ Grade _____ has my permission to attend Extra Effort. I understand that I must pick my child up at 4:20 P.M.

Parents
Signature _____

It's Almost Here!!!

Only 7 more days until our Annual
Christmastime Basket Raffle!!

This is one of Neosho School's most looked
forward to events.

Some of the baskets this year include Arts &
Crafts, Games, Creative Memories, Movies,
SNAP Fitness, Reading, and more.

Baskets can be dropped off at school by
Wednesday, December 15th.




Tickets can be purchased \$1/ticket or 6 tickets
for \$5 before the 2:00 pm and 6:30 pm concerts
on Thursday, December 16th. Winners will be
announced at the 6:30 performance. You do not
need to be present to win.

For more information or to donate a basket contact
Anne Noll at 625-3011 or Jenny Spudich at 625-3819.



December 2010 Elementary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 5 Play some volleyball with your family-either on a court or in the backyard with a string to divide the court.	December is International Aids Awareness Month. Visit http://www.aidsalliance.org/homepage/details.asp?id=1 to learn more.	 7 Favorite cardio activity for 30 minutes.	1 Have a dance part with a group of friends for 30 minutes.	2 Have a friend hold one end of a resistance band. Hold with both hands in front of the chest and twist upper body side to side. 3 sets/25 reps.	3 Grab 2 soup cans and try bicep curls-hold the cans down by your side and bring them up until they touch your shoulder. Try 10 of them 3 times today!	4 Try some plyometric drills. Warm up with toe jogging first. Try 5 sets/10 squat jumps, 3 sets/8 jumps onto step and 3 sets/8 lateral jumps onto step.
12 Try a new winter activity with the family today-ice skating, skiing, etc.	 6 3 sets/12 reps wide set pushups	14 3 sets/30 seconds hollow holds.	8 Try 10 straddle jumps-open and close your legs before you land! Rest. Now do 10 more. How many times will it take to reach 100?	9 With a friend do sit-ups and throw a ball back and forth. Each person does 25 sit-ups then switches with the thrower. Each person should do three sets.	10 Superman pushups-do a regular pushup and then extend an arm after. 3 sets to tolerance.	11 Play "Red Light, Green Light" with different animal movements-bear walk, frog jump, penguin walk.
19 Shoveling snow is a great way to get an all over workout! No snow? Try your favorite cardio exercise today.	13 3 sets/15 reps tricep dips off bench/stair.	15 Get into pushup position and jump feet up to hands and then jump back to pushup position. Try 10 times before each meal!	16 Toss a lacrosse ball around with a friend.	17 3 sets/25 reps calf raises off a stair/bench. 3 sets/12 reps upright row.	18 If you can find an area with hills, try a fartlek type of run-take it easy on the flat surfaces and really attack the hills.	
20 Find a small bench or stair and balance on one leg with the other foot touching your knee. Now try to balance with one leg straight out behind you. Repeat on the other side.	14 3 sets/30 seconds hollow holds.	22 Try the chair pose today-pretend like you're sitting in a chair and hold it with your arms up.	23 Jump rope for 3 minutes. Rest. See how many sets you can do	24 Hold plank for 30 seconds with one leg extended. Repeat on other side.	25 Jog for five minutes, sprint for 30 seconds. Repeat for 30 minutes.	
26 Take a nice long hike around the neighborhood with the family.	27 3 sets/25 reps bicycle exercises.	28 Prop legs up on a bench or ball with hands behind head. Press heels into bench as you lift head and shoulders off ground and then lower. Try 100!	29 Work on your coordination today-practice bouncing a soccer ball from knee to knee.	30 Try figure eight jumps-jump feet apart, feet criss cross, feet apart, criss cross opposite foot in front=1 rep. See if you can do 50	31 Grab some beanbags and a trash can or small hoop and practice shooting the beanbags in. See how many baskets you can make!	