



**NOVEMBER 13, 2009  
NEWSLETTER**

**CALENDAR**

Nov. 18	Parent Advisory Council 4-5 p.m.
20	Wellness Program Speaker: Dan Davis
24	Local Harvest Lunch Feast
25-27	No School--Thanksgiving Recess
Dec. 7	Third trimester begins
9	Spaghetti Dinner Fundraiser

**NRCS Calendar and Newsletter can be found on our website at [www.newrootsschool.org](http://www.newrootsschool.org).**

*Parent Advisory Council next Wednesday 4-5 p.m.*

Please join our principal for a conversation about how we can build a strong, thriving school community together, and ensure that parent voices and perspectives are part of school decision-making processes. Meetings will alternate between morning and late afternoon so that everyone who would like to attend has the opportunity to do so. Please RSVP by calling 882-9220.

*Progress Reports: Next Steps*

New Roots crew leaders appreciate the opportunity to work closely with parents to develop a plan for supporting each and every student in meeting and exceeding their learning targets for this trimester, which ends December 4. Please contact your student's crew leader if you have questions about the progress report you received, or have ideas about how we can work together to help your student shine!

*Local Harvest Feast for Lunch!*

The day before Thanksgiving break we'll be celebrating the harvest with a feast of local foods made by students in their crews. *We're looking for parents who are willing to donate turkeys to the feast, and who would like to roll up their sleeves and help!* Please contact Michelle at 882-9220 if you'd like to be part of making this special event happen for our students.

*Spaghetti Dinner Fundraiser for NRCS*

On December 9, we will be holding a spaghetti dinner to raise money for the New Roots Farm to School program. We are asking all families and supporters to sell at least 5 tickets for what is sure to be a delicious meal. Tickets are available from Michelle at our front desk. We will have two seatings (5:30 and 6:30), and take-out will be available. Tickets are \$10 each, and children under 10 eat for free. Please help us make this a huge success!!

**Upcoming School Program on Substance Use and Abuse:**

We are excited to present the Wellness Program's first special school-wide event for the year: B.A.M.: It's Your Choice. Danny J. Davis, Wellness Outreach Coordinator at Clarkson University, will be our guest at New Roots all day on Friday, November 20th. Mr. Davis will share his powerful, painful and inspirational story of addiction, recovery and the choices he has made, allowing listeners to understand how substance use affects the B.A.M. (body and mind) and develop their own plan about how to avoid alcohol and substance use. Mr. Davis comes highly recommended and is a well-known and highly engaging speaker whose story, according to a school principal who hosted Danny in the past, "will instill courage in everyone." We will begin the day from 9-10 am with a school-wide assembly in the Women's Community Building auditorium, to be followed by several smaller-group conversations with Mr. Davis in our classrooms. Parents and caregivers are welcome to attend the morning assembly. Please let us know if you plan to be there.

**Upcoming Community Service Opportunities:**

- Planned Parenthood is kicking off a new program called PEERS, which stands for Peers Educating Each other about Responsible Sexuality. The purpose of the program is to provide adolescents with accurate, factual information on a variety of teen health topics, including reproductive health and sexuality. It is also our goal to increase teenagers' self-confidence and encourage family communication while offering a rewarding learning experience. Research indicates that teens receive most of their information from other teens. Too often, information shared among friends can be inaccurate and may even contribute to poor decisions and unintended pregnancy. Through the PEERS program students are selected and trained to respond to questions from their friends about family communication, romance and responsibility, substance use, teen pregnancy, sexually transmitted infections, diversity, and many other topics. The PEERS group will meet weekly throughout the school year. Upon completion of the program the peer educators will have the opportunity to attend an all-expenses-paid day trip with the group. It would be wonderful to have some New Roots representation in this group. Applications are available online at [www.ppsfl.org](http://www.ppsfl.org). If you have any questions contact Jen Mainville, Sexuality Educator, 607.216.0021 ext. 157, <[jennifer.mainville@ppsfl.org](mailto:jennifer.mainville@ppsfl.org)>.

**Upcoming Community Events, Meetings and Opportunities**

Monday 11/16: **Ithaca College Inch-A-thon — Hair cutting event for Locks of Love**, an organization that makes and donates hair prosthetics to low-income children who have lost their hair due to medical conditions. If we can rally enough long-haired New Rooters willing to part with some of their lovely locks, we will bring a group up to the event on Monday afternoon. Community members are welcome, appointments are recommended. FREE HAIRCUT - for 10" or more of hair donated, \$10 HAIRCUT - under 10", All barbers are real professionals. All hair goes to Locks of Love. All money raised goes to the Food Bank of the Southern Tier. It's recommended to make an appointment ahead of time. Contact Michael Faber <[faber@ithaca.edu](mailto:faber@ithaca.edu)>.

Thursday 11/19: **Tompkins County American Red Cross annual Thanksgiving Luncheon** for the community at the VFW at 423 West State Street in Ithaca. Lunch will be served from 12:00 pm - 1:30 pm and they will serve the usual traditional Thanksgiving meal of turkey, ham, mashed potatoes, sweet potatoes, dressing, corn, rolls, pies and drinks. Everyone is welcome to join. They are also accepting donations of turkeys and hams, and volunteers are also welcome to help on the day of the luncheon anytime from 9:00 am to 3:00 pm. Contact Chris Crosby at 607-273-1900 x28 for more information. We

plan to bring a group of New Roots students over to help prepare and serve the meal, let us know if you'd like to come along.

**“The Journey to Understanding Eating Disorders - One Coach's Reflections”**

**Tuesday, November 24 (7-8:30pm) Cayuga Medical Center**

Presented by The Tompkins County Eating Disorders Network. John Holohan, MS, Exercise Physiology, BS, Psychology and former Cornell Women's Swim Team Coach will be presenting. Supported by the Mental Health Association in Tompkins County, Cornell Cooperative Extension of Tompkins County, and the Western NY Comprehensive Care Centers for Eating Disorder.