

# FRIDAY



# FLASH

GROW with DIGNITY



**EDMUNDS**  
ELEMENTARY SCHOOL

299 Main St, Burlington, VT 05401 • 864-1791  
**From the Principal's Desk**

As we enter the holiday season, whether one celebrates Christmas, Hanukah, Kwanza, New Years, or nothing at all, we know that for the next six weeks we all will be faced with countless advertisements and ideas for things we, our children, or our friends apparently can't be without. The competition for our attention and our dollars is fierce. The portrayal of how happy each of us can be if we could just own that new whatever is always there, unless of course we simply turn off the television.

The ability to appreciate that which we have is greatly enhanced when we have some quiet time to enjoy it. Or some time to think about it. Thinking about what we have and where our fortunes lie is something that we need to share with our children. We can model reflecting about what we are grateful for and give them an opportunity to share what they are grateful for with us. They will be pretty quick to identify their family, but what else can they see? Do they recognize their health, a safe place to live, their brothers or sisters, or the time you take to bring them to their sports games or to their friends? What about their friends? How about the fact that they can go to school? Do they recognize that they live in a beautiful place or value the sunsets on the lake or the bike path they can ride on any time?

Sometimes the value of something isn't readily apparent to children. They may not know that an education isn't something everyone in the world can access. They may be unaware that we live in a place that people travel to from all over the world. They may take their siblings for granted.

Helping our children to understand that good fortune is not necessarily tied to money can help them to keep a better sense of perspective when making decisions later on. The peer pressure they will face as they grow older will include the desire to have similar possessions, and experiences as their peers - and their dissatisfaction in their own life can easily be impacted by a perception of worth or value that they measure in possessions. Possessions can quickly lose their attractiveness, especially when the owner exerted no effort in earning them, as evidenced in the toys children "had to have" that are gathering dust in a corner. The true value is in the activity and sharing.

There is much to be thankful for as Thanksgiving approaches. For one, I'm thankful that none of us are shoveling six feet of snow! Every day, when I go to work, I'm thankful that I get to work with a great staff, beautiful children, and families. I hope that all of you have a happy and peaceful Thanksgiving and break.

**Date and Volume Number**

November 17, 2017

**Up Coming Events:**

November 20, 21: Parent/Teacher Conferences - NO SCHOOL

November 22, 23, 24: Thanksgiving Recess - NO SCHOOL

November 30: Multi-Cultural Night

**Whole School Assembly**  
**December 7, 2017**  
**Winter Snowflakes**  
**Ms. Palmer's Class Leading**

**BOOK FAIR A SUCCESS:**

Thank you to everyone who helped out in any way to make our annual Scholastic Book Fair such a huge success! Sales for just the elementary school were over \$2500.00! We are still calculating our profits, but know that we will be using them to purchase books and technology for the library, hold author visits, and to help support school-wide reading events such as our annual Love Your Library reading race. Thank you so much to families who purchased books and to those individuals who took time out their busy days to volunteer at the fair. We couldn't have done it without you! Keep reading!

Kathy Neil, EES Librarian

**CHORUS NEWS:**

The 4th and 5th grade chorus will be performing at the Multi-cultural dinner the week we get back from vacation. Thursday, November 30, 6:00 PM. Students will meet in the EES music room at 6:00 to prepare for a 6:15 performance in the EES cafeteria as part of the EES Multicultural dinner. This event is potluck so bring a dish to share if you can and a good appetite!

**FOOD SERVICE SURVEY**

EES and EMS were the beneficiaries of a grant to test new foods and food service delivery with a lot more choices than typical of an elementary or middle school. The grantee needs information concerning the impact of the improvements which includes a survey of students. (K will only respond to questions 1 and 2). The survey does not include any names so they are completely anonymous. There is more information including a copy of the survey at the end of the Flash. If you have no problem with your child participating, you don't need to do anything. If you do not want your child to participate, you can print out the form that is included, sign it and send it in with your child, or email us to let us know. Please send in any opt out forms by the end of the school day on November 27. I hope that you all see the benefit of your child's participation and you will not opt out.

## PTO NEWS

**PTO LEADERS:** Leigh Fisher, Jenny Sullivan and Rachel Shelley

**PTO CONTACT:** [pto@eespto.org](mailto:pto@eespto.org)

### EES MERCHANDISE SALE:

Just in time for our cold Vermont winter - EES pom pom hats, sweatshirts, sweatpants, t-shirts etc., are on sale now! Look for the flyer in your child's backpack or check [www.eespto.org](http://www.eespto.org) under Fundraisers. **Orders are due Wednesday, November 29th** and will be delivered the week of December 18-22nd. Questions - [leigh.r.fisher@gmail.com](mailto:leigh.r.fisher@gmail.com).

### MULTICULTURAL NIGHT NOVEMBER 30 FROM 6-8 PM IN THE EES CAFETERIA

Join us on November 30 from 6-8 pm for the EES Multi-Cultural Night. We hope to see as many families as possible joining us to celebrate the journeys that we've all taken to arrive in one community.

- The EES Chorus will perform at 6:10 pm
- The potluck will begin at 6:30 pm
- Country and cultural tables available to visit throughout the evening.

This is a potluck dinner so consider making a favorite dish to share. Please sign-up through this link so we know how many folks are sharing

food: <http://www.signupgenius.com/go/30e094ba5aa22a13-eesmulticultural> There will be tables throughout the cafeteria if you wish to set up a cultural display (past

examples include tortilla making, arts and crafts, travel information, photos, clothing, cultural artifacts, stories to share). If you would like to perform a dance, song or share music with the whole group, please email Peggy O'Neill: [peggyov5@gmail.com](mailto:peggyov5@gmail.com)

If you would like to prepare a dish or an activity to share, but need some financial support, please contact Melissa Hathaway: [mhathawa@bsdvt.org](mailto:mhathawa@bsdvt.org). All EES community members are welcome to attend! There is no need to share anything to participate in the evening.

### TOUR GUIDES NEEDED

EES parent/guardian volunteers needed to lead potential Kindergarten families on tours of our amazing school. The time commitment for this will be an hour (+/-) twice a month (January-end of March). Times and days of tours are flexible. You will be trained in what to say and the highlights to point out when giving a tour. Looking for 4-6 people to share the responsibility. Please email [katelekstutis@gmail.com](mailto:katelekstutis@gmail.com) if you are able to volunteer.

### THANK YOU EES TRAFFIC CIRCLE VOLUNTEERS:

Monday: Stefanie Waite

Tuesday: Greg Hancock & Jaice Plumb

Wednesday: Nancy Westbrook

Thursday: Kevin Kelleher

Friday: Susie Moakley

### EES COMMUNITY HOLIDAY GIFTS PROJECT:

During this holiday season, if you are looking for an opportunity to give to a family in the EES community, consider purchasing a gift card (Amazon, book store, grocery store, department store, etc.) to donate anonymously. This year Ms. Hathaway (EES School Counselor) and Tyler Sessions (P.E. Teacher) are working to connect EES families in need of some extra financial support with gifts and gift cards for the holidays. This year we are reaching out to the EES community to help provide gift cards to families in need. The gift cards can be sent to school in an envelope where they will be collected by the class teachers, and given to Ms. Hathaway. In order to reach families before the December break, please send in gift cards no later than Monday the 19th of December. Thank you EES community for your generosity during this holiday season.

### HONEY FUNDRAISER:

EES Parent Brennan Martin has generously offered to donate (40) Forty (.5lb) jars of honey from his **Settlement Farm Apiary** to help raise funds for EES PTO. These jars would make great holiday treats, teacher gifts, housewarming presents and holiday party gifts. We are selling them for \$5.00 each - please contact [leigh.r.fisher@gmail.com](mailto:leigh.r.fisher@gmail.com) to put in your order for this amazingly sweet donation of honey to benefit EES PTO efforts! Please indicate quantity and if you are planning on using as a teacher gift - let us know the teacher name so we can keep track! Also - feel free to use the EES PTO Fundraising PayPal on line at [EES PTO](http://EESPTO.org) or <https://eespto.org/fundraisers/no-frills-fundraiser/>. Orders Due: Friday, December 8th - Delivery the following week of (Dec 11-15th).

### FROM THE COMMUNITY:

#### CHAMPLAIN COLLEGE'S COMMUNITY CHILDREN'S LITERATURE & ARTS FAIR - DEC. 2 10:30 - 12:00 PM

Public, Community & children of all ages are welcome! Organized by Champlain College's Early Childhood/Elementary Education students taking Children's Literature & Expressive Activities include read alouds, drama/movement, Arts and Crafts, face-painting & more! Allergy-friendly snacks provided! Free parking on South Willard Street & behind Rowell Hall\*

#### IDX STUDENT LIFE CENTER, FIRESIDE LOUNGE

375 Maple Street, Burlington, VT, 05401



## Parental/Legal Guardian Information Form

**Title of Research Project:** Evaluation of Burlington School Food Project

**Principal Investigator:** Jane Kolodinsky, Ph.D.

**Sponsor:** Burlington School Food Project

The Burlington School Food Project (BSFP) has been given a grant to increase student access to locally grown- and healthy food options when eating school meals. This program has been implemented across the school district, including your student's school.

In order to evaluate the effect of this program, BSFP has asked researchers at the Center for Rural Studies at the University of Vermont to **conduct a survey among the students** at Edmunds Elementary School. Students will be surveyed about how frequent they eat the school lunch, their favorite school lunch foods, their preferences for certain school lunch meals, and their feelings about school lunch. Students will take the survey once. Researchers will then analyze the results to determine how students feel about food offered in the Edmunds Elementary cafeteria.

**If you *ARE NOT* willing to include your student in this survey, please read the remainder of this document, sign the form and return the form to Edmunds Elementary School or your child's teacher by *Monday, October 23, 2017*.**

**If you *ARE* willing to include your student in this survey, you do not have to do anything further.**

*Please retain this document for your records.*

We encourage you to ask questions about the study. This form is designed to answer questions you may have but, if you have additional questions or concerns, please feel free to use the contact information provided, or talk to anyone else who may provide you with the information that you need.

### **Q. Why is This Research Study Being Conducted?**

A. The Burlington School Food Project (BSFP) is part of Burlington School District's effort to increase student access to locally grown, and healthy choices when eating school meals. BSFP received a grant from the USDA to increase local purchases and outreach to the community. In schools, the goal of BSFP is offer fresh, nutritious foods year-round and to increase choice to reflect the diversity of diets among its students. Last year, BSFP began offering new options during breakfast and lunch to address the diversity of diets among students. The BSFP would like to better understand how these changes have impacted student participation in school meals.



**Q. How Many People Will Take Part in the Study?**

A. All students who matriculate at Edmunds Elementary School will be eligible to participate in the study.

**Q. What Is Involved in the Study?**

A. Surveys will be distributed to participating students in their class after lunch. Instructions will be provided and time allocated to complete the surveys by their teacher. Students will be asked NOT to write their names on the surveys; only the grade level will be recorded. The surveys will ask questions about how often students buy school lunch, their favorite school lunch meals, their preferred meals, and their feelings about school meals in general. The survey should take approximately 5-10 minutes to complete.

When the student completes the survey, it will be placed in an envelope with all other surveys from that data collection period. All envelopes will be mailed to University of Vermont. The survey responses will be data entered and tabulated by the Center for Rural Studies researchers at the University of Vermont.

The survey process will not be repeated.

**Q. What are the Risks and Discomforts of the Study?**

A. There are no known risks or discomforts to participating in this study.

**Q. What are the Benefits of Participating in the Study?**

A. While there are no personal benefits of participating in this study, the results will be used to improve the Burlington School Food Project programming.

**Q. Are there any costs?**

A. There is no cost for participation in this research project.

**Q. What other options are there?**

A. There are no alternative ways to participate in this project.

**Q. What is the compensation?**

A. There is no compensation for participating. The project is being done as part of the Burlington School Foods Project.





**Q. Can you withdraw or be withdrawn from this study?**

A. The student (or parent/guardian) may discontinue participation in the study at any time during the survey. Once the survey is completed, there will be no way to remove a student's survey from the study.

**Q. What about confidentiality?**

A. The surveys are completed anonymously and no record of student names will be retained by the researchers. On average 150-200 students are expected to complete the survey so confidentiality can be assured.

**Q. What if I have questions or concerns?**

A. You may contact Jane Kolodinsky, the Principal Investigator in charge of this study, at 802-656-4616 for more information about this study. If you have any questions about your student's rights as a participant in a research project or for more information on how to proceed should you believe that your student has been injured as a result of participating in this study, you should contact the Research Protections Office at the University of Vermont at 802-656-5040.

**Q. What if I don't want my student to participate in the survey?**

A. Participation is voluntary. If you do not wish your student to participate in this study, simply sign below and return this form to the school before the survey is administered. There will be no penalty if a student chooses not to participate in the survey.

I, \_\_\_\_\_, **DO NOT** WISH MY STUDENT,  
(Print Parent/Legal Guardian/Students 18 years and older name)

\_\_\_\_\_ TO PARTICIPATE IN THE  
(Please print Student name)

BURLINGTON SCHOOL FOOD PROJECT EVALUATION SURVEY.

\_\_\_\_\_  
Parent/Legal Guardian/Students 18 years and older Signature

\_\_\_\_\_  
Date of Signature

\_\_\_\_\_  
Teacher Name

Teacher Name: \_\_\_\_\_

Circle your Grade: K 1 2 3 4 5 6 7 8

The following questions are about the food you eat from the cafeteria. There are no right or wrong answers; the best answer is the one that is right for you. If you don't understand a word or a question, you can raise your hand and ask your teacher to explain it. If you do not want to answer a question, you can skip it. Please **do not** write your name anywhere on this survey. Please make sure to complete both the front and the back.

1. How many times do you eat lunch from the cafeteria each week?

0 1 2 3 4 5




2. Which would you rather buy from the cafeteria? (Check one from each line.)

\_\_\_\_\_ a.  Peanut Butter and Jelly Sandwich OR  Yogurt Parfait

\_\_\_\_\_ b.  Yogurt Parfait OR  Hot Sandwich

\_\_\_\_\_ c.  Peanut Butter and Jelly Sandwich OR  Hot Sandwich

3. Tell me how you feel about the cafeteria food. Shade in the face that shows how you feel about each sentence.

	No way!	Not really	Sort of	Yes!	Not sure
I like the food from the cafeteria.					
The cafeteria food tastes good.					
The cafeteria food is better than I remember it to be.					
I can always find something to eat from the cafeteria.					
I can always find something I like to eat in the cafeteria.					
The cafeteria has a lot of choices for me.					
I am comfortable eating in the school cafeteria.					

**GRADES 1 AND 2 please SKIP to QUESTION 7**

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4. What are your top three favorite lunch foods to eat from the cafeteria?

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

5. From the three foods you wrote above, circle your most favorite.

6. What is the reason that food is your most favorite?

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Almost done! Just three more questions:

7. Are you a girl or a boy? (Circle one)

A. Girl

B. Boy

8. How old are you? \_\_\_\_\_

9. What school did you go to last year? (Circle one)

A. I went to this school last year.

B. I went to another school last year.

C. I went to another school in a different state last year.

D. I went to another school in a different country last year.

E. I did not go to school last year.

Thanks a lot! Please give this paper back to your teacher.